



# 2023 OR HEAT B/C Blastoff

## February 4-5, 2023

Hosted by Hillsboro Swim Team

SCY – B/C time standards

All Age Groups – Prelim/Final for 9 & O

### SANCTION # 23-019

Held under the sanction of USA Swimming, Inc. In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Hillsboro Swim Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

#### MEET REFEREE

Chad Vassallo  
chad.vassallo@frontier.com

#### ADMIN OFFICIAL

Anne Stansell  
annestansell@aol.com

#### MEET DIRECTOR

Elaine Heasley  
meetdirector@hillsboroheat.org

Schedule	Sessions	Warm-ups	Session Start
Saturday, February 4	1) Prelims	7:30 am	8:30 am
	2) Finals	*TBD	*TBD
Sunday, February 5	3) Prelims	7:30 am	8:30 am
	4) Finals	*TBD	*TBD

\*Finals warm-ups/start times will be confirmed the week prior to the meet, but warm-ups will be no earlier than 3:00 pm. Warm-ups will be in the competition pool. The outdoor pool will also be open for warm-ups/warm-down throughout the meet.

#### LOCATION

Shute Park Aquatic and Recreation Center (SHARC)  
953 SE Maple St  
Hillsboro, OR 97123  
503.681.6127

#### PARKING

A drop-off zone is available at the facility entrance off Maple St. Street parking is available surrounding the recreational complex on Maple St, 9<sup>th</sup> Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9<sup>th</sup> Ave, and at the south end of Shute Park off SE 10<sup>th</sup> Ave/TV Hwy. NO parking in the library parking lot, Carl's Jr parking lot or in marked spots for meet officials/volunteers.

#### ONSITE AMENITIES

- Arena vendor: SHARC lobby
- Concessions: in room behind the starting blocks.
- Hospitality Room: for Coaches/Officials in room off indoor pool deck.
- Bull Pen: for 8 & Under athletes in 8 & Under events: #3/4, 13/14, 25/26, 33/34.
- Heat Sheets: printed for Coaches/Officials, posted in venue, Meet Mobile (free).
- Results: posted in venue, Meet Mobile.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for non-athletes. Deck restroom for coaches/officials.
- Water bottle filling stations outside locker rooms.



## **FACILITY**

Indoor, heated, 25-yard, 6-lane pool and Colorado automatic timing system. Starting-block end from 5 feet to 5 ½ feet deep. Shallow end 3 ½ feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Access areas are available for adaptive swimmers. Also available is a 25-yard outdoor pool for warm-up and warm-down.

Bleacher seating around the pool deck is available for spectators as well as limited space for setting up chairs. Belongings may NOT be left on deck after the morning prelim sessions or overnight. Anything left on deck will be placed in the meet's lost and found. Neither the SHARC nor the HEAT is responsible for anything moved, lost, stolen, etc.

Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

## **LOST AND FOUND**

Located on the table in the hallway between the Concessions and Hospitality Rooms. Please also inquire at the SHARC front desk for items left in the locker rooms.

## **RESTRICTIONS**

Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: deep end adjacent to competition pool, warm-water pool, hot tub, sauna, or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited.

## **RULES & SAFETY**

Current USA Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership available to show, on the Deck Pass app or by hard copy, if requested.

**USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP):** All adult participants associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Locker Rooms/Restrooms:** Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

**Swimwear:** USA Swimming Rule 102.8.1F - No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

**Medical Supervision:** Shute Park Aquatic & Recreation Center (SHARC) provides lifeguards for both indoor and outdoor pools during the entirety of the meet. Lifeguards are certified in First Aid, CPR, Emergency Oxygen and AED, which are available on site. A facility supervisor is also on duty at all times and is a certified lifeguard. SHARC staff will call 911 should a situation require additional medical assistance.

## **COVID-19**

Health and safety measures are in effect for the protection of all visitors to the SHARC. All posted, written and other instructions must be followed while visiting the facility.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.



USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OREGON SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

### **RECORDING DEVICES & MEDIA NOTICE**

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

This meet may be live streamed and/or documented in a variety of ways, including photographs, video, social media, etc. Entry into the meet is acknowledgement and consent to this fact. If the livestream is available, it will be found on the Hillsboro HEAT YouTube channel.

### **OFFICIALS**

Entry into this meet implies your team will provide officials, unless arranged otherwise. Trainees are welcome during prelims. **If you plan to officiate at this meet, please notify the Meet Director and the Referee, ahead of time, with which sessions you're available.** Uniform: white polo-style shirt, black pants/shorts/skirt, black socks, black closed-toe shoes, black belt. For finals: long black pants/long black skirt.

### **MEETINGS**

Officials' meetings are held 45 minutes prior to the start of each session.

Coaches' meetings are held 15 minutes prior to the start of each session.

### **HEAT SHEETS**

Heat sheets will be available in these formats:

- Printed copies in the Hospitality room for Coaches/Officials.
- Posted in the venue for viewing.
- Meet Mobile for free.
- Printed copies at the Clerk of Course for free (upon request only).

### **TIMERS**

Sign-up sheets for lane timing will be available on the wall behind the starting blocks. We invite anyone from any team, 14 and over, to serve as a lane timer. Swimmers must provide their own timers for the 400 IM and 500 FR.

### **AWARDS**

1<sup>st</sup> – 6<sup>th</sup> place awards, per age group for timed finals/finals: 8&U, 9-10, 11-12, 13-14, 15&O.

### **FORMAT**

This is a pre-seeded, prelim/final, B/C meet. The top 6 fastest swimmers in each qualifying prelim event and age group will advance to the 'A' Final. Age groups for finals are: 9-10, 11-12, 13-14, 15 & Over.

(8 & Under events, 400 IM, 500 FR are timed finals. 8 & Unders ONLY swim during prelims.) Two alternates are named for each event final. Alternates who want the possibility to swim in finals should be ready and wait near the Meet Referee for further instructions.



## SCRATCHES

Swimmers have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are announced. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. *If swimmers are NOT returning for finals, they must report their scratched events to the Clerk of Course. Swimmers who intend to swim in finals do not need to report to the Clerk of Course.* Once the scratch window has closed for an event, the finalists are posted.

## MEET LIMIT

Approximately 225 swimmers per session. Entries are on a first come, first entered basis. The USA Swimming four-hour rule will be planned for as much as possible. Events may be canceled by the referee to comply with the time limit, though all options to avoid this will be considered.

## ELIGIBILITY

Swimmers must be currently registered with USA Swimming. No on-deck registrations are permitted. Only swimmers of invited teams are eligible. All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the Clerk of Course or Meet Director prior to warm-ups to be assigned one. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The age-up date is the first day of the meet.

The events in Sessions 1 and 3 are for swimmers with B/C times only. A 14 and under swimmer is not eligible for an event if the swimmer has a qualifying 'A' time for their age as published by OSI. A 15 and over swimmer that has met the OSI 14-year-old 'A' time is NOT eligible for that event. Entries which do not comply may be scratched without notification and entry fees will not be refunded.

Hillsboro Swim Team reserves the right to enter any of its own club members who do not qualify within the entry parameters. These entries will be in prelims only and not earn a place in finals or any awards.

## ENTRIES

Please submit YARD times only for seeding. "NT" entries will not be accepted. If time is unknown, a best estimate is required. All entries must be submitted electronically via email. Swimmers' ages and USA Swimming registration numbers must be included.

*Please email:* Hy-Tek compatible Entry File (zipped).

*Please mail:* Meet Entry Summary Form (see last page) and Full Payment, by the payment deadline.

## ENTRY LIMIT

Swimmers may enter a maximum of six (6) events total and may not exceed four (4) events per day.

## ENTRY FEES (no refunds for entries not swum)

Fees	Individual Events	Athlete Surcharges
<b>OSI</b> Splash fees paid to Oregon Swimming.	\$0.50	\$3.00
<b>HEAT</b> Event fees for meet expenses.	\$5.00	N/A
<b>Facility</b> Paid to the SHARC for rental expenses.	N/A	\$8.00
<b>TOTAL</b>	<b>\$5.50</b>	<b>\$11.00</b>

## ENTRY DEADLINE

Entries will be accepted beginning on **Monday, January 23, at noon**, on a first come, first entered basis.

Entry deadline is **Thursday, January 26, at midnight**.

On-deck additions or changes are not allowed unless approved by the Meet Referee.

## PAYMENT DEADLINE

**Wednesday, February 1.** Please submit a Meet Entry Summary Form and payment by this date.



**SUBMIT ENTRIES & PAYMENT TO**

Hillsboro Swim Team  
c/o Meet Director  
PO Box 893  
Hillsboro, OR 97123

*Please make checks payable to Hillsboro Swim Team or HST.  
No credits or refunds will be given for entries not swum.*



# Order of Events

## Saturday, February 4, 2023

<b>Session 1</b> (Prelims/Timed Finals)		
Girls	EVENTS	Boys
1	Open 200 FR**	2
3	8 & Under 25 BK	4
5	12 & Under 100 IM*	6
7	Open 100 FL**	8
9	Open 50 FR**	10
11	11 & Over 200 BK***	12
13	8 & Under 25 BR	14
15	12 & Under 50 FL*	16
17	Open 100 BR**	18
19	11-12 400 IM	20
21	13 & Over 400 IM	22
<b>Session 2</b> (Finals)		
Girls	EVENTS	Boys
1	Open 200 FR**	2
5	12 & Under 100 IM*	6
7	Open 100 FL**	8
9	Open 50 FR**	10
11	11 & Over 200 BK***	12
15	12 & Under 50 FL*	16
17	Open 100 BR**	18

## Sunday, February 5, 2023

<b>Session 3</b> (Prelims/Timed Finals)		
Girls	EVENTS	Boys
23	Open 200 IM**	24
25	8 & Under 25 FL	26
27	Open 100 FR**	28
29	12 & Under 50 BK*	30
31	11 & Over 200 BR***	32
33	8 & Under 25 FR	34
35	Open 100 BK**	36
37	12 & Under 50 BR*	38
39	11 & Over 200 FL***	40
41	9-12 500 FR	42
43	13 & Over 500 FR	44
<b>Session 4</b> (Finals)		
Girls	EVENTS	Boys
23	Open 200 IM**	24
27	Open 100 FR**	28
29	12 & Under 50 BK*	30
31	11 & Over 200 BR***	32
35	Open 100 BK**	36
37	12 & Under 50 BR*	38
39	11 & Over 200 FL***	40

\*Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 9-10 and 11-12 age groups. The 8 & Unders will only swim during prelims.

\*\*Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 9-10, 11-12, 13-14 and 15 & Over age groups. The 8 & Unders will only swim during prelims.

\*\*\*Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 11-12, 13-14 and 15 & Over age groups.

8 & Unders – Will only swim during prelims for all events.

400 IM and 500 FR – Will be swum fastest to slowest, alternating girls and boys. Per Meet Referee's discretion, events and age groups may be combined.

Breaks may be added at the discretion of the Meet Referee.



# Meet Entry Summary Form

**HEAT B/C Blastoff:** February 4-5, 2023

**Entries:** Open – January 23; Close – January 26

**Payment Deadline:** February 1

Team Information			
Team Name			
Club Code			
Mailing Address			
Contact Name			
Phone			
Email			
Coach(es) Attending Meet			
Name			Cell
Entry Summary			
# of Swimmers entered		X \$11.00 surcharge =	
# of Individual Events entered		X \$5.50 event fee =	
# of Relays entered (if applicable)	NA	X \$0.00 relay fee =	
<b>TOTAL</b>			

I have read the meet information and attest that all swimmers entered hereon are registered with USA Swimming.

Required Signature of Coach/Team Representative

Date

**Please make checks payable to Hillsboro Swim Team and mail with this form to:**

Hillsboro Swim Team  
c/o Meet Director  
PO Box 893  
Hillsboro, OR 97123

