



2023 OR HEAT Senior Sprints Intersquad February 4-5, 2023

Hosted by Hillsboro Swim Team
SCY – Timed Finals

SANCTION # 23-020

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

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ADMIN OFFICIAL

Anne Stansell
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MEET DIRECTOR

Elaine Heasley
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Schedule	Sessions	Positive Check-in	Warm-ups (outdoors)	Session Start
Saturday, February 4	1) Open	10:30 am	*TBD	*TBD
Sunday, February 5	2) Open	10:30 am	*TBD	*TBD

*Warm-ups/start times will be confirmed the week of the meet (rough estimate for session start is noon). Warm-ups will be in the outdoor pool and may move indoors once the Blastoff prelim sessions have cleared the deck.

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, 9th Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9th Ave, and at the south end of Shute Park off SE 10th 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: limited items, in room behind the starting blocks.
- Hospitality Room: for Coaches/Officials in room off indoor pool deck.
- Heat Sheets: printed for Coaches/Officials, posted in venue, Meet Mobile (free).
- Results: Meet Mobile.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for non-athletes. Deck restroom reserved 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.

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.

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.

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

Trainees are welcome. **If you plan to officiate at this meet, please sign up on the team's website ahead of time.** Uniform: white polo-style shirt, black pants/shorts/skirt, black socks, black closed-toe shoes, black belt.

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

Once positive check-ins and deck-seeding are completed, heat sheets will be available in these formats:

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

TIMERS/VOLUNTEERS

Please sign up for all volunteer positions on the team's website ahead of time. Check in for your shift at the Clerk of Course desk in the SHARC lobby.

AWARDS

No awards.

FORMAT

This is a deck-seeded, timed-finals, intersquad meet for HEAT athletes who are not participating in the B/C Blastoff. Three events are offered each day. The sessions will begin once B/C Blastoff prelims have finished and after a short break determined by the referee. There will be 10-minute breaks between events.

POSITIVE CHECK-IN

Coaches may pick up a check-in sheet at the Clerk of Course before warm-ups and return it to the Clerk of Course, or Admin Official, at least 1 hr before the start of the session for deck seeding. Swimmers not positively checked in will not be seeded.

MEET LIMIT

Approximately 50 swimmers per session. Including the three events and breaks, the sessions are planned to last about 1 hr.

ELIGIBILITY

This meet is for HEAT athletes who have been invited by their coach and are not participating in the B/C Blastoff. Swimmers must be currently registered with USA Swimming. No on-deck registrations are permitted. All swimmers must be supervised by a USA Swimming certified coach at the meet. 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. The age-up date is the first day of the meet.

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)

ENTRY LIMIT

Swimmers may enter a maximum of 3 events per day and 6 events total.

ENTRY FEES

\$0.00

ENTRY DEADLINE

Entry deadline is **Wednesday, January 25, at midnight.**

On-deck additions or changes are not allowed unless approved by the meet referee.

COACHES SUBMIT ENTRIES TO

meetdirector@hillsboroheat.org



Order of Events

Saturday

Session 1		
Girls	EVENTS	Boys
1	Open 50 BK	2
	<i>10 min Break</i>	
3	Open 100 IM	4
	<i>10 min Break</i>	
5	Open 50 FR	6

Sunday

Session 2		
Girls	EVENTS	Boys
7	Open 50 FL	8
	<i>10 min Break</i>	
9	Open 100 FR	10
	<i>10 min Break</i>	
11	Open 50 BR	12