

2023 Hood River Spring Sprinter Invitational
A/B/C Short Course Yards Swim Meet
Sponsored by **SECURE STORAGE**
"Who's Watchin' Your Stuff?"

Saturday May 13th, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

Sanction Number: 23-039

Sanction: In applying for this sanction, the Hood River Valley Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, and the City of Hood River.

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, and the Hood River Valley 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.

COVID-19: 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.

Sponsor: Hood River Valley Swim Team
Location: Hood River Aquatic Center
1301 May Street
Hood River, OR 97031
(541) 386-1303

Meet Referee: Dan Rawding drfishes@gmail.com

Hood River Valley Swim Team
1603 May Street, Hood River, OR 97031

Administrative Official: Lisa Sandoval hrvstmeetdirector@gmail.com

Meet Director: Shelly Rawding hrvst.coach@gmail.com

Eligibility: Swimmers must be currently registered with USA Swimming. No on deck registration will be allowed. Swimmers must be within the listed age brackets as of May 13, 2023. Swimmers of invited teams are eligible to attend.

Entry Deadline: Entries will begin to be accepted on Monday April 17th, must be received by 6:00pm Wednesday May 3, 2023.

Entry Limit: Swimmers may enter a maximum of **four** individual events in the Spring Sprinter and one relay. Swimmers may enter one distance event. Meet is limited to the first 175 swimmers. Late entries from coaches may be allowed, at the referee's discretion, on a lane-available basis.

Entry Fees: \$3.00 Oregon Swimming surcharge per swimmer
\$3.00 Facility use surcharge per swimmer
\$4.50 per individual event
\$12.00 relay entry fee
Please make check payable to the Hood River Valley Swim Team.

Entry Address: HRVST – Spring Sprinter Invitational
e-mail zipped cl2file to HRVSTmeetdirector@gmail.com

Entries: Submit short course yard times for seeding. **No time entries will be accepted, except for 12 & U entries in the Open events. Those swimmers must have a 10 yr old B time to enter the open events.** 13 and Overs in the Open events do not have to achieve a qualifying standard. Hytek Meet Management software will be used. Please include a pdf file of entries submitted on email file.

Racing Starts: 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.

Facility: Indoor, 10 lane 25 yd by 25 m pool.
7 to 10 lanes will be used for competition depending on number of entries. Parking is available at pool and on adjacent streets. Swim venue includes: Men's & women's locker rooms with access onto pool deck; Open pool deck areas available for swimmers, coaches and officials. Facility is accessible to adaptive swimmers. Colorado Timing System with 10 lane scoreboard, touchpads and button backup will be used. The pool depth is 7 feet at the deep end, and 4 feet at the shallow end. The competition course has not been certified in accordance with 104.2.2C(4)

Hood River Valley Swim Team
1603 May Street, Hood River, OR 97031

- No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or Meet Referee if assistance is needed, upon arrival at the meet.
- Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. No shaving will be allowed in the venue. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Photography is not allowed behind the blocks during the start of a race or relay exchange. Deck changing is prohibited.
- Times: Warm-ups: 8:00am-8:45am
Timed finals begin: 9:00am
Warm-ups for distance events: immediately after Spring Sprinter is concluded.
Timed finals for distance events will begin approximately 20 minutes after Spring Sprinter has concluded.
Meet referee has the ability to shorten the warm up before the distance events and to combine or eliminate events to keep within the 4 hour rule.
- Rules: Current 2023 USA Swimming and Oregon Swimming Inc. rules will govern this meet
- MAAPP: All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Tech Suits: As of September 1, 2020, no Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.
- Medical Supervision: Lifeguards will be present, and an AED will be in the guard room just inside the door. There are EMT's across the street in the Fire Station.
- Bull Pen: A bull pen will be provided for all 8 and under swimmers.
- Awards: Individual and relays - 1-10th place ribbons. Events scored in age group indicated in event list. **Boys and girls are swam together but scored separately.**
- Meetings: Officials meeting will be held at 8:00am. Coaches meeting at 8:45am.
- Officials: We always appreciate the help of certified officials & trainees from other clubs. If you will be attending this meet, please check in with the meet referee upon arrival. An officials & coaches hospitality room will be provided.

Timers: Each team will be given lane timing assignments for the morning

Distance events: **Swimmers in the 500 and 1650 yd Freestyle events will be responsible for providing their own timers.** The meet referee has the option to swim the 500 and 1650 yd swimmers 2 to a lane if needed.

Concessions: No concessions will be available. There will be a hospitality room for officials.

2023 Hood River Spring Sprinter Invitational Swim Meet May 13, 2023

NOTES

***Open events require no entry standard for 13 yrs and older swimmers
For 12 & U swimmers who enter Open events, they must meet the 10 yr old B time
for their gender.**

Event #	Event Name
1	13 & Over 200 yd IM
2	12 & Under 100 yd IM
3	8 & U 25 yd Free
4	12 & Under 50 yd Free
5	Open* 100 yd Free
6	8 & Under 25 yd Breaststroke
7	12 & Under 50 yd Breaststroke
8	Open* 100 yd Breaststroke
9	8 & Under 25 yd Back
10	12 & Under 50 yd Back
11	Open* 100 yd Back
12	8 & Under 25 yd Butterfly
13	12 & Under 50 yd Butterfly
14	Open* 100 yd Butterfly
15	8 & Under 100 yd Freestyle Relay
16	12 & Under 200 yd Freestyle Relay
17	Open 200 yd Freestyle Relay
Warm up BREAK	
18	10 & Under 500 yd Freestyle
19	11 & Over 500 yd Freestyle
20	11 & Over 1650 yd Freestyle

Swimmers in the 500 and 1650 yd freestyle events must provide
Their own timers

Hood River Valley Swim Team
1603 May Street, Hood River, OR 97031

Hood River Valley Swim Team

MEET ENTRY SUMMARY

Please complete this form and send it in with your entries.

Team: _____

Team Abbrev: _____ LSC: _____

Coach: _____

Phone: _____

Team Mailing Address: _____

Entry information prepared by: _____

Phone: _____

Meet Entry Fees

Surcharge (OSI and HRVST)	@ \$6.00	\$
Individual Entries	@ \$4.50	\$
Relays	@ \$12.00	\$
	TOTAL	\$

Please make one check payable to: HRVST

I have read the meet information and attest that all swimmers entered hereon are current members of USA Swimming, Inc.

Signature of coach or team rep Date Phone #