

2023 HRVST Winter Invitational

January 14, 2023

Held under the sanction of USA Swimming, Inc. through Oregon Swimming, Inc.
Sanction #23-001

- 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.
- Host:** Hood River Valley Swim Team
- Host Facility:** Hood River Aquatic Center, 1601 May Street, Hood River, OR 97031
- Invited Teams:** Hood River Valley Swim Team, The Dalles Swim Team, Bend Swim Club, Mt Hood Swim Team and Vancouver Swim Club. Any others tbd if the timeline allows.
- Eligibility:** Swimmers must currently be registered with USA Swimming. Swimmers must be within entered age brackets as of January 14, 2023. Only swimmers from invited teams are eligible.
- Entry Deadline:** Entries must be received no later than **7pm Wednesday January 4, 2023**. No late entries will be taken, and no on-deck registration will be permitted.
- Entry Limit:** Swimmers may enter a total of 3 individual events and one relay before the break, and one after the break. Entries for the events after the break may be limited if the timeline looks to exceed the 4 hour rule.
- Meet Format & Specifics:** All events will be pre-seeded and swum mixed gender, slow to fast, as timed finals. No deck entries will be allowed. Age limits/guidelines are designated on Order of Events page
- Entry Fees:** \$9/swimmer (\$3 OSI surcharge, \$6 facility use fee)
\$4.50 Individual entry fee per event and \$12 per relay.
- Please make check payable to HRVST.
- Entries:** Please submit a Hytek entry file to hrvst.coach@gmail.com With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Awards:** Ribbons 1-10th place, boys and girls are swam together but scored separately. Events will be scored 8 & Under for the 25's, 10 & Under for all other events, 11-12, 13-14, and 15 & Over.
- Facility:** Competition Pool: 10 lane 25yd by 25m pool with flush-deck gutters and 6" non-turbulent lane lines. Pool depth varies from four feet to seven feet. This meet will be held meters using up to 7 lanes. The competition course has not been certified

in accordance with 104.2.2 C(4).

Electronic Timing system consists of strobe start, touchpads with buttons & manual backup. Facility is accessible to adaptive swimmers.

Seating: There is bleacher space and deck space available for folding chairs.

Timing: Colorado Electronic timing system, horn start, and finish touch pads. Results via electronic scoreboard.

Pool Hours: The facility will be open to the public during the competition. Participants may enter the facility 30 minutes prior to the scheduled warm-up time.

Times: Timeline is below.

<u>Warm-ups</u>	<u>Competition</u>
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10:00am	11:00 a.m.
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There will be a 15 minute break after the relays.

Rules: Current 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. Please see Appendix A for specific guidelines and procedures regarding COVID-19 safety.

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.

For 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.

Restrictions: No glass containers, tobacco products, or alcoholic beverages are allowed in the pool facility. 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. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Meet Referee: Dan Rawding drfishes@gmail.com

Admin Official: Lisa Sandoval lesandoval96@gmail.com

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

Officials: Please contact the meet referee 1 week prior to the meet start date to declare your intention to officiate. The officials meeting will be held in person at 10:15am. The uniform for officials will be white over black, with black shoes and socks. Officials and coaches shall display USA Swimming credentials with current certification when on deck.

Timers: The meet will be operated with two timers per lane. Each team will be responsible for assisting with timing.

COVID-19: We have taken enhanced health and safety measures for the protection of all visitors to the Hood River Valley Aquatic Center. All posted, written, and other instructions must be followed while visiting the facility, including wearing of masks.

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.

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Order of Events – All events swam mixed, scored separately

Event #	Event Name
	SESSION 1
1	8 & Under 25m Free
2	Open 50m free
3	Open 100m free
4	11 & Over 200m free
5	8 & Under 25m butterfly
6	Open 50m butterfly
7	Open 100m butterfly
8	11 & Over 200m fly
9	8 & Under 25m backstroke
10	Open 50m backstroke
11	Open 100m backstroke
12	11 & Over 200m back
13	8 & Under 25m breaststroke
14	Open 50m breaststroke
15	Open 100m breaststroke
16	11 & Over 200m breaststroke
17	Mixed 10 & Under 100m Freestyle Relay
18	Mixed Open 200m Freestyle Relay
	15 Min Break
19	Open 100m IM
20	Open 200m IM
21	11 & Over 400m IM
22	11 & Over 400m free