

2023 Lebanon Invitational Swim Meet
Short Course Yards
January 21st & 22nd 2023

Held Under the Sanction of USA Swimming, Inc.

- Sanction #:** 23-003
It is understood and agreed that USA Swimming, Oregon Swimming, and Lebanon Swim Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Meet Referee:** Matthew Beasley, matthew.d.beasley@gmail.com
Entry into this meet implies your team will provide officials. Please send their names and the sessions they will be attending to the Meet Referee in addition to the Meet Director.
- Administrative Official:** Cali Beasley, cali3674@gmail.com
- Meet Director:** Lorlee Engler, lebanoncommunitypool@gmail.com
- Host:** Lebanon Community Swim Club
- Location:** Lebanon Community Pool
(Located next to Lebanon High School)
1800 South 5th St.
Lebanon, OR 97355
(541) 451-8551
- Meet Rules:** Current USA Swimming and Oregon Swimming rules will govern this meet and be strictly enforced.
- Tech Suits:** No technical suit may be worn by any 12 & Under USA Swimming athlete member in competition at Sanctioned, Approved or Observed meet.

SCHEDULE

DATE	WARM-UPS	TIMED FINALS
Saturday, January 21st	10:45am	12:00pm
Sunday, January 22 nd	9:00am	10:00am

- Eligibility:** All swimmers must be currently registered with USA Swimming or FINA equivalent. No on-deck registration. Swimmers must be within the listed age brackets as of January 21st, 2023
- **Entry Deadline:** Entry acceptance period begins at 8:00 am, Friday, December 16, 2022. Final entry deadline is Weds, January 11th, 2023 before 5:00PM. **(We will abide by 4 hour time limit, so meet may fill sooner)** For additional information, contact Lorlee Engler: 541-905-6983
- Entry Limit:** Three (3) events per day, not including relays.
One (1) relay per day.

Meet Limit: Entries will be in compliance with the 4 hour rule

Entry Fees: \$ 3.00 Oregon Swimming surcharge per swimmer
\$ 4.00 Individual event
\$ 10.00 Relay
\$ 12.00 Facility surcharge per swimmer

Entry fees must accompany Hy-Teks Team Manager or equivalent Meet Entry Fees Form. Please send one check per team. Also, please send payment and make checks payable to **Lebanon Community Swim Club**.

Entry Address: **Mail entry checks to:**
Lebanon Community Swim Club
1800 South 5th St.
Lebanon, OR. 97355
(541) 451-8551

Entries: **Please email Hy-Tek files to: Lorlee Engler: lebanoncommunitypool@gmail.com**
Submit yard times only for seeding. Enter "NT" for no times. Teams are strongly encouraged to submit entries on disk using Hy-Tek format, or email the Hy-Tek file. Teams who do not have Hy-Tek Team Manager software may obtain free-of-charge Hy-Tek Lite to enter their times in the meet. Go to <http://www.hy-tek.com/downloads.html> to get the free download. This format aids the meet management in receiving correct entries for your team.

With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

Any swimmer entered in the meet must be a 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.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's 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 the Meet Referee if assistance is needed, upon arrival at the meet.

Facility: Indoor 25-yard, 13 feet deep, 6-lane pool
Relay legs starting from the 3'6" shallow end will do in-water starts.
The competition course has not been certified in accordance with 104.2.2[4]. Men's and 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.

Seating: Approx. 150 spectator seats. No dogs please!

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE FACILITY. USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN THE CHANGING AREAS, REST ROOMS OR LOCKER ROOMS. DECK CHANGING IS PROHIBITED. PHOTOGRAPHY IS NOT ALLOWED

BEHIND THE BLOCKS DURING THE START OF A RACE OR RELAY EXCHANGE. DECK CHANGING IS PROHIBITED. NO SHAVING ALLOWED IN FACILITY.

- Timing:** Colorado System 6 timing system, horn start, and finish touch pads. Results via LED electronic scoreboard.
- Warm-ups:** 10:30 – 11:55 a.m on Saturday and 9:00 – 10:55 on Sunday
Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.
- Meet Rules:** Current USA Swimming rules will govern throughout the meet.
- Safety:** Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.
- Medical:** The Facility will provide medical supervision to athletes in the form of lifeguards, oxygen, and an AED.
- Awards:** Individual: 1st – 6th ribbons
Relay: 1st – 3rd ribbons
- Scoring:** Individual: 7-5-4-3-2-1
Relay: 14-10-8-6-4-2
- Meetings:** Officials will meet approximately 45 minutes before the start of the swim meet. Coaches will meet 15 minutes before the start of the swim meet.
- Officials:** We always appreciate the help of certified officials from other clubs. If you can officiate at the meet, please send a confirming email to the Meet Referee.
Refreshments will be available for coaches and officials in the hospitality room.
- Tech Suits:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved, or Observed meet.
- MAAPPS:** 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.
- Timers:** Teams will be assigned timing lanes at the start of the meet.
- Concessions:** Concessions available for food and drink.
- Results:** Will be posted at the pool and will be emailed to coaches upon request.
- Directions:** To get to the Lebanon Community Pool, go north or south on I-5 and take exit 228; then go approx. 5 miles east on HWY(OR-34). Turn right on Denny School Rd, which will turn into Airport Rd. Turn Left on 5th St. The pool is the first building on the left, just after the track and adjacent to Lebanon High School.



Order of Events



Saturday, January 21st, 2023

Warm-ups: 10:45am Finals: 12:00pm

GIRLS

EVENT

BOYS

1	12&U	100 IM	2
3	OPEN	200 Free	4
5	10&U	200 Medley Relay	6
7	12&U	200 Medley Relay	8
9	13&O	200 Medley Relay	10
11	OPEN	100 Free	12
13	8&U	25 Breast	14
15	10&U	50 Breast	16
17	11-12	50 Breast	18
19	OPEN	100 Breast	20
21	13&O	200 Fly	22
23	8&U	25 Free	24
25	10&U	50 Free	26
27	11-12	50 Free	28
29	13&O	50 Free	30
31	13&O	200 Breast	32

Sunday, January 16th, 2022

Warm-ups: 9:00am Finals: 10:00am

33	12&U	200 IM	34
35	13&O	200 IM	36
37	8&U	25 Back	38
39	10&U	50 Back	40
41	11-12	50 Back	42
43	OPEN	100 Back	44
45	8&U	25 Fly	46
47	10&U	50 Fly	48
49	11-12	50 Fly	50
51	OPEN	100 Fly	52
53	10-U	200 Free Relay	54
55	12-U	200 Free Relay	56
57	13+0	200 Free Relay	58
59	13+0	200 Back	60

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., Oregon Swimming, Inc., and Lebanon Swim Club in conjunction with Lebanon Community Pool 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.

USA Swimming coaching credential must be current and verified at the start of the meet!

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Spectators will be allowed to enter and exit through the main facility doors or the south side doors.

Spectators, coaches and officials will use the portable bathrooms, outside on the south side of building.

Coaches and officials will use portable bathrooms on the north side of building.

Athletes only will be allowed in the locker rooms, adults may use the locking restroom in the natatorium. If parents need access to their swimmer for changing, they too may use the locking restroom/changing room in the natatorium. In applying for this sanction, the Host, The Lebanon Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon and Linn County.