

**2023 BEND SWIM CLUB  
LONG COURSE INVITATIONAL  
MAY 6-7, 2023**

*Held under the sanction of USA Swimming through Oregon Swimming, Inc.*

**Sanction No.** 23-041

*In granting this sanction, it is understood and agreed that USA Swimming and Oregon Swimming 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.*

**Host:** Bend Swim Club

**Location:** Juniper Swim & Fitness Center – Outdoor Pool  
800 NE 6<sup>th</sup> Street  
Bend, OR 97701  
(541)389-7665

**Meet Referee:** Lee Cannon [lcannonpdx@gmail.com](mailto:lcannonpdx@gmail.com)

**Admin Official:** Lisa Sandoval [Lesandoval@gorge.net](mailto:Lesandoval@gorge.net)

**Meet Director:** Heather Thomas [Heather.thomas@bendswimclub.com](mailto:Heather.thomas@bendswimclub.com)

**Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of May 6, 2023).

**Entry Limit:** Swimmers may enter a maximum of **three** individual events Saturday and Sunday. One additional Entry Saturday in the **13&O** 400IM **OR 13&O** 800 Free is available, however these events will be capped based on facility timeline (likely 3 heats 400IM & 2 heats 800 Free sorted based on fastest to slowest entry times). Due to expected length of the session these two events are limited to 13&O only.

**Entry Fees:** \$18.00 Surcharge per swimmer (\$3.00 OSI plus \$15.00 facility charge)  
\$6.50 individual event fee

**Entry E-mail:** Heather Thomas [Heather.thomas@bendswimclub.com](mailto:Heather.thomas@bendswimclub.com) & copy to [LCannonpdx@gmail.com](mailto:LCannonpdx@gmail.com)

**Entry Deadline:** April 26, 2023

- Entries:**
1. Please submit HyTek or Team Unify entries with long course meter entry times.
  2. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
  3. 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.

**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 referee, if assistance is needed, upon arrival at the meet.

**Scoring:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**Awards:** Awards given 1<sup>st</sup> to 8<sup>th</sup> place-boys and girls groups- 8&U, 9-10, 11-12, and 13&O.

**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 Sept. 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.

**Facility:** The competition course has not been certified in accordance with 104.2.2(c)4. Outdoor 50-meter pool, 8 lanes, 7 1/2 feet per lane. Starting blocks at the deep end of the pool and has depth of 8 feet, shallow end is 4ft at 3ft out from blocks. Warmup and warm down will be run in lane 8 of the competition pool except during the 400IMs & 800 Free which will be in all 8 lanes. Automatic timing system with touchpads and backup buttons. The Swim venue includes men and women locker rooms with access through an indoor pool. Facility is accessible to adaptive swimmers and spectators.

Service animals are allowed on deck with proof of certification, otherwise there are no animals allowed on pool deck or in the facility.

Covid 19 restrictions and other Facility Guidelines subject to change as directed by local/state authorities, facility management and/or the meet referee and meet director. ***Any person who refuses to comply with any of the above will be asked to leave the facility immediately.***

**Medical Serv:** Lifeguards with access to AED, first aid and medical supplies will be available for any injury or medical emergency. Any athlete or spectators with a medical need will have access to all medical personnel on hand.

**Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES and GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. Use of audio or visual recording devices, including a cell phone, is not permitted in 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. 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.

**Rules/Safety:** Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect and strictly enforced.

**Lodging:** Various hotels and Air BnBs available surrounding the facility and Bend locale.

**Officials:** We always appreciate the help of certified officials from other clubs. If you will be attending this meet and available to officiate, please complete the following link to indicate your available sessions: <https://forms.gle/6amXuPwxWLctTKPM9>. If you are a trainee, please also email a copy of your training log to [LCannonpdx@gmail.com](mailto:LCannonpdx@gmail.com). Dress is white shirt, black pants/shorts/skirts/socks/shoes and any weather related items to be comfortable.

**Meetings:** Officials' meetings will be held 45 minutes prior to the start of each session.  
Coaches meeting will be held 15 minutes prior to the first session Friday and Saturday.

**Times:**

<b>Saturday, May 6</b>	
<b>Warm Up</b>	<b>Competition</b>
1pm	2pm
<b>Sunday, May 7</b>	
8:00 a.m.	9:00 a.m.

**Events:**

<b>SATURDAY, MAY 6</b>		
<b>Women</b>		<b>Men</b>
1	9 & over 200m IM	2
3	12 & under 100m Free	4
5	13 & over 200m Free	6
7	12 & under 50m Breast	8
9	13 & over 100m Breast	10
11	12 & Under 100m Back	12

13	11 & Over 200m Back	14
15	12 & Under 50m Fly	16
17	13 & Over 100m Fly	18
<b>15 Minute Full Pool Warm up Break</b>		
19	<b>13&amp;O Mixed 400m IM*</b>	
20	<b>13&amp;O Mixed 800m Free* ^</b>	
<p><i>* Number of heats will be based on facility timeline - likely 3 heats of 400 IM &amp; 2 heats of 800 free but will be updated after entries received. Entries will be based on fast to slow entry times for available positions. Must provide your own 2 Timers &amp; Counter (800)</i></p> <p><i>^ Please notify Admin if you would like a 400 Free Initial Distance Time</i></p>		
<b>SUNDAY, MAY 7</b>		
<b>Women</b>		<b>Men</b>
21	12 & Under 200 Free	22
23	13 & Over 100m Free	24
25	11 & Over 200m Fly	26
27	12 & Under 50m Back	28
29	13 & Over 100m Back	30
31	12 & Under 100m Breast	32
33	11 & Over 200m Breast	34
<b>35</b>	Open <b>Mixed</b> 50m Free	<b>35</b>
<ul style="list-style-type: none"> <li>• <i>All events 400m and longer require positive check in no later than 30 min after the start of warmups.</i></li> <li>• <i>The host team reserves the right to enter a small number of non-qualifying swimmers in the meet.</i></li> <li>• <i>Breaks and session timelines may be added/adjusted at the discretion of the Meet Referee.</i></li> </ul>		