



2023 TDPS vs PAC vs MAC

Winter Double Dual

January 21, 2023

Centennial Pool, 3505 SE 182nd Ave Gresham OR 97030

Held under the sanction of USA Swimming, Inc.

Through Oregon Swimming, Inc.

Sanction #23-017 Open Mixed

In granting this sanction, it is understood and agreed that USA Swimming, OSI, and The Dolphins Swim Team (TDPS) 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. In applying for this sanctioned event, the Host, TDPS agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, OSI, the State of Oregon and Multnomah County (local jurisdiction).

Covid 19 Statement

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 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, OSI, West Hills Racquet and Fitness Club, and The Dolphins Swim Team (TDPS), 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.

All meet participants must sign-in (scan QR code and answer questions on your smartphone) at the entrance area (see map page 4).

Host: The Dolphins Swim Team

Location: Centennial Pool
3505 SE 182nd Ave, Gresham OR 97030

Meet Referee: Lee Cannon, LCannon@amfam.com 503-516-1568

Meet Director: Fumiyo Yoshino, fyoshino@gmail.com 503-704-3786

Admin. Official: HaThanh Goswitz, goswifam@yahoo.com

Officials: Please sign up for the meet via this link: <https://forms.gle/q6dRas3YXbqZwqAP6>
If you have questions, please email the Meet Referee directly. Officials' meeting one hour prior to the start of the meet. Hospitality area will be provided for officials and coaches (see map page 4). Dress is white shirt, black pants/shorts/skirt and black shoes/socks. If you are a trainee, please email a photo of your current training log to the Meet Referee at least 7 days prior to the meet.

Eligibility: Swimmers MUST be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED.

Entry Deadlines: ***Entry Deadline is January 14th. Event file will be made available no later than January 11th, 2023.***

Entry Limit: 3 Events per swimmer.

Meet Limit: 4-hour limit, events may be adjusted/removed to accommodate session time restriction.

Entries: Submit YARD times only for seeding. Long Course time conversions are acceptable. E-mail entries in a Hy-Tek formatted file. Send file to LCannonpdx@gmail.com, and cc goswifam@yahoo.com and fyoshino@gmail.com. Please include a pdf list of entries. Receipt of entry will be confirmed by email

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

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.

Meet is pre-seeded except for the 400 IM, 500 and 1000 Freestyle which will be Deck-Seeded. Positive check in required 30 minutes after the start of warmups.

Entry Fees: \$3.00 OSI surcharge per swimmer
\$5.00 individual event fee
Entry fee must accompany master pdf entry form and must be received prior to the start of the meet. Entry fees are due January 16th, 2023. Make checks payable to: The Dolphins Swim Team.
If the event is canceled due to COVID-19 or adverse weather, a refund of the meet entry fees will be made by January 24th, 2023.

Payment Address: The Dolphins Swim Team
Attn: Swim Meet
P.O. Box 19357
Portland OR, 97280

No Coach Present: Only swimmers from the attending teams may enter the meet, no exceptions.

Meet Format: All events will be PRESEDED EXCEPT FOR the 400 IM, 500 and 1000 Freestyle which will be DECK-SEDED and require positive check in, deadline 30 minutes after the start of warmups. Races will be MIXED and swim SLOWEST to FASTEST. Over swimmer starts will be used. Coaches are encouraged to report known scratches prior to the start of the meet. Breaks may be added at the discretion of the Referee.

No Spectator Heat Sheets will be sold at the event. Heat Sheets for all Pre-seeded events will be available 24 hours prior to the meet on the Dolphins website for families to print and/or download their own. Heat Sheets will be posted at the venue and also available on Meet Mobile for free download.

Facility: Indoor 25 yard, 6 lane pool, all of which will be used for competition. Starting blocks in the deep end only. Pool depth 9 ft at the start end and 3 ft 6 in at the turn end. Lanes are 7-9 ft wide and separated by five-inch non-turbulent lane lines.

The competition course has not been certified in accordance with 104.2.2 C (4).

Only those parents who are timing are allowed in the starting area. SWIMMERS, COACHES & OFFICIALS ONLY PLEASE AT THE START END OF THE POOL.

The pool deck area is open and can accommodate two-way foot traffic and limited seating for swimmers and spectators for younger swimmers (9 years old and under).

Swimmers should bring camping chairs in case the bleacher chairs do not provide enough seating.

Timing: Timing will be two buttons and two backup watches. Pads will be used if they become available.

Swim Venue:

Bathrooms for Athletes:

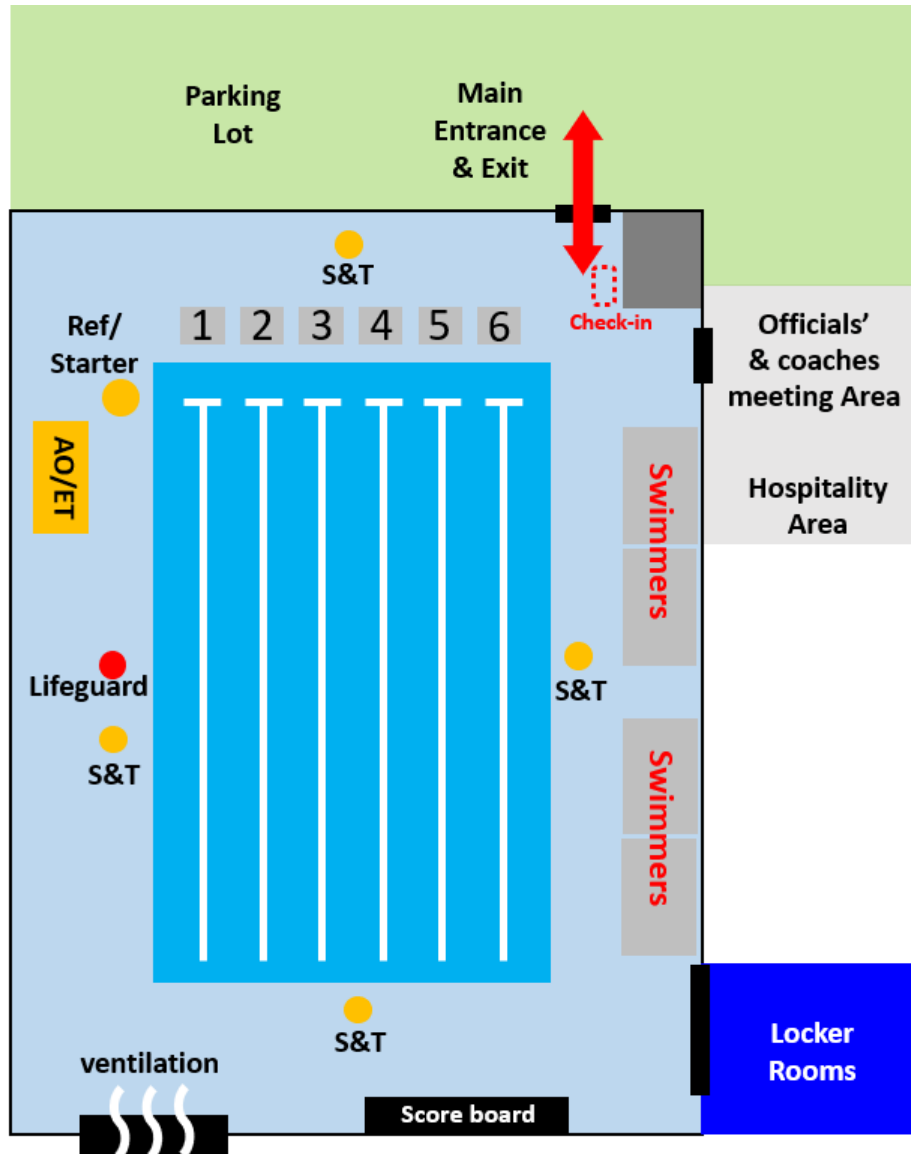
- Inside Men's locker room
- Inside Women's locker room

Bathrooms for Adults:

The same bathrooms as for Athletes will be used. Volunteers will ensure that MAAPP is followed.

Pool deck areas available for swimmers, coaches, volunteers, and officials only.

The locker room space is limited. Swimmers should arrive in their swim apparel.



Meet marshals (4) will be on deck for warm-ups.

No indoor or outdoor spectator allowed except for swimmers 9 and younger and the first time meet participants

No concessions will be available at this meet.

Pool Hours: Pool will be open from **7:15 AM** until the conclusion of the meet to meet participants (**spectators are allowed only for swimmers 9 and younger and the first time meet participants**).

Restrictions: There will be NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOLIC BEVERAGES, AND NO GLASS CONTAINERS allowed in the swimming venue including the deck area or locker rooms. The use of audio or visual recording devices, including a cellphone, is not permitted in changing areas, rest rooms, or locker rooms. Photography is prohibited behind the blocks. Video or photography is prohibited in or over the water by devices such as a GoPro. 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). Deck changing is prohibited.

Locker room space is limited. Swimmers should arrive in their swim apparel.

Times: Saturday Warm Up **7:30 - 8:30 AM**
Saturday Competition **8:45 AM**
Breaks may be added to the meet schedule at the discretion of the Meet Referee.
Official results will be available 7 days after competition has concluded.

Rules: Current USA Swimming and Oregon Swimming rules will govern the 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.

[Minor Athlete Abuse Prevention Policy](https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy)
(<https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>)

All adult participants must sign MAAPP acknowledgement form at check-in (entrance area).

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.

Safety: Current Oregon Swimming safety guidelines and warm-up procedures will be in effect and will be strictly enforced. 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.

Medical: Medical facilities available include lifeguards, an AED, and community 911 EMS.

Warm-Up and Competition: Warm-up lanes are directed by the team coach.

Procedures: Fly over starts may be used, but will be determined based on the number of entries received and will be communicated out when heat sheets are distributed.

Bull Pen: No bull pen will be provided

Awards: No Awards will be provided

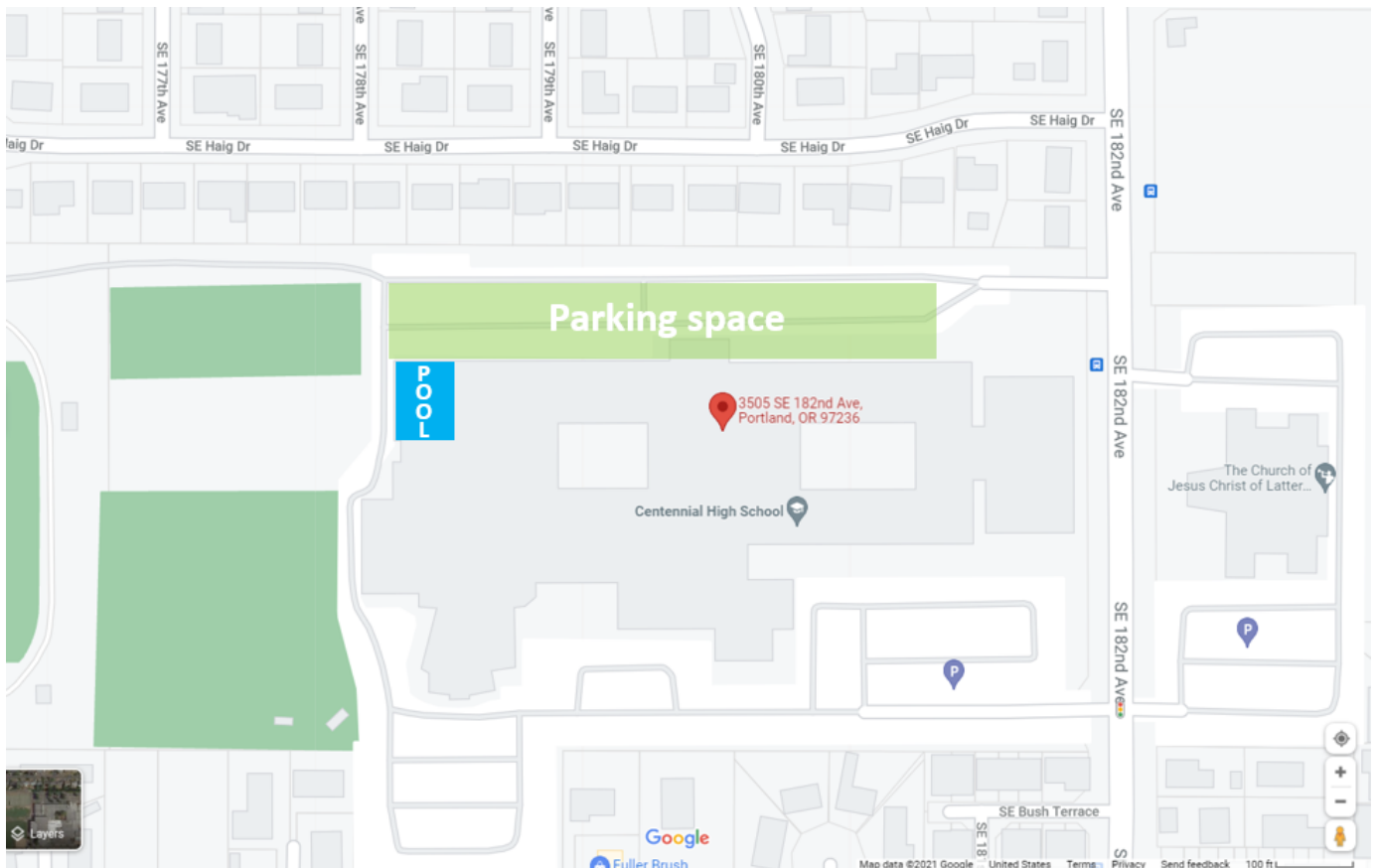
Heat Sheets: Heat sheets with timelines will be available on the TDPS website in the 'Events/Meets' section prior to the meet and on Meet Mobile

Meetings: Officials' meeting: One hour prior to the start of the meet.
Coaches' meeting: 8:35 AM next to the hospitality area at the conclusion of warmups. (see map page 4)

Hospitality: Hospitality area will be provided for officials, coaches, and volunteers. (see map page 4).

No concessions for swimmers will be available at this meet.

Parking/Camping: Please use parking lots on Centennial High School property. No Overnight Camping. No RVs. There are no outside toilet facilities.



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Session 1: Saturday 1/21/2023 Morning

Warm up 7:30 - 8:30 AM Session; Meet Start 8:45 AM

1	Mixed Open 200 Freestyle
2	Mixed Open 100 Back
3	Mixed Open 50 Breast
4	Mixed Open 25 Freestyle
5	Mixed Open 25 Breast
6	Mixed Open 200 IM
7	Mixed Open 100 Butterfly
8	Mixed Open 50 Freestyle
9	Mixed Open 25 Butterfly
10	Mixed Open 25 Back
11	Mixed Open 200 Butterfly
12	Mixed Open 100 Breast
13	Mixed Open 50 Back
14	Mixed Open 200 Back
15	Mixed Open 100 IM
16	Mixed Open 50 Butterfly
17	Mixed Open 200 Breast
18	Mixed Open 100 Freestyle
19	Mixed Open 400 IM*
20	Mixed Open 500 Freestyle*
21	Mixed Open 1000 Free*

*Events may be removed based on the timeline of the meet. Consult your coach with questions.