



2023 THSC SPRING INVITATIONAL

May 5 - 7, 2023

HELD UNDER THE SANCTION OF U.S.A. SWIMMING, INC. Article 202.4

HELD UNDER THE SANCTION OF OREGON SWIMMING, INC.

Sanction No: Meet # 23-052

In granting these sanctions, 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 this event.

Meet Referee: Johan Van De Groenendaal Johanv.referee@gmail.com

Admin: Jim Hu

Meet Director: Calvin Lin meetdirectors@thunderboltswimming.org

Location: **Tualatin Hills Aquatic Center**
15707 SW Walker Road Beaverton, OR 97006
(503) 645-7454

Sponsor: **Tualatin Hills Swim Club (THSC)**
PMB 152, 16055 SW Walker RD
Beaverton, OR USA 97006
(503) 629-5568 fax (503) 439-9328 website: www.thunderboltswimming.org

Facility: Indoor, 50 meters x 25 yards, 7½ foot lanes. Pool depth goes from 13.5 ft. at the start end, and 3.5 ft at the turn end in LCM configuration. The competition course has not been certified in accordance with 104.2.2(c)4. Colorado Timing System. Open pool deck areas available for swimmers, coaches, and officials only. Wi-Fi throughout the facility.

SPECIAL NOTE: No personal folding chairs allowed on deck.

In the interest of public safety, inclement weather may necessitate the closure of THPRD facilities. To communicate quickly and efficiently, THPRD posts new information about inclement weather closures and other interruptions on a 24-hour hotline:

Facility Closure / Inclement Weather Hotline: 503-614-4018

**RV parking available for day use only at the north parking lot above soccer/baseball fields. For more information, please call THPRD Swim Center at (503) 629-6130.*

Restrictions: Tobacco products, alcoholic beverages, and glass containers are prohibited on THPRD district property. Shaving is prohibited in the facility. 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 at any time. Flash photography is prohibited during competition, except by express permission from the Meet Referee. 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. Use of video recording devices under or over the water surface of the pool is prohibited. **Only coaches, swimmers and working volunteers will be permitted on the pool deck.**

IMPORTANT:

1. Alcohol is not allowed anywhere on the THPRD grounds.
2. Food may not be consumed on deck.
3. Locker rooms are for registered athletes only. Restrooms for parents and spectators are located across the hall from the main entrance to the THPRD pool.
4. 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.

Rules and Safety:

Current USA Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

USA Swimming Minor Athlete Abuse Prevention Policy: 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.

Locker Rooms: The facility locker rooms are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located in the lobby of the pool building and across the breezeway from the main entrance to the THPRD pool.

Medical Supervision: CPR and first aid certified lifeguards are on duty during warm-ups, competition and cool-down for the entirety of the event. AED devices are available at the main desk of the pool. Lifeguards will call EMTs should a situation require additional medical assistance.

COVID-19:

We have taken enhanced health and safety measures - for all attending the swim meet. You must follow all posted instructions while visiting Tualatin Hills Aquatic Center. 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. By visiting Tualatin Hills Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

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 OSI 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.

COVID-related procedures may be adjusted based on facility resources and rapidly evolving state and local Public Health guidance.

Spectator Info:

Indoor seating for spectators is limited. A transitional seating section shall be available for spectators to view their swimmer's events. The available space will be determined as follows:

- A) Current OHA COVID guidelines at the time of the meet
- B) The number of athletes in a given session

Spectators must follow OHA Covid protocol guidelines. Anyone not complying will be subject to removal by THPRD campus security. The meet referee may also elect to close the seating area if needed. Parents/guardians should plan on bringing chairs to sit in the breezeway and grassy areas while their swimmers are between events.

Warm up Procedures:

Meet warmups will be managed by the coaches. The coaches will preassign teams to specific lanes for warmups.

Swimwear:

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Eligibility:

Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation; **NO ON DECK USA REGISTRATION SHALL BE PERMITTED.** Swimmers must be within the listed age brackets as of May 5, 2023. *With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.*



Qualifying Standards:

10&U: No Time Standards (exception: 10&U 400 Free requires 11 year old BB time standard)
11&O: BB Time Standards for events 200m and longer
USA Swimming BB Time Standards [HERE](#)

Tualatin Hills Swim Club reserves the right to swim any of its own club members who have not achieved the minimum time standards.

Bull Pen:

There will be a bullpen staging area for 10&U sessions

Times:

Swimmers should arrive at the pool no earlier than 15 min before their warmup.
Pool deck will open for swimmers at 6:45am each morning for 7:00am warmups.

Date	Description	Warm-Ups	Timed Finals
Friday May 5	10&U 11-14 Open	4:00 pm	5:00 pm
Saturday May 6	10&U 11-14 Open	7:00 am 10:00 am 3:30 pm	8:00 am 11:00 am 4:30 pm
Sunday May 7	10&U 11-14 Open	7:00 am 10:00 am 3:30 pm	8:00 am 11:00 am 4:30 pm

Warmup & meet start times are tentative and may be adjusted. Any changes will be communicated.

Entry Limit:

3 events max per day for 11-14 and Open sessions + 1 distance event
4 events max per day for 10&U sessions

Meet Limit:

10&U: 2 hour limit each morning session
11-14: 4 hour limit each session
Open: 5 hour limit each session

Entries:

Submit LCM times only. Converted times are accepted.

USA Swimming registration numbers must be included.

Entries Open: Saturday, April 8, 2023, 12:00pm

Entries Deadline: Friday, April 28, 2023, 5:00pm

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 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.

1. **HY-TEK Meet Manager Software will be used. Please submit entries via Hy-Tek in SCY only and email in HY-TEK format to MeetDirectors@thunderboltswimming.org**
When emailing entries, please zip files and include a Team Meet Entry Report in a Word format.
2. Please review entries for each session of the meet prior to warm-ups for that session, and report any potential corrections to the Meet Director at least 30 minutes prior to the beginning of the session's competition. Corrections will be made on a case-by-case basis, with the benefit of the doubt going to the swimmer(s) involved.

Entry Fees:

\$3.00 OSI swimmer surcharge
\$25.00 facility fee
\$3.00 per event fee

Payments should be sent via PayPal to AR@Thunderboltswimming.org and be accompanied at the time of entry submission.

Entries will only be placed into the system upon validation of payment.

THSC does not accept check payments for meet entries.



- Awards:** **10&U** sessions: 1st-10th place ribbons awarded
11-14 sessions: Heat winner prizes
Open sessions: High Points Awards 1st – 3rd Male & Female
All awards must be picked up at the conclusion of the competition. They will not be mailed.
- Seeding:** Deck seeding for all events 400m and longer
- Check-in:** Positive check-in required for all events 400m and longer
- Meetings:** A coaches meeting may be held 15 minutes prior to start of each session.
An officials meeting will be held 45 minutes prior to start of each session.
- Officials:** **There will be an Online Sign up to officiate at the 2023 THSC Spring Invitational.**
Link to be provided.
Signup deadline: May 3, 2023, 12:00pm
- Uniforms:** Oregon Swimming Officials' uniform: white shirt, black pants or skirt, and black shoes and socks.
- Trainees:** Trainees will be welcome in all positions (Starter, Stroke & Turn, or Electronic Timer), subject to building capacity limits and compliance with latest Covid-19 protocols.
- Timers:** Visiting teams will be given lane assignments based on the number of swimmers entered per session.
Lane timers should visit the Volunteer Check-In desk to sign up for lane timing.

Swimmers must provide their own timers and lap counters for the 800 Free and 1500 Free.
- Notice:** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.





EVENTS

FRIDAY, May 5

WARM-UPS 4:00 PM TIMED FINALS 5:00 PM

Women's Event #	Event Description	Men's Event #
1	10&U 400 Freestyle*	2
3	11-12 400 Freestyle	4
5	Open 800 Freestyle**	6
7	Open 1500 Freestyle**	8

*10&U 400 Free requires 11 year old BB times to enter this event

**Swimmers must provide their own timers and lap counters for 800 and 1500 Free

SATURDAY, May 6 10&U

WARM-UPS 7:00 AM TIMED FINALS 8:00 AM

Women's Event #	Event Description	Men's Event #
9	200 Freestyle	10
11	50 Butterfly	12
13	50 Freestyle	14
15	100 Backstroke	16
17	100 Breaststroke	18

SATURDAY, May 6 11-14

WARM-UPS 10:00 AM TIMED FINALS 11:00 AM

Women's Event #	Event Description	Men's Event #
19	200 Freestyle	20
21	100 Butterfly	22
23	50 Backstroke	24
25	50 Freestyle	26
27	200 Backstroke	28
29	100 Breaststroke	30
31	400 IM	32

SATURDAY, May 6 Open

WARM-UPS 3:30 PM TIMED FINALS 4:30 PM

Women's Event #	Event Description	Men's Event #
33	200 Freestyle	34
35	100 Butterfly	36
37	200 Backstroke	38
39	100 Breaststroke	40
41	50 Freestyle	42
43	400 IM	44



SUNDAY, May 7 10&U
WARM-UPS 7:00 AM TIMED FINALS 8:00 AM

Women's Event #	Event Description	Men's Event #
45	200 IM	46
47	50 Backstroke	48
49	50 Breaststroke	50
51	100 Butterfly	52
53	100 Freestyle	54

SUNDAY, May 7 11-14
WARM-UPS 10:00 AM TIMED FINALS 11:00 AM

Women's Event #	Event Description	Men's Event #
55	100 Backstroke	56
57	200 Butterfly	58
59	50 Breaststroke	60
61	50 Butterfly	62
63	200 Breaststroke	64
65	100 Freestyle	66
67	200 IM	68
69	13-14 400 Freestyle	70

SUNDAY, May 7 Open
WARM-UPS 3:30 PM TIMED FINALS 4:30 PM

Women's Event #	Event Description	Men's Event #
71	100 Backstroke	72
73	200 Butterfly	74
75	200 Breaststroke	76
77	100 Freestyle	78
79	200 IM	80
81	400 Freestyle	82

LIMITS: If limits are necessary, they will be posted at the Clerk of Course at the start of the session. The following distance event limits may be imposed at the discretion of the meet Referee:

****10&U and 11-12:** 400 Free limited to fastest 4 heats each per gender

******11-14:** 400 Free and 400 IM limited to fastest 8 heats mixed gender

******Senior:** 400 Free and 400 IM limited to fastest 6 heats per gender

*********We will prioritize teams/swimmers based on furthest travelled for the Friday and Saturday 800 Free events



Local Protocols & Requirements:

Mask Policy:

OHA mask guidelines at the time of the meet shall be enforced. If no mask mandate is in effect, we continue to encourage masking for all over 2 years (athletes, coaches, officials, volunteers, spectators and staff) regardless of vaccination status.

IMPORTANT: Policy requirements may change if new advisement is issued by either OHA or THPRD either before or during the meet. Plan to be prepared in case a change in policy is issued.

Athlete Seating Ingress & Egress:

Athlete seating and the pool deck ingress and egress are through the doors in the lobby. There is no direct access between seating areas and the pool deck.

Spectator Seating Ingress & Egress:

A small Transitional Seating section may be available to view swimmer's events. Spectators must leave this area once their swimmer has finished their event. Transitional Seating ingress and egress is through separate doors via the breezeway.

Aquatic Center Capacity

The maximum capacity of the THPRD Aquatic Center facility (including Aquatic Center indoor spaces, Dryland room and Hospitality room) under Covid-19 restrictions is 400 people. This includes all facility staff, athletes, coaches, meet personnel and volunteers. Coaches and THPRD staff will be monitoring and controlling headcount.

Safe Sport Compliance:

Parents may be able to view their child via live-stream video. Locker room access is for athletes only. Spectator restrooms are separate/outside of the pool facility.

