

2023 Valley Coast Swim League Invitational

Saturday, Sunday, March 11th & 12th, 2023

A/B/C Age Group and Senior

HELD UNDER THE SANCTION OF USA SWIMMING, INC
Sanction No: 23-029

Sanction: In applying for this sanction, the Newport 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 Newport.

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

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.

Host: Newport Swim Team
PO Box 451
Newport, OR 97365

Host Facility: Newport Recreation Center
225 SE Avery St
Newport, OR 97365
(541) 265-7770

Eligibility: Swimmers must currently be registered with USA Swimming. Swimmers must be within entered age brackets as of March 11th, 2023. Only swimmers from invited teams are eligible.

Entry Deadline: Entry acceptance period begins Feb 18th at midnight. Entries must be received by March 3rd at 5 pm. No on-deck registration/Entries will be permitted.

Entry Limit: Swimmers may enter a maximum of 4 individual events and 2 relay events per day. A max of 275 swimmers will be accepted

Meet Format: Events will be mixed, swum slowest to fastest. All events will be pre seeded except the 500 free. The 200 and 500 Free will be swam together and awarded by age groups and gender. Over the head starts may be used. **500 Free swimmers must provide their own lap counters and timers.**

Specifics: NO ON DECK REGISTRATION/Entries PERMITTED. Age limits/guidelines are designated on pages 7-9 (Order of Events.)

Entries will be limited to comply with the 4 hour limit.

Entry Fees: \$3.00/Athlete Oregon Swimming Surcharge
\$6.00/Athlete Facility Use Fee
\$5.25/Individual Event Fee
\$10.00/Relay Event fee

Entries:

1. Submit YARD TIMES only for seeding
2. Invited teams will be emailed a Team Manager event file for entries. Submit TM entry file via email to Jeibner@hotmail.com by the entry deadline. Please also attach an entry report in PDF format.
3. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA swimming.
4. 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 swimmers legal guardian to

ensure compliance with this requirement.

5. The meet entries are limited to the four hour rule.

Facility: Indoor, 25 yards, 8 lanes, 7 feet per lane. Starting blocks at the deep end of the pool only(10 feet deep). Shallow end is 3 ½ feet deep. The competition course has not been certified in accordance with 104.2.2

Seating: Spectators will use the spectator seating area. Swimmer and coaches ONLY on deck. Only Timers and Officials will be allowed behind the blocks.

Timing: Automatic timing system with touch pads and backup buttons.

Bullpen: There will be no bullpen for this meet. All swimmers will find their way to their events.

Check-in:

Positive check-in and name changes for relays will be due by 10:30 am on Saturday and 9:00 am on Sunday for that day's relay events. Check-in for the 500 free will be Sunday morning by 10:30 am. Individuals and relay teams that do not check-in by the deadline will not be allowed to compete.

Pool overflow issue and staff shortages forces pool mgt to limit the number of individuals in the pool at one time so there will be two shifts of warm-ups.

NOTE: Head coach will determine what teams warm up at what times.

Times:

SATURDAY, March 11th

Pool opens at 9:00 am
Warm-ups start at 9:30 in two shifts
1st shift-9:30-10:15 2nd shift-10:15-11:00
Competition starts at 11:15 am

SUNDAY, March 12th

Pool opens at 7:30 am
Warm-ups start at 8 in two shifts
1st shift-8:00-8:45 2nd shift-8:45-9:30
Competition starts at 9:45 am

Officials Meeting each day: Sat-10:30
Sun-9:00

Coaches Meeting each day: Sat-11:00
Sun-9:30

Awards: Individual Ribbons 1st-18th. Relays: Ribbons 1st-6th.
Team Awards 1st-3rd.

Individual events will be swum together and awarded by age groups. 8 & under, 9 & 10, 11 & 12, 13 & 14, 15-18.

Hospitality: Food will be provided for the coaches and deck officials.

Concessions: There will be no concessions. Local businesses within walking distance of the pool. Food allowed in spectator seating only.

Heat Sheets: NST will be posting heat sheets on their website for parents and swimmers. Heat sheets will also be posted in the venue and also on Meet Mobile.

Rules: Current USA Swimming and Oregon Swimming Inc., rules, including the Minor Athlete Abuse Prevention Policy("MAAPP"), will govern this meet

Medical services available: Facility staff and lifeguards on duty, access to first responders via 911.

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.

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.

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/Video is not allowed behind the blocks. 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: Fran Hart: HARTFRAN@hotmail.com

Admin Official: Norman Hart: normanhart@msn.com

Meet Director: Travis Howard tnahoward@gmail.com (541)
270-6640

Officials: Teams shall notify the Meet Referee of the availability of officials from their team to work the meet. 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: Each team will be given timing assignments. Please designate a parent representative to report to the Head Timer 20 minutes prior to the start of the meet.

*500 swimmers must provide their own timers(2) and lane counter

Camping: NO OVERNIGHT CAMPING

Valley Coast Swim League Invitational

Order of Events

March 11th & 12th

SATURDAY, March 11th Session 1

1. Mixed 8 & Under 25 Free
2. Mixed 10 & Under 50 Free*
3. Mixed 11-12 50 Free
4. Mixed 13-14 50 Free
5. Mixed 15-18 50 Free
6. Girls 8 & Under 100 Medley Relay
7. Boys 8 & Under 100 Medley Relay
8. Girls 10 & Under 200 Medley Relay
9. Boys 10 & Under 200 Medley Relay
10. Girls 12 & Under 200 Medley Relay

11. Boys 12 & Under 200 Medley Relay
12. Mixed 8 & Under 25 Back
13. Mixed 10 & Under 50 Back
14. Mixed 11-12 50 Back
15. Mixed 14 & Under 100 Back
16. Mixed 15-18 100 Back

15 Minute Break

17. Mixed 8 & Under 25 Fly
18. Mixed 10 & Under 50 Fly
19. Mixed 11-12 50 Fly
20. Mixed 14 & Under 100 Fly
21. Mixed 15-18 100 Fly

10 Minute Break

22. Girls 14 & Under 200 Medley Relay
23. Boys 14 & Under 200 Medley Relay
24. Girls 18 & Under 200 Medley Relay
25. Boys 18 & Under 200 Medley Relay
26. Mixed 18 & Under 200 Free

SUNDAY, March 12 -Session 2

27. Mixed 14 & Under 200 IM
28. Mixed 15-18 200 IM
29. Mixed 10 & Under 100 IM
30. Mixed 11-12 100 IM
31. Girls 8 & Under 100 Free Relay
32. Boys 8 & Under 100 Free Relay
33. Girls 10 & Under 200 Free Relay
34. Boys 10 & Under 200 Free Relay
35. Girls 12 & Under 200 Free Relay
36. Boys 12 & Under 200 Free Relay
37. Mixed 8 & Under 50 Free*

- 38. Mixed 10 & Under 100 Free**
- 39. Mixed 11-12 100 Free**
- 40. Mixed 13-14 100 Free**
- 41. Mixed 15-18 100 Free**
- 42. Mixed 8 & Under 25 Breast**
- 43. Mixed 10 & Under 50 Breast**
- 44. Mixed 11-12 50 Breast**
- 45. Mixed 14 & Under 100 Breast**
- 46. Mixed 15-18 100 Breast**

10 Minute Break

- 47. Girls 14 & Under 200 Free Relay**
- 48. Boys 14 & Under 200 Free Relay**
- 49. Girls 18 & Under 200 Free Relay**
- 50. Boys 18 & Under 200 Free Relay**

15 Minute Break

- 51. 18 & Under 500 Free**

***8 & under swimmers may only swim either event 2 on Saturday or event 37 on Sunday. They can not swim both.**