

# 2022-2023 LEGACY SHOWDOWN

December 16<sup>th</sup>-18<sup>th</sup>, 2022

*HELD UNDER THE SANCTION OF USA SWIMMING*

- Sanction #: TBA  
In granting this sanction, it is understood and agreed that USA 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.
- Eligibility: Swimmers must be currently registered with USAS with listed age as of 12/16/22. NO ON DECK REGISTRATION SHALL BE PERMITTED.
- Location: David Douglas Aquatics Center  
13030 SE Taylor Ct. Portland, OR 97233
- Meet Referee: Debbie Laderoute Admin Official: Glen Sharp
- Times: Friday PM Timed Final = WarmUps 4:30pm, Meet Starts 5:30pm  
  
Saturday Prelims = Warm-Ups 7:30am, Starts 9:00am  
Saturday Finals = Warmups 3:30pm, Starts 4:30pm. Time is approximate - TBD  
Saturday Finals warm-ups to begin approx.2 hours after conclusion of prelims  
  
Sunday 12/18 - Warm-Ups 7:30am, Starts 8:30am Events must conclude by 11:30am. Timeline may need to be adjusted or events possibly eliminated to adhere. More information TBA after all entries have been submitted.
- Entries: Submit YARD times for seeding in Hy-tek format.  
Email entries to coachbobbyddac@gmail.com  
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

## **Entry Deadline: Tuesday December 13th, 2022**

- Entry fees: \$20 Surcharge/Swimmer (\$17 Facility Fee, \$3 OSI Fee)  
\$3.00 Individual Event  
\$8.00 Relay Fee  
Checks payable to DDAC: PO Box 16542 Portland, OR 97292
- Entry limit: Friday = 1 event, Saturday 3 events/2 relays, Sunday 3 events.
- Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2 C(4).
- Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet.
- Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. All swimmers 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.
- 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. Photography is not allowed behind the blocks during the start of a race or relay exchange. Deck changing is prohibited.

Event Format: TIMED FINALS EVENTS: Friday & Sunday events, All Relays, All 8&Under Events.

**SATURDAY 12/17 PRELIMS/FINALS EVENTS:**

Saturday events will be swum prelims/finals format with the exception of 8&Under events which will be swum as Timed Finals. Events will be swum mixed age-group during prelims but separated into age-groups for Finals.

Swimmers will have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are posted at clerk of course. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. Swimmers who intend to swim in finals do not need to report to the Clerk of Course.

Scoring            Individual            Top 8: 9-7-6-5-4-3-2-1  
                         Relays                    Top 4: 12-9-6-3

Awards            Team Trophy to 1<sup>st</sup> Place Team  
                         Individuals: 1st Place Medal, 2nd-7th Ribbons

Check-In           Swimmers will have approx. 30 min after prelims results posted to declare scratch for finals at the clerk of course.

Meetings           Officials Meeting 45 min. prior to start of every meet session.  
                         Coaches Meeting 15 min. prior to start of every meet session.

Hospitality        There will be a hospitality room available in Pool Office for coaches & officials

Officials:           The uniform for officials will be white over black, with black shoes and socks. Please contact meet referee Debbie Laderoute [Debbie.laderoute@gmail.com](mailto:Debbie.laderoute@gmail.com) if you plan on attending 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.

COVID-19:        It is understood and agreed that Oregon Swimming and DDAC/Legacy Aquatics 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. In applying for this sanction DDAC/Legacy Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, State of Oregon and Multnomah County.

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, 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 THE 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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.