

2023 Annual Canby Valentine Invitational

2023 CANBY GATORS VALENTINE INVITATIONAL AGE GROUP COMPETITION February 12, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No.** 23-007 Time Trial Sanction No: 23-008
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 USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Host:** CANBY GATORS SWIM CLUB
- Location:** CANBY MUNICIPAL POOL
1150 S Ivy Street
Canby, OR 97013
Pool Phone: (503) 266-2761
- Facility:** Indoor, 25 yards long, 6 lanes with non-turbulent lane lines. Pool depth is 3.5 to 10 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado 6 electronic timing system with manual backup watches in each lane. The competition course has not been certified in accordance with 104.2.2(c) 4.

Parking is available in the pool parking lot and in the school parking lots adjacent to the pool. Swim venue includes: Men's and Women's locker rooms with access onto the pool deck. Open pool deck areas available for swimmers, coaches and officials only.
- COVID:** 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 AND [THE LSC] 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.
- Medical:** Lifeguards are trained in first aid and CPR, and are posted on deck during the meet. The facility is equipped with one AED. The 911 system will be utilized in the event of an emergency.

2023 Annual Canby Valentine Invitational

Referee Ken Chard: hank45.gm@gmail.com (971) 219-6262
AO Teresa Steinbock: teresasteinbock@gmail.com (503) 267-6319
Meet Director Carrie Lawler: carrielawler001@gmail.com

Entries: Please submit a Hy-tek entry file to teresasteinbock@gmail.com. Submit YARD TIMES ONLY. All entries require official or estimated times. **Entries with No Times (NT) will NOT be accepted.** With the submission of entries, the coaches/team representative attests that all swimmers entered are registered with USA Swimming.

Entry Events: Maximum Entry Limit: 3 Individual events + 1 relay during regular competition and a maximum of 4 Individual entries + 1 relay including Time Trials. 12&U athletes may only enter 1 session plus time trials. For the 12&U session, entries may be limited to comply with USA Swimming's 4 Hour Rule. Entries will be taken on a first-come first-served basis. Relays may be eliminated due to time constraints. Events may be combined or run concurrently to expedite completion.

Time Trials: Maximum Entry Limit: 2 Individual events. If a swimmer chooses to swim 2 Time Trials and has 3 regular events, one regular event must be scratched. Time Trials are open to all athletes entered in the Valentine Invitational and offered between the AM and PM sessions. On deck entries accepted at Clerk of Course beginning at 9:30 am until 1 hour before conclusion of AM session. Time trials will begin 15 minutes after the conclusion of the AM session. Time trials will be available for all individual events up to and including 500 yards. Cost is \$5 per individual time trial. Athletes are responsible for providing their own timers.

The following limit will be imposed on time trial entries.

- 4 Heats of 25
- 4 Heats of 50
- 3 Heats of 100
- 2 Heats of 200
- 1 Heat of 400
- 1 Heat of 500

Meet Format: All events will be swum mixed gender as timed finals.

Entry Fees: \$3 OSI Fee
\$12.00 Facility Use Fee
\$4.50 Individual Event Fee
\$15.00 Relay Event Fee

Entry fees must be paid before the start of the meet. Please make checks payable to Canby Swim Club (CSC) and send to:

*Canby Swim Club
Attn: Valentine Meet Entries
PO Box 21
CANBY, OR 97013*

Entry Deadline: Entries must be received no later than 6pm on **Wednesday Feb 1, 2023**. E-mail entries are accepted but not finalized until payment is received. Entries will be processed in the order received.

2023 Annual Canby Valentine Invitational

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.

Schedule:	<u>Warm-ups</u>	<u>Competition</u>
AM Session	8:00-9:00	9:15am
Time Trials	tbd	
PM Session	tbd	

AM session is 12 & Under, PM session is open. Meet times for afternoon sessions will be determined when all entries are in and the meet is seeded. We reserve the right to combine sessions, add breaks, extend warm-up duration, if needed. Warmups for Time Trials will start immediately after the AM Session and last for 15 minutes. Warmups for the afternoon session will begin immediately after the conclusion of Time Trials. Afternoon swimmers will have a maximum 1 hour warm-up.

Check-in: **Positive check-in for all events will be in effect. Check-in must be completed within 15 minutes AFTER THE START OF WARM-UPS for each session.**

Heat sheets will be made available as soon as seeding is completed, and will be published to Meet Mobile at no charge. Heat Sheets will not be sold at the meet. Copies will be posted on the wall.

Scoring: Scoring will be done in accordance with USA Swimming Guidelines.

Awards: Ribbons awarded to top 6 boys and girls finishers in the age groups: 8 & Under and 9-10, 11-12, 13-14, 15 & Over.

Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark. Heats may be doubled or combined to ensure timely completion of the meet. All events will be ran slowest seed to fastest except for the 500 Free and 400 IM, they will be seeded fastest to slowest. Warm-up breaks will be scheduled before distance events at the Referee's discretion.

Safe Sport Information: All persons expecting to receive access to the pool deck must be prepared to show a current USA Swimming membership card. Information regarding the APT course and the background check is available online at usaswimming.org. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course. Coaches must display their coach membership card while on deck.

No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with these requirements.

No swimmer will be allowed on deck without a coach member present. If a swimmer's coach is not planning to attend the event, the swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

2023 Annual Canby Valentine Invitational

The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) in order to be considered a USA Swimming registered member in good standing. **Any athlete who turns 18 on or after January 12, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed..**

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Referee, is harmful to others or to other’s property may be required to leave the competition.

The changing of base layer clothing while on the deck is prohibited.

Tobacco Products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue.

Photography is not allowed behind the blocks during the start of a race or relay exchange.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation 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.

Officials:

We always need and appreciate the help of certified officials and trainees from participating teams. If you are going to be attending this meet please use the signup form <https://forms.gle/afUawGng7E54mTMs8> to convey your intentions. The Meet Director will not be handling official’s commitments.

Please check in with the meet referee upon arrival.

Meeting:

Officials meeting will be held at 1 hour prior to the start of the meet. Coaches meeting will be held 15 minutes prior to the start of the meet.

Timers:

Each team will be given lane timing assignments and **MUST SUPPLY TIMERS**. Please have your team parents sign up on the timing sign-up sheets located behind the starting blocks. A lack of lane timers will cause delay at the very least. **For the 500’s, each swimmer MUST SUPPLY 2 TIMERS and a LAP COUNTER.**

2023 Annual Canby Valentine Invitational

Hospitality:

A hospitality area will be provided for Officials and Coaches. An ample supply of Breakfast, Lunch, and Snack selections will be available throughout the meet.

Concessions:

An ample assortment of refreshments will be available for purchase throughout the meet. Foods will include nutritious hot items as well as breads, fruits, snacks, water, and sports drinks

2023 Annual Canby Valentine Invitational

AM Session

Event #	Event
1	Mixed 12 & Under 200 Freestyle Relay
2	Mixed 12 & Under 100 IM
3	Mixed 8 & Under 25 Backstroke
4	Mixed 12 & Under 100 Backstroke
5	Mixed 12 & Under 50 Freestyle
6	Mixed 8 & Under 25 Breaststroke
7	Mixed 12 & Under 100 Breaststroke
8	Mixed 12 & Under 50 Butterfly
9	Mixed 12 & Under 200 Freestyle
10	Mixed 8 & Under 25 Butterfly
11	Mixed 12 & Under 100 Butterfly
12	Mixed 12 & Under 50 Backstroke
13	Mixed 12 & Under 200 IM
14	Mixed 8 & Under 25 Freestyle
15	Mixed 12 & Under 50 Breaststroke
16	Mixed 12 & Under 100 Freestyle
17	Mixed 12 & Under 200 Medley Relay
18	Mixed 12 & Under 500 Freestyle

PM Session (all events Open)

Event #	Event
19	Mixed 200 Freestyle Relay
20	Mixed 400 IM
21	Mixed 100 Backstroke
22	Mixed 50 Freestyle
23	Mixed 200 Breaststroke
24	Mixed 100 Butterfly
25	Mixed 200 Backstroke
26	Mixed 100 Freestyle
27	Mixed 200 Butterfly
28	Mixed 100 Breaststroke
29	Mixed 200 Freestyle
30	Mixed 200 IM
31	Mixed 200 Medley Relay
32	Mixed 500 Freestyle

2023 Annual Canby Valentine Invitational

SECTION IX – SAFETY GUIDELINES AND WARM-UP PROCEDURES

A. WARM-UP PROCEDURES

1. GENERAL WARM-UP (First 30-45 minutes)
 - (a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
 - (b) No sprinting (racing starts) allowed during this general warm-up session.
 - (c) All lanes to be used for general warm-ups.
2. SPECIFIC WARM-UPS (last 15 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4

- (a) Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- (b) Racing Starts – Only designated lanes for racing starts from the blocks or for Backstroke starts at specified times.
- (c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

B. SAFETY GUIDELINES

1. COACHES RESPONSIBILITIES
 - (a) Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - (b) Coaches shall actively supervise their swimmers at meets and at all practices.
2. HOST TEAM RESPONSIBILITIES
 - (a) Marshalling - A minimum of (4) Marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedure.
 - (b) Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-ups.
 - (c) Warm-up times and lane assignments shall be posted at several locations around the pool.
 - (d) The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet."
 - (e) An announcer shall be on duty for the entire warm-up session to announce lane and /or time changes and to assist with the conduct of the warm-up.
 - (f) Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.
3. MISCELLANEOUS
 - (a) Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.
 - (b) Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
 - (c) Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
 - (d) Warm-up procedures shall be enforced for any breaks scheduled during the meet.
 - (e) Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

2023 Annual Canby Valentine Invitational

UNATTACHED SWIMMERS FORM

PLEASE COMPLETE THIS FORM FOR ALL UNATTACHED SWIMMERS PARTICIPATING

MEET: _____ DATE: _____

	NAME	AGE	SWIMMING WITH (CLUB)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			