

2022 CST Tune Up
Chehalem Swim Club
November 26, 2022



Held Under the Sanction of USA Swimming

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 the event.

Sanction #: 22-119

Host: Chehalem Swim Team

Location: Chehalem Aquatic Center
1802 Haworth Ave, Newberg, OR 97132
Phone 503-538-7454

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on the first day of meet applies. No on deck registration shall be permitted. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

Entry Deadline: Entries must be received by Noon (12 PM), Monday, November 14, 2022.

Entry Limits: A maximum of 2 individual events will be accepted.

Entry Fees: \$10 facility fee

Entry Address: **Chehalem Swim Team**

PO Box 1173
Newberg, OR 97132

Entries: 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.

Teams with Hy-Tek capability are strongly encouraged to submit a Com-link entry

File (cfile01.c12) or by zipped e-mail file. Files should be saved in the 'standard' format. Mail a hard copy with payment to the entry address. Please submit short course yard times for seeding purposes. Previously entered times cannot be updated. Hy-Tek Meet Manager Software will be used.

Facility: Indoor, 8 lane 25 yard competition stretch pool with a movable bulkhead, non-turbulent lane lines, and level gutters. All events will have a starting depth of 6'7" and a turn end depth of 6'7"ft. 25 yard events will start from the bulkhead and finish at the block end (6'7" ft. depth). A Daktronics timing system, with pads at the block end of the pool and horn starter, is used for the primary timing system, with dual manual buttons for the secondary and watches for the tertiary. Adaptive access is by ladders at both ends of the pool. The competition course has not been certified in accordance with 104.2.2C(4). Warm up area behind the bulkhead will be available to swimmers at the discretion of the meet referee. There is to be no diving or starts in the warm up pool.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING PERMITTED IN THE SWIMMING VENUE. Use of audio or visual recording devices, including a cell phone, is not allowed behind the blocks or in the restrooms. 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. **DECK CHANGING PROHIBITED. Only registered Coaches, Officials, swimmers, and meet volunteers are permitted on deck. Non-athlete members, such as Coaches and Officials, must produce deck credentials or identification cards to be permitted on deck.**

Rules: Current USA Swimming Rules and Regulations will govern. Safety Guidelines and Warm-up Procedures will apply.

Format: This is a timed final, combined gender meet. Mixed events will be swimming together.

Time Schedule: Warm up 9:00-9:45 am. Meet begins approximately 10:00 am and will be completed before 11:00 am.

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.

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.

Meet Referee: Mark Rieniets **Email:**
rieniets@gmail.com

Admin Official: Ray Jentges **Email:** ray941@hotmail.com

Meet Director: Quentin Rieniets **Email:** qrieniets@cstsharks.com

Officials: Please send a list of officials and the positions they will be able to work to Mark Rieniets by November 23rd.

Meet Results: A Hy-Tek Com-link file and a HTML file will be posted on the Oregon Swimming website in the results section. And sent to coaches within two days of conclusion of the meet.

Breaks: Breaks will be scheduled to provide adequate rest for the athletes.

Timers: Each club will be responsible for providing timers. Timing Lanes will be assigned based on the number of swimmers entered per team..

Spectator Seating: Spectators are asked to sit in the bleacher space provided or outside. Only officials, volunteers, coaches, and athletes will be allowed on deck.

Effort will be made to broadcast live results/viewing if possible.
www.facebook.com/chehalemswimteam/live
Facility is accessible to adaptive athletes.

Upon Arrival: All volunteers must attest that they have read and agreed to the MAAPP policy. Officials and coaches must show current USA Swimming membership cards when checking in with the Meet Referee or Meet Director.

Parking Participants are only to use the North side parking lot and Haworth Street. Please no parking in the residential neighborhood. No car traffic is permitted in the SE culdesac.

Park area Families are allowed to set up chairs/blankets in the grassy park area on the East side of the facility.

Bathroom Usage: Bathrooms are located by the NE entrance doors off deck. On deck bathrooms/locker rooms are for athlete use ONLY and will be monitored according to SafeSport regulations. Spectators, officials and coaches must use the bathrooms located in the main lobby of the facility.

Order of Events:

1. Open Mixed 100 free
2. Open Mixed 200 back
3. Open Mixed 200 fly
4. Open Mixed 200 breast
5. Open Mixed 200 IM
6. Open Mixed 200 free
7. Open Mixed 100 back
8. Open Mixed 100 fly
9. Open Mixed 100 breast
10. Open Mixed 50 free
11. Open Mixed 400 IM
12. Open Mixed 500 free