



# 2023 Forest Grove B/C Coast Range Qualifier

February 3-5, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

Sanction Number: 23-018

In granting this sanction, 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.

## Eligibility:

1. Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted.
2. This is a Time Standard Meet. Swimmers must be slower than the Oregon "A" time standard to enter an event.
3. Swimmers must be within the listed age brackets as of February 3, 2023.
4. Clubs entering swimmers who are not registered are subject to a fine per Oregon Swimming Rules and Regulations.

**Meet Referee:** Darrell Geymann: Email: [darrell.geymann@yahoo.com](mailto:darrell.geymann@yahoo.com)

**Administrative Official:** Mark Rieniets: Email: [rieniets@gmail.com](mailto:rieniets@gmail.com)

**Meet Director:** Kim Jennings Email: [fqscmeetmgr@gmail.com](mailto:fqscmeetmgr@gmail.com) Cell:760-889-9158

**Hosted By:** Forest Grove Swim Club, Forest Grove Aquatic Center & Beaverton Area Aquatic Club

**Location:** Forest Grove Aquatic Center: 2300 Sunset Drive, Forest Grove, OR 97116

**Directions:** From Portland: Head Westbound on HWY 26 to HWY 6. HWY 6 to Banks Exit, Head South on HWY 47, stay on HWY 47 to Sunset Drive. Take a right on Sunset Drive. The pool is on the West side of Sunset Drive.

Parking: Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking is available east of Sunset Drive on side streets and at Gray & Company parking lot off of 23<sup>rd</sup>, one block east of the pool.

**Facility:** Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. All events will have a 5 ½ ft. starting depth and is 11 ft. on the turns. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads and dual button back up. Keifer Intrepid starting blocks. Results via Daktronics display board. The shallow end of the competition pool will be available Friday, Saturday PM & Sunday PM sessions for warm up and cool down purposes only. **The small pool and hot tub will be CLOSED.**

**Concessions** will be available for snacks and food. Sue's Food Truck will be onsite for all sessions.

**Restrictions:** *Tobacco Products of any kind, alcohol 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. Deck changing is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange. Operations of a drone, or any other flying apparatus, are 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.* (Sections 103.11-13, 202.4.9.H-J)

**Deck Access:** Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.

**Safety:** 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 ("MAAPP2.0"), and that they understand that compliance with the MAAPP2.0 policy is a condition of participation in the conduct of this competition. Applicable Adults are defined as: All USA Swimming non-athlete members and adult athlete members; Participating non-members (i.e., Meet marshals, meet computer operators, timers, etc.); LSC and club adult staff and board members; and any other adult authorized to have regular contact with or authority over a minor athlete.

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

**Rules:** Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up procedures will be strictly enforced.

**Format:** This is a B/C, Timed Finals meet for all ages.

**Schedule:**

- Friday: Warm-ups 4:00-4:45 PM, Meet Start 5:00 PM
- Saturday and Sunday AM Sessions: Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM
- Saturday and Sunday PM Sessions: Warm-ups will begin at the conclusion of the AM session but not before 11:00am Please note: An updated timeline will be sent out by February 6<sup>th</sup>. PM Warm up times will be assigned at that time.

**Entries:** Swimmers may enter a maximum of 3 events each day and a total of 8 for the meet. Entries will be limited to a maximum of 325 swimmers or not to exceed the four-hour

timeline.

**Entries will be closing at 8:00 PM Sunday January 22, 2023** and in order of submission until such time as the session/meet is full or the entry deadline is reached.

1. Submit yard times only for seeding.
2. Submit entries on Hy Tek software by email. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. No Times will NOT be accepted. Please be sure to include a time for each athlete.
3. Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations.
4. With your entries, please provide the names of the officials committed to each session.
5. Email entries to Kim Jennings: [fgscmeetmgr@gmail.com](mailto:fgscmeetmgr@gmail.com)

**Officials:** Please include a list of certified officials that will be attending with your club's entry file.

The meet director and referee retain the right to accept entries out of order to ensure a complement of officials.

OSI Suggested standard for Officials:

0 – 5 Athletes entered – no requirements

6 - 20 Athletes entered (per session) – 1 certified official  
21 or more Athletes entered (per session) – 2 certified officials

**Entry Fees:**

- \$15.00 Facility Use & OSI fee per swimmer
- \$4.50 per timed final individual event fee

Heat sheets will be available on Meet Mobile for free.

**Entry fees are due to the clerk of course by the end of session 2. Checks payable to Forest Grove Swim Club.**

**Breaks:** At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

**Awards:** Ribbons will be given to swimmers achieving a first time "A" time in any event, in their respective age group. OSI short course time standards for the 2022- 2023 season shall be the determining standard. Ribbons will be awarded to the top 6 swimmers in the 8 & Under and 10 & Under events, sessions 2 & 4. Scoring: This meet will not be scored.

**Meetings:**

1. Coach meetings will be held 15 minutes prior to the start of the meet on Friday and both Saturday sessions. Subsequent coach meetings will be at the discretion of the Meet Referee.
2. Officials' meetings will be held 1 hour prior to the start time.

**Timers:**

1. Each team will be given lane-timing assignments.
2. Please sign up on the list at Clerk of Course Table.

**Hospitality:** Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.

**No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.



Forest Grove Swim Club

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FRIDAY - Session 1 Mixed: Warm up 4:00-4:45pm Meet Start 5:00pm

- #1 Open 200 IM
- #2 12 & Under 100 IM
- #3 Open 200 Free

SATURDAY AM – Session 2 Mixed -- Warm up: 7:30-8:30am -- Meet Start: 8:45am

- #4 10 & Under 100 Free
- #5 8 & under 25 Fly
- #6 10 & Under 50 Fly
- #7 8 & Under 25 Free
- #8 10 & Under 100 Breast
- #9 10 & Under 50 Back

SATURDAY PM – Session 3 Mixed -- Warm up: Begins at the conclusion of Session 2, but not before 11:00am

- #10 Open 100 Free
- #11 Open 50 Fly
- #12 Open 200 Back
- #13 Open 100 Breast
- #14 Open 50 Back
- #15 Open 200 Fly

SUNDAY AM – Session 4 Mixed -- Warm up: 7:30-8:30am -- Meet Start: 8:45am

- #16 10 & Under 100 Back
- #17 8 & under 25 Back
- #18 10 & Under 50 Breast
- #19 8 & Under 25 Breast
- #20 10 & Under 100 Fly
- #21 10 & Under 50 Free

SUNDAY PM – Session 5 Mixed -- Warm up: Begins at the conclusion of Session 2, but not before 11:00am

- #22 Open 100 Back
- #23 Open 50 Breast
- #24 Open 200 Breast
- #25 Open 100 Fly
- #26 Open 50 Free

