

Gold's Aquatic Club Camas
2023 GAC Spring Invitational
May 20-21, 2023
Gold's Gym Camas

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No.** 23-055
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. Current USA Swimming rules will govern this meet.
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Host:** Gold's Aquatic Club Camas
- Location:** Gold's Gym Camas
2950 NW 38th Ave.
Camas, WA 98607
- Facility:** Pool Phone: (360) 834-8506
Outdoor, 25 meters long, 8 lanes with non-turbulent lane lines. Pool depth is 5 to 8 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado electronic timing system. The competition course has not been certified in accordance with 104.2.2C(4).
Parking is available but limited at Gold's Gym Camas. Swim venue includes: On deck Men's and Women's locker rooms and bathrooms for athletes only.
- Referee:** Evangeline Swift: 6swiftswa@gmail.com
- Meet Director:** Julie Harris: julierharris44@gmail.com
- AO** Kye Abernathy kyle@kabernethy.com
- Entries:** Please submit a Hytek entry file to kyle@kabernethy.com. Submit SC METER TIMES ONLY. With the submission of entries, the coaches/team representative attests that all swimmers entered are registered with USA Swimming. NTs are not acceptable for entry. 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.

Entry Deadline: Entry opens April 20, 2023 and must be received by 5:00PM by Friday, May 12, 2023, with full payment. Entries are not guaranteed until they are paid for.

Entry Restrictions: Entries will be accepted until the meet is full based on the projected timeline, entry limit, or the deadline, whichever happens first, subject to the needs of the meet.

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

Entry Fees: \$20.00 per swimmer. Includes \$3 OSI Fee and \$17 Facility Fee

\$4.50 per event fee; \$12 per relay fee

Please make checks payable to:

Gold's Aquatic Club Camas and send to:

Gold's Gym Camas
GAC Spring Invitational
2950 NW 38th Ave.

Camas, WA 98607

Medical: Lifeguards will be on duty throughout the event in case of emergency.

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>
Saturday/Sunday AM	9:00-9:45	10:00am

Events: Swimmers may enter 3 individual events and 2 relays each day.

Saturday

- 1. Mixed 10 & Under 100 IM**
- 2. Mixed 11 & Over 200 Free Relay**
- 3. Mixed 10 & Under 50 Free**
- 4. Mixed 11 & Over 200 IM**

5. **Mixed 11 & Over 50 Free**
6. **Mixed 11 & Over 200 Breast**
7. **Mixed 10 & Under 100 Back**
8. **Mixed 11 & Over 100 Fly**
9. **Mixed 10 & Under 50 Breast**
10. **Mixed 11 & Over 400 Free**
11. **Mixed 10 & Under 100 Butterfly**
12. **Mixed 11 & Over 100 Free**
13. **Mixed 11 & Over 200 Back**
14. **Mixed 10 & Under 100 Medley Relay**
15. **Mixed 11 & Over 400 Mixed Medley Relay**

Sunday

16. **Mixed 10 & Under 100 Free**
17. **Mixed 11 & Over 400 Free Relay**
18. **Mixed 11 & Over 200 Free**
19. **Mixed 10 & Under 50 Fly**
20. **Mixed 11 & Over 50 Breast**
21. **Mixed 11 & Over 100 Back**
22. **Mixed 10 & Under 200 Free**
23. **Mixed 11 & Over 50 Butterfly**
24. **Mixed 10 & Under 100 Breast**
25. **Mixed 11 & Over 100 Breast**
26. **Mixed 10 & Under 50 Back**
27. **Mixed 11 & Over 400 IM**
28. **Mixed 11 & Over 200 Butterfly**
29. **Mixed 10 & Under 100 Free Relay**
30. **Mixed 11 & Over 200 Medley Relay**

Check-in: All races will be pre-seeded. To help reduce the number of empty lanes during the meet, **we will be implementing a 'Last Call' for swimmers. Coaches will report, by email, no later than 6:00 PM on May 19 (evening before the meet), any swimmers they know of that will not be in attendance.** We ask that coaches reach out to all swimmers to verify their attendance.

Heat sheets will be made available to coaches in the morning 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 and a digital copy will be sent to all teams the night prior to meet.

Awards: The top 6 finishers in each event from each age group will receive an award for both Male and Female. 8&under, 9-10, 11-12, 13-14, 15+. The top six relays will receive awards for both the 10&Under and 11&over events.

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 in the Hospitality area.

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 notify the meet referee Evangeline Swift 6swiftswa@gmail.com. The meet requirements are as follows:

- 0 to 1 – no requirement
- 2 to 20 – 2 certified officials
- 21 + - 3 certified officials

Priority for entries will be given to those teams committing to provide officials as described above.

Timers: Each team will be given lane timing assignments and **MUST SUPPLY TIMERS.** Coaches will be informed of their team's responsibility. A lack of lane timers will cause delay at the very least.

Hospitality: A hospitality area will be provided for Officials and Coaches.

Concessions: An ample assortment of refreshments will be available for purchase throughout the meet. Gold's is cashless so please plan accordingly.

Safety: Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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.

No parents or non-competing children are allowed in the competition area (swimmers, timers, officials, and coaches only.)

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Restrictions:

No tobacco products, alcohol, or glass containers 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, or behind the starting blocks during individual or relay starts. No deck changing. 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. At the discretion of the referee and meet management, restrictions may be placed on the deck and/or spectators to comply with facility, state, county and/or local health or capacity regulations.

The Meet Referee shall be the final authority for the conduct of completion.

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.