

Gold's Aquatic Club Camas
2023 GAC Intrasquad
Friday July 28, 2023
Gold's Gym Camas

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No.** 23-076
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.
- Location:** Gold's Gym Camas
2950 NW 38th Ave.
Camas, WA 98607
Pool Phone: (360) 834-8506
- Facility:** 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.

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:** Judi Creech jjjjcreech@comcast.net
- 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.
- Entry Deadline:** Entry opens June 15, 2023 and must be received by 5:00PM by Thursday, July 20, 2023.

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

Entry Fees: No fees

Medical: Medical facilities available include lifeguards, AED, and community 911 EMS.

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>	
	Friday	3:30-4:15	4:30

Events: Swimmers may enter 3 individual events and 1 relay each day.

- 1. Mixed 200 Meter Medley Relay**
- 2. Mixed 50 Meter Fly**
- 3. Mixed 50 Meter Back**
- 4. Mixed 100 Meter Free**
- 5. Mixed 100 Meter IM**
- 6. Mixed 50 Meter Breast**
- 7. Mixed 50 Meter Free**
- 8. Mixed 200 Meter Free Relay**

Check-in: Heat sheets will be made available to coaches 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 out the night prior to meet.

Time Trials:

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Time trials will be conducted at the discretion of the Meet Referee, time permitting. Individual events will only be offered, maximum of 2 time trials per day. Time trials do not count toward the daily limit. Time trials will be swum following the session in event order. Swimmers must provide their own timers and counters. Time trial swimmers must be entered in meet to participate in time trials.

Awards: 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 three relays will receive awards for both 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.

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.