



## Tigard Tualatin Swim Club

### 2022 Holiday Invitational Meet ~ Dec. 9, 10 & 11 2022

SCY – Timed Finals – A/B/C Split Sessions – (12&U/13&O)

HELD UNDER THE SANCTION OF U.S.A. SWIMMING  
HELD UNDER THE SANCTION OF OREGON SWIMMING

#### **SANCTION # 22-109**

**Held under the sanction of USA Swimming, Inc.** *In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Tigard Tualatin Swim Club 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.*

Health and safety measures are in effect for the protection of all visitors to the Tualatin Swim Center. All posted, written and other instructions must be followed while visiting the facility.

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 against 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, OREGON SWIMMING, TTSC, TTAD, AND TTSD 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.

#### **HOST:**

Tigard Tualatin Swim Club (TTSC)

#### **FACILITY:**

Tualatin Swim Center  
22300 SW Boones Ferry Road Tualatin, Oregon 97062  
[\(503\) 431-5655](tel:5034315655)

#### **ELIGIBILITY:**

Swimmers must be currently registered with USA Swimming. **NO ON DECK REGISTRATION SHALL BE PERMITTED.** Swimmers must be within the listed age brackets as of the first day of the meet.





**ENTRY DEADLINE:**

Entries must be received no later than 10:00 a.m. on December 1, 2022. **NO LATE ENTRIES SHALL BE PERMITTED FOR ANY SESSION.** Entries will be processed in the order that they are received by the Clerk of Course on a first come basis.

**ENTRY-LIMIT:** Swimmers 12&U & 13&O may enter a maximum of three individual events and one relay per day.

**MEET SPECIFICS:**

All events will be swum as mixed events, except relays. All sessions will run 8 lanes for warmups. This meet will be pre-seeded except for the following events:

**Positive check-in is required at 15 minutes into warmups on Friday and Sunday and by the end of warmups on Saturday afternoon for the following events as these will be deck seeded:**

**FRIDAY AFTERNOON:** The 500 Yard Freestyle (competition swum in 8 lanes) and 1000 Yard Freestyle (competition swum in 6 lanes) will be swum fastest to slowest. **All 500 Yard Freestyle and 1000 Yard Freestyle swimmers need to provide their own timers and counters.**

**SATURDAY AFTERNOON:** The 400 Yard IM will be swum fastest to slowest (competition will run in 6 lanes).

**SUNDAY AFTERNOON:** The 500 Yard Freestyle will be swum fastest to slowest (competition will run in 6 lanes). **All 500 Yard Freestyle swimmers need to provide their own counters.**

Vacant spot(s) available after positive check-in for the distance events will be filled with the next fastest swimmer(s) entered for that event.

Saturday and Sunday AM sessions will run in 8 lanes for competition. Saturday and Sunday PM sessions will run in lanes 1- 6, lane 7 will remain empty, and lane 8 will be open throughout the session for warm-up/cool down.

**ENTRY FEES:**

\$3.00 Oregon Swimmer surcharge per swimmer  
\$4.50 Individual entry per event | \$12 Relay Entry

TTSC has gone GREEN a PDF heat sheet will be emailed to your coach a few days prior to competition for team distribution. Physical copies will be made available for Officials and coaches. Postings will be available throughout the facility.

**ENTRY ADDRESS:**

**Clerk of Course**

**Attn:** Deborah O'Brien | [ttscoc@gmail.com](mailto:ttscoc@gmail.com) | 575-386-7847

P.O. Box 23126

Tigard, OR 97281





### **ENTRIES:**

1. Submit YARD TIMES only for seeding
2. Submit Hy-Tek entries via e-mail. Please include a PDF or DOC copy of the swimmer entries with it. The Hy-Tek program should be able to create this. If necessary, entries submitted by disk with printed out swimmer entries via mail is still accepted.
3. Complete the enclosed master entry forms using yard times for each event. Enter relay times on relay forms.
4. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming Inc.
5. 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 without the use of the backstroke ledge. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### **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 may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed upon arrival at the meet.

### **RESTROOMS:**

Locker rooms are for athletes only. There is a men's and women's restroom available for non-athletes.

### **CONCESSIONS:**

Concessions will be offered near the entrance to the facility during this swim meet.

### **FACILITY:**

Short course indoor 25-yard pool, eight 7-foot wide lanes, 12-inch pool markings, 3-feet to 9 feet deep. Starting blocks at the deep end of the pool only. Tile overflow lip gutter, 3- inch non-turbulent racing lines with 15-meter markings, 30" aluminum starting blocks with backstroke grips located at the deep end only. The competition course has not been certified in accordance with 104.2.2[4]. Swim venue includes spectator parking.

**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.** The facility is accessible to adaptive swimmers.

### **INGRESS / EGRESS / COMPETITION – PROTOCOLS:**

All meet attendees must follow verbal and posted instructions from meet personnel and Tualatin Swim Center regarding ingress into, egress from the facility, as well as, during competition and staging. DO NOT congregate near the entrance or exit.

### **RESTRICTIONS:**

Tobacco products of any kind, alcoholic beverages, and glass containers, are not allowed in the swimming venue. Shaving is not permitted anywhere within the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Photography is not allowed behind the blocks during starts and relay exchanges. 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) anytime athletes, coaches, officials and/or spectators are present. **Deck changing is prohibited.**





**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.

**TIMELINE:**

The Meet Director reserves the right to change warm-up times as approved by the Referee. All coaches will be informed of any changes to warm-up and competition times. The Meet Referee reserves the right to remove or lengthen breaks written in the sanction as deemed appropriate for the success of the athletes.

Due to the unknown number of athletes attending this meet, session timelines are tentative and subject to change. Once athletes are confirmed, a revised session timeline will be shared with all coaches prior to the meet. Refer to the last page of the meet info for tentative warmup and competition timeline.

**MEETINGS:** All officials for this meet will be confirmed prior to the meet. An officials meeting will be conducted prior to the meet in a space to be provided to the officials by the meet referee. Questions or comments, please contact Ray Jentges: [RAY941@hotmail.com](mailto:RAY941@hotmail.com)

**RULES & SAFETY:**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. 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. Current Oregon Swimming Safety Guidelines & Warm-up Procedures will be in effect & strictly enforced. Face coverings are required at all times, except when swimming.

**Bull Pen:**

A bullpen will be provided for morning sessions for the 8 and under events. All other swimmers shall report directly to their assigned lanes.

**AWARDS:**

Events: 1st – 8th place ribbons for each gender (8&U, 9-10, 11-12, 13&O).

Relays: 1<sup>st</sup> – 3<sup>rd</sup> place ribbons

All awards must be collected at the conclusion of the meet, they will not be mailed.

**OFFICIALS COORDINATOR:**

Dan Hutton

[huttond1@msn.com](mailto:huttond1@msn.com)

**MEET REF:**

Ray Jentges

[RAY941@hotmail.com](mailto:RAY941@hotmail.com)

**AO:**

Deborah O'Brien

[ttscoc@gmail.com](mailto:ttscoc@gmail.com)

**MEET DIRECTOR:**

Aaron Braach

[ttscmeetdirector@gmail.com](mailto:ttscmeetdirector@gmail.com)

**OFFICIALS/COACHES:**

Refreshments will be provided in the Hospitality Room for the duration of the meet for officials, coaches, and all day TTSC volunteers. TTSC Officials Coordinator or the Meet Referee will contact officials to work this meet. Without the proper number of officials volunteering their time, meets are subject to sanction ineligibility.





**TIMERS:**

This meet will run with two lane timers per lane and the use of an electronic timing system. All 25- yard events will have 3 timers. Timers report to the Head Timer 15 minutes prior to the start of the meet session.

**Hosted by: Tigard Tualatin Swim Club (TTSC)**

The Tigard Tualatin Swim Club agrees that the conduct of this meet will adhere to all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, Washington County, City of Tualatin and the Tualatin Swim Center. Anyone not adhering to local government protocols and facility requirements set forth will be asked to leave, without exception.

**WARM-UP PROCEDURES**

1. General Warm-Up (First 30-45 minutes)
  - (a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of 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)





## 2022 Holiday Invitational ~ Dec. 9, 10 & 11, 2022

Friday, December 9, 2022 ~ Session 1  
(Running 8 lanes for the 200 Back, 500 Free, 200 IM & 6 lanes for the 1000 Free)

Session 1		
Mixed	Age	Event
1	12&U	200 Back
2	Open	500 Free
3	12&U	200 IM
4	13&O	1000 Free

**FRIDAY SESSION 1:** Positive check-in is required for the 500 Free and 1000 Free at 15 minutes into warmups. All 500 Yard Freestyle and 1,000 Yard Freestyle swimmers need to provide their own timers and counters.

Saturday, December 10, 2022 ~ Session 2 & 3  
(AM Session 2 Running in 8 lanes for competition and PM Session 3 Running in 6 lanes for competition)

Session 2 - AM		
Mixed	Age	Event
5	8&U	25 Free
6	12&U	100 Back
7	8&U	25 Back
8	12&U	50 Free
9	12&U	100 Breast
10	12&U	50 Fly
11	12&U	200 Free
12	12&U	100 IM
13-14	8&U	100 Medley Relay (Boys) 100 Medley Relay (Girls)
15-16	12&U	200 Medley Relay (Boys) 200 Medley Relay (Girls)

Session 3 - PM		
Mixed	Age	Event
17	13&O	200 Free
18-19	13&O	200 Medley Relay (Boys) 200 Medley Relay (Girls)
20	13&O	100 Breast
21	13&O	200 Fly
<b>5 Minute Break</b>		
22	13&O	50 Free
23	13&O	100 Back
<b>5 Minute Break</b>		
24	13&O	400 IM

**SATURDAY SESSION 3:** Positive check-in is required by end of warm ups for the 400 IM

Sunday, December 11, 2022 ~ Session 4 & 5  
(AM Session 4 Running in 8 lanes for competition and PM Session 5 Running in 6 lanes for competition)

Session 4 - AM		
Mixed	Age	Event
25	8&U	25 Fly
26	12&U	100 Fly
27	12&U	50 Breast
28	8&U	25 Breast
29	12&U	100 Free
30	12&U	50 Back
31	12&U	200 IM
32-33	8&U	100 Free Relay (Boys) 100 Free Relay (Girls)
34-35	12&U	200 Free Relay (Boys) 200 Free Relay (Girls)

Session 5 - PM		
Mixed	Age	Event
36	13&O	500 Free
37	13&O	200 IM
38	13&O	100 Fly
39	13&O	200 Back
<b>5 Minute Break</b>		
40	13&O	100 Free
41	13&O	200 Breast
<b>5 Minute Break</b>		
42-43	13&O	200 Free Relay (Boys) 200 Free Relay (Girls)

**SUNDAY SESSION 5:** Positive check-in is required for the 500 Free at beginning of warm ups and must provide their own counters.





## Tentative Timeline

**Timeline is subject to change after meet entries are final:**

<p>2022 Holiday Invitational ~ Dec. 9, 10 &amp; 11, 2022</p> <p>Running 8 lanes for warm ups</p> <p>Running 8 lanes for (12&amp;U) &amp; 6 lanes for (13&amp;O) competition</p>
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Session 1 Fri. PM	
Warm up	5:15-6:00PM
COMPETITION	6:15-8:35PM

Session 2 (12&U) Sat. AM	
Warm up	7:30-8:30 AM
COMPETITION	8:45 AM - 11:45AM

Session 3 (13&O) Sat. PM	
Warm up	12:00-1:00PM
COMPETITION	1:15PM (approx)

Session 4 (12&U) Sunday AM	
Warm up	7:30-8:30 AM
COMPETITION	8:45 AM - 11:30AM

Session 5 (13&O) Sunday PM	
Warm up	11:45-1:15PM
COMPETITION	1:30PM (approx)





**PLEASE provide one check per team.**

**Sign and return this page.**

I have read the meet information and attest that all swimmers  
entered hereon are registered with USA Swimming, Inc.

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Coach/Team Representative

Date

Phone Number

Coach e-mail address: \_\_\_\_\_

Please send entries to:

Clerk of Course Attn: Deborah O'Brien

Checks payable to: Tigard Tualatin Swim Club

P.O. Box 23126

Tigard, OR 97281

[ttccoc@gmail.com](mailto:ttccoc@gmail.com)

575-386-7847

**COACHES: HY-TEK FILE FOR TEAM MANAGER IS AVAILABLE**

**AT OUR WEBSITE <http://www.ttsc.org>.**







## FACILITY MAP / ATHLETE FLOW CHART

