

Lake Oswego Swim Club
2023 Winter Challenge
A/B/C AGE GROUP/SENIOR
January 20th-22nd 2023



Sanction #: 23-005

Held under the sanction of USA Swimming, Inc. In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Lake Oswego Swim Team 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.

- Location** Lake Oswego School District Swim Pool
2400 Hazel Road
Lake Oswego, Oregon 97035
Pool Telephone: 503.534.2330
DO NOT MAIL ENTRIES TO THE POOL ADDRESS
- 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 January 20th 2023.
- Entry Deadline:** Entries must be received by 5:00 PM January 13th, 2023.
- Entry Limit:** Friday, January 20th : Approximately 200 swimmers. Swimmers may enter a maximum of one (1) event.
Saturday and Sunday January 21st and 22nd: Approximately 250 swimmers each session. Swimmers may enter a maximum of three (3) individual events and one (1) relay per day.
The number of swimmers may be further limited as needed to conform to time constraints and the four-hour rule.
Entries for events No. 7-8 (500 Freestyle), No. 9-10 (1000 Freestyle), and No. 57-58 (400 IM) will be open deck seeded fastest to slowest, alternating Girls/Boys. Positive check in is due 15 minutes after warm-ups.
- Entry Fees:** \$3.00 Oregon Swimming surcharge per swimmer
\$10.50 Individual facility fee per swimmer
\$6.50 Individual event fee
\$15.00 relay entry fee
- *LOSC is going GREEN.* Entry fee will include a PDF version heat sheet to be emailed to the head coach for team distribution. Print or go *GREEN* too. Coaches will receive this email by 11am on the first day of competition. Paper copies will still be made available for coaches and officials.
- Entry fees must accompany master entry. Make checks payable to:
Lake Oswego Swim Club

Email entry file to: losc.entries@gmail.com

- Entries:
1. Submit YARD TIMES ONLY for seeding. NTs are not acceptable.
 2. E-mail entries in a Hy-Tek formatted file. Please mail entry fees and a printout of Hy-Tek entries.
 3. If you are unable to e-mail entries please mail them in Hy-Tek format on portable magnetic media (e.g. CD, thumb drive, etc.). Please include entry fees and a printout of Hy-Tek entries.
 4. With submission of entries the coach/team representative attests that all swimmers are entered are registered with USA Swimming.
 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. 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 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 pool.
- Facility: Indoor, 25-yard, eight lanes with three-inch non-turbulent lane lines. Starting blocks at the deep end of the pool (10 feet). Shallow end is four (4) feet. The competition course has not been certified in accordance with 102.2.2(c)4.
Parking is available but limited at Lake Oswego High School. Additional parking may be found at Lake Oswego Junior High School directly across Country Club Road from the senior high school. Please DO NOT park in the marked Fire Lane areas. Bleacher seating for 250 spectators. Open pool deck areas available for swimmers, coaches and officials only. Limited concessions available. Facility is accessible to adaptive swimmers.
- 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. No Drones are permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange.
- Tech Suits: Swimmers 12 years old and younger may not compete in a "Technical Suit"

Times: Friday warm-ups: 5:00 PM – 5:45 PM
Timed finals 6:00 PM
Saturday and Sunday AM warm-ups: 7:00 AM – 7:45 AM
Timed finals 8:00 AM
Saturday and Sunday PM warm-ups immediately following AM sessions, but not before 11:00 AM.
Timed finals 1 hour following warm-ups.

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 the competition.

Rules: Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet.

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. REFER TO SECTION IX ENCLOSURE BELOW.

Medical Supervision: Lifeguards, EMT, AED Device, First Aid station will be available to athletes at the meet.

Bull Pen: A bull pen will be provided for all 8&U events. All other swimmers shall report directly to their assigned lanes.

Awards: Individual – 1st through 6th place ribbons for 10 & under swimmers.
Relays – 1st through 3rd place ribbons for 10 & under session only
The age groups of any events that the referee combines will be scored separately.

Scoring: Individual: 9-7-6-5-4-3-2-1 (8 lanes)

Meetings: Friday: Officials' meeting 5:15 PM. Coaches' meeting 5:45 PM.
Saturday and Sunday AM: Officials' meeting 7:15 AM. Coaches' meeting 7:45 AM.
Saturday and Sunday PM: Officials' meeting 15 minutes after the start of warm-ups. Coaches' meeting at the conclusion of warm-ups.

Meet Referee [Judi Creech](#) jjjccreech@comcast.net

Meet Director: [Matt Wroblewski](#) Matt.Wroblewski@nike.com

Administrative Officials: Kyle Abernethy Kyle@kabernethy.com
Michelle Gould Gouldmichelle@gmail.com

Officials: We always appreciate the help of certified officials from other clubs. If you will be attending this meet, please notify the Meet Referee at jjjcreech@comcast.net or meet director Matt.Wroblewski@nike.com An officials' hospitality room will be provided.

Timers: Each team will be given timing assignments. Please designate a parent representative to report to the Head Timer 30 minutes prior to the start of the meet. Swimmers in events No. 9-10 (500 Freestyle) and No. 11-12 (1000 freestyle) will need to arrange their own timers and lap counter. Swimmers in events No. 67-68 (400 IM) will need to arrange their own timers.

Entry Fee Summary

Team Name _____

Total Oregon Swimming Inc. Surcharge _____ @ \$3.00 each = _____

Facility Fee _____ @ \$10.50 each = _____

Total Individual Entries _____ @ \$6.50 each = _____

Total Relay Entries _____ @ \$15.00 each = _____

Total team fees _____

LOSC Winter Challenge /

January 20th-22nd 2023

Girls Friday

- 1 10 & Under 200 Freestyle
- 3 11-14 200 Freestyle
- 5 Open 200 Freestyle
- 7 Open 500 Freestyle
- 9 Open 1000 Freestyle

Boys

- 2
- 4
- 6
- 8 Deck seeded fastest to slowest
- 10 Deck seeded fastest to slowest

Girls Saturday AM

- 11 8 & Under 25 Freestyle
- 13 9-10 50 Freestyle
- 15 8 & Under 50 Backstroke
- 17 9-10 100 Backstroke
- 19 8 & Under 25 Breaststroke
- 21 9-10 50 Breaststroke
- 23 8 & Under 50 Butterfly
- 25 9-10 100 Butterfly
- 27 8 & Under 100 Medley Relay
- 29 10 & Under 200 Medley Relay
- 31 8 & Under 100 IM
- 33 9-10 100 IM

Boys

- 12
- 14
- 16
- 18
- 20
- 22
- 24
- 26
- 28
- 30
- 32
- 34

Girls Saturday PM

- 35 11-14 50 Freestyle
- 37 Open 50 Freestyle
- 39 11-14 100 Backstroke
- 41 Open 100 Backstroke
- 43 11-12 50 Breaststroke
- 45 Open 200 Breaststroke
- 47 11-14 100 Butterfly
- 49 Open 200 Butterfly
- 51 11-12 200 Medley Relay
- 53 Open 200 Medley Relay
- 55 11-12 100 IM
- 57 Open 400 IM

Boys

- 36
- 38
- 40
- 42
- 44
- 46
- 48
- 50
- 52
- 54
- 56
- 58 Deck seeded fastest to slowest

Girls Sunday AM		Boys
59	8 & Under 50 Freestyle	60
61	9-10 100 Freestyle	62
63	8 & Under 25 Backstroke	64
65	9-10 50 Backstroke	66
67	8 & Under 50 Breaststroke	68
69	9-10 100 Breaststroke	70
71	8 & Under 25 Butterfly	72
73	9-10 50 Butterfly	74
75	8 & Under 100 Free Relay	76
77	10 & Under 200 Free Relay	78
79	9-10 200 IM	80

Girls Sunday PM		Boys
81	11-14 100 Freestyle	82
83	Open 100 Freestyle	84
85	11-14 100 Breaststroke	86
87	Open 100 Breaststroke	88
89	11-12 50 Backstroke	90
91	Open 200 Backstroke	92
93	11-12 50 Butterfly	94
95	Open 100 Butterfly	96
97	11-14 200 Freestyle Relay	98
99	Open 200 Freestyle Relay	100
101	11-14 200 IM	102
103	Open 200 IM	104

Section IX – Safety Guidelines and Warm-up Procedures

a. 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 30-45 minutes)

RECOMMENDED LANE USE

POOL PUSH/PACE RACING

STARTS

GENERAL

WARM-UP

6 LANE 2 & 5 1 & 6 3 & 4

8 LANE 2 & 7 1 & 8 3, 4, 5, & 6

9 LANE 2 & 8 1 & 9 3, 4, 5, 6, & 7

10 LANE 2 & 9 1 & 10 3, 4, 5, 6, 7, & 8

a. Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.

b. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times. In long course meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water before mid-pool (at the Referee's discretion).

c. General Warm-up Lanes - NO DIVING or BACKSTROKE STARTS. Circle swimming only.

3. This section may be modified at the Referee's discretion.

b. Safety Guidelines

1. Coaches Responsibilities

a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

b. Coaches shall actively supervise their swimmers at meets and at all practices.

2. Host Team Responsibilities

a. Marshaling

1. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.

2. Marshals shall wear identifying attire.

3. Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.

4. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if they are currently certified by Red Cross in Life-guarding, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.

b. Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-ups.

c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

d. The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."

e. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.

f. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

g. Safety Policy: USA swimming's reports of accident occurrences shall be filled out for all accidents by the host team.

The form shall be sent to the Oregon Swimming, Inc. office, USA Swimming, and Risk Management Services. The host team shall keep a copy in their records. The Safety Chair or his/her designee shall compile an annual report of all occurrences and submit the report at the annual House of Delegates meeting.

3. Miscellaneous

a. Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.

b. Backstrokers shall not start at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.

c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.

d. Warm-up procedures shall be enforced for any breaks scheduled during the meet.

e. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.