

# Legacy Dual Meet / DDACvOCST

October 29, 2022

*HELD UNDER THE SANCTION OF USA SWIMMING*

- Sanction #: 22-107  
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. Swimmers must be the listed age as of October 29, 2022.
- Location: David Douglas Aquatics Center. 13030 SE Taylor Ct. Portland, OR 97233
- Meet Referee: Debbie Laderoute [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com)
- Admin Official: Glen Sharp [glensharp.usas.ao@gmail.com](mailto:glensharp.usas.ao@gmail.com)
- Meet Director: Bobby DeRoest [coachbobbyddac@gmail.com](mailto:coachbobbyddac@gmail.com)
- Times: Warm-ups 8:00am. Meet Starts 9:00am
- Entries: Submit YARD times for seeding in Hy-tek format.  
Email entries to Bobby DeRoest at [bobby\\_deroest@ddsd40.org](mailto:bobby_deroest@ddsd40.org).  
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Entries Due: Tuesday October 24<sup>th</sup>, 2022
- Facility fee: \$10.00 per swimmer – Paid to DDAC
- Event limit: 4 events per swimmer
- Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2 C(4). Daktronics Timing System. 2 timers/lane.
- Awards: No Awards will be given for this meet
- 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. All swimmers 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.
- Restrictions: Tobacco products of any kind, alcoholic 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. Photography is not allowed behind the blocks during the start of a race or relay exchange. Deck changing is prohibited.
- 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.

COVID-19: It is understood and agreed that Oregon Swimming and DDAC/Legacy Aquatics shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. In applying for this sanction DDAC/Legacy Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, State of Oregon and Multnomah County.

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, 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 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 THE EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OREGON SWIMMING 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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.

Meetings: An officials meeting will be held 45 minutes prior to the start of the session. A coaches meeting will be held 15 minutes prior to the start of the session.

#### **ORDER OF EVENTS – ALL EVENTS ARE MIXED GENDER**

#1	400 IM		
#2	25 Freestyle	#12	25 Backstroke
#3	50 Freestyle	#13	50 Backstroke
#4	100 Freestyle	#14	100 Backstroke
#5	200 Freestyle	#15	200 Backstroke
#6	25 Breaststroke	#16	25 Butterfly
#7	50 Breaststroke	#17	50 Butterfly
#8	100 Breaststroke	#18	100 Butterfly
#9	200 Breaststroke	#19	200 Butterfly
#10	100 I.M.	#20	500 Freestyle
#11	200 I.M.		

#### **RETURN TO COMPETITION**

- a) Oregon Governor has deemed the State of Oregon as “OPEN”, and there are no current restrictions or guidelines regarding Covid.
- b) David Douglas Pool is allowing for full capacity as spectators will be allowed into facility.
- c) Face Masks will be required to wear during the event.