

**Molalla Summer Open  
Short Course Yards  
June 10-11, 2023**

**HELD UNDER THE SANCTION OF USA Swimming INC.  
HELD UNDER THE SANCTION OF OREGON SWIMMING**

**SANCTION #:** 23-059

In applying for this sanctioned event, the Host, Legacy Aquatics – Oregon City, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon and Clackamas County. It is also 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.

**COVID 19:**

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 (CDC), senior citizens, and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., OCST, and Molalla Aquatic Center 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, OCST, LEGACY AQUATICS, AND OC PARKS & REC, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

<b>MEET REFEREE:</b>	<b>Troy Tetsuka</b>	<b>ttetsuka3@gmail.com</b>
<b>ADMIN REFEREE:</b>	<b>Chad Vasallo</b>	<b>chad.vassallo@frontier.com</b>
<b>MEET DIRECTOR:</b>	<b>Matt Crum</b>	<b>coachmatt@ocst.net</b>

**SPONSOR:** Oregon City Swim Team  
P.O. Box 724  
Oregon City, OR 97045  
Website: [www.ocst.net](http://www.ocst.net)

**LOCATION:** Molalla Aquatic Center  
432 E Francis St  
Molalla, OR 97038  
Pool Phone: (503) 759-7665

**ELIGIBILITY:** Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation, NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of June 10, 2023. All swimmers must be supervised by a USA-Swimming certified coach at the meet. If they don't have one, they must report to the meet referee prior to the start of warm-ups to be assigned to one.

**ENTRY DEADLINE:** Entries must be received by 5:00 P.M. Friday June 2<sup>nd</sup>, 2023.

**ENTRY LIMIT:** Swimmers may enter a maximum of THREE (3) events per day and ONE (1) relay.

**MEET SPECIFICS:** All individual events are swum as mixed events from slowest to fastest. All relays will be built as Male, Female, or Mixed (2 females & 2 males). All sessions will run 8 lanes for warmups, and 8 lanes for competition. At this time, we cannot provide warm-up and cool down lanes during competition. If there is time or space we will set-up a warm-up lane or create warm-up breaks. This meet will be pre-seeded.

**ENTRY FEES:** \$12.00 Surcharge (\$3.00 Oregon Swimming, \$9.00 Facility fee)  
\$4.00 Individual Event Fee  
\$12.00 Relay Event Fee  
Entry fees must accompany entries and be received prior to the start of the meet.  
Make checks payable to: Oregon City Swim Team

**ENTRY ADDRESS:** [coachmatt@ocst.net](mailto:coachmatt@ocst.net)  
Mail to: Oregon City Swim Team, 16891 S. Pam Dr. Oregon City, OR 97045

**ENTRIES:**

- 1) Submit SHORT COURSE YARDS TIMES FOR SEEDING.
- 2) Ages and USA-S registration numbers must be included.
- 3) HY-TEK Meet Management Software will be used. Please submit entries via email. E-mail to: [glensharp.usas.ao@gmail.com](mailto:glensharp.usas.ao@gmail.com). Please zip files, including a word team meet entry report and meet entry fee report. On your team entry report, please include the following: "I have read the meet information, and attest that all competitors entered hereon are members of United States Swimming, Inc.". If you do not use HY-TEK, please contact the Meet Director.
- 4) Send payment to Entry Address.

With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

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.

**FACILITY:** Indoor, 25 yards, with 8 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (7 ft.) Shallow end is 3'6". Colorado Timing system, parking available, seating for 140 spectators. Men's and Women's locker rooms. There is limited pool deck space, however outside there is a large field next to the pool and a cemented patio. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C (4). The facility is accessible to adaptive swimmers. *The locker rooms will be for athletes only. There is single use restroom and two portable restrooms that will be available for parents, coaches, and officials (officials and coaches have priority).*

**RULES & SAFETY:** Current US Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not 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. Photography is not allowed behind the blocks during starts and relay exchanges. Changing into or out of swimsuits anywhere other than in locker rooms or other designated areas is prohibited.

**MAAPP POLICY:** US USA Swimming Minor Athlete Abuse Prevention Policy - 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.

**MEDICAL:** Lifeguards are trained in first aid and CPR and are posted on deck during the meet. The facility is equipped with two AEDs. The 911 system will be utilized in the event of an emergency.

**RULES:** Current US Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

**SAFETY CODE:** Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

<b>TIMES:</b>	<b>Date</b>	<b>Warm-Ups</b>	<b>Timed Finals</b>
	Saturday, June 10 <sup>th</sup>	7:30am*	9:00 am*
	Sunday June 11 <sup>th</sup>	7:30am*	9:00 am*

*\*Warm-up times subject to thirty minute changes depending on the number of athletes participating.*

**BULLPEN:** There will be a bullpen for the 8 & Under events.

**AWARDS:** Individual: 1st – 8th place ribbons by 8 & under, 9 – 10, 11 – 12, 13 – 14, and 15 & Over for boys and girls. Open events broken into age groups 10 & Un, 11 – 12, 13 – 14, and 15 & Over depending on other events available.  
Relays: 1st – 6th place ribbons. All 8 & Under and 12 & Under male, female, and mixed will be scored combined regardless of gender/mixed..  
All awards must be picked up at the conclusion of the competition. They will not be mailed.

**MEETINGS:** Officials' meeting will be held 45 minutes prior to the start of the session or on Zoom. Coaches' meeting may be held 15 minutes prior to the start of each session or on Zoom if necessary.

**OFFICIALS:** We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Troy Tetsuka at [ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com), so that your name can be added to the schedule. An Officials' Hospitality area will be provided in the Molalla classroom.

**TIMERS:** There will be two timers per a lane but we will have 3 timers for the 25 events which will start from the start end. Timers may report to the Head Timer 15 minutes prior to the start of the meet session. Please email the volunteer coordinator to prearrange a timing session or sign-up on the posted sign-up genius volunteer forms.

**WARM-UPS:** Meet warmups will be managed by the coaches. The coaches will preassign teams to specific lanes for warmups.

**Saturday June 10, 2023**  
**Warm-Ups 7:30 AM Timed Finals 9:00 AM**

**Mixed**

<b>Event #</b>	<b>Event Name</b>
1	Female 8 & Under 100 Free Relay*
2	Male 8 & Under 100 Free Relay*
3	Mixed 8 Under 100 Free Relay*
4	Female 12 & Under 200 Free Relay**
5	Male 12 & Under 200 Free Relay**
6	Mixed 12 & Under 200 Free Relay**
7	Female Open 200 Free Relay
8	Male Open 200 Free Relay
9	8 & Under Mixed 25 Breast
10	8 & Under Mixed 25 Free
11	Open Mixed 100 Free
12	Open Mixed 400 IM
13	Open Mixed 50 Breast
14	Open Mixed 200 Breast
15	Open Mixed 100 Fly
16	8 & Under Mixed 25 Fly
17	8 & Under Mixed 25 Back
18	Open Mixed 50 Back
19	Open Mixed 200 Back

\*Events #1-3 Swim Combined, \*\*Events #4-6 swim combined

**Sunday June 11, 2023**  
**Warm-Ups 7:30 AM Timed Finals 9:00 AM**

**Mixed**

<b>Event #</b>	<b>Event Name</b>
20	Female 8 & Under 100 Medley Relay*
21	Male 8 & Under 100 Medley Relay*
22	Mixed 8 & Under 100 Medley Relay*
23	Female 12 & Under 200 Medley Relay**
24	Male 12 & Under 200 Medley Relay**
25	Mixed 12 & Under 200 Medley Relay**
26	Female Open 200 Medley Relay
27	Male Open 200 Medley Relay
28	8 & Under Mixed 100 IM
29	Open Mixed 200 IM
30	Open Mixed 50 Free
31	Open Mixed 200 Free
32	Open Mixed 100 Back
33	Open Mixed 500 Free
34	Open Mixed 50 Fly
35	Open Mixed 200 Fly
36	Open Mixed 100 Breast

\*Events #20-22 Swim Combined, \*\*Events #23-25 swim combined