

CRST Summer Blast
Three Way Dual
5/13, 6/3, 7/1 2023

Held under the sanction of USA Swimming, Inc.

SANCTION NO: 23-043/23-044/23-045

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: This meet is open to swimmers who are currently registered with USA Swimming. **NO ON DECK REGISTRATION SHALL BE PERMITTED**

MEET REFEREE: Evangeline Swift 6swifts@comcast.net
ADMIN OFFICIAL: Jim Hu ptldk2004@gmail.com

Entry into this meet implies your team will provide officials. Please send their names and the sessions they will be attending to the Meet Referee.

MEET DIRECTOR: Doug Lumbard dougl@lincsales.com

SPONSORED BY: **Columbia River Swim Team**

LOCATION: Mt Hood Community College Aquatic Center
21000 SE Stark St.; Gresham, OR 97030; 503-491-6422
Directions Eastbound: Take I-84. Take exit 17 (Troutdale) continue through first light past fast food restaurants and service stations to the next light. Turn right onto 257th. Travel approx. 2.6 miles to 17th St. Turn Left. Turn left into first driveway. Pool is on the left at end of parking lot.

FACILITY: Outdoor 6 to 16- foot depth with blocks at the deep end, eight 7- foot lanes, 50-meter pool with non-turbulent lane lines. There is a Daktronics electronic timing system, with strobe/horn start and scoreboard. Facility is accessible to adaptive swimmers. The competition course has been certified in accordance with 104.2.2C(4).

SCHEDULE

DATE	WARM-UPS	TIMED FINALS
Saturdays: May 13, June 3, July 1	4pm (Mixed Open)	5:00pm

Three Way Dual: Meet will be scored accordingly: 1st -5 pts.-2nd -3pts.-3rd -1 pt.
A vs B -A vs C -A vs D- B vs C, B vs D, C vs D

RULES/SAFETY: Current USA Swimming will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

- MAAPP:** 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.
- ENTRY DEADLINE:** Entries must be received no later than **(SB 1) May 5th**
(SB 2) May 26
(SB 3) June 23
- Event Limit** Teams may enter up to **3 individual events not to exceed 250 splashes Per team**
- Submit **LONG COURSE METER** times for seeding. This is a computerized meet.
Please submit entries on Hytek software via email or disk.
- Eligibility**
- 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.
With submission of entries, the coach/team representative attests that all swimmers are registered with USA Swimming.
- ENTRY FEES:** \$ 25.00 per swimmer (19.00 facility, & 6.00 per swimmer, facility usage fee)
- AWARDS:** No awards.
- ENTRY ADDRESS:** Dougl@lincsales.com
Phone: 360-241-1153
Mailing address (please use this address to mail entry fees)
CRST
Attention: Darlene Lumbard
410 N Y Street
Washougal, WA 98671
- MEETINGS:** COACHES: Meeting 15 minutes prior to start of meet.
OFFICIALS: Meeting 45 minutes prior to start of meet.
♦♦ Meetings will be held on the pool deck on the South Side of the deck at the (deep) end of the pool or at the Referee’s discretion.
- RESTRICTIONS:** No Technical suit may be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.
*No tobacco products of any kind, alcoholic beverages, and glass containers are Allowed in the swimming area.
*No shaving allowed at the pool venue.

*Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

*Deck changing is prohibited

*No photography behind the blocks during starts or relay exchanges.

* Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Medical Supervision: Medical Supervision and emergency services will be managed by certified MHCC facility lifeguards.

TIMERS: Each team will be expected to supply timers for the duration of the meet.

Swimmers in the 400 IM,800 & 1500 Free must provide two timers and a lap counter.

Events are Mixed Genders

1. Open 50 Free
2. Open 200 Free
3. Open 100 Back
4. Open 50 Breast
5. Open 100 Fly
6. Open 200 IM
7. Open 100 Breast
8. Open 50 Back
9. 11 & Over 400 Free
10. Open 50 Fly
11. Open 100 Free
12. 11 & Over 200 Back
13. 11 & Over 200 Fly
14. 11 & Over 200 Breast
15. 11 & Over 400 IM
16. 11 & Over 1500 Free *(if time permits)

*Meet ends at 9:00