



THSC APRIL INTRASQUAD

April 15, 2023

HELD UNDER THE SANCTION OF U.S.A. SWIMMING, INC. Article 202.4

HELD UNDER THE SANCTION OF OREGON SWIMMING, INC.

- Sanction No:** Meet # 23-036
In granting this sanction, it is understood and agreed that USA Swimming and Oregon 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.
- Meet Referee:** Liam McMahon mcmahonliam2@gmail.com
Johan Van De Groenendaal Johanv.referee@gmail.com
- Admin:** Jim Hu
- Meet Director:** Calvin Lin meetdirectors@thunderboltswimming.org
Joseph Moreno meetdirectors@thunderboltswimming.org
- Location:** Tualatin Hills Aquatic Center
15707 SW Walker Road Beaverton, OR 97006
(503) 645-7454
- Sponsor:** Tualatin Hills Swim Club (THSC)
PMB 152, 16055 SW Walker RD
Beaverton, OR USA 97006
(503) 629-5568 fax (503) 439-9328 website: www.thunderboltswimming.org
- Facility:** Indoor, 50 meters x 25 yards, 7½ foot lanes. Pool depth goes from 13.5 ft. to 5 ft. at start end and at the turn in SCY configuration. The competition course has not been certified in accordance with 104.2.2(c)4. Colorado Timing System. Open pool deck areas available for swimmers, coaches, and officials only. Wi-Fi throughout the facility.

SPECIAL NOTE: No folding chairs allowed on deck.

In the interest of public safety, inclement weather may necessitate the closure of THPRD facilities. To communicate quickly and efficiently, THPRD posts new information about inclement weather closures and other interruptions on a 24-hour hotline:

Facility Closure / Inclement Weather Hotline: 503-614-4018

**RV parking available for day use only at the north parking lot above soccer/baseball fields. For more information, please call THPRD Swim Center at (503) 629-6130.*

- Restrictions:** Tobacco products, alcoholic beverages, and glass containers are prohibited on THPRD district property. Shaving is prohibited 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. Deck changing is prohibited. Photography is not allowed behind the blocks at any time. Flash photography is prohibited during competition, except by express permission from the Meet Referee. 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) any time athletes, coaches, officials and or spectators are present. Use of video recording devices under or over the water surface of the pool is prohibited. **Only coaches, swimmers and working volunteers will be permitted on the pool deck.**

IMPORTANT:

1. Alcohol is not allowed anywhere on the THPRD grounds.
2. Food may not be consumed on deck.
3. Locker rooms are for registered athletes only. Restrooms for parents and spectators are located across the hall from the main entrance to the THPRD pool.
4. 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.



Rules and Safety:

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

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.

Locker Rooms: The facility locker rooms are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located in the lobby of the pool building and across the breezeway from the main entrance to the THPRD pool.

Medical Supervision: CPR and first aid certified coaches are on duty during warm-ups, competition and cool-down for the entirety of the event. AED devices are available at the main desk of the pool. EMTs will be called should a situation require additional medical assistance.

COVID-19:

We have taken enhanced health and safety measures - for all attending the swim meet. You must follow all posted instructions while visiting Tualatin Hills Aquatic Center. 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. By visiting Tualatin Hills Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

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 AND OSI 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.

COVID-related procedures may be adjusted based on facility resources and rapidly evolving state and local Public Health guidance.

Spectator Info:

Spectator seating is available in the general stands.

Warm up Procedures:

Meet warmups will be managed by the coaches. The coaches will pre-assign squads to specific lanes for warmups.

Swimwear:

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Eligibility:

Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation; **NO ON DECK USA REGISTRATION SHALL BE PERMITTED.** Swimmers must be within the listed age brackets as of April 15, 2023. *With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.*

Times:

Swimmers should arrive at the pool no earlier than 15 min before their warmup.

Date	Group	Warm-Ups	Timed Finals	Meet End
Saturday April 15	Squads AG2G, AG3B, AG3G, OWB, OWS, OWG (12 & Under)	7:00 am	7:30 am	9:00 am

Bull Pen:

There will be a bullpen for all swimmers

Entry Limit:

Maximum four (4) events per swimmer

Meet Limit:

Meet will run a maximum 1 hour 30 minutes (90 minutes)



- Entries:** Submit SCY times only.
- USA Swimming registration numbers must be included.
Entries Deadline: Friday, April 7, 2023, 5:00pm
- 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.
- Format:** IntraSquad meet for THSC athletes only.
 Short Course Yards, 6-lane configuration.
 All events pre-seeded.
- Awards:** Ribbons for 1 – 10th place.
- Officials:** Officials should email Johan Van De Groenendaal at johanv.referee@gmail.com to sign up for officiating.
- Uniforms:** Oregon Swimming Officials' uniform: white shirt, black pants or skirt, and black shoes and socks.
- Trainees:** Trainees will be welcome in all positions (Starter, Stroke & Turn, or Electronic Timer), subject to building capacity limits and compliance with latest Covid-19 protocols.
- Notice:** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

EVENT LIST

Saturday, April 15, 2023	
Squads AG2G, AG3B, AG3G, OWB, OWS, OWG (12 & Under)	
Warmups: 7:00 am	
Timed Finals: 7:30 am	
Event #	Event Description
1	Mixed 25 Fly
2	Mixed 25 Free
3	Mixed 50 Fly
4	Mixed 50 Free
5	Mixed 25 Breast
6	Mixed 25 Back
7	Mixed 50 Breast
8	Mixed 50 Back



Local Protocols & Requirements:

Mask Policy:

OHA mask guidelines at the time of the meet shall be enforced. If no mask mandate is in effect, we continue to encourage masking for all over 2 years (athletes, coaches, officials, volunteers, spectators and staff) regardless of vaccination status.

IMPORTANT: Policy requirements may change if new advisement is issued by either OHA or THPRD either before or during the meet. Plan to be prepared in case a change in policy is issued.

Spectator Seating Ingress & Egress:

Spectator seating and the pool deck ingress and egress are through doors in the lobby. There is no direct access between seating areas and the pool deck.

Safe Sport Compliance:

Parents will have continuous visibility of athletes during the meet. Locker room access is for athletes only. Spectator restrooms are separate/outside of the pool facility.

