**FALL CHINOOK OPEN**

**ABC AGE GROUP/SENIOR COMPETITION**

**November 23 & 24, 2019**

# *HELD UNDER THE SANCTION OF USA SWIMMING*

**Sanction No.** 19-179

In granting this approval, 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 the event.

**Host/Sponsor:** North Coast Swim Club

**Location:** Astoria Aquatic Center

1997 Marine Drive

Astoria, OR 97103

(503) 325-7027

**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 the first day of the meet.

**Entry Deadline:** Entries may be submitted starting **Wednesday, October 16, 2019 at Noon** and must be received by **9:00 PM Monday, November 11, 2019**. Late entries will be considered by the meet director on a case by case basis.

**Entry Limit:** Entries will be limited to the first 200 eligible swimmers. **Swimmers may enter a maximum of 6 individual events for the meet**, but may enter up to 4 individual events in one day. In addition, swimmers may enter 1 relay per day. All events are timed finals.

**Entry Fees:** $20.00 Swimmer Surcharge (includes $3.00 OSI Fee & $17 facility use fee)

$ 3.00 Individual Event Fee

$10.00 Relay Entry Fee

Entry fees must be received before the start of the meet and be accompanied by the master entry form. Make checks payable to: **North Coast Swim Club (NCSC)**

**Entry Address:** NCSC

PO Box 1191

Astoria, Oregon 97103

[ncsc-meetdirector@outlook.com](mailto:ncsc-meetdirector@outlook.com)

**Entries:** 1. Submit YARD TIMES only for seeding. Enter “NT” for no times.

2. E-mail meet entries using a Hy-tek meet management software .zip file to the above address. Please attach a PDF of Hy-tek entries and an entry fee report.

3. Complete the enclosed master entry forms using yard times for each event.

4. With submission of entries, the coach/team representative attests that all swimmers 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 upon arrival at the meet if assistance is needed.

**Facility:** Indoor, 25 yards x 7 ½ feet per lane x 6 lanes. Starting blocks at the deep end of the pool only (8 ft.) Shallow end is 3'6". The competition course has not been certified in accordance with 104.2.2C(4). Parking available in the Astoria Aquatic Center parking lot and on the streets above and beside the pool. **Please inform your team not to park in the theater parking lot adjacent to the pool – you will be towed.** There is seating for 150 spectators. Swim venue includes: Men's and Women's locker rooms with access onto the pool deck; Open pool deck areas available for swimmers, coaches and officials only. Facility is accessible to adaptive swimmers.

The Aquatic Center recreation pool is available for cool-downs.

**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. Deck changing is prohibited. Photography/video is not allowed behind the blocks during the start of a race or relay exchange. 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.

**Times:**  Warm-ups: 8:30 – 9:00 am for 11 & O

9:00 – 9:30 am for 10 & U

Starts: 9:30 – 9:45 am Lanes 2 – 6 only

Timed Finals: 10:00 am

**Rules:** Current USA Swimming and Oregon Swimming Inc. rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP), will govern this meet. Per Oregon Swimming policy, swimmers 12 years old and younger are not permitted to wear “Technical” suits at any OSI sanctioned or approved meets with the exception of SR Sectionals, AG Zones, All Star Meets and Futures.

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

**Bull Pen:** A bullpen will be provided for **all** swimmers.

**Awards:** Awards for each individual event; all event places determined separately

(8 & Under, 9-10,11-12,13-14, 15 & Over).

Individual: Ribbons 1st through 6th

Relays: Ribbons 1st through 3rd

Heat winner tags will be awarded

**Meeting:** Coaches' meeting will be held 15 minutes prior to the start of the meet.

Officials meeting will be held at 9:00 am (allow 30 minutes for the Officials meeting).

**Meet Referee:** Tom Ishii 503-769-1853 [tbishii@wvi.com](mailto:tbishii@wvi.com)

**Admin. Official:** Betty Ishii

**Meet Director:** Glen Admire503-298-9350 [ncsc-meetdirector@outlook.com](mailto:ncsc-meetdirector@outlook.com)

**Officials:** We always appreciate the help of certified officials from other clubs.

Please provide a list of **officials** who will be willing to help out during this meet to the Meet Referee and the Meet Director at the provided contact information above.

A hospitality room will be provided for officials (and coaches).

**Timers:** Each team will be given timing assignments. Please designate parent representatives to report to the Head Timer to sign up for shifts during the meet.

**WARM-UP PROCEDURES**

1. GENERAL WARM-UP
2. First 30 minutes 11 & over only, second 30 minutes 10 & under.
   1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool or gutter.
   2. No sprinting (racing starts) allowed during general warm-ups.
3. SPECIFIC WARM-UPS (last 15 minutes)
   * 1. Racing Starts – Only lanes 2 – 6 for racing starts from the blocks or for backstroke starts at specific times.
     2. General Warm-up lanes – NO DIVING or BACKSTROKE STARTS. Circle swimming only.

**Concessions:** Concessions will be available both Saturday and Sunday for the duration of the meet.

**Lodging:** Best Western Lincoln Inn (Astoria) 503-325-2205

Comfort Inn & Suites (Astoria) 503-325-2000

Hampton Inn (Astoria) 503-325-8888

Holiday Inn Express (Astoria) 503-325-6222

Shilo Inn (Warrenton) 503-861-2181

KOA Campground (Hammond) 503-861-2606

**NORTH COAST SWIM CLUB**

**Fall Chinook Open**

**November 23 & 24, 2019**

|  |  |  |
| --- | --- | --- |
| **Girls** | **event** | **Boys** |
|  | **SATURDAY** |  |
| **1** | **12 & Under 200 Free Relay** | **2** |
| **3** | **Open 200 Free Relay** | **4** |
| **5** | **Open 100 Back** | **6** |
| **7** | **8 & Under 25 Free** | **8** |
| **9** | **12 & Under 50 Free** | **10** |
| **11** | **13 & Over 50 Free** | **12** |
| **13** | **Open 100 Breast** | **14** |
| **15** | **8 & Under 25 Fly** | **16** |
| **17** | **12 & Under 50 Fly** | **18** |
| **19** | **11 & Over 200 Fly** | **20** |
| **21** | **12 & Under 100 IM** | **22** |
| **23** | **Open 200 IM** | **24** |
| **25** | **11 & O 500 Free** | **26** |
|  |  |  |
|  | **SUNDAY** |  |
| **27** | **12 & Under 200 Medley Relay** | **28** |
| **29** | **Open 200 Medley Relay** | **30** |
| **31** | **Open 100 Free** | **32** |
| **33** | **8 & Under 25 Breast** | **34** |
| **35** | **12 & Under 50 Breast** | **36** |
| **37** | **11 & Over 200 Breast** | **38** |
| **39** | **Open 100 Butterfly** | **40** |
| **41** | **8 & Under 25 Back** | **42** |
| **43** | **12 & Under 50 Back** | **44** |
| **45** | **11 & Over 200 Back** | **46** |
| **47** | **12 & Under 200 Free** | **48** |
| **49** | **13 & Over 200 Free** | **50** |
| **51** | **11 & O 400 IM** | **52** |

**NORTH COAST SWIM CLUB**

**2019 FALL CHINOOK OPEN**

**AGE GROUP/OPEN COMPETITION**

**master entry form**

|  |  |
| --- | --- |
| **Club Name** |  |
| **Club Code** |  |
| **Team Name** |  |
| **Coach Name** |  |
| **Coach Phone** |  |
| **Coach Email** |  |
| **Club Address** |  |
|  |  |
|  |  |
| **Club Contact** |  |
| **Contact Phone** |  |
| **Club Email** |  |

**Certification**

I have read the meet information and attest that all swimmers entered hereon are registered with USA Swimming, Inc.

|  |  |  |  |
| --- | --- | --- | --- |
|  | |  |  |
| Coach/Team Representative |  |  | Date |

**INSTRUCTIONS**

1. Please make copies of the Swimmer Entry form and number pages (as applicable)
2. Enter SHORT COURSE YARD TIMES ONLY

This meet is held under the sanction of USA Swimming, Inc. All entrants must be members of USA Swimming or have applicable FINA registration.

**No late or on-deck registration will be allowed.**