

Oregon City Fall Invite

Short Course Meters A/B/C

**November 6th -7th, 2021**

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

**SANCTION #:**  **Pending (12 & Under), Pending (Open)**

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.

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 Oregon City Pool 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.

**MEET REFEREE: Debbie Laderoute** [**debbie.laderoute@gmail.com**](mailto:debbie.laderoute@gmail.com) **(503) 576-1328**

**ADMIN OFFICIAL: Glen Sharp** [**sharp.glen@gmail.com**](mailto:sharp.glen@gmail.com)

**MEET DIRECTOR: Matthew Crum** [**ocst.coach@gmail.com**](mailto:ocst.coach@gmail.com) **(503) 952-6260**

**SPONSOR:** Oregon City Swim Team  
P.O. Box 724  
Oregon City, OR 97045

Website: www.ocst.net

**LOCATION:** Oregon City Municipal Pool

1211 Jackson Street  
Oregon City, OR 97045

Pool Phone: 503-657-8273

**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 November 6th, 2021. 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.

USA Swimming Rule 102.8.1F - No Technical Suit may be worn by  
any 12 & Under USA Swimming athlete member in competition at  
any Sanctioned, Approved or Observed meet.

**MEET LIMIT**: First swimmers whereby time-line maintains 4 hour limit.

**ENTRY DEADLINE**: Entries must be received by 5:00 P.M. Friday October 29th, 2021.

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

**ENTRY FEES:** $10.00 Surcharge ($3.00 Oregon Swimming, $7.00 facility fee)

$3.00 Individual Event Fee

$10.00 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:** OCST P.O. Box 724, Oregon City, OR 97045

Ocst.coach@gmail.com

Email entries preferred.

**ENTRIES:** 1) Submit SHORT COURSE METERS 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: ocst.coach@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 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (12 ft.) Shallow end is 3’6”. Daktronics Timing system, parking available, seating for 200 spectators and a community room away from the pool for another 150 people. Men’s and Women’s locker rooms. 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).

**RESTRICTIONS:** 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 other than in locker rooms or other designated areas is prohibited. **Only coaches, swimmers and working volunteers will be permitted on deck.**

**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.

**TIMES:** **Date Warm-Ups Timed Finals**

Session 1 12 & Under Saturday, November 6th 7:00 am 9:00 am

Session 2 OPEN Saturday, November 6th 1:00 pm\* 2:15 pm\*

Session 3 12 & Under Sunday, November 7th 7:00 am 9:00 am

Session 4 OPEN Sunday, November 7th 1:00 pm\* 2:15 pm\*

\*Estimated time. Warm-ups will be directly after conclusion of morning session and timed finals will start 75 minutes after the end of morning session.

**BULLPEN:** There will be a bullpen for 8 & Under and their 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 scored as 13 – 14, and 15 & Over

Relays: 1st – 6th place ribbons.

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 each session. Coaches' meeting may be held 15 minutes prior to the start of each session if necessary.

**OFFICIALS:** We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Debbie Laderoute at [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com), so that your name can be added to the schedule. Dress is white Polo over black pants/shorts/skirt with black shoes and socks. An Officials' Hospitality covered area may be provided if requested ahead of time.

**TIMERS:** Timing assignments will be listed by session in the heat sheet and will be based on the number of swimmers attending each session. Competitors in end of meet distance events are required to supply a timer and a lap counter for their swim.

2021 Oregon City Short Course Meters

Fall Open

November 6th – 7th, 2021

**Saturday-November 6, 2021**

**12 & Under Warm-Ups 7:00 AM Timed Finals 9:00 AM**

**Girls Boys**

**Event # Event Name Event #**

1 8 & Under 100 Freestyle relay 2

3 10 & Under 200 Freestyle relay 4

5 12 & Under 200 Freestyle relay 6

7 12 & Under 200 Freestyle 8

9 8 & Under 25 Freestyle 10

11 8 & Under 25 Breaststroke 12

13 12 & Under 100 IM 14

15 12 & Under 50 Backstroke 16

17 12 & Under 100 Freestyle 18

19 12 & Under 50 Butterfly 20

21 12 & Under 100 Breaststroke 22

**Saturday-November 6, 2021**

**Starting 75 minutes after the end of the morning session**

**Girls Boys**

**Event # Event Name Event #**

23 Open 200 Freestyle Relay 24

25 Open 100 Freestyle 26

27 Open 50 Butterfly 28

29 Open 200 Breaststroke 30

31 Open 50 Backstroke 32

33 Open 100 Butterfly 34

35 Open 200 Freestyle 36

37 Open 100 Backstroke 38

39 Open 400 Individual Medley 40

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**Sunday-November 7, 2021**

**12 & Under Warm-Ups 7:00 AM Timed Finals 9:00 AM**

**Girls Boys**

**Event # Event Name Event #**

41 8 & Under 100 Medley relay 42

43 10 & Under 200 Medley relay 44

45 12 & Under 200 Medley relay 46

47 12 & Under 200 IM 48

49 8 & Under 25 Backstroke 50

51 8 & Under 25 Butterfly 52

53 12 & Under 100 Backstroke 54

55 12 & Under 50 Freestyle 56

57 12 & Under 100 Butterfly 58

59 12 & Under 50 Breaststroke 60

61 12 & Under 400 Freestyle\* 62

*\*400 Free heats may be restricted due to timeline. Coaches will be notified.*

**Sunday-November 7, 2021**

**Starting 75 minutes after the end of the morning session**

**Girls Boys**

**Event # Event Name Event #**

63 Open 200 Medley Relay 64

65 Open 200 IM 66

67 Open 50 Breaststroke 68

69 Open 200 Butterfly 70

71 Open 50 Freestyle 72

73 Open 100 Breaststroke 74

75 Open 200 Backstroke 76

77 Open 400 Freestyle 78