

2020 LSC Pacific Crest B-C Invitational

Short Course Yards

March 14th & 15th, 2020

Held Under the Sanction of USA Swimming, Inc.

Sanction #

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: All swimmers must be currently registered with USA Swimming. No on-deck registration. Swimmers must be within the listed age brackets as of March 14th, 2020. **No swimmer may participate in an event where they have already achieved an “A” time in that distance and stroke, whether individual or relay.**

Host: Lebanon Community Swim Club

Location: Lebanon Community Pool (Located next to Lebanon High School)
1800 South 5th St. Lebanon, OR 97355 (541) 451-8551

Times: **Warmups:** 9:00 AM; Timed Finals start at 10:00 AM
* Pool closes promptly fifteen minutes before the start of competition. Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

Facility: Indoor 25-yard, 13 feet deep, 6-lane pool. Relay legs starting from the 3'6" shallow end will do in-water starts. The competition course has not been certified in accordance with 104.2.2[4]. Men's and women's locker rooms with access onto the pool deck; Open pool deck areas available for swimmers, coaches, and officials.

Entry Deadline: Entries open Monday February 24th, 2020. Final entry deadline is Monday March 2nd, 2020 before 5:00PM. For additional information, contact Sherry Knaup at lebswim17@gmail.com.

Entry Limit: Each swimmer may enter up to 3 individual events and 1 relay per day. **Submit short course yard times acceptable to Hytek Meet Manager Program via email attachment.** No late entries will be accepted.

Meet Limit: Until four-hour limit is reached. Note we will be abiding by the 4 hour time limit for all swimmers under the age of 12. Entries from teams will be accepted in order of date/time email is received from teams. When timeline for those swimmers reaches the 4 hour time limit, then no more entries will be accepted.

Entry Fees: Individual event: \$3.00
Relay: \$10.00 per relay
Oregon Swimming surcharge per swimmer: \$5.00
Facility use surcharge per swimmer: \$3.00

Entry fees shall accompany Hy-Teks Team Manager or equivalent. Meet Entry Fees Form listing Team Totals delivered to Meet Director day of meet. Please include one check per team. Make check payable to: **Lebanon Community Swim Club.**

Entries: Please email Hy-Tek files to: **Sherry Knaup** at lebswim17@gmail.com. Submit yard times only for seeding. Enter "NT" for no times. Teams are to submit entries via email with a Hy-Tek file. Teams who do not have Hy-Tek Team Manager software may obtain free-of-charge Hy-Tek Lite to enter their times in the meet. Go to <http://www.hy-tek.com/downloads.html> to get the free download. This format aids the meet management in quickly receiving correct entries for your team.

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

Entry Fee Address: Mail entry check to:

Lorlee Engler Lebanon Community Swim Club

1800 South 5th St. Lebanon, OR. 97355 (541) 451-8551

Note: Please make checks payable to **Lebanon Community Swim Club**.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers 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 if assistance is needed, upon arrival at the meet.

Seating: Approx. 150 spectator seats. No dogs please!

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE FACILITY OR SCHOOL PROPERTY. USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN THE CHANGING AREAS, RESTROOMS OR LOCKER ROOMS. DECK CHANGING IS PROHIBITED. NO VIDEO OR PHOTOGRAPHY IS NOT ALLOWED BEHIND THE BLOCKS. NO FLASH PHOTOGRAPHY 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. ONLY SWIMMERS, COACHES, OFFICIALS, TIMERS, & MEET RUNNERS ARE ALLOWED BEHIND THE BLOCKS.

Meet Rules: Oregon Swimming Safety Rules and Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

Safety: Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect. 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.

Recording Ban: The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

- Timing:** Colorado System 6 timing system, horn start, and finish touch pads.
Results displayed via LED electronic scoreboard.
- Pool Hours:** Pool will be open from 8:30 AM until the conclusion of the meet.
- Bull Pen:** A Bullpen will be provided for 8 & under swimmers only. All other swimmers will report to the starting area as instructed. There will be no bullpen for relays.
- Seeding:** Positive check in for Relays and 500 free events.
- Relays:** Relay slips will be provided at timing/officials table. Coaches shall complete relay slips and turn into officials table 30 minutes prior to start of meet.
- Awards:** Individual: 1st – 12th ribbons
Relays: 1st – 6th ribbons
- Scoring:** Individual: 7-5-4-3-2-1 Relay: 14-10-8-6-4-2
- Meetings:** Officials will meet in the pool office 45 minutes before the start of the swim meet .
Coaches will meet 15 minutes before the start of the swim meet.
- Meet Referee:**
- Admin. Official:**
- Meet Director:** Sherry Knaup lebswim17@gmail.com
- Officials:** Invited teams will be expected to provide officials. Send a confirmation email of your team's officials to meet referee & meet director.
- Hospitality:** Refreshments will be available for coaches and officials.
- Timers:** Each team is assigned lane-timing duty based upon size of team entered.
- Concessions:** Concessions available for food and drink.
- Heat Sheets:** Available for \$5.00
- Results:** Will be posted at the pool and will be emailed to coaches upon request.
- Directions:** To get to the Lebanon Community Pool, go north or south on I-5 and take exit 228; then go approx. 5 miles east on HWY(OR-34). Turn right on Denny School Rd, which will turn into Airport Rd. Turn Left on 5th St. The pool is the first building on the left, just after the track and adjacent to Lebanon High School.
- Parking:** Available in front of pool and to south side of pool, as well as on-street parking.

Saturday March 14th, 2020

***Please note, all events are mixed except where noted**

Event #

1	Open	200 Freestyle
2	8 & under	25 Breaststroke
3	9-12	50 Breaststroke
4	13 & over	100 Breaststroke
5	Girls 12& under	200 Freestyle Relay
6	Boys 12 & under	200 Freestyle Relay
7	Girls 13 & over	200 Freestyle Relay
8	Boys 13 & over	200 Freestyle Relay
9	8 & under	50 Backstroke
10	9-12	100 Backstroke
11	8 & under	50 Butterfly
12	Open	100 Butterfly
13	8 & under	25 Freestyle
14	Open	100 Freestyle
15	Open	500 Freestyle

Sunday March 15th, 2020

***Please note, all events are mixed except where noted.**

Event #

16	12 & under	100 IM
17	Open	200 IM
18	8 & under	25 Backstroke
19	9-12	50 Backstroke
20	13 & over	100 Backstroke
21	Girls 12 & under	200 Medley Relay
22	Boys 12 & under	200 Medley Relay
23	Girls 13 & over	200 Medley Relay
24	Boys 13 & over	200 Medley Relay
25	8 & under	50 Breaststroke
26	9-12	100 Breaststroke
27	13 & over	200 Breaststroke
28	8 & under	25 Butterfly
29	9-12	50 Butterfly
30	8 & under	50 Freestyle
31	9-12	50 Freestyle
32	13 & over	50 Freestyle

