# 19-20 PASL CHAMPIONSHIPS

## December 13-15th 2019

***HELD UNDER THE SANCTION OF USA SWIMMING***

Sanction #: 19-199

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: Swimmers must be currently registered with USAS with listed age as of 12/13/19. NO ON DECK REGISTRATION SHALL BE PERMITTED.

Location: David Douglas Aquatics Center
13030 SE Taylor Ct. Portland, OR 97233

Meet Referee: Troy Tetsuka Admin Official: Dan Gipe

Times: Friday December 13th – Warm Ups 5:00pm, Meet Starts 6:00pm
Sat Dec 14th & Sun Dec 15th Prelims = Warm-Ups 7:30a, Meet Start 9:00am
Finals Timeline TBD based on conclusion of finals. See Order of Events.

Entries: Submit YARD times for seeding in Hy-tek format.
Email entries to bobby_deroest@ddsd40.org.
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

**Entry Deadline: Friday December 6th, 2019**

Entry fees: $15.00 surcharge per swimmer (includes $3 OSI surcharge), $2.00/event, $8.00/relay
Checks payable to DDAC: PO Box 16542 Portland, OR 97292

Entry limit: Each Swimmer -1 individual event- Friday, 3 events -Sat & Sun, 2 relays/meet

Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2.C(4).

Rules: Current USA Swimming rules as well as provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

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

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

Event Format Friday events will be TIMED FINALS, and all 8&Under events will be TIMED FINALS. Saturday & Sunday will be PRELIMS/FINALS. Events will be swum mixed ages, but finals will be separated into age groups – see below:

10&Under, 11-12, 13-14, 15&Over

Finals Events: 11&Over events will have a consolation heat & a championship final heat, 10&Unders there will only be one championship final heat. 200 strokes (fly, back, breast) & 400 IM will have one 11&Over age group.

The top 12 fastest swimmers in each event (with the exception of Friday's timed finals events and ALL 8&U timed finals events) will advance to the finals session. 10 and under will have one A final. Two alternates will be named for each event final. Alternates who want the chance to swim at finals should be ready to swim and wait near the Meet Referee for potential further instructions. Alternates who do not attend finals will not be penalized if they miss their chance to swim. In finals, the A final will follow the B final.

Swimmers will have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are posted at clerk of course. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. Swimmers who intend to swim in finals do not need to report to the Clerk of Course.

**Relays** **All teams can enter a MAXIMUM of 4 teams per relay event**

| | | |
|---|---|---|
| Scoring | Individual | Top 12: 16-13-12-11-10-9 7-5-4-3-2-1 |
| | Relays | Top 8: 20-16-13-10-8-6-4-2 |
| Awards | Individual | 1st-3rd Place - Medals, 4nd thru 12th - Ribbons |
| | Relays | 1st thru 8th Place – Ribbons |

Event #'s Note: Event Numbers on Saturday & Sunday will be girl's events even, boys events odd. This is different than most swim meets where girl's events are odd & boys events are even.

Meetings Officials Meeting 45 min. prior to start of every meet session.
Coaches Meeting 15 min. prior to start of every meet session.

Hospitality There will be a hospitality room available in Pool Office for coaches & officials

Concessions Located in the pool lobby throughout the event.

**Friday December 13th - MIXED GENDER**
**Warm-Ups 4:00pm / Meet Starts 5:00pm**

| Event # | Event |
|---|---|
| 1 | 11&Over 400 I.M. |
| 2 | 10&Under 200 Free |
| 3 | 11&Over 500 Free |

**Saturday December 14th - PRELIMS**
**Warm-Ups 7:30am / Meet Starts 9:00am**

| Girls | Event | Boys |
|---|---|---|
| 4 | 8&Under 50 Free | 5 |
| 6 | 9&Over 50 Free | 7 |
| 8 | 8&Under 25 Butterfly | 9 |
| 10 | OPEN 100 Butterfly | 11 |
| 12 | 12&Under 50 Breaststroke | 13 |
| 14 | 11&Over 200 Breaststroke | 15 |
| 16 | 8&Under 25 Backstroke | 17 |
| 18 | OPEN 100 Backstroke | 19 |
| 20 | 12&Under 100 I.M. | 21 |
| 22 | 11&Over 200 Free | 23 |
| 24 | 8&Under 100 Free Relay | 25 |
| 26 | 10&Under 200 Freestyle Relay | 27 |
| 28 | 11-12 200 Freestyle Relay | 29 |
| **30** | 13&Over 200 Freestyle Relay | 31 |

**Sunday December 15th - PRELIMS**
**Warm-Ups 7:30am / Meet Starts 9:00am**

| Girls | Event | Boys |
|---|---|---|
| 32 | 8&Under 25 Freestyle | 33 |
| 34 | OPEN 100 Freestyle | 35 |
| 36 | 12&Under 50 Butterfly | 37 |
| 38 | 11&Over 200 Butterfly | 39 |
| 40 | 8&Under 25 Breaststroke | 41 |
| 42 | OPEN 100 Breaststroke | 43 |
| 44 | 12&Under 50 Backstroke | 45 |
| 46 | 11&Over 200 Backstroke | 47 |
| 48 | OPEN 200 I.M. | 49 |
| 50 | 8&Under 100 Medley Relay | 51 |
| 52 | 10&Under 200 Medley Relay | 53 |
| 54 | 11-12 200 Medley Relay | 55 |
| 56 | 13&Over 200 Medley Relay | 57 |

**Saturday December 14th - FINALS**
**Warm-Ups 4:00pm / Meet Starts 5:00pm**

| Girls | Event | Boys |
|---|---|---|
| 6 | 9&Over 50 Freestyle (14 heats) | 7 |
| 10 | Open 100 Butterfly (14 heats) | 11 |
| 14 | 12U 50 Breaststroke (6 heats) | 15 |
| 16 | 11&Over 200 Breaststroke (4 heats) | 17 |
| 20 | Open 100 Backstroke (14 heats) | 21 |
| 22 | 12U 100 I.M. (6 heats) | 23 |
| 26 | 11&Over 200 Freestyle (12 heats) | 27 |

**Sunday December 15th – FINALS**
**Warm-Ups 3:00pm / Meet Starts 4:00pm**

| Girls | Event | Boys |
|---|---|---|
| 56 | Open 100 Freestyle (14 heats) | 57 |
| 58 | 12U 50 Butterfly (6 heats) | 59 |
| 60 | 11&Over 200 Butterfly (4 heats) | 61 |
| 34 | Open 100 Breaststroke (14 heats) | 35 |
| 34 | 12U 50 Backstroke (6 heats) | 35 |
| 34 | 11&Over 200 Backstroke (4 heats) | 35 |
| 36 | Open 200 IM (14 heats) | 37 |