FGSC Season Opener Pentathlon

Saturday, October 9, 2021
Held Under The Sanction Of USA Swimming
Sanctioned By Oregon Swimming

Sanction Number: 21-115

In applying for this sanction, the Forest Grove Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, and the City of Forest Grove.
In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and the Forest Grove Swim Club 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.

We have taken enhanced health and safety measures for the protection of all visitors to the Forest Grove Aquatic Center. All posted, written, and other instructions must be followed while visiting the facility. 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. USA Swimming Inc., cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA sanctioned events. It is not possible to prevent the presence of the disease. Therefore if you choose to participate in a USA 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, Oregon Swimming 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.**

Swimmers must be Currently registered with USA swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as of October 9th, 2021. Clubs entering swimmers who are not registered are subject to a fine per Oregon Swimming Rules and Regulations.

Meet Referee:	Mark Rieniets	rieniets@gmail.com
Meet Director:	Christie Blake/Monica Banks	fgscmeetmgr@gmail.com
Meet AO:	Glen Sharp	sharp.glen@gmail.com

Location:	Forest Grove Aquatic Center: 2300 Sunset Drive, Forest Grove OR. 97116 (503) 992-3238
Parking:	Limited off street parking is available at the pool. On-street parking is available East of Sunset Dr. on side streets, and west of the College Campus parking lot on Main St. There is no camping or RV parking.
Facility:	Indoor, 25 yard pool with 6 lanes, non-turbulent lane lines and overflow gutters. All events have a 5 ½ ft. starting depth and 11 ft. at the turn end. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet, are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads, dual button backup, and Keifer Intrepid starting blocks. Results via Daktronics display board.
Restrictions:	TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE. The use of any device capable of taking video or a photo, including cell phones, are not permitted in the changing areas, rest rooms or locker rooms. The use of Go Pro™ and similar photographic/video devices in, on or near the pool during competition are not allowed. Photography is not allowed behind the blocks during the start of a race or during relay exchanges. Deck changing is prohibited. Operations of a drone, or any other flying apparatus, is prohibited over the venue.
Deck Access:	Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.
Safety:	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. 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. Unaccompanied swimmers must be assigned a coach BEFORE the swimmer may enter the water for warm-ups or competition.

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 notifying the Meet Referee. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.
Rules:	Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and warm-up procedures will be strictly enforced.
Swimwear:	No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
Entries:	Swimmers may enter up to five individual events. Entries will be limited to a maximum of 250 swimmers or not to exceed the four hour time limit. Entries will be accepted starting at 6 PM September 1st, 2021 and in order of submission until such time as the session/meet is full or the entry deadline is reached. Please submit a Hytek entry file to Christie Blake fgscmeetmgr@gmail.com YARD TIMES only for seeding. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming. We will not accept No Times. Coaches should provide an estimated time for each swimmer based on their performance in practice. Please mail a hard copy of entries with payment to: FGSC Attn: Meet Director, PO Box 242, Forest Grove OR 97116
Entry Deadline:	Entries must be received by 6:00 PM Friday September, 24th 2021
Entry Fees:	$12.00 surcharge per swimmer (Includes $3 OSI charge and $9 facility fee) $3.00 per individual event fee (no relays in this meet) Please make checks payable to Forest Grove Swim Club or FGSC
Meet Limit:	4-Hour limit per day will be observed and planned from the beginning to the end of all 12 and under sessions.
Breaks:	At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the referee sees fit to address.
Awards:	High points awards will be given to the following age groups: Boys and Girls 8 & Under, 9-10, 11-12, 13-14, 15 & Over. Scoring will be based on swimmers that get the highest amount of points for all their events raced that meet. 1st place = 7 points, 2nd place = 5points, 3rd = 4, 4th = 3, 3rd = 2, 4th = 1 point.

Meetings:	The meet referee will schedule the officials meeting over Zoom. A 5 minute stroke refresher meeting will be held outside of the building 30 minutes prior to the meet. Coaches meeting will be held 15 minutes prior to the start of the meet.
Hospitality:	Coaches and officials are invited to enjoy the hospitality provided by the parents and sponsors of the Forest Grove Swim Club.
Bull Pen:	Will be provided.
Schedule:	Warm ups: 7:45 - 8:45 AM Session 1 Start: 9:00AM *An updated timeline will be sent out by October 7th

COVID-19 Policy and Procedures:

Subject to change at time of event

Forest Grove Aquatic Center will be following all applicable Oregon State and Washington County required health protocols. We will follow the Forest Grove Aquatic centers guidance on masking. This policy will be fluid based on Governor Kate Brown, Oregon Swimming, Forest Grove Aquatic Center and the CDC. We will be following the guidance which is most strict from these governing bodies.

Currently (08/20/2021) Per Governor Kate Brown, there is an indoor mask mandate. Swimmers, volunteers, officials, coaches, spectators and lifeguards must always wear a mask covering the mouth and nose. Swimmers may remove their masks before they enter the water and will have a designated area to place it and a towel to dry their face and replace their mask immediately after exiting the water. Swimmers will provide a minimum of two masks and bags to contain them. The bags will have the swimmer's name on them. There will be a designated area behind the blocks for bagged masks and towels for swimmers to dry their faces after they compete to put their mask on a dryish face.

Current pool policy (08/20/2021) says that locker rooms are open to swimmers and that the facility is operating at capacity of 350. Spectators will be allowed in specifically marked spectator areas not on the pool deck as long as they are wearing masks.

We will livestream the event on social media for those uncomfortable or unable to attend the event.

EVENTS:

Mixed	Age	Event
1	10 & Under	25 Fly
2	Open	50 Fly
3	Open	100 Fly
4	10 & Under	25 Free
5	Open	50 Free
6	Open	100 Free
7	10 & Under	100 Individual Medley
8	Open	200 Individual Medley
9	Open	400 Individual Medley
10	10 & Under	25 Back
11	Open	50 Back
12	Open	100 Back
13	10 & Under	25 Breast
14	Open	50 Breast
15	Open	100 Breast