

OREGON SWIMMING, INC.

2010 SPEEDO LONG COURSE 11 & OVER AGE GROUP CHAMPIONSHIPS

July 29 – August 1, 2010

Held under the sanction of USA Swimming

Sanction Number 10-045

Meet Referee: Kevin Nagle, naglekd@comcast.net

Administrative Referee: Gene Mielke, 541-490-9920, emielke@charter.net

Sponsors: Mt. Hood Aquatics and Oregon Swimming, Inc.

Location: Mount Hood Community College – 26000 SE Stark, Gresham OR 97030.
Phone: 503-491-7243

Directions: Eastbound: Take I-84 to exit 17 (Troutdale). Continue on past fast food restaurants, turn right at light onto 257th. Continue up the hill approx. 2.6 miles. Turn left onto 17th. Take first left into parking lot. Pool is on the left behind the soccer field.
Westbound: Take I-84 to exit 17 (Troutdale). Go south on 257th. Continue up the hill approx. 2.6 miles. Turn left onto 17th. Take first left into parking lot. Pool is on the left behind the soccer field.

Facility: Outdoor pool, 50 meters by 25 yards (8 lanes 2.5 meters per lane). The starting end of the pool is 16 feet deep, the shallow end is 6.0 feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Electronic Timing and matrix scoreboard. Parking available, seating for 3,000 spectators. Concessions open throughout the meet. Open pool deck areas available for swimmers, coaches and officials only. Spectators restricted to designated viewing area. Facility is handicap accessible.

Restrictions: Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the school property (parking lot), pool areas & decks, locker rooms, swimmer rest areas and spectator areas. There is no body shaving allowed in the swimming venue.

Deck Access: Coaches and officials must display appropriate 2010 USA Swimming membership credentials at all times while on deck. Spectators and parents are restricted to the spectator area.

Rules: Current USA Swimming Rules and Regulations will govern. Oregon Swimming Scratch Rules, Safety Guidelines and Warm-up Procedures will apply (page 54-56 2010 OSI Swim Guide). When a conflict between this meet information and the OSI Swim Guide are determined, the corrected information will be posted on the Oregon Swimming Website.

Format: Prelim and timed final events are contested over an 8 lane course.

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers' age on first day of meet applies. Qualifying times must have been achieved from July 1, 2009 thru the entry deadline for this meet. If the qualifying time is not achieved by the athlete during the event swum at the meet, and proof of a qualifying time is not in the OSI database or SWIMS database, appropriate proof of the qualifying time swum must be forwarded to the OSI office within 10 days after the conclusion of the meet. Failure to prove a qualifying time will result in a \$100 non qualifying fine from OSI. No on deck registration will be available.

Time Schedule: Thursday, Friday, Saturday, and Sunday: Warm-ups 7:00 AM to 8:15 AM. Prelims begin at 8:30 AM. Circumstances permitting, warm-ups for finals sessions will not begin sooner than two hours after the conclusion of prelims. However, the meet referee may use his/her discretion to adjust the period between prelims and finals as circumstances may require.

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- Entry Limits:** Swimmer may enter six (6) individual events for the meet, but not more than three individual events, and two relays per day. Time trials count toward the 3 per day limit, but not toward the six per meet limit.
- Entry Deadline:** Entries must be received by **Noon (12:00 PM), TUESDAY, JULY 20, 2010.**
- Entries:** Teams with Hy-tek or Team Unify capability should e mail a Commlink entry file (cfile01.c12) and PDF of meet entry report. Mail a hard copy of the meet entry fee report and payment to the entry address listed below. Enter personal best time achieved in the qualifying period. Seeding shall be Long Course Meter (LCM), Short Course Meter (SCM), and the Short Course Yard (SCY). **DO NOT CONVERT! NON-QUALIFYING TIMES AND LATE ENTRIES WILL NOT BE ACCEPTED.** NEW TIMES achieved between July 20-25, 2010 will be accepted until NOON (12:00PM) Monday July 26, 2010 by sending an E-mail to: swim@oregonswimming.org. **Previously entered times cannot be updated.** Received E-mails will be acknowledged by 1:30 PM Monday. Hy-tek Meet Manager 3 software will be used.
- Swimmers with disabilities are encouraged to enter the meet. If accommodations are required it is the coach's responsibility to notify the Meet Director and/or Meet Referee prior to entry deadline. If the meet has time standards, contact the Disability Chair for the appropriate time standard to be used.
- Relays:** "Relay only" swimmers must be entered in the meet and the surcharge paid. Names for relays can be submitted on Hy-tek file or can be submitted on relay entry forms provided at the meet. **NOTE: SWIMMERS YOUNGER THAN 15 YEARS CAN ONLY BE ENTERED IN "OPEN" RELAYS IF YOUR TEAM CANNOT FIELD A RELAY TEAM IN "11-12" OR "13-14", AGE GROUPS. IF YOU DO NOT HAVE ENOUGH SWIMMERS FOR AN AGE RELAY, YOU MAY USE ANY AGE SWIMMERS TO FORM AN "OPEN" RELAY. THE INDIVIDUAL EVENT TIMES FOR THOSE SWIMMERS MUST ADD UP TO THE PUBLISHED QUALIFYING TIME (See Schedule of Events). IF YOU HAVE FOUR OR MORE 11-12 SWIMMERS OR FOUR OR MORE 13-14 SWIMMERS ENTERED IN THE MEET, YOU MUST ENTER THEM IN A RELAY CORRESPONDING TO THEIR AGE GROUP. A SWIMMER CANNOT SWIM IN AN "OPEN" RELAY AND A FIXED AGE GROUP RELAY. IF YOU HAVE QUESTIONS ABOUT THIS PROCEDURE, CALL THE OFFICE BEFORE YOU SEND YOUR ENTRIES. WHEN ENTERING THESE RELAYS BY HY-TEK, SPECIFY "OPEN," NOT "SENIOR".**
- Meet Results:** A Hy-Tek CommLink file and an HTML file will be posted on the Oregon Swimming website in the results section.
- Check In:** All Individual events 200 meters and shorter will be pre-seeded. All relays which start a preliminary session will be pre-seeded. All other relays, events 400 meters and over and all 15 & over events will be deck seeded. Coaches are responsible for providing a positive check in for their relays and deck seeded events by the stated deadlines. There is a penalty for being a no show after checking in for the deck seeded events. For Thursday, Friday, and Saturday, coaches must provide positive check in for individual events 400 meters and longer no later than 30 minutes following the start of warm-ups for Prelims. For Sunday, positive check-in must be made no later than 30 minutes following the start of Finals on Saturday. Relay Check-in: If names are submitted at time of original entry and there are no changes to the names or order, the coach only need submit a slip that says "as submitted with original entry" or "no changes from original entry". Relay slips for the 200 Free relay are due no later than 30 minutes after the start of prelim warm-ups. All other relay slips are due by 10:00 am.
- Finals No Shows** If a swimmer is eligible for a final event on Sunday night and does not scratch and is a no show, OSI will levy a \$100.00 fine per event to be paid by the swimmer's club.

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- Entry Fees:** \$10.00 Surcharge per swimmer.
\$2.50 per individual event entry fee
\$10.00 per relay entry fee
Please make checks payable to: Oregon Swimming, Inc. **FEES MUST ACCOMPANY ENTRIES.**
- Entry Address:** Oregon Swimming Phone: 503-297-6027 e-mail: office@oregonswimming.org.
1750 Skyline Blvd #103
Portland OR 97221
- Meet Director:** Cherie Strand, phone: 503-667-1907, e mail: lunyone@yahoo.com.
- Awards:** Individual events: 1st place, medal and Oregon Swimming patch (one patch per swimmer)
2nd thru 8th place, Medals
Relay events: 1st thru 3rd place, Medals,
4th thru 8th place, Ribbons
Combined team: 1st thru 8th place, Plaques
High point: Award in each age group
- Scoring:** Individual events: 9-7-6-5-4-3-2-1.
Relay events: Double above point values.
NOTE: Relay teams which do not swim QT's at the meet will receive place awards, but not place points.
- Time Trials:** Sanction Number 10-046. Time Trials will be conducted, time permitting, between prelims and finals. Time trials count toward the 3 per day individual event entry limit, but not toward the six events per meet limit. To be eligible to compete in time trials, the swimmer must be entered in an event in the meet. Relay only swimmer must actually compete on a relay on the day of the time trial. Entry fee: \$5.00. The time trial order of events is 1) that day's events, 2) followed by subsequent day's events, 3) returning to previous day's events. Entries will be accepted between 9:00AM – 11:30AM
- Meetings:** Officials Meetings: 7:15 AM and 60 minutes prior to Finals Thursday through Sunday.
Coaches Meeting: 8:15 AM Thursday, others announced when and if needed.
Zone Meeting: Saturday between prelims and finals.
- Timers:** Each club is requested to appoint a timers' representative, who will report to the head timer 30 minutes prior to the beginning of each session with a list of volunteers. Clubs will be assigned timing responsibilities based on the number of swimmers entered.
- Officials:** Certified officials are welcome. If you are planning to attend, please call: Oregon Swimming Office (503) 297-6027, e-mail office@oregonswimming.org. This meet is designated as a National Qualifying Meet for Officials. Applications from officials wishing to apply for N2/N3. are required for: Admin Referee initial or final; N3 Deck Ref Final; N3 Starter Initial or Final, other N2/N3 evaluation applications could be submitted at the meet. The application must be completed and returned to OSI office no later than 2PM Monday July 26. For information, contact Bob McMillan, OSI Officials Chair, e-mail officialschair@oregonswimming.org.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality provided by MHA Parents.

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SCHEDULE OF EVENTS - THURSDAY JULY 29, 2010 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

<u>EV#</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
1	2:48.29	3:05.09	3:11.79	11	200 Individual Medley	2:57.59	3:15.39	3:09.19	2
1	2:36.19	2:51.79	2:57.79	12	200 Individual Medley	2:40.19	2:56.19	3:01.99	2
3	2:31.39	2:46.49	2:50.49	13	200 Individual Medley	2:30.79	2:45.79	2:49.79	4
3	2:26.69	2:41.39	2:48.09	14	200 Individual Medley	2:20.59	2:34.69	2:41.99	4
5	2:19.89	2:33.89	2:41.99	15&O	200 Individual Medley	2:08.99	2:21.89	2:26.39	6
7	30.49	33.59	33.99	11	50 Freestyle	30.89	33.99	34.49	8
7	28.59	31.49	32.79	12	50 Freestyle	28.99	31.79	32.89	8
9	28.09	30.89	31.49	13	50 Freestyle	27.59	30.69	31.29	10
9	27.29	29.99	30.99	14	50 Freestyle	25.69	28.29	29.59	10
11	26.09	28.79	29.99	15&O	50 Freestyle	23.09	25.49	26.59	12
13	1:17.29	1:24.99	1:27.69	11	100 Backstroke	1:21.39	1:29.49	1:29.29	14
13	1:12.19	1:19.29	1:23.69	12	100 Backstroke	1:14.49	1:21.89	1:23.89	14
15	1:09.79	1:16.79	1:17.59	13	100 Backstroke	1:09.89	1:16.89	1:18.99	16
15	1:09.19	1:16.09	1:17.89	14	100 Backstroke	1:05.59	1:12.19	1:17.99	16
17	1:03.79	1:10.19	1:15.59	15&O	100 Backstroke	58.39	1:04.29	1:08.29	18
19	9:27.19	10:23.89	10:39.49	13-14	800 Freestyle Relay ^a	9:02.99	9:57.29	9:27.99	20
21	9:22.49	10:18.59	10:18.59	Open	800 Freestyle Relay ^{ab}	8:06.49	8:55.09	9:09.09	22
23	12:18.99	11:24.29	10:34.69	11-13	800 Freestyle ^t	12:14.39	11:20.29	10:31.79	24
23	12:06.59	11:12.79	10:34.69	14	800 Freestyle ^u	11:40.89	10:48.99	10:31.79	24
23	11:34.49	10:43.69	10:36.99	15&O	800 Freestyle ^u	10:45.89	9:58.69	9:52.39	24

^a Timed Final event, all heats swum in prelims

^b Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^u Timed final event. The 800 freestyle will be combined and seeded by sex and swum fastest to slowest, alternating women and men. Fastest heat swum at the beginning of finals. They will be scored as 11-13, 14, 15&O.

^t 11 – 12 age group must meet the 13 age group time standard.

SCHEDULE OF EVENTS - FRIDAY JULY 30, 2010 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

<u>GIRLS</u>					<u>BOYS</u>				
<u>EV#</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
25	2:01.59	2:15.59	2:18.89	11-12	200 Freestyle Relay ^a	2:07.79	2:20.59	2:14.89	26
27	1:54.59	2:05.89	2:13.49	13-14	200 Freestyle Relay ^a	1:46.79	1:57.39	2:02.09	28
29	1:52.19	2:03.29	2:04.99	Open	200 Freestyle Relay ^{ad}	1:40.39	1:50.39	1:53.99	30
31	1:20.79	1:28.89	1:34.59	11	100 Butterfly	1:23.89	1:32.39	1:34.29	32
31	1:14.09	1:21.59	1:25.99	12	100 Butterfly	1:14.09	1:21.59	1:28.99	32
33	1:10.29	1:17.29	1:19.39	13	100 Butterfly	1:10.29	1:17.19	1:22.39	34
33	1:08.69	1:15.59	1:15.59	14	100 Butterfly	1:06.69	1:12.19	1:15.89	34
35	1:04.69	1:11.19	1:12.39	15&O	100 Butterfly	57.69	1:03.49	1:04.89	36
37	40.19	44.19	46.09	11	50 Breaststroke	43.39	47.79	46.49	38
37	37.29	41.09	43.59	12	50 Breaststroke	38.59	42.49	44.89	38
39	2:56.59	3:14.29	3:13.49	11-13	200 Breaststroke ^t	2:53.39	3:10.69	3:20.29	40
39	2:48.39	3:05.19	3:12.69	14	200 Breaststroke	2:41.59	2:57.79	3:08.99	40
41	2:39.99	2:55.99	3:04.99	15&O	200 Breaststroke	2:28.49	2:43.39	2:52.59	42
43	2:20.69	2:34.59	2:38.49	11-12	200 Medley Relay ^a	2:21.69	2:35.89	2:37.39	44
45	2:11.19	2:24.09	2:30.49	13-14	200 Medley Relay ^a	2:05.39	2:17.79	2:25.39	46
47	2:10.19	2:23.19	2:22.89	Open	200 Medley Relay ^{ad}	1:59.09	2:10.99	2:07.99	48
49	6:31.59	5:43.49	5:59.69	11	400 Freestyle ^b	6:33.69	5:45.39	6:07.39	50
49	6:06.59	5:21.89	5:33.49	12	400 Freestyle ^b	6:12.19	5:26.49	5:35.09	50
51	5:58.59	5:14.89	5:12.99	13	400 Freestyle ^b	5:50.69	5:07.69	5:17.99	52
51	5:51.29	5:10.59	5:09.09	14	400 Freestyle ^b	5:35.39	5:01.59	5:05.59	52
53	5:31.99	4:47.59	4:56.69	15&O	400 Freestyle	5:08.99	4:36.59	4:38.89	54

^a Timed final event. The 200 M free relays are pre-seeded, 200 M medley relays are deck seeded. All heats in prelims.

^d Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^b 11-14 400 Freestyle, Timed final event. Fastest heat swum in finals

^t 11 – 12 age group must meet the 13 age group time standard.

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SCHEDULE OF EVENTS - SATURDAY July 31,2010 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

EV#	GIRLS				EVENT	BOYS			
	SCY	SCM	LCM			SCY	SCM	LCM	EV
55	35.89	39.49	41.29	11	50 Backstroke	37.19	40.89	41.19	56
55	33.79	37.19	38.69	12	50 Backstroke	34.59	38.09	39.29	56
57	2:33.49	2:48.69	2:50.99	11-13	200 Backstroke ^t	2:30.29	2:45.19	2:56.39	58
57	2:26.49	2:41.09	2:46.19	14	200 Backstroke	2:24.19	2:38.59	2:44.29	58
59	2:16.69	2:30.39	2:44.19	15&O	200 Backstroke	2:07.99	2:20.79	2:29.99	60
61	2:26.09	2:40.69	2:47.79	11	200 Freestyle	2:32.39	2:47.69	2:45.39	62
61	2:18.49	2:32.39	2:36.89	12	200 Freestyle	2:20.69	2:34.79	2:37.99	62
63	2:12.39	2:25.69	2:29.09	13	200 Freestyle	2:10.99	2:23.89	2:28.69	64
63	2:09.19	2:22.09	2:25.69	14	200 Freestyle	2:03.99	2:16.39	2:21.39	64
65	2:04.39	2:16.89	2:20.89	15&O	200 Freestyle	1:52.89	2:04.19	2:08.99	66
67	5:23.49	5:55.79	5:52.79	11-12	400 Medley Relay ^a	5:08.49	5:39.29	5:42.69	68
69	4:47.09	5:15.79	5:30.29	13-14	400 Medley Relay ^a	4:46.79	5:15.49	5:22.09	70
71	4:42.49	5:10.39	5:17.89	Open	400 Medley Relay ^{a,b}	4:18.89	4:40.09	4:41.39	72
73	5:37.19	6:10.49	6:09.89	11-13	400 Individual Medley ^{t,c}	5:22.19	5:53.99	6:14.19	74
73	5:17.39	5:49.09	6:02.99	14	400 Individual Medley ^c	5:08.19	5:38.99	5:53.69	74
75	4:54.79	5:24.29	5:48.59	15&O	400 Individual Medley	4:42.19	5:10.49	5:21.19	76

^a Relays are timed final events. All heats in prelims

^b Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^c 11-14 400 IM, Timed final event. Fastest heat swum in finals

^t 11 – 12 age group must meet the 13 age group time standard.

SCHEDULE OF EVENTS - SUNDAY AUGUST 1, 2010 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

EV#	GIRLS				EVENT	BOYS			
	SCY	SCM	LCM			SCY	SCM	LCM	EV
77	1:06.49	1:13.19	1:15.69	11	100 Freestyle	1:07.99	1:14.79	1:15.09	78
77	1:02.09	1:08.19	1:11.59	12	100 Freestyle	1:03.59	1:09.99	1:12.39	78
79	1:00.69	1:06.79	1:09.09	13	100 Freestyle	59.49	1:05.29	1:08.59	80
79	59.49	1:05.49	1:07.59	14	100 Freestyle	56.29	1:01.79	1:05.09	80
81	56.89	1:02.59	1:05.79	15&O	100 Freestyle	50.29	55.39	57.29	82
83	1:28.79	1:37.69	1:41.09	11	100 Breaststroke	1:35.29	1:44.59	1:41.59	84
83	1:21.89	1:30.09	1:34.99	12	100 Breaststroke	1:25.09	1:33.59	1:36.99	84
85	1:19.69	1:27.69	1:30.99	13	100 Breaststroke	1:20.19	1:28.09	1:33.79	86
85	1:18.19	1:27.79	1:29.99	14	100 Breaststroke	1:13.69	1:21.09	1:26.99	86
87	1:13.19	1:20.59	1:27.09	15&O	100 Breaststroke	1:05.99	1:12.59	1:17.99	88
89	34.59	38.09	38.59	11	50 Butterfly	35.69	39.29	40.19	90
89	31.89	35.09	36.59	12	50 Butterfly	32.19	35.49	37.99	90
91	2:45.39	3:01.89	3:15.69	11-13	200 Butterfly ^t	2:48.09	3:04.89	3:11.99	92
91	2:38.99	2:54.89	2:58.79	14	200 Butterfly	2:35.69	2:51.29	2:52.79	92
93	2:24.39	2:38.89	2:54.29	15&O	200 Butterfly	2:14.89	2:28.39	2:37.59	94
95	4:33.49	5:00.49	5:09.79	11-12	400 Freestyle Relay ^a	4:32.19	4:59.69	5:02.59	96
97	4:13.09	4:38.09	4:51.19	13-14	400 Freestyle Relay ^a	3:57.29	4:20.69	4:30.89	98
99	4:08.49	4:33.29	4:37.99	Open	400 Freestyle Relay ^{a,b}	3:42.39	4:04.59	4:10.89	100
10 MINUTE BREAK									
101	20:56.89	21:22.59	20:35.69	11-13	1500 Freestyle ^{t,y}	21:09.99	21:35.89	20:08.09	102
101	20:36.49	21:01.79	20:35.69	14	1500 Freestyle ^{t,y}	20:03.09	20:27.69	20:08.09	102
101	19:11.19	19:36.79	20:20.69	15&O	1500 Freestyle ^{t,y}	17:50.29	18:12.79	19:06.79	102

^a 400 Free Relays, Timed Final event. All heats swum in Prelims

^b Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^t 11 – 12 age group must meet the 13 age group time standard.

^y Timed final event. The 1500 freestyle will be combined and seeded by sex and swum fastest to slowest, alternating women and men. Fastest heat in beginning of finals. They will be scored as 11-13, 14, 15&O.

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JULY 29-AUGUST 1, 2010 Gresham, Oregon

ENTRY SUMMARY SHEET - TEAM NAME: _____

ENTRY DEADLINE – Noon (12PM), TUESDAY, JULY 20, 2010

	Number of Athletes	Fee	Total
TOTAL for Surcharge		\$10.00	\$
TOTAL for Individual Events		\$2.50	\$
TOTAL for relays		\$10.00	\$
GRAND TOTAL*			\$

***PLEASE ENCLOSE ONE CHECK, PAYABLE TO OREGON SWIMMING, INC. AND PLEASE FILL IN YOUR TEAM NAME AT THE TOP OF THIS PAGE.**

THE FOLLOWING STATEMENT MUST BE SIGNED.

I HAVE READ THE MEET INFORMATION AND ATTEST THAT ALL SWIMMERS ENTERED HEREON ARE MEMBERS OF USA SWIMMING.

Number of coaches attending the meet _____

(Must be completed to receive more that one psych or heat sheet per team)

Signature of Coach/Team Representative

Date

Phone

LAST CHANCE CHECKLIST

- [] Have you carefully read this meet information and familiarized yourself with all provisions and instructions?
- [] Are you submitting entries by Hy-tek?
- [] Are you sure all coaches and athletes are currently registered?
- [] If mailing entries by next day service, have you specified **“NO SIGNATURE REQUIRED”?**
- [] Have you forwarded the correct amount of money with your entries (or separately if submitting by email)?
- [] Are “relay only” swimmers you are bringing to the meet entered in the meet?