

2010 OREGON SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

March 4 - 7, 2010

Held Under the Sanction of United States Swimming, Inc.

Sanction Number: 9-170

Referee: Joe Dahl, phone 503-636-9035, email joe@tcsor.com

Administrative Referee: Gene Mielke emielke@charter.net

Sponsors: Mount 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: Indoor pool. Pool dimensions 50 meters by 25 yards, 2 tanks, 8 lanes each, 2.5 meters per lane. Depth varies from 16 feet to 6.0 feet deep. Parking available and seating for 1,500 spectators. Swim venue includes: All areas enclosed in the indoor yard pool natatorium and the meter pool area. Open pool deck areas available for swimmers, coaches, and officials only. New features: Electronic timing and matrix scoreboard. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. Concessions open throughout the meet.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS are NOT ALLOWED in the swimming venue or parking areas. Shaving is NOT permitted in this facility.

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

Rules: Current USA Swimming and Oregon Swimming Rules and OSI Scratch Rules will govern. OSI Scratch Rules and OSI Safety Guidelines and Warm-up Procedures will be strictly enforced.

Format: Except as noted on schedule of events, all events are deck seeded prelims/finals format. There will be one consolation heat (8 lanes) and one championship final heat (8 lanes).

Schedule
Thursday Timed Finals: Warm-ups:4:30PM Competition: 5:30PM
Friday-Sunday Prelims: Warm-ups 8:00AM – 9:15AM Competition: 9:30AM

Finals session to begin not sooner than 2 hours after the conclusion of prelims.

***NOTE:** Starting times for finals are subject to change, depending on the time of completion of Prelims. An announcement will be made prior to the end of Prelims as to the starting time for Finals. Breaks will be added at the discretion of the meet referee.

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on the first day of meet applies. Qualifying times must have been achieved from February 1, 2009 thru the entry deadline for this meet. Entry times should be in the OSI database. If they are not, appropriate proof of times must be submitted to the OSI Office within 7 days of the meet if the swimmer does not swim at least a qualifying time at the meet, to avoid a fine from OSI. No on deck registration will be available. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

2010 OREGON SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS (PAGE 2)

- Event Limit:** Swimmers may enter a maximum of six (6) individual events, and may not exceed three (3) events per day including time trials, but excluding relays. No late entries allowed. The combination of individual meet events and time trials may not exceed nine (9) for the meet.
- Entry Deadline:** **Entries must be received by 12:00 PM, Wednesday, February 24, 2010.** No late entries will be accepted.
- Entries:** Teams with Hy-tek capability are strongly encouraged to submit a Commlink entry file (cfile01.cl2) or by zipped e-mail. Mail a hard copy of the entries and payment to the entry address listed below. Enter personal best time achieved in the qualifying period. Seeding for the Short Course Senior Championships shall be Short Course Yards (SCY), Short Course Meters (SCM), and then Long Course Meters (LCM). **DO NOT CONVERT TIMES. NON-QUALIFYING TIMES AND LATE ENTRIES WILL NOT BE ACCEPTED. NEW QUALIFYING TIMES** attained between February 24-28, 2010 will be accepted until 12:00PM Monday March 1, 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 Software will be used.
- Relays** "Relay only" swimmers must be entered in the meet as "relay only" 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.
- Check-In:** All events will be deck seeded. Coaches are responsible for providing a positive check-in for their swimmers. For seeding purposes, the check-in deadline for Thursday, Friday and Saturday events shall be fifteen (15) minutes after the start of warm-ups. For Sunday events the check-in deadline is one (1) hour after the beginning of the Saturday final session. Swimmers will be allowed to withdraw from preliminary events with a declared false start, without additional penalty, after the scratch deadline.
- Entry Fees:** \$10.00 surcharge per swimmer
\$2.50 individual event fee
\$10.00 relay fee
Make checks payable to: Oregon Swimming, Inc. **Fees must accompany entries.**
- Entry Address:** Oregon Swimming – swim@oregonswimming.org
1750 SW Skyline Blvd #103
Portland OR 97221
- Meet Director:**
- Awards:**
- | | | |
|--------------------|-----------|---|
| Individual events: | 1 Place | Medal and patch (one patch per swimmer) |
| | 2-3 Place | Medals |
| | 4-8 Place | Ribbons |
| Relay events: | 1-3 Place | Medals |
| Team: | 1-8 Place | Plaques |
| High Point: | Award | |
- Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: double of the Individual scores
- Meetings:** Coaches meeting will be held at will be held at 5:15PM on Thursday and 9:15AM and 15 minutes before finals on Friday – Sunday. Officials meetings will be held at 4:45PM on Thursday and at 8:15AM Friday – Sunday and 45 minutes prior to each finals session.
- Time Trials** **Sanction No 9-171**
Time permitting, immediately following Prelims each day. The schedule will follow National Championships procedures, i.e. that day's events followed by subsequent day's events, then returning to the first day's events. Each time trial counts toward the maximum of three events per day. Entries must be turned into the Clerk of Course with fee (\$5.00/Ind. and \$10.00/relay) one hour before the projected end of preliminaries. Time trials are available only to those swimmers entered in the meet. Entries will be accepted between 10 – 11:30AM.

2010 OREGON SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS (PAGE 3)

- Timers:** Swimmers/clubs are responsible for providing their own timers for the 1000 freestyle and the 1650 freestyle preliminary swims. Swimmers/clubs are also responsible for providing their own timers for any time trial event.
- Officials:** We always appreciate the help of certified officials from other clubs; if you will be attending this meet, please notify the meet referee. This meet is designated as a National Qualifying Meet for Officials. Applications from officials wishing to apply for N2/N3 evaluation are required. They must be submitted to the Meet Referee prior to the start of the meet. Early applications are preferred and may be submitted by mail or email to the Meet Referee. For information contact Bob McMillan, Oregon Officials Chair @ officialschair@oregonswimming.org.
- Uniform** White over navy, long pants/skirt for finals.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality provided by Mount Hood Aquatics.

2010 OREGON SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

*****MEET SCHEDULE*****

THURSDAY March 4, 2010

<u>TIMED FINALS</u>		Warm-ups 4:30PM	Competition begins	5:30PM		
Women's Event#	Q.T. SCY	Q.T. LCM	EVENT	Q.T. SCY	Q.T. LCM	Men's Event#
1	12:06.59	10:34.69	1000 Free (a)	11:40.89	10:31.79	2

FRIDAY, MARCH 5, 2010 - SUNDAY, MARCH 7, 2010

<u>PRELIMS</u>	Warm-ups 8:00 AM - 9:15 AM	Competition begins	9:30 AM
<u>FINALS</u>	Warm-ups 3:30 PM - 4:15 PM	Competition begins	4:30 PM*

(*beginning time for finals subject to change)

FRIDAY, MARCH 5, 2010

Women's Event#	Q.T. SCY	Q.T. LCM	EVENT	Q.T. SCY	Q.T. LCM	Men's Event#
3	2:11.19	2:30.39	200 Medley Relay (a)	2:05.39	2:25.39	4
5	2:48.39	3:12.69	200 Breast	2:41.59	3:08.99	6
7	1:08.69	1:15.59	100 Fly	1:06.69	1:15.89	8
9	5:51.29	5:09.09	500 Free	5:35.39	5:05.59	10
11	2:26.69	2:48.09	200 IM	2:20.59	2:41.99	12
13	9:27.19	10:39.49	800 Free Relay(b)	9:02.99	9:27.99	14

SATURDAY, MARCH 6, 2010

15	1:54.59	2:13.49	200 Free Relay (a)	1:46.79	2:02.09	16
17	5:17.39	6:02.99	400 IM	5:08.19	5:53.69	18
19	27.29	30.99	50 Free	25.69	29.59	20
21	1:18.19	1:29.99	100 Breast	1:13.69	1:26.99	22
23	1:09.19	1:17.89	100 Back	1:05.59	1:17.99	24
25	2:09.19	2:25.69	200 Free	2:03.99	2:21.39	26
27	4:47.09	5:30.29	400 Medley Relay (b)	4:46.79	5:22.09	28

***SUNDAY, MARCH 7, 2010 ***

29	2:26.49	2:46.19	200 Back	2:24.19	2:44.29	30
31	20:36.49	20:35.69	1650 Free (c)	20:03.09	20:08.09	32
33	59.49	1:07.59	100 Free	56.29	1:05.09	34
35	2:38.99	2:58.79	200 Fly	2:35.69	2:52.79	36
37	4:13.09	4:51.19	400 Free Relay (a)	3:57.29	4:30.89	38

(a) Timed final events, heats in prelims.

(b) Timed final events. Fastest two heats swum at the end of finals. All other heats in prelims.

(c) Timed final events. Fastest heat of women and men will be swum in finals in event order. All other heats will be swum at the end of prelims, alternating women's and men's heats, fastest to slowest.

NOTE: Breaks will be added at the discretion of the meet referee.

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ENTRY SUMMARY

Number of Swimmers: _____ x \$10.00 = \$ _____

Number of Ind. Events: _____ x \$2.50 = \$ _____

Number of Relays: _____ x \$10.00 = \$ _____

Team Total \$ _____

(Make checks payable to: Oregon Swimming, Inc.)

I have read the meet information and attest that all swimmers entered from my team are members of United States Swimming, Inc.

(Signature of Coach or Team Representative)

Team Name: _____ Abbrev: _____

Coach(es) Attending Meet _____

Contact Person: _____ Phone #: (_____) - _____

ENTRIES DUE: WEDNESDAY, FEBRUARY 24, 2010

Mail Entries To:

Oregon Swimming
1750 SW Skyline Blvd #103
Portland OR 97221
swim@oregonswimming.org

PLEASE PROOFREAD YOUR ENTRIES CAREFULLY

NON-QUALIFYING ENTRY TIMES APPEARING ON THE MASTER ENTRY FORM WILL **NOT** BE ACCEPTED, NOR WILL REFUNDS BE GIVEN FOR SUCH ENTRIES.

When mailing overnight or Fed-Ex please indicate **NO SIGNATURE REQUIRED**