



**Oregon City Spring Ahead
Short Course Meters B/C and Masters
March 7-8, 2015**

HELD UNDER THE DUAL SANCTION OF USA SWIMMING INC. AND USMS, INC.

USA SWIMMING SANCTIONS: 15-027 (12&Under), 15-028(13&Over)

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.

USMS SANCTION: 375S-002

MEET REFEREE: **Debbie Laderoute**

Sponsor: Oregon City Swim Team
P.O. Box 724
Oregon City, OR 97045
Website: www.ocst.net

Location: Oregon City Municipal Pool
1211 Jackson Street
Oregon City, OR 97045
Pool Phone: 503-657-8253

MEET DIRECTOR **Tim Waud** twaud@aol.com

FACILITY Indoor, 25 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (9 ft) Shallow end is 3'6". Colorado Timing system, parking available, seating for 200 spectators and a community room away from the pool for another 150 people. Men's and Women's locker rooms. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers. The competition course has been certified in accordance with 104.2.2C (4).

RESTRICTIONS Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange. **Only coaches, swimmers and working volunteers will be permitted on deck.**

RULES Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.
Current US Masters Swimming and Oregon Masters Swimming rules will govern this meet.

SAFETY CODE

Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.
 Current Oregon Masters Swimming Guidelines and Warm-up Procedures will be in effect.

USA Swimming and USMS Swimmers, MUST warm-up in separate lanes. Lanes 1-3 for USA Swimmers ONLY and Lanes 4-6 for USMS Swimmers ONLY. During the Sessions 2 & 4,

USMS SWIMMERS ONLY, WILL BE PROVIDED A CONTINUOUS WARM-UP WARM-DOWN LANE 6, PER OMS RULES.

TIME

Date	Warm-Ups	Timed Finals
Session 1 12 & Under Saturday, March 8 th	7:30 am	8:30 am
Session 2 13 & Over, Masters Saturday, March 8 th	12:30 pm*	2:00 pm*
Session 3 12 & Under Sunday, March 9 th	7:30 am	8:30 am
Session 4 13 & Over, Masters Sunday, March 9 th	12:30 pm*	2:00 pm*

*Estimated time. Warm-ups will be directly after conclusion of morning session and timed finals will start 90 minutes after the end of morning session.

ELIGIBILITY

Swimmers must be currently registered with USA Swimming, USMS or registered in a foreign swimming federation, NO ON DECK REGISTRATION SHALL BE PERMITTED. USA Swimmers must be within the listed age brackets as of March 3, 2013. All swimmers must be supervised by a USA Swimming certified coach at the meet. If they don't have one, they must report to the meet referee prior to the start of warm-ups to be assigned to one.

MEET LIMIT

First swimmers whereby time-line maintains 4 hour limit.

ENTRY DEADLINE

Entries must be received by 5:00 P.M. Friday February 20, 2015.

ENTRY LIMIT

USA-Swimmers may enter a maximum of THREE (3) events per day and ONE (1) relay.
 USMS Swimmers may enter a maximum of FIVE (5) events per day, SIX (6) total.

ENTRY FEES

\$10.00 Surcharge (\$3.00 Oregon Swimming, \$7.00 facility fee)
 \$2.00 Individual Event Fee
 \$8.00 Relay Event Fee
 Entry fees must accompany entries and be received prior to the start of the meet.
 USMS Swimmers will pay \$25.00 event fee.

Make checks payable to: Oregon City Swim Team

ENTRY ADDRESS

Matthew Crum
 3510 SE Aldercrest Rd.
 Milwaukie, OR 97222
 Ocst.coach@gmail.com
Email entries preferred for USA Swimming.
Online entries on Club Assistant preferred for USMS.

ENTRIES

USA Swimming

- 1) Submit SHORT COURSE METERS TIMES FOR SEEDING.
- 2) Ages and USS registration numbers must be included.
- 3) HY-TEK Meet Management Software will be used. Please submit entries via email. E-mail to: ocast.coach@gmail.com Please zip files, including a word team meet entry report and meet entry fee report. On your team entry report, please include the following: "I have read the meet information, and attest that all competitors entered hereon are members of United States Swimming, Inc". If you do not use HY-TEK, please contact the Meet Director.
- 4) Send payment to Entry Address.

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

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.

USMS

USMS Swimmers are encouraged to enter this meet online on Club Assistant, which includes live USMS member verification, event entry form, waiver, and confirmation email. Masters swimmers will enter relays at the meet. Relay cards will be available at the Clerk of Course desk.

BULLPEN

There will be a bullpen for 8 & Under and their events. USMS masters will be afforded this option.

AWARDS

Individual: 1st – 8th place ribbons for USA Swimmers.
Individual: 1st-3rd place ribbons for USMS Swimmers.
Open events scored as 13 – 14, and 15 & Over
Relays: 1st – 6th place ribbons.

All awards must be picked up at the conclusion of the competition. They will not be mailed.

MEETINGS

Officials' meeting will be held 45 minutes prior to the start of the meet. Coaches' meeting may be held 15 minutes prior to the start of the meet.

OFFICIALS

We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Debbie Laderoute at debbieladeroute@gmail.com so that your name can be added to the schedule. An Officials' Hospitality Room will be provided.

TIMERS

Timing assignments will be listed by session in the heat sheet and will be based on the number of swimmers attending each session. Competitors in end of meet distance events are required to supply a timer and a lap counter for their swim.

EVENTS

All events will be mixed boys/men and girls/women swimming in the same heats. Morning sessions will run six (6) lanes competition. Afternoon sessions will run five (5) lanes competition with one (1) lane provided for a continuous warm-up/warm-down lane **USMS Swimmers only**.

This is an interwoven, Dual Sanctioned USA/USMS competition. USA Swimmers will follow USA Swimming Rules and regulations. USMS Swimmers will follow USMS Rules and Regulations. USMS Swimmers **ONLY** will be provided a continuous warm-up/warm-down lane. USMS swimmers events will follow USA Swimmers in the afternoon sessions.

COACHES PLEASE NOTE: USA SWIMMERS AND USMS SWIMMERS MAY NEVER SWIM IN THE SAME LANE FOR INSURANCE PURPOSES.

**Oregon City Spring Ahead
Short Course Meters B/C
March 7-8, 2015**

**Saturday-March 7, 2015
12 & Under Warm-Ups 7:30 AM Timed Finals 8:30 AM**

Event #	Event Name
1	10 & Under 200 Freestyle
2	11-12 200 Freestyle
3	10 & Under 100 IM
4	11-12 100 IM
5	10 & Under 50 Backstroke
6	11-12 50 Backstroke
7	8 & Under 25 Freestyle
8	10 & Under 100 Freestyle
9	11-12 100 Freestyle
10	10 & Under 50 Butterfly
11	11-12 50 Butterfly
12	8 & Under 25 Breaststroke
13	10 & Under 100 Breaststroke
14	11-12 100 Breaststroke
15	8 & Under 100 Freestyle relay
16	10 & Under 200 Freestyle relay
17	12 & Under 200 Freestyle relay

**Saturday-March 7, 2015
Starting 90 minutes after the end of the morning session**

Event #	Event Name
18	Open 200 Freestyle Relay
19	Masters 200 Freestyle Relay
20	Open 100 Freestyle
21	Masters 100 Freestyle
22	Open 50 Butterfly
23	Masters 50 Butterfly
24	Open 200 Breaststroke
25	Masters 200 Breaststroke
26	Open 50 Backstroke
27	Masters 50 Backstroke
28	Open 100 Butterfly
29	Masters 100 Butterfly
30	Open 200 Freestyle
31	Masters 200 Freestyle
32	Open 100 Backstroke
33	Masters 100 Backstroke
34	Open 400 Individual Medley
35	Masters 400 Individual Medley

Sunday-March 8, 2015
12 & Under Warm-Ups 7:30 AM Timed Finals 8:30 AM

Event #	Event Name
36	10 & Under 200 IM
37	11-12 200 IM
38	8 & Under 25 Backstroke
39	10 & Under 100 Backstroke
40	11-12 100 Backstroke
41	10 & Under 50 Freestyle
42	11-12 50 Freestyle
43	8 & Under 25 Butterfly
44	10 & Under 100 Butterfly
45	11-12 100 Butterfly
46	10 & Under 50 Breaststroke
47	11-12 50 Breaststroke
48	11-12 400 Freestyle
49	8 & Under 100 Medley relay
50	10 & Under 200 Medley relay
51	12 & Under 200 Medley relay

Sunday-March 8, 2015
Starting 90 minutes after the end of the morning session

Event #	Event Name
52	Open 200 Medley Relay
53	Masters 200 Medley Relay
54	Open 200 Individual Medley
55	Masters 200 Individual Medley
56	Open 50 Breaststroke
57	Masters 50 Breaststroke
58	Open 200 Butterfly
59	Masters 200 Butterfly
60	Open 50 Freestyle
61	Masters 50 Freestyle
62	Open 100 Breaststroke
63	Masters 100 Breaststroke
64	Open 200 Backstroke
65	Masters 200 Backstroke
66	Open 400 Freestyle
67	Masters 400 Freestyle