

Oregon Senior Games

2016 Swim Meet Information & Order of Events

Date & Times: Saturday, June 11: Warm-up starts at 12:00 noon; Meet starts at 1:00 pm

Place: Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR.

Pool: 6-8 lane 25-yard completion pool with electronic timing. Pool temperature is set at 81 degrees. Additional lanes available for continuous warm-up and warm-down.

Entry Fee: \$25 general fee; \$5.00 per event.

Entry: Information and entry online:

http://www.visitbend.com/Bend_Oregon_Activities_Recreation/Oregon-Senior-Games/Entry

Entry Deadline: Monday, June 6. There is late or no day-of-race entry.

Check-in: Participants in Swimming must check-in at the event site at least 30 minutes before the start of competition.

Events:	<u>Women</u>	<u>Men</u>	<u>Event</u>
	#1	#2	200 yd. Individual Medley
	#3	#4	100 yd. Freestyle
	#5	#6	25 yd. Breaststroke
	#7	#8	200 yd. Backstroke
	#9	#10	50 yd. Butterfly
	[10-minute break]		
	#11	#12	100 yd. Breaststroke
	#13	#14	50 yd. Backstroke
	#15	#16	200 yd. Butterfly
	#17	#18	25 yd. Freestyle
	[10-minute break]		
	#19	#20	500 yd. Freestyle
	[10-minute break]		
	#21	#22	100 yd. Backstroke
	#23	#24	25 yd. Butterfly
	#24	#26	200 yd. Freestyle
	#27	#28	50 yd. Breaststroke
	[10-minute break]		
	#29	#30	100 yd. Butterfly
	#31	#32	50 yd. Freestyle
	#33	#34	200 yd. Breaststroke
	#35	#36	25 yd. Backstroke
	#37	#38	100 yd. Individual Medley

Entry limit: Swimmers may enter a maximum of five events.

- USMS Rules: The meet will be conducted in accordance with USMS Rules as modified by the National Senior Games Association (NSGA) rules of competition.
- USMS Recognition: This meet will be recognized by United States Masters Swimming, Inc., and times achieved at this meet by USMS members qualify for USMS Top 10 or record consideration. If you are a USMS member, please include your 2016 USMS registration number with your entry.
- General Information:
1. Swimmer's age for this meet is the swimmer's age on June 11, 2016.
 2. The following age divisions will apply to both men and women: 50-54; 55-59; 60-64; and upwards in 5-yr increments as needed.
 3. All events will be timed finals. In the case of ties, duplicate awards will be presented.
 4. Women will swim first, followed by men. Seeding in each event will be slow to fast according to entered time. Swimmers without entry times will swim in the early heats in each event.
 5. The 500-yd Freestyle requires a positive check-in by 1:30 pm.
 6. No equipment (such as fins, paddles, buoys, etc.) is allowed at any time, including warm-up.
 7. No diving in warm-up except in designated one-way sprint lanes.
 8. All decisions of the Meet Director and Meet Referee shall be final.
- Meet Director: Bob Bruce, coachbob@bendbroadband.com