 http://www.usms.org/logos/USMS_Logo_Horz_tm_300x56.jpg

Oregon City Spring Ahead

Short Course Meters A/B/C and Masters

**March 10-11, 2018**

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

**USA SANCTION: USMS SANCTION:**

**MEET REFEREE:** Debbie Laderoute [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com) (503) 655-9073

**MEET DIRECTOR:** Tim Waud [timpwaud@gmail.com](mailto:timpwaud@gmail.com) (503) 341-3152

**SPONSOR:** Oregon City Swim Team

P.O. Box 724

Oregon City, OR 97045

Website: [www.ocst.net](file:///D:\Teleflora\My%20Documents\www.ocst.net)

**LOCATION:** Oregon City Municipal Pool

1211 Jackson Street

Oregon City, OR 97045

Pool Phone: 503-657-8273

**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 4, 2017. 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. For US Masters Swimmers, the swimmer’s age as of December 31, 2017, shall be their age for the meet.

**MEET LIMIT:** First swimmers whereby time-line maintains 4 hour limit.

**ENTRY DEADLINE:** USA-S entries must be received by 5:00 P.M. Wednesday, February 28, 2018.

USMS entries must be received by 11:59 P.M. Monday, March 5, 2018.

**ENTRY LIMIT:** USA-S may enter a maximum of THREE (3) events per day and ONE (1) relay.

USMS 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.

Masters swimmers use the Masters Entry Form and Waiver located at the end of this document. Online entries on Club Assistant preferred for USMS.

**ENTRIES USA-S:** 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: ocst.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.

**ENTRIES 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.

[USMS Spring Ahead Entry link](https://www.clubassistant.com/club/meet_information.cfm?c=2199&smid=8491" \t "_blank)

**FACILITY:** Indoor, 25 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (12ft), shallow end is (3.5ft). Colorado 6 Timing system and color scoreboard, parking is available, seating for 200 spectators and a community room adjacent to the pool for another 150 people. Men’s and Women’s locker rooms will be available. Open pool deck areas available for swimmers, coaches and officials only. Facility is accessible for adaptive swimmers. The competition course has been certified in accordance with 104.2.2C (4). USMS Pool Measurement: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**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."

**Only coaches, swimmers, and working volunteers will be permitted on deck.**

**RULES:** Current US 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 and USMS Swimmers will be required to warm-up/warm-down in separate lanes at all times. During Sessions 2 & 4: Lanes 1-3 for USA-Swimmers ONLY and Lanes 4-6 for USMS Swimmers ONLY.

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

**TIMES:** **Date Warm-Ups Timed Finals**

Session 1 12 & Under Saturday, March 10th 7:30 am 9:00 am

Session 2 13 & Over, Masters Saturday, March 10th 12:30 pm\* 2:00 pm\*

Session 3 12 & Under Sunday, March 11th 7:30 am 9:00 am

Session 4 13 & Over, Masters Sunday, March 11th 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.

**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.

Relays: 1st – 6th place ribbons for USA Swimmers.

Relays: 1st-3rd place ribbons for USMS Swimmers.

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 [Debbie.laderoute@gmail.com](file:///D:\Teleflora\My%20Documents\Debbie.laderoute@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-S/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 (6).

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 A/B/C**

**March 10-11, 2018**

**Saturday-** **March 10, 2018**

**12 & Under Warm-Ups 7:30 AM Timed Finals 9:00 AM**

Event # Event Name

1 8 & Under 100 Freestyle relay

2 10 & Under 200 Freestyle relay

3 12 & Under 200 Freestyle relay

4 10 & Under 200 Freestyle

5 11-12 200 Freestyle

6 10 & Under 100 IM

7 11-12 100 IM

8 10 & Under 50 Backstroke

9 11-12 50 Backstroke

10 8 & Under 25 Freestyle

11 10 & Under 100 Freestyle

12 11-12 100 Freestyle

13 10 & Under 50 Butterfly

14 11-12 50 Butterfly

15 8 & Under 25 Breaststroke

16 10 & Under 100 Breaststroke

17 11-12 100 Breaststroke

**Saturday-** **March 10, 2018**

**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

36 Masters 400 Medley Relays

**Sunday-** **March 11, 2018**

**12 & Under Warm-Ups 7:30 AM Timed Finals 9:00 AM**

**Event # Event Name**

37 8 & Under 100 Medley relay

38 10 & Under 200 Medley relay

39 12 & Under 200 Medley relay

40 10 & Under 200 IM

41 11-12 200 IM

42 8 & Under 25 Backstroke

43 10 & Under 100 Backstroke

44 11-12 100 Backstroke

45 10 & Under 50 Freestyle

46 11-12 50 Freestyle

47 8 & Under 25 Butterfly

48 10 & Under 100 Butterfly

49 11-12 100 Butterfly

50 10 & Under 50 Breaststroke

51 11-12 50 Breaststroke

52 11-12 400 Freestyle

**Sunday-** **March 11, 2018**

**Starting 90 minutes after the end of the morning session**

**Event # Event Name**

53 Open 200 Medley Relay

54 Masters 200 Medley Relay

55 Open 200 Individual Medley

56 Masters 200 Individual Medley

57 Open 50 Breaststroke

58 Masters 50 Breaststroke

59 Open 200 Butterfly

60 Masters 200 Butterfly

61 Open 50 Freestyle

62 Masters 50 Freestyle

63 Open 100 Breaststroke

64 Masters 100 Breaststroke

65 Open 200 Backstroke

66 Masters 200 Backstroke

67 Open 100 Individual Medley

68 Masters 100 Individual Medley

69 Open 400 Freestyle

70 Masters 400 Freestyle

71 Masters 400 Freestyle Relay