

Oregon City Spring Ahead Short Course Meters B/C and Masters March 9-10, 2013

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

USA SANCTION: #

USMS SANCTION: #373-S002

MEET REFEREE: **Dan Gipe**

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 (503) 341-3152

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 not 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. **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-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 9 th	7:30 am	8:30 am
	Session 2 13 & Over, Masters Saturday, March 9 th	12:30 pm*	2:00 pm*
	Session 3 12 & Under Sunday, March 10 th	7:30 am	8:30 am
	Session 4 13 & Over, Masters Sunday, March 10 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 U.S.A. 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 22, 2012.

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 \$6.00 Surcharge (\$3.00 Oregon Swimming, \$3.00 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 \$20.00 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.

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.

USMS

USMS Swimmers must use the attached Masters Entry Form and Waiver for meet entry.
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 & Unders and their events. USMS masters will be afforded this option.

AWARDS	<p>Individual: 1st – 8th place ribbons for USA Swimmers. Open events scored as 13 – 14, and 15 & Over Relays: 1st – 6th place ribbons. Individual: 1st-3rd place ribbons for USMS Swimmers.</p> <p>All awards must be picked up at the conclusion of the competition. They will not be mailed.</p>
MEETINGS	<p>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.</p>
OFFICIALS	<p>We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Debbie Laderoute at debbieladeroute@q.com, so that your name can be added to the schedule. An Officials' Hospitality Room will be provided.</p>
TIMERS	<p>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.</p>
EVENTS	<p>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.</p> <p>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 <u>ONLY</u> will be provided a continuous warm-up/warm-down lane. USMS swimmers events will follow USA Swimmers in the afternoon sessions.</p> <p>COACHES PLEASE NOTE: USA SWIMMERS AND USMS SWIMMERS MAY NEVER SWIM IN THE SAME LANE FOR INSURANCE PURPOSES.</p>

**Oregon City Spring Ahead
Short Course Meters B/C
March 9-10, 2013**

**Saturday-March 9, 2013
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 9
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 10, 2013
12 & Under Warm-Ups 7:30 AM Timed Finals 8:30 AM

Event #	Event Name
53	10 & Under 200 IM
54	11-12 200 IM
55	8 & Under 25 Backstroke
56	10 & Under 100 Backstroke
57	11-12 100 Backstroke
58	10 & Under 50 Freestyle
59	11-12 50 Freestyle
60	8 & Under 25 Butterfly
61	10 & Under 100 Butterfly
62	11-12 100 Butterfly
63	10 & Under 50 Breaststroke
64	11-12 50 Breaststroke
65	11-12 400 Freestyle
66	8 & Under 100 Medley relay
67	10 & Under 200 Medley relay
68	12 & Under 200 Medley relay

Sunday-March 10, 2013
Starting 90 minutes after the end of the morning session

Event #	Event Name
85	Open 200 Medley Relay
86	Masters 200 Medley Relay
87	Open 200 Individual Medley
88	Masters 200 Individual Medley
89	Open 50 Breaststroke
90	Masters 50 Breaststroke
91	Open 200 Butterfly
92	Masters 200 Butterfly
93	Open 50 Freestyle
94	Masters 50 Freestyle
95	Open 100 Breaststroke
96	Masters 100 Breaststroke
97	Open 200 Backstroke
98	Masters 200 Backstroke
99	Open 400 Freestyle
100	Masters 400 Freestyle



ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS

Oregon City B/C Open

March 9-10, 2013

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone: _____

USMS Number _____ (Include Copy of USMS Registration Card w/ Entry)

USMS Club (OREG, HMS, PNA, etc) _____

Birthdate _____ Age _____ Sex: M _____ F _____

Saturday, March 9

<u>Event</u>	<u>Entry Time</u>
#21 Mixed 100 Free	_____
#23 Mixed 50 Fly	_____
#25 Mixed 200 Breast	_____
#27 Mixed 50 Back	_____
#29 Mixed 100 Fly	_____
#31 Mixed 200 Free	_____
#33 Mixed 100 Back	_____
#35 Mixed 400 IM	_____

Sunday, March 10

<u>Event</u>	<u>Entry Time</u>
#88 Mixed 200 IM	_____
#90 Mixed 50 Breast	_____
#92 Mixed 200 Fly	_____
# 94 Mixed 50 Free	_____
#96 Mixed 100 Breast	_____
#98 Mixed 200 Back	_____
#100 Mixed 400 Free	_____

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer. In addition:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USA-S.

Signature _____

Date _____