

# Oregon Association Long Course Meters Championship

## August 23-25, 2013

### OFFICIAL RULES AND GUIDELINES

#### **DISTANCE EVENTS: CHECK-IN DEADLINES**

Friday, August 23: **400 IM** – 3:30 PM / **1500 Free** – 4:00 PM

Saturday, August 24: **800 Free** – 2:30 PM

Sunday, August 25: **400 Free** – Start of 200 Back

#### **RELAYS: CHECK-IN DEADLINES**

**Relays will not be used for team scoring purposes.**

Enter relays at the meet. Check-in deadlines for relays will be announced during the meet.

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.  
SEEDING FOR DISTANCE EVENTS WILL BEGIN PROMPTLY AT THE STATED TIMES.  
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

#### **TEAM SCORING:**

**Only Individual Events will be used for team scoring purposes. Relays will NOT be used for team scoring.**

**Only teams registered by August 13, 2013, will be able to score points.**

There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, August 24, 2013 at 2:45 p.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and in the current issue of the Aqua Master. Someone from your team must register your team for 2013.

**The team registration form is on the OMS website and in the current Aqua Master issue. Please make sure your team is registered.**

As of June 3rd, the following teams were registered for 2013:

<b>Code</b>	<b>Name</b>	<b>Club</b>
<b>AQDK</b>	Aquaducks Masters	OREG
<b>BASS</b>	Baker Area Seasoned Swimmers	OREG
<b>BRSC</b>	Bearcat Swim Club	OREG
<b>CAT</b>	Corvallis Aquatic Team Masters	OREG
<b>CBAT</b>	Circumnavigating Beavers Aquatic Team	OREG
<b>CGM</b>	Columbia Gorge Masters	OREG
<b>CMG</b>	Canby Masters Gators	OREG
<b>COMA</b>	Central Oregon Masters Aquatics	OREG
<b>CSTM</b>	Chehalem Swim Team Masters	OREG
<b>DUCK</b>	University of Oregon Swim Club	DUCK
<b>EA</b>	Emerald Aquatics	OREG
<b>KAM</b>	Salem Kroc Masters	OREG
<b>LHST</b>	LaCamas Headhunter Swim Team	OREG
<b>LOM</b>	Lake Oswego Masters	OREG
<b>MAC</b>	Multnomah Athletic Club Masters	OREG

<b>NCMS</b>	North Clackamas Masters Swimming	OREG
<b>OACM</b>	Oregon Athletic Club Masters	OREG
<b>OCT</b>	Oregon City Tankers	OREG
<b>OMVM</b>	Oregon Mid-Valley Masters	OREG
<b>OPEN</b>	OPEN Narwhals	OREG
<b>ORM</b>	Oregon Reign Masters	OREG
<b>PCCM</b>	Portland Community College Masters	OREG
<b>PEND</b>	Pendleton Masters Swim Club	OREG
<b>PSM</b>	Portland State Masters	OREG
<b>RVM</b>	Rogue Valley Masters	OREG
<b>SHRC</b>	SHARC Masters	OREG
<b>SYD</b>	Sherwood YMCA Dragons	OREG
<b>TCSO</b>	Team Club Sport Oregon	OREG
<b>THB</b>	Tualatin Hills Barracudas	OREG
<b>TOR</b>	Tornadoes Swim Club	OREG
<b>VSC</b>	Vancouver Swim Club	OREG
<b>WVAC</b>	Willamette Valley Aquatic Club	OREG

**What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2013 USMS Registration for scoring purposes.**

**TEAM AWARDS:** Awards for First, Second, and Third Place will be awarded for each team category.

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET,  
PLEASE CONTACT: Wes Edwards [wesedwards.backstroker@comcast.net](mailto:wesedwards.backstroker@comcast.net) (503)460-7989***