

# Oregon Association Long Course Meters Championship

USMS Sanction #374-S008

**August 22-24, 2014**

## OFFICIAL RULES AND GUIDELINES

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

Friday, August 22: **400 IM** – 3:30 PM / **1500 Free** – 4:00 PM

Saturday, August 23: **800 Free** – 2:30 PM

Sunday, August 24: **400 Free** – Start of 200 Freestyle

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

**Relays will not be used for workout group 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.**

### **WORKOUT GROUP SCORING:**

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

**Only workout groups registered by August 12, 2014, will be able to score points.**

Workout group awards will be given to the top five (5) scoring OMS workout groups represented at the meet. There will be only one workout group category for this meet. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the workout group competition. Full workout group names and their abbreviations are listed below and in the current issue of the Aqua Master. Someone from your workout group must register your group for 2014.

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

As of June 15th, the following 40 workout groups were registered for 2014:

<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>FAST</b>	Portland Fast	OREG
<b>KAM</b>	Salem Kroc Masters	OREG
<b>KBM</b>	Klamath Basin Masters	OREG
<b>LCA</b>	Lewis & Clark Aquatics	OREG

<b>LHST</b>	LaCamas Headhunter Swim Team	OREG
<b>LOM</b>	Lake Oswego Masters	OREG
<b>LSC</b>	Lebannon Community Swim Club	OREG
<b>MAC</b>	Multnomah Athletic Club Masters	OREG
<b>MJCC</b>	Mittleman Jewish Community Center	OREG
<b>NCMS</b>	North Clackamas Masters Swimming	OREG
<b>NCSC</b>	North Coast Swim Club	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>PSA</b>	Pendleton Swim Association	OREG
<b>PSM</b>	Portland State Masters	OREG
<b>RVM</b>	Rogue Valley Masters	OREG
<b>SHC</b>	Stafford Hills Club	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 workout group designation for the meet and no exceptions will be allowed. If you leave this workout group space blank you will be entered as representing the workout group listed on your 2014 USMS Registration for scoring purposes.**

**INDIVIDUAL AWARDS:** Northwest Zone ribbons will be awarded for 1<sup>st</sup> thru 6<sup>th</sup> Place.

**GROUP AWARDS:** Awards for 1<sup>st</sup> thru 5<sup>th</sup> Place will be awarded.

***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***