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| **HELD UNDER THE DUAL SANCTION OF USA SWIMMING INC. AND USMS, INC.** USA Swimming Sanction #17-035 & #17-036  USMS Sanction #  **MEET REFEREE:** Debbie Laderoute  [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com)  **Meet Host:** Oregon City Swim Team/Oregon City Tankers P.O. Box 724, Oregon City, OR 97045 Website: [www.ocst.net](http://www.ocst.net/)  **Location:**Oregon City Municipal Pool 1211 Jackson Street, Oregon City, OR 97045 Pool Phone: 503-657-8273  **MEET DIRECTOR** Tim Waud timpwaud@gmail.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 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 USA 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.  **TIMES/SESSIONS** Session 1   12 & Under   Saturday, March 4th   Warm-Ups 7:30 am   Timed Finals 9:00 am Session 2   13 & Over, Masters   Saturday, March 4th   Warm-Ups   12:30 pm\* Timed Finals 2:00 pm\* Session 3   12 & Under   Sunday, March 5th   Warm-Ups 7:30 am   Timed Finals 9:00 am Session 4   13 & Over, Masters   Sunday, March 5th   Warm-Ups 12:30 pm\*   Timed Finals 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 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.  **ENTRY DEADLINE** Entries must be received by Monday February 27, 2017 at 11:59 PM.  **ENTRY LIMIT**USMS Swimmers may enter a maximum of FIVE (5) events per day, SIX (6) total for the meet.  **ENTRY FEES** USMS Swimmers will pay $25.00 event fee.  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.  **BULLPEN** There will be a bullpen for 8 & Under and their events. USMS masters will be afforded this option.  **AWARDS** Individual: 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](mailto: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. 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.  **EVENT SCHEDULE** |
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| **Saturday, March 4, 2017 - Session 2**  Warm-ups start at 12:30 PM  Meet Session starts at 2:00 PM   | **#** | **Sex** | **Event** | | | --- | --- | --- | --- | | 19 | Mixed | 200 M | Free Relay | | 21 | Mixed | 100 M | Free | | 23 | Mixed | 50 M | Fly | | 25 | Mixed | 200 M | Breast | | 27 | Mixed | 50 M | Back | | 29 | Mixed | 100 M | Fly | | 31 | Mixed | 200 M | Free | | 33 | Mixed | 100 M | Back | | 35 | Mixed | 400 M | IM | | 36 | Mixed | 400 M | Medley Relay |   **Sunday, March 5, 2017 - Session 4**  Warm-ups start at 12:30 PM  Meet Session starts at 2:00 PM   | **#** | **Sex** | **Event** | | | --- | --- | --- | --- | | 53 | Mixed | 200 M | Medley Relay | | 55 | Mixed | 200 M | IM | | 57 | Mixed | 50 M | Breast | | 59 | Mixed | 200 M | Fly | | 61 | Mixed | 50 M | Free | | 63 | Mixed | 100 M | Breast | | 65 | Mixed | 200 M | Back | | 67 | Mixed | 400 M | Free | | 68 | Mixed | 400 M | Free Relay | |