**2018 Association Championships – April 20-22, 2018**

**Oregon Masters Swimming Short Course Yards Meet**

**Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc.**

**Eligibility:** Currently registered USMS swimmers, 18 years and older. If you are not a member of USMS, you may follow the links in this online registration to become a member of USMS.

**Hosted by:** Corvallis Aquatic Team and Oregon Masters Swimming

**Location:** Osborn Aquatic Center, 1940 NW Highland Dr, Corvallis, OR 97330
8-lane indoor 25 yard pool
8 lanes competition-electronic timing
Shallow end will be available for warm-up/warm-down

**Pool Length Compliance:** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead measurement.

**Schedule:**
Friday: Warm-up: 2:00pm Meet Starts: 3:00pm
Saturday: Warm-up: 8:00am Meets Starts: 9:00am
Sunday: Warm-up: 8:00am Meets Starts: 9:00am
 A 20 minute warm-up will be held after the 500 free. The second event of the day (50 free) will not begin before 10:00am

**Directions to Pool:**
From North or South, take I-5 to Exit 228 (Hwy. 34, Corvallis/Lebanon). Go west on Hwy 34 about 10 miles to Corvallis. Turn right on 3rd St/Highway 99 for about 1.5 miles to Circle Blvd. Turn left on Circle to Highland Dr. (second light). Turn left; pool is on the right.

**Meet Director:** Christina Fox 541-609-8592 foxkohnert@peak.org

**Entry Deadline:** Online registration is preferred. Online registration must be completed by 11:59 PM PDT on Wednesday, April 11, 2018.

**Meet Entry Fee:** $38.00 Online entries are paid by credit card to "ClubAssistant.com Events."

**Age groups:** 18-24, 25-29, 30-34, etc. up to 100+. relay age groups: 72-99,100-119, 120-159, 160-199, etc

**Entry Limit:** You may enter a maximum of 5 individual events per day, 6 total for the meet, plus relays. Enter relays at the meet. Only 200 yard relays will be available.

**OFFICIAL RULES AND GUIDELINES**

**CHECK-IN DEADLINES:**

Friday, April 20: 400 IM – 2:30 PM / 1650 Free – 3:00 PM.
Saturday, April 21: 1000 Free – The end of the 50 Back
Sunday, April 22: 500 Free - 8:30 AM.

**RELAY CHECK-IN DEADLINES:**

Saturday, April 21: Free Relays – 9:30 AM / Mixed Medley Relay – the end of the 50 back
Sunday, April 22: Medley Relays – the end of the 50 free / Mixed Free Relays - The end of the 50 breast

Only 200 yard relays will be available. For team scoring each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay.

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

**WORKOUT GROUP SCORING:** Only workout groups registered by March 31, 2018, will be able to score points. There will be three group categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each workout group. There will be a meeting of all the group representatives on Saturday, April 21, 2018 at 8:45 AM 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 workout group competition. Full workout group names and their abbreviations are listed below. Someone from your workout group must register the group for 2018.

|  |  |  |  |
| --- | --- | --- | --- |
| **Abbreviation** | **Workout Group/Club Name** | **Abbreviation** | **Workout Group/Club Name** |
| **ALTS** | Adult Learn to Swim | **OCT** | Oregon City Tankers |
| **CAT** | Corvallis Aquatic Team Masters | **OMVM** | Oregon Mid-Valley Masters |
| **CBAT** | Circumnavigating Beavers Aquatic Team | **OPEN** | OPEN Narwhals |
| **CGM** | Columbia Gorge Masters | **ORM** | Oregon Reign Masters |
| **COMA** | Central Oregon Masters Aquatics | **PCCM** | Portland Community College Masters |
| **DUCK** | University of Oregon Swim Club | **PDX** | Portland Timberfish |
| **EA** | Emerald Aquatics | **PSA** | Pendleton Swim Association |
| **GPY** | Grants Pass YMCA | **RVM** | Rogue Valley Masters |
| **KAM** | Salem Kroc Masters | **SHC** | Stafford Hills Club |
| **LCA** | Lewis and Clark Aquatics | **SOMA** | Southern Oregon Masters Aquatics |
| **LHST** | LaCamas HeadHunters | **STAT** | Sandy Triton Aquatic Team |
| **LOM** | Lake Oswego Masters | **TCSO** | Team Club Sport Oregon |
| **MAC** | Multnomah Athletic Club  | **TEAM** | TEAM Eugene Aquatics-Masters |
| **MAM** | Medford Area Masters | **THB** | Tualatin Hills Barracudas |
| **MJCC** | Mittleman Jewish Community Center | **TOR** | Tornadoes Swim Team |
| **MVA** | Mid-Valley Aquatics | **VSBV** | VillaSport Beaverton |
| **NCMS** | North Clackamas Masters Swimming | **VSC** | Vancouver Swim Club |
| **NIKE** | Nike SwimX | **WIM** | Willamalane Masters |
| **OCM** | Oregon Coast Masters | **YCM** | Yamhill County Masters |

**Heat Sheets:** Heat sheets will be available online prior to the meet and will also be posted in several locations around the natatorium. To help save resources, a limited number of heat sheets (minimum one heat sheet per workout group) will be printed and entrants are encouraged to use the online resources to pre-print, if desired, or the posted heat sheets.



**T-Shirts:** The following T-shirts will available to order online with registration. Orders must be received by April 9.

Unisex ringspun cotton, short sleeve

Sizes S-XXL

$15 (XXL: $17)

Women’s ringspun cotton, short sleeve

Sizes S-XXL

$15 (XXL: $17)

Unisex performance shirt, long sleeve

Sizes S-XXL
$19 (XXL: $21)

Women’s performance shirt, long sleeve

Sizes S-XXL

$19 (XXL: $21)

**OMS Social and Awards Program**

There will be an OMS Social with appetizers, light fajita bar and a no host bar after the meet on Sat, Apr 21st at the Historic Old School (4455 NE Highway 20, Corvallis, Oregon 97330) from 5:00-8:00 pm; a short awards program and the OMS Annual Meeting will be held in conjunction with the social. Cost is $15 per person (swimmer or guest). Please take this opportunity to socialize with your teammates and meet your OMS board members and other Masters swimmers outside of the pool!

**Lodging info**

A limited number of discounted rooms are available at the following hotels:

[**Holiday Inn Express**](https://www.ihg.com/holidayinnexpress/hotels/us/en/corvallis/cvoor/hoteldetail)

781 NE 2nd Street, Corvallis, OR, US, 97330

Discounted rate (DQ): $129 + taxes and fees. Rate includes hot buffet breakfast. The group rate will be guaranteed until Mar 20, 2018. Call (541-752-0800) for reservations and ask for ‘Oregon Masters Swimming’ rate or use the following link: [Holiday Inn OMS group rate](https://www.hiexpress.com/redirect?path=event-facilities&brandCode=EX&localeCode=en&regionCode=1&hotelCode=cvoor&_PMID=99801505&GPC=OMS&viewfullsite=true)

[**BEST WESTERN Grand Manor Inn & Suites**](https://www.bestwestern.com/en_US/book/hotel-details.38111.html)

925 NW Garfield Avenue, Corvallis, Oregon, 97330

Discounted rate (K or DQ): $129.99 + taxes and fees. Rate includes hot buffet breakfast. The group rate will be guaranteed until Mar 20, 2018. Call (541-758-8571) for reservations and ask for ‘Oregon Masters Swimming’ rate or use the following link: [BW OMS group rate](https://www.bestwestern.com/en_US/book/hotel-rooms.38111.html?groupId=C65ZH4Y6)

Other Corvallis/Albany hotels are listed below.

[**Comfort Suites of Corvallis**](https://www.choicehotels.com/oregon/corvallis/comfort-suites-hotels/or077)

1730 NW 9th Street, Corvallis, OR, US, 97330

Phone: 541-753-4320

[**Hilton Garden Inn Corvallis**](http://hiltongardeninn3.hilton.com/en/hotels/oregon/hilton-garden-inn-corvallis-CVOCHGI/index.html)

2500 SW Western Blvd., Corvallis, OR 97333

Phone: 541-752-5000

[**Courtyard by Marriott Corvallis**](http://www.marriott.com/hotels/fact-sheet/travel/eugco-courtyard-corvallis/)

400 SW 1st Street, Corvallis, OR 97333

Phone: 541-753-0199

[**EconoLodge**](https://www.choicehotels.com/oregon/corvallis/econo-lodge-hotels/or131)

935 Northwest Garfield Ave, Corvallis, OR 97330

Phone: 541-758-9125

[**Days Inn Corvallis**](https://www.wyndhamhotels.com/days-inn/corvallis-oregon/days-inn-corvallis/overview)

1113 NW Ninth Street, Corvallis, OR 97330

Phone: 541-754-7474

[**Super 8 Corvallis**](https://www.wyndhamhotels.com/super-8/corvallis-oregon/super-8-corvallis/overview)

407 NW Second St, Corvallis, OR 97330

Phone: 541-758-8088

[**Phoenix Inn Suites Albany**](https://www.phoenixinn.com/albany/)

3410 Spicer Drive SE, I-5 Exit 233, Albany, OR 97322

Phone: 866-257-5990

[**Quality Inn and Suites Albany**](https://www.choicehotels.com/oregon/albany/quality-inn-hotels/or013)

251 Airport Rd Southeast, Albany, OR 97321

Phone: 541-928-0921

**RV camping**

There is no RV camping permitted at the pool. Camping is available at [Benton County Fairgrounds](http://www.bentoncountyfair.net/p/bcrv)

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ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS

(2 Pages)

**2018 Oregon Masters Swimming Association Championships
Dates: April 20-22, 2018**

Name

Address

City State Zip Code

Phone

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

USMS Club (OREG, DUCK, HMS, PSM, BWAC, etc)

Workout Group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date Age Sex M F

Warm-ups start at 2:00 PM (Fri), 8:00 AM (Sat, Sun)

Meet starts at 3:00 PM (Fri), 9:00 AM (Sat, Sun)

**EVENTS**

|  |
| --- |
| **Friday** |
| 1 | 400 IM | \_\_\_:\_\_\_.\_\_\_ |
| 2 | 1650 Free | \_\_\_:\_\_\_.\_\_\_ |
| **Saturday** |
| 3 | 100 IM | \_\_\_:\_\_\_.\_\_\_ |
| 4 | 50 FL | \_\_\_:\_\_\_.\_\_\_ |
| 5 | 200 BR | \_\_\_:\_\_\_.\_\_\_ |
| 6 | 100 FR | \_\_\_:\_\_\_.\_\_\_ |
|  | 10 min break |  |
| 7-8 | 200 Free Relays |
| 9 | 50 BK | \_\_\_:\_\_\_.\_\_\_ |
| 10 | 200 FL | \_\_\_:\_\_\_.\_\_\_ |
| 11 | 100 BR | \_\_\_:\_\_\_.\_\_\_ |
|  | 10 min break |  |
| 12 | Mixed 200 Medley Relay |
| 13 | 1000 Free | \_\_\_:\_\_\_.\_\_\_ |

|  |
| --- |
| **Sunday** |
| 14 | 500 Free | \_\_\_:\_\_\_.\_\_\_ |
|  | 20 min warm up; next event will not start before 10 am |
| 15 | 50 FR | \_\_\_:\_\_\_.\_\_\_ |
| 16 | 200 BK | \_\_\_:\_\_\_.\_\_\_ |
| 17 | 100 FL | \_\_\_:\_\_\_.\_\_\_ |
|  | 10 min break |  |
| 18-19 | 200 Medley Relays |
| 20 | 200 IM | \_\_\_:\_\_\_.\_\_\_ |
| 21 | 50 BR | \_\_\_:\_\_\_.\_\_\_ |
| 22 | 200 FR | \_\_\_:\_\_\_.\_\_\_ |
| 23 | 100 BK | \_\_\_:\_\_\_.\_\_\_ |
|  | 10 min break |  |
| 24 | Mixed 200 Free Relay |

Make checks payable to:

Oregon Masters Swimming.

Mail form and fee to:

OMS Data Manager, PO Box 1072, Camas, WA 98607-1072

 **PARTICIPANT WAIVER AND RELEASE OF LIABILITY,**

**ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events**.** I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively**,** the “Released Parties**”**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |
| Signature of Participant | Date Signed |