

COMA LCM Meet 2019

SANCTION: Oregon Masters Swimming, Inc. for USMS, Inc.

DATE: Saturday, June 15, 2019

HOSTED BY: Central Oregon Masters Aquatics (COMA) as part of 'Wonderful Water Weekend'.

LOCATION: Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR.

POOL: 50 meters. Pool will be outdoors and will be measured to comply with USMS pool length standards.

- 5-7 lanes competition (depending on registration) with Daktronics electronic timing system
- 1-2 lanes of continuous warm-up/down

DIRECTIONS TO POOL: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south two blocks to pool. Park in the North Lot or adjacent streets.

SCHEDULE: Saturday, June 15, 2019

- Warm-up: 12:00-12:50pm
- Meet Starts: 1:00pm

ELIGIBILITY: Currently registered USMS swimmers, 18 years actual age and older. Before registering for this meet, non-USMS-member swimmers must sign up for USMS 2019 membership at www.usms.org/reg/.

ENTRY DEADLINE—ONLINE ENTRY ONLY. Entries must be completed by midnight Pacific Time on Monday, June 10, 2019.

ENTRY FEE: \$25. Online entries are paid by credit card to "ClubAssistant.com Events".

ENTRY DETAILS:

- All events will be seeded SLOW TO FAST.
- Individual age groups: 18-24, 25-29, 30-34, etc. Relay age groups: 72-99, 100-119, 120-159, etc. Age is determined by the age of the swimmer on December 31, 2019.
- You may enter 6 individual events and 1 relay (same sex or mixed) per relay event.
- Enter relays—400 & 800 relays only—at the meet. Entry deadline for relays is before the 400 free.
- Check in deadline for the 800 free is 12:30pm.
- Check in deadline for the 400 free is before the 50 free.

AWARDS:

- Regular OMS ribbons for places 1-3 in individual & relay events.
- Special commemorative awards for swimmers who complete a stroke or freestyle pentathlon as listed & described below.

PENTATHLONS: Although the event order is not a standard pentathlon order, it is possible to swim all pentathlon formats listed below without swimming in back-to-back events.

- Short Stroke Pentathlon events: 50 fly, 50 back, 50 breast, 50 free, & 200 IM.
- Medium Stroke Pentathlon events: 100 fly, 100 back, 100 breast, 100 free, & 200 IM.
- Long Stroke Pentathlon events: 200 fly, 200 back, 200 breast, 200 free, & 400 IM.
- Freestyle Pentathlon events: 50, 100, 200, 400, & 800 freestyles.

LIST & ORDER OF EVENTS:

(1) 800 Free – deck seeded; positive check-in required

[20-min break]

(2) 200 Fly

(3) 50 Back

(4) 100 Breast

(5) 200 Free

(6) 200 IM

[10-min break]

(7) 100 Fly

(8) 200 Back

(9) 50 Breast

(10) 100 Free

(11) 400 IM

[10-min break]

(12) 50 Free

(13) 100 Back

(14) 200 Breast

(15) 50 Fly

(16) 400 Free – deck seeded; positive check-in required

[10-min break]

(17, 18, 19) 400 Free Relay

(20, 21, 22) 400 Medley Relay

(23, 24, 25) 800 Free Relay

BREAKS: There will be a 20-minute break after the 800 Freestyle and 10-minute breaks after the 200 IM, 400 IM, and 400 Freestyle.

OTHER: COMA's Wonderful Water Weekend—June 15-16, 2019—has two parts, in order...

- A long course swim meet with lots of events in a nice pool on Saturday afternoon;
- A pool open-water-style buoy swim on Sunday morning with an all-you-care-to-eat pancake brunch social on the pool deck on Sunday morning after the buoy swim.

Double your pleasure, double your fun, by participating in both events (plus the social)! Alas, because this OMS pool meet and the buoy swim & brunch are organized separately for sanctioning reasons, there are two entry forms, both one online. Hey, it is what it is! You can find full event information and the mail-in entry form for the buoy swim and brunch on the OMS website, www.swimoregon.org.

MEET DIRECTOR: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbobbruce@gmail.com