**Gil Young Memorial/Oregon Association & NW Zone LCM Championship Meet   
August 23-25, 2019**

**Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #Pending**

**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:** Oregon Reign Masters and Oregon Masters Swimming

**Location:** Mt. Hood Community College Outdoor Pool  
26000 SE Stark, Gresham, Oregon  
7 lanes competition, elec. timing, Lane 8 for warm-up/down

**Pool Length Compliance:** 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.

**Schedule:** Friday August 23 3:00pm warm up 4:00pm start  
Saturday August 24 2:00pm warm up 3:00pm start.  
Sunday August 25 8:00am warm up 9:00am start

**Directions to Pool:**  
Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St to 17th St and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

**Meet Director:** Dennis Baker, 503-679-4601 email: bakeswim@yahoo.com

**Entry Deadline:** Online registration is preferred. Online registration must be completed by 11:59 PM PDT on Monday, August 19.

**Age Groups:** 18-24, 25-29, 30-34, etc. up to 95+.  
Your competition age is the age you will be on December 31, 2019.

**Relay Ages:** 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359.

**Entry Limit:** You may enter a maximum of 6 individual events with no more than 5 events per day plus unlimited relays. Enter relays at the meet.

All events will be seeded SLOW TO FAST.

**Check-In Deadlines:** The 400 IM, 1500 Freestyle, 800 Freestyle and 400 Freestyle will be deck seeded.

Friday: Check-in for the 400 IM will open at 3pm and will close at 3:30pm. Check-in for the 1500 Freestyle will open at 3pm and close at 4pm.  
Saturday: Check-in for the 800 Freestyle will open at 2:00pm and close at 2:30pm.  
Sunday: Check-in for the 400 Free will open at 8:00am and close at 8:30am.

Enter relays at the meet. Entry deadlines for relays will be announced at the meet.

**Breaks:** There will be a short break after each set of relays and the 400 Free on Sunday

**Awards:** Northwest Zone ribbons will be awarded to first thru sixth places in individual events.

**WORKOUT GROUP SCORING:** Only workout groups registered by July 31, 2019, will be able to score points. There will be only one team category regardless of the number of swimmers from each team. 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 2019.

**Team Scoring**

* Association Championships will be contested among local teams affiliated with Oregon LMSC.
* Scoring shall be based on point value for placing in individual and relay swims as follows:
  + Fewer than 240 total entrants: 7-5-4-3-2-1 for individual events.
  + 240 or more total entrants: 9-7-6-5-4-3-2-1 for individual events
* Scoring shall be based upon all local Oregon workout groups represented
* Relays will not be scored.

**Accommodations:**

Quality Inn Gresham  
Distance from Pool: 1.1 Mile  
Phone: 503-907-1777

Days Inn & Suites Gresham  
Distance from Pool: .9 Mile  
Phone: 503-465-1515

Clarion Inn Pony Solider  
Distance from Pool: 1 mile

Holiday Inn Express Portland East-Troutdale  
Distance from Pool: 2.2 Miles  
Phone: 503-669-6500

Best Western Plus Cascade Inn & Suites  
Distance from Pool: 2.3 Miles  
Phone: 503-491-9700

Comfort Inn Columbia Gorge Gateway  
Distance from Pool: 2.3 Miles  
Phone: 503-492-2900

Hilton Garden Inn Portland Airport  
Distance from Pool: 8 miles  
Phone: 503-255-8600

Fairfield Inn & Suites Portland Airport  
Distance from Pool: 8.1 miles  
Phone: 503-253-1400

Quality Inn & Suites Airport  
Distance from Pool: 8.1 miles  
Phone: 503-255-1404

Staybridge Suites Portland – Airport  
Distance from Pool: 8.3 miles  
Phone: 503-262-8888