**2020 Oregon Short Course Association Championships**
**April 3-5, 2020**

**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:** Oregon Masters Swimming and Columbia Gorge Masters

**Location:** Hood River Valley Aquatic Center, 1601 May Street, Hood River, Oregon 97031
10-lane indoor 25-meter pool
6-7 lanes competition-electronic timing
1-3 lanes warm-up/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 107.2.1.

**Schedule:**
Friday: Warm-up: 3:00pm Meet Starts: 4:00pm

Saturday: Warm-up: 8:00am Meet Starts: 9:00am
Sunday: Warm-up: 8:00am Meet Starts: 9:00am
 A 20-minute warm-up will be held after the 400 free. The second event of the day will not begin before 10:00am

**Meet Director:** Sandi Rousseau, swim@gorge.net or 503-806-7020

**Entry Deadline:** Online registration is preferred. Online registration must be completed by 11:59 PM PDT on Wednesday, March 25, 2020.

**Meet Entry Fee:** $45.00 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, 200-239, 240-279, 280-319, 320-359, 360-399, 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-meter relays will be available.

**Backstroke Start Wedges:** Wedges will be available for use during all backstroke events and during warm-ups in the sprint lane(s). Go here [FINIS Backstroke Wedges](https://www.youtube.com/watch?v=OovKD5JzUpo) for instruction on how to use the wedges.

**OFFICIAL RULES AND GUIDELINES**

**CHECK-IN DEADLINES:**

Friday, April 3: 400 IM – 3:30 PM /1500 Free – 4:00 PM.
Saturday, April 4: 800 Free – The end of the 200 breast
Sunday, April 5: 400 Free - 8:30 AM.

**RELAY CHECK-IN DEADLINES:**

Saturday, April 4: Free Relays – 9:30 AM / Mixed Medley Relay – the end of the 100 back
Sunday, April 5: Medley Relays – the end of the 200 back / Mixed Free Relays - the end of the 100 free

Only 200-meter 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.

**Order of Events**

Friday April 3, 2020

1. Mixed 400 IM
2. Mixed 1500 Freestyle

Saturday April 4, 2020

1. Mixed 100 IM
2. Mixed 50 breaststroke
3. Mixed 200 freestyle
4. Mixed 100 butterfly
10-minute break
5. Women’s 200 Freestyle Relay
6. Men’s 200 freestyle relay
7. Mixed 100 backstroke
8. Mixed 200 breaststroke
9. Mixed 50 freestyle
10-minute break
10. Mixed 200 Medley Relay
11. Mixed 800 Freestyle

Sunday April 5, 2020

1. Mixed 400 Freestyle
20-minute warm-up
2. Mixed 50 butterfly
3. Mixed 200 backstroke
4. Mixed 100 breaststroke
10-minute break
5. Women’s 200 Medley Relay
6. Men’s 200 Medley Relay
7. Mixed 200 IM
8. Mixed 100 freestyle
9. Mixed 200 butterfly
10. Mixed 50 backstroke
10-minute break
11. Mixed 200 freestyle relay

WORKOUT GROUP SCORING: Only workout groups registered by March 30, 2020, 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 4, 2020 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. Registered workout groups will appear on the online entry form.

Heat Sheets: Heat sheets will be available online prior to the meet. To help save resources, one heat sheet per workout group will be printed. Heat Sheets will also be posted in several locations around the facility.

**OMS Social and Awards Program**

The social/awards program/brief annual meeting will be held at the Best Western Plus – Hood River Inn in the Columbia Room. A build your own tostada fajita buffet with chicken and all the toppings, chips/salsa, green salad, and dessert will be served. A no host bar will be available. Cost is $15 per person. OMS is underwriting part of the cost of this social.

Date/Time: Saturday, April 4 at 5 PM

**If you have pictures from OMS events held over the past year that can be added to the slide show, please email them to Matt Miller at** **matt@flytrapcare.com****.**

**Lodging info:**

The host hotel will be the Best Western Plus – Hood River Inn, 1108 East Marine Way, Hood River, OR 97031

When calling for a reservation: Identify yourself as a ‘Masters Swimmer’. You must call the hotel directly at 800-828-7873.

Breakfast: A sit down served breakfast is included and served in Riverside, the onsite restaurant, with room rental. Gratuity is not included.

Prices vary by river view or non-river view rooms.

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| **Room Type** | **04/03/2020** | **04/04/2020** | **04/05/2020** |
| **Econ. SubView 2 Queen** | **5****$125 sgl/$125 dbl** | **8****$125 sgl/$125 dbl** | **5****$125 sgl/$125 dbl** |
| **Economy Queen** | **5****$115 sgl/$115 dbl** | **8****$115 sgl/$115 dbl** | **5****$115 sgl/$115 dbl** |
| **Exec Economy Queen** |  | **6****$131 sgl/$131 dbl** |  |
| **Non-View 2 Queen Upper** |  | **5****$139 sgl/$139 dbl** |  |
| **Non-View King** |  | **8****$135 sgl/$135 dbl** |  |
| **Riverview King** | **5****$170 sgl/$170 dbl** | **5****$170 sgl/$170 dbl** | **5****$170 sgl/$170 dbl** |
| **Total** | **15** | **40** | **15** |

1. **Rates Listed are for two people per room. Additional rate per person is $15.00**
2. **All rates are subject to applicable tax (currently at 9.8%).**

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| **CUT-OFF DATE** |

 **All rooms must be reserved by the cutoff date of: *03/13/2020***

Otherwise non group rates will apply.

**Other Area Accommodations:**

Hood River Hotel: 102 Oak Street, 541-386-1900; Approx. $118

Holiday Inn Express: 2625 Cascade Ave, 541-308-1000; Approx. $144

Hampton Inn: 1 Nichols Place, 855-605-6317; Approx. $168

**Restaurants:**

There are a variety of high end more expensive restaurants in the downtown area of Hood River including Celilo, Three Rivers, and 6th Street Bistro.

Other more moderate priced restaurants include Riverside (at the Best Western meet host hotel), Thai House (the Heights), Ixtapa (Mexican), Solstice (waterfront), and numerous breweries including Double Mountain and Full Sail (downtown) and Pfriem and Ferment (waterfront).