

**OREGON SWIMMING, INC.**  
**2010 SPEEDO LONG COURSE 10 & UNDER CHAMPIONSHIPS**  
**JULY 10-11, 2010**

HELD UNDER THE SANCTION OF UNITED STATES SWIMMING, INC.

- Sanction Number:** 10-044
- Meet Referee:** Dale Lewis, 360-773-5079. daleanddella@gci.net.
- Sponsors:** Albany Aquatics Association and Oregon Swimming, Inc.
- Location:** Albany Community Pool, 2150 SE 36<sup>th</sup> Street, Albany, OR 97322. Phone 541-967-4521
- Directions:** From I-5, exit 233 onto Hwy 20, travel West to Waverly. Left on Waverly to 36<sup>th</sup> Ave. Right on 36<sup>th</sup> Ave. Pool is on left, just past the stadium.
- Facility:** Indoor 6-lane 50 meter pool, depth 12 ft. – 3½ ft. Starting blocks at deep end. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, possible Colorado at the shallow end. Concessions open during meet. Camping is available on the east side of the parking lot only. Limited RV parking. Tent camping on the grass on west side of the track. To accommodate campers the showers at the pool will be open until 30 minutes after the conclusion of competition and from 7:30 AM on Sunday.
- Restrictions:** Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue, on the grounds, or in the parking areas. Body shaving is not permitted in the swimming venue.
- Deck Access:** Coaches and officials must display appropriate 2010 USA Swimming membership credentials at all times while on deck. Spectators and parents are restricted to the designated areas.
- Rules:** Current USA Swimming Rules and Regulations will govern. Oregon Swimming Scratch Rules, Safety Guidelines and Warm-up Procedures will apply (page 54-56 2010 OSI Swim Guide). When a conflict between this meet information and the OSI Swim Guide are determined, the OSI Swim Guide will prevail and will be posted on the Oregon Swimming Website.
- Format:** This is a timed finals meet.
- Eligibility:** Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on first day of meet applies. Qualifying times must have been achieved from July 1, 2009 thru the entry deadline for this meet. If the qualifying time is not achieved by the athlete during the event swum at the meet, and proof of a qualifying time is not in the OSI database, appropriate proof of the qualifying time swum must be forwarded to the OSI office within 10 days after the conclusion of the meet. Failure to prove a qualifying time will result in a *\$100 non qualifying fine* from OSI.  
No on deck registration will be available. .
- Time Schedule:** Saturday - Warm-ups 12 Noon to 1:15 PM. Timed Finals begin at 1:30 PM.  
Sunday - Warm-ups 8:30 AM to 9:45 AM. Timed Finals begin at 10:00 AM.
- Entry Limits:** Maximum of **five individual events per day**, but **not more than six for the meet**. In addition to this, a swimmer may swim on **two relays** on each day of competition.
- Entry Deadline:** Entries must be received by **Noon (12PM), TUESDAY, JUNE 29, 2010.**

## 2010 OREGON SWIMMING SPEEDO LONG COURSE 10 & UNDER CHAMPIONSHIPS (PAGE 2)

- Entries:** Teams with Hy-tek or Team Unify capability should e mail a Commlink entry file (cfile01.c12) and pdf of meet entry report . Mail a hard copy of the meet entry fee report and payment to the entry address listed below.. Enter personal best time achieved in the qualifying period. Seeding shall be Long Course Meters (LCM), Short Course Meters (SCM), and then Short Course Yards (SCY). DO NOT CONVERT TIMES. NON-QUALIFYING TIMES AND LATE ENTRIES WILL NOT BE ACCEPTED. NEW TIMES achieved between June 29 - July 4, 2010 will be accepted until NOON (12:00PM) Monday July 5, 2010 by sending an E-mail to [office@oregonswimming.org](mailto:office@oregonswimming.org). Previously entered times cannot be updated. Received E-mails will be acknowledged by 1:30 PM Monday. Hy-tek Meet Manager 3 Software will be used.
- Swimmers with disabilities are encouraged to enter the meet. If accommodations are required it is the coach's responsibility to notify the Meet Director and/or Meet Referee prior to entry deadline. If the meet has time standards, contact the Disability Chair for the appropriate time standard to be used.
- Relays:** "Relay only" swimmers must be entered in the meet and the surcharge paid. Names for relays can be submitted on the Hy-tek entry file or submitted on relay entry forms provided at the meet.
- Meet Results:** A Hy-Tek CommLink file and an HTML file will be posted on the Oregon Swimming website in the results section.
- Entry Fees:** \$10.00 Surcharge per swimmer.  
\$2.50 per individual event.  
\$10.00 per relay event.  
Make checks payable to Oregon Swimming, Inc. **FEES MUST ACCOMPANY ENTRIES.**
- Entry Address:** Oregon Swimming: e-mail: [office@oregonswimming.org](mailto:office@oregonswimming.org)  
1750 SW Skyline Blvd #103  
Portland OR 97221
- Meet Director:** Char Robinson, 541-905-5488, [meetdirector@albanyaquaticassoc.com](mailto:meetdirector@albanyaquaticassoc.com)
- Awards:** Individual events: 1<sup>st</sup> thru 6<sup>th</sup> place, Medals  
7<sup>th</sup> thru 12<sup>th</sup> place, Ribbons  
Relay events: 1<sup>st</sup> thru 3<sup>rd</sup> place, Medals  
4<sup>th</sup> thru 6<sup>th</sup> place, Ribbons
- Bull Pen:** A bull-pen will be used for 8 & Under individual events only.
- Breaks:** At the discretion of the Meet Referee, and dependent on the number of entries, breaks will be scheduled to provide adequate rest for the athletes.
- Meetings:** Officials Meetings: 12:15 PM Saturday, 8:45 AM Sunday.  
Coaches Meeting: 1:15 PM Saturday, others to be announced when and if needed.
- Timers:** Each club is requested to appoint a timers' representative who will report to the head timer 30 minutes prior to the beginning of each session with a list of volunteer timers from their club. Clubs will be assigned timing responsibilities based on the number of swimmers entered.
- Officials:** Certified officials are welcome. Please contact the referee or the Oregon Swimming office (503-297-6027), [office@oregonswimming.org](mailto:office@oregonswimming.org) if you plan to officiate at this meet.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality provided by Albany Aquatic Association parents.

**2010 OREGON SWIMMING SPEEDO LONG COURSE 10 & UNDER CHAMPIONSHIPS (PAGE 3)****SCHEDULE OF EVENTS - SATURDAY JULY 10, 2010**

GIRLS				BOYS						
EV#	LCM	SCM	SCY	EVENT			LCM	SCM	SCY	EV#
1	3:20.99	3:22.79	3:04.39	9	200	Freestyle	3:26.79	3:24.59	3:05.99	2
3	2:59.99	2:56.69	2:40.59	10	200	Freestyle	2:58.89	2:56.69	2:40.59	4
5	3:09.49	3:00.99	2:43.89	10&U	200	Medley Relay	3:08.59	3:06.19	2:48.89	6
7	1:04.19	1:01.29	56.69	8&U	50	Breaststroke	1:06.99	1:04.49	58.69	8
9	57.19	52.49	47.69	9	50	Breaststroke	59.29	54.99	49.99	10
11	49.29	47.99	43.69	10	50	Breaststroke	48.59	49.49	44.99	12
13	2:02.69	2:00.99	1:49.99	9	100	Butterfly	2:05.99	2:00.99	1:49.99	14
15	1:46.99	1:41.29	1:32.09	10	100	Butterfly	1:47.69	1:43.99	1:34.09	16
17	55.19	54.99	49.49	8&U	50	Backstroke	56.49	55.99	50.99	18
19	49.89	47.39	43.99	9	50	Backstroke	51.99	48.29	43.89	20
21	43.99	43.09	38.99	10	50	Backstroke	44.99	43.89	39.89	22
23	1:47.59	1:40.09	1:30.99	8&U	100	Freestyle	1:49.39	1:44.39	1:34.99	24
25	2:42.99	2:38.39	2:24.09	10&U	200	Freestyle Relay	2:42.99	2:39.69	2:25.19	26

**SCHEDULE OF EVENTS - SUN DAY JULY 11, 2010**

GIRLS				BOYS						
EV#	LCM	SCM	SCY	EVENT			LCM	SCM	SCY	EV#
27	4:00.00	3:18.00	3:00.00	8&U	200	Free Relay	4:00.00	3:18.00	3:00.00	28
29	3:53.99	3:42.19	3:21.99	9	200	I.M.	3:53.99	3:43.19	3:21.99	30
31	3:23.19	3:16.59	2:58.69	10	200	I.M.	3:22.19	3:20.39	3:02.09	32
33	45.99	43.99	39.99	8&U	50	Freestyle	46.89	45.09	40.99	34
35	41.79	39.59	35.99	9	50	Freestyle	42.99	39.59	35.99	36
37	36.49	35.99	32.79	10	50	Freestyle	36.39	36.39	32.99	38
39	1:49.99	1:42.69	1:33.29	9	100	Backstroke	1:50.99	1:46.89	1:36.99	40
41	1:35.89	1:32.09	1:23.79	10	100	Backstroke	1:35.79	1:37.89	1:28.99	42
43	1:00.59	59.59	54.29	8&U	50	Butterfly	1:06.19	1:04.59	58.79	44
45	51.89	48.39	43.99	9	50	Butterfly	53.29	50.59	45.99	46
47	42.59	42.89	38.99	10	50	Butterfly	43.89	42.89	38.99	48
49	2:03.29	1:58.79	1:47.99	9	100	Breaststroke	2:05.29	1:58.79	1:47.99	50
51	1:49.29	1:45.29	1:35.69	10	100	Breaststroke	1:49.79	1:47.39	1:37.59	52
53	1:35.49	1:30.69	1:22.49	9	100	Freestyle	1:36.99	1:34.59	1:25.99	54
55	1:22.19	1:20.19	1:12.89	10	100	Freestyle	1:21.49	1:22.39	1:14.89	56
57	5:00.00	4:24.00	4:00.00	8&U	200	Medley Relay	5:00.00	4:24.00	4:00.00	58

**JULY 10-11, 2010 - ALBANY, OREGON**

**ENTRY SUMMARY SHEET - TEAM NAME:** \_\_\_\_\_

**ENTRY DEADLINE - 12:00 PM, TUESDAY, JUNE 29, 2010**

	TOTALS
TOTAL FOR 8 & U	\$
TOTAL FOR AGE 9	\$
TOTAL FOR AGE 10	\$
TOTAL FOR RELAYS	\$
GRAND TOTAL*	\$

\*PLEASE ENCLOSE **ONE** CHECK, **PAYABLE TO OREGON SWIMMING, INC**

WRITE YOUR TEAM NAME AT THE TOP OF THIS PAGE.

THE FOLLOWING STATEMENT MUST BE SIGNED BY THE COACH OR A TEAM REPRESENTATIVE.

I HAVE READ THE MEET INFORMATION AND ATTEST THAT ALL SWIMMERS AND COACHES ATTENDING THE MEET ARE MEMBERS OF UNITED STATES SWIMMING, INC.

\_\_\_\_\_  
Signature of Coach/Team Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone

### **LAST CHANCE CHECKLIST**

- [ ] Have you carefully read this meet information and familiarized yourself with all provisions and instructions?
- [ ] Are you sure all coaches and athletes are currently registered?
- [ ] **If mailing entries by next day service, have you specified "NO SIGNATURE REQUIRED?"**
- [ ] Have you forwarded the correct amount of money with your entries (or separately if submitting by email)?
- [ ] Are "relay only" swimmers you are bringing to the meet entered in the meet?
- [ ] Have you cleared all "proof of time" fines from previous OSI Championships?