

2011 FOREST GROVE SWIM CLUB COAST RANGE QUALIFIER FEBRUARY 4TH, 5TH & 6TH

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction Number:** **10-192** 10 & Under **10-193** 11 & Over
- Meet Referee:** Julie Carpenter, Friday Session 1 503-692-9767 jmcarpenter001@gmail.com
Chris Cook, Saturday and Sunday Sessions 2-5 503-331-0445 christine.m.cook@comcast.net
- Sponsors:** Forest Grove Swim Club & Forest Grove Aquatic Center
- Location:** Forest Grove Aquatic Center, 2300 Sunset Drive, Forest Grove, OR 97116 503-992-3238
- Directions:** From Portland: westbound on HWY 26 to Jct HWY 6, Hwy 6 to Banks Exit – HWY 47 South, HWY 47 South to Sunset Drive. Right on Sunset Drive to pool on the West Side of Sunset in the 2300 Block.
- Parking:** Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking available east of Sunset on side streets and at Gray & Company parking lot off of 23rd, one block east of the pool.
- Facility:** Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. All events will have a 5 ½ ft. starting depth and is 11 ft. on the turns. Adaptive access is by ladders at both ends of the pool. Open pool deck areas are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads and dual button backup and Keifer Intrepid starting blocks. Results via Daktronics display board. Concessions will be available for snacks and food.

For the Friday and afternoon sessions only, the shallow end of the pool will be available for warm down.
- Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE.
- Deck Access:** Coaches and officials must display current and valid USA Swimming credentials at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.
- Rules:** Current USA Swimming And Oregon Swimming Inc. (OSI) rules will govern this meet. OSI Safety Guidelines, and Warm-Up Procedures. The following scratch rules will apply:
- Scratch Rules:**
1. For deck seeded events, **Coaches are responsible for providing a positive check-in** of swimmers 30 minutes after the start of warm-ups Friday, Saturday, and Sunday.
 2. After the heats have been seeded, any swimmer who fails to compete in an individual event, will be barred from his/her next individual event.

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Exceptions for failure to compete - No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof;
2. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Format: This is a timed finals meet.

Eligibility: Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as of February 4, 2011. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.
Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing racing starts or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Schedule: Friday – Warm-ups will be from 5:30 to 6:15 PM with Timed Finals starting at 6:30 PM.
Saturday/Sunday – AM warm-ups: 7:15-8:00 with Timed Finals starting at 8:15 AM.
Saturday/Sunday - Warm-ups for the afternoon session will be from 12:00 to 1:00 PM with Timed Finals starting at 1:15 PM. An updated timeline will be announced January 29, 2011.

Entry Limit: Swimmers may enter a maximum of one individual event on Friday, and up to six individual events for Saturday and Sunday sessions combined, with no more than four individual events on any day. The maximum number of entries for the meet is seven for any swimmer. Swimmers will not be allowed to move up in age groups.

Positive check in will be required for all Friday events and for events 400 yards and longer for the Saturday and Sunday sessions. Check in deadline will be 30 minutes after the start of the warm-up period for that session.

Entries will be limited to a maximum of 225 swimmers per session or to keep within the allowable timeline for the session. If there is not enough interest in the meet to warrant two sessions per day on Saturday and Sunday, then the sessions will be combined into a single session for each day.

Entries: Entries will not be accepted until January 1, 2011. Entries will be accepted in order of submission until such time as the session/meet is full or the entry deadline is reached.
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
Submit yard times only for seeding. Submit entries on Hy-Tek software either by email or formatted diskette. Mail a hard copy of entries with payment to the entry address.

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Entry Deadline: Entries must be received by **6:00 PM January 21, 2011** and must be accompanied by a check for the full amount of the entry fees and surcharges.

Relays: There will not be any relays.

Entry Fees: \$3.00 OSI surcharge per swimmer
\$3.00 facility charge per swimmer
\$2.00 per individual event entry fee
Please make checks payable to Forest Grove Swim Club (FGSC)

FEES MUST ACCOMPANY ENTRIES.

Entry Address: FGSC Attn: Meet Director, P.O. Box 242, Forest Grove, OR 97116
fgsmeetmgr@yahoo.com

Meet Directors: Stacy & Gary Bohms 503-430-0782 fgsmeetmgr@yahoo.com

Bull-pen: A bullpen will be available for 8 & U events only. All other swimmers shall report directly to their assigned lanes, entering from lane 1.

Breaks: At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

Awards: Awards or ribbons will be given to all swimmers achieving a first time "A" time in any event, in their respective age group. OSI short course time standards for 2010-2011 shall be the determining standard.

Scoring: This meet will not be scored.

Meetings: Coaches meetings will be held 15 minutes prior to the start of the Friday Session and both am Sessions Saturday & Sunday. Subsequent coaches meetings will be at the discretion of the Meet Referee.

Officials meetings will be held at 5:45 PM Friday and 7:30 AM Saturday and Sunday for the AM Sessions and at 15 minutes after the start of warm-ups for the PM session on Saturday & Sunday.

An updated meeting schedule will be announced no later than January 29, 2011.

Timers: Visiting clubs are **HIGHLY** encouraged to designate a Team parent to be responsible for ensuring that your club's timing responsibilities are fulfilled. A sign-up sheet with each club's assigned lane will be sent out prior to the meet for sign-ups, this will help the meet run smoothly.

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Officials: We NEED and APPRECIATE the help of certified officials from other clubs. Please include a list of officials who will be attending with your club's entry form or email the meet director.

Hospitality: Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

Friday February 4th SESSION 1 EVENTS

Mixed	Age	Event
1	OPEN	1000 yd Freestyle
2	OPEN	1650 yd Freestyle

Note: Events 1 & 2 will be swum combined

Saturday February 5th AM SESSION 2 EVENTS

Girls	Age	Event	Boys
3	10 & Under	200 yd Individual Medley	4
5	8 & Under	50 yd Backstroke	6
7	10 & Under	100 yd Backstroke	8
9	8 & Under	25 yd Breaststroke	10
11	9-10	50 yd Breaststroke	12
13	8 & Under	50 yd Butterfly	14
15	10 & Under	100 yd Butterfly	16
17	8 & Under	25 yd Freestyle	18
19	9-10	50 yd Freestyle	20
21	10 & Under	200 yd Freestyle	22

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Saturday February 5th

PM SESSION 3 EVENTS

Mixed	Age	Event
23	Open	50 yd Backstroke
24	Open	200 yd Backstroke
25	11-12	50 yd Breaststroke
26	Open	200 yd Breaststroke
27	Open	500 yd Freestyle
28	Open	100 yd Butterfly
29	Open	200 Individual Medley
30	Open	100 yd Freestyle

Sunday February 6th

AM SESSION 4 EVENTS

Girls	Age	Event	Boys
31	10 & Under	100 yd Individual Medley	32
33	8 & Under	25 yd Backstroke	34
35	9-10	50 yd Backstroke	36
37	8 & Under	50 yd Breaststroke	38
39	10 & Under	100 yd Breaststroke	40
41	8 & Under	25 yd Butterfly	42
43	9-10	50 yd Butterfly	44
45	8 & Under	50 yd Freestyle	46
47	10 & Under	100 yd Freestyle	48

Sunday February 6th

PM SESSION 5 EVENTS

Mixed	Age	Event
49	Open	400 yd Individual Medley
50	Open	50 yd Free
51	Open	100 yd Breaststroke
52	Open	100 yd Backstroke
53	11-12	50 yd Butterfly
54	Open	200 yd Butterfly
56	Open	200 yd Freestyle

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THIS ENTRY SUMMARY SHEET MUST BE RETURNED WITH ENTRY INFORMATION.

TEAM NAME: _____

ENTRY DEADLINE – 6:00 PM WEDNESDAY, JANUARY 20, 2010

	TOTALS
SWIMMER SURCHARGES	\$
INDIVIDUAL ENTRIES	\$
TOTAL FROM RELAYS	\$
GRAND TOTAL	\$

Please enclose one check payable to: Forest Grove Swim Club.
Write your team name on the check and at the top of this sheet.
If mailing by next day service, specify **“NO SIGNATURE REQUIRED”**.

Mail entries to:

Forest Grove Swim Club (FGSC)
Attn: Meet Director
P.O. Box 242
Forest Grove, OR 97116