

OREGON SWIMMING, INC.

2011 SPEEDO LONG COURSE 11 & OVER AGE GROUP CHAMPIONSHIPS

July 28 – 31, 2011

Held under the sanction of USA Swimming

- Sanction Number** 11-062
- Meet Referee:** Joe Dahl, joe@tcsor.com
- Administrative Referee:** JoAnne Wisniewski, jwisn2466@aol.com
- Sponsors:** Team Eugene Aquatics and Oregon Swimming, Inc.
- Location:** Amazon Pool – 2700 Hilyard St, Eugene OR 97405. Phone: 541-682-5350
Phone: 503-491-7243
- Directions:** From the North – Take I-5 South to I-105 W/OR-126 W exit, (exit 194B), towards Eugene. Take the Coburg Rd. exit, (exit 2), towards Downtown. Turn left onto Coburg Rd. Coburg Rd becomes a ramp. Keep left at the fork in the ramp. Go straight onto Mill St. Turn right onto Mill St/OR-99 S/OR-126 BR E. Turn slight left onto E Broadway/OR-99 S/OR-126 BR E. Turn Right onto Patterson St. Turn left onto E 23rd Ave. Turn right onto Hilyard St.
- From the South - Interstate 5 North to the 30th Ave exit, (exit 189), towards South Eugene. Turn left onto E 30th Ave. Turn right onto Hilyard Street.
- Facility:** Outdoor pool, 50 meters by 25 yards (8 lanes, 9 feet per lane). The starting end of the pool is 13 feet deep. The shallow end is 3.6 feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Electronic Timing with pads at both ends and scoreboard. Parking available. Concessions open throughout the meet. Pool deck area on west side of pool available for swimmers, coaches and officials only. Facility is handicap accessible. No camping is available at the facility.
- Restrictions:** Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the school property (parking lot), pool areas & decks, locker rooms, swimmer rest areas and spectator areas. There is no body shaving allowed in the swimming venue.
- Deck Access:** Coaches and officials must display appropriate 2011 USA Swimming membership credentials at all times while on deck. Spectators and parents are restricted to the spectator area.
- Rules:** Current USA Swimming Rules and Regulations will govern. Oregon Swimming Scratch Rules, Safety Guidelines and Warm-up Procedures will apply (page 57-58 2011 OSI Swim Guide). When a conflict between this meet information and the OSI Swim Guide are determined, the corrected information will be posted on the Oregon Swimming Website.
- Format:** Prelim and timed final events are contested over an 8 lane course.
- 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, 2010 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 or SWIMS database, appropriate proof of the qualifying time swum must be forwarded to the OSI office within 14 days of notification from the office. Failure to prove a qualifying time will result in a \$100 non qualifying fine from OSI. No on deck registration will be available.

2011 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 2)

Time Schedule: Thursday, Friday, Saturday, and Sunday: Warm-ups 7:00 AM to 8:15 AM. Prelims begin at 8:30 AM. Circumstances permitting, warm-ups for finals sessions will not begin sooner than two hours after the conclusion of prelims. However, the meet referee may use his/her discretion to adjust the period between prelims and finals as circumstances may require.

Entry Limits: Swimmer may enter six (6) individual events for the meet, but not more than three individual events, and two relays per day. Time trials count toward the 3 per day limit, but not toward the six per meet limit.

Entry Deadline: Entries must be received by **Noon (12:00 PM), TUESDAY, JULY 19, 2011.**

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 Meter (LCM), Short Course Meter (SCM), and the Short Course Yard (SCY). **DO NOT CONVERT! NON-QUALIFYING TIMES AND LATE ENTRIES WILL NOT BE ACCEPTED.** NEW TIMES achieved between July 19-24, 2011 will be accepted until NOON (12:00PM) Monday July 25, 2011 by sending an E-mail to: 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 Hy-tek file or can be submitted on relay entry forms provided at the meet. **NOTE: SWIMMERS YOUNGER THAN 15 YEARS CAN ONLY BE ENTERED IN "OPEN" RELAYS IF YOUR TEAM CANNOT FIELD A RELAY TEAM IN "11-12" OR "13-14", AGE GROUPS. IF YOU DO NOT HAVE ENOUGH SWIMMERS FOR AN AGE GROUP RELAY, YOU MAY USE ANY AGE SWIMMERS TO FORM AN "OPEN" RELAY. THE INDIVIDUAL EVENT TIMES FOR THOSE SWIMMERS MUST ADD UP TO THE PUBLISHED QUALIFYING TIME (See Schedule of Events). IF YOU HAVE FOUR OR MORE 11-12 SWIMMERS OR FOUR OR MORE 13-14 SWIMMERS ENTERED IN THE MEET, YOU MUST ENTER THEM IN A RELAY CORRESPONDING TO THEIR AGE GROUP. A SWIMMER CANNOT SWIM IN AN "OPEN" RELAY AND A FIXED AGE GROUP RELAY. IF YOU HAVE QUESTIONS ABOUT THIS PROCEDURE, CALL THE OFFICE BEFORE YOU SEND YOUR ENTRIES.**

Meet Results: A Hy-Tek CommLink file and an HTML file will be posted on the Oregon Swimming website in the results section.

Check In: All Individual events 200 meters and shorter will be pre-seeded. Relays, events 400 meters and over, and all 15 & over events will be deck seeded. Coaches are responsible for providing a positive check in for their relays and deck seeded events by the stated deadlines. There is a penalty for being a no show after checking in for the deck seeded events. For Thursday, Friday, and Saturday, coaches must provide positive check in for individual events 400 meters and longer no later than 30 minutes following the start of warm-ups for Prelims. For Sunday, positive check-in must be made no later than 30 minutes following the start of Finals on Saturday. Relay Check-in: If names are submitted at time of original entry and there are no changes to the names or order, the coach only need submit a slip that says "as submitted with original entry" or "no changes from original entry". Relay slips are due by 9:00 am.

2011 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 3)

- Finals No Shows** If a swimmer is eligible for a final event on Sunday night and does not scratch and is a no show, OSI will levy a \$100.00 fine per event to be paid by the swimmer's club.
- Entry Fees:** \$10.00 Surcharge per swimmer.
\$2.50 per individual event entry fee
\$10.00 per relay entry fee
Please make checks payable to: Oregon Swimming, Inc. **FEES MUST ACCOMPANY ENTRIES.**
- Entry Address:** Oregon Swimming Phone: 503-297-6027 e-mail: office@oregonswimming.org.
1750 Skyline Blvd #103
Portland OR 97221
- Meet Director:** Dan and Sarah Braziel, phone: 541-954-0235, e mail: meetdirector@teameugene.org.
- Awards:** Individual events: 1st place, medal and Oregon Swimming patch (one patch per swimmer)
2nd thru 8th place, Medals
Relay events: 1st thru 3rd place, Medals,
4th thru 8th place, Ribbons
Combined team: 1st thru 8th place, Plaques
High point: Award in each age group
- Scoring:** Individual events: 9-7-6-5-4-3-2-1.
Relay events: Double above point values.
NOTE: Relay teams which do not swim QT's at the meet will receive place awards, but not place points.
- Time Trials:** Sanction Number 11-063. Time Trials will be conducted, time permitting, between prelims and finals. Time trials count toward the 3 per day individual event entry limit, but not toward the six events per meet limit. To be eligible to compete in time trials, the swimmer must be entered in an event in the meet. Relay only swimmer must actually compete on a relay on the day of the time trial. Entry fee: \$5.00. The time trial order of events is 1) that day's events, 2) followed by subsequent day's events, 3) returning to previous day's events. Entries will be accepted between 9:00AM – 11:30AM
- Meetings:** Officials Meetings: 7:15 AM and 60 minutes prior to Finals Thursday through Sunday.
Coaches Meeting: 8:15 AM Thursday, others announced when and if needed.
Zone Meeting: Saturday between prelims and finals.
- 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 volunteers. Clubs will be assigned timing responsibilities based on the number of swimmers entered.
- Officials:** Certified officials are welcome. If you are planning to attend, please call: Oregon Swimming Office (503) 297-6027, e-mail office@oregonswimming.org. This meet is designated as a National Qualifying Meet for Officials. N2 evaluations for all positions and N3 evaluations for Stroke and Turn and Starter will be available throughout the meet. N3 Administrative Referee (initial) will be available only on Thursday and Friday. Application may be completed at the meet; applications submitted in advance must be returned to the OSI office no later than 2PM Monday July 26. For information, contact Bob McMillan, OSI Officials Chair, e-mail officialschair@oregonswimming.org.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality provided by TEAM Parents.

2011 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 4)

SCHEDULE OF EVENTS - THURSDAY JULY 28, 2011 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

<u>EV#</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
1	2:47.49	3:03.99	3:11.79	11	200 Individual Medley	2:57.59	3:15.39	3:09.19	2
1	2:36.19	2:51.79	2:57.79	12	200 Individual Medley	2:40.19	2:56.19	3:01.99	2
3	2:30.99	2:45.99	2:50.49	13	200 Individual Medley	2:30.79	2:45.79	2:49.79	4
3	2:26.69	2:41.39	2:48.09	14	200 Individual Medley	2:20.59	2:34.69	2:41.99	4
5	2:19.89	2:33.89	2:41.99	15&O	200 Individual Medley	2:08.99	2:21.89	2:26.39	6
7	30.49	33.59	33.99	11	50 Freestyle	30.89	33.99	34.49	8
7	28.59	31.49	32.79	12	50 Freestyle	28.99	31.79	32.89	8
9	27.29	30.59	31.49	13	50 Freestyle	27.59	30.69	31.29	10
9	27.29	29.99	30.99	14	50 Freestyle	25.69	28.29	29.59	10
11	26.09	28.79	29.79	15&O	50 Freestyle	23.09	25.49	26.49	12
13	1:17.29	1:24.99	1:27.69	11	100 Backstroke	1:21.39	1:29.49	1:29.29	14
13	1:12.19	1:19.29	1:23.69	12	100 Backstroke	1:14.49	1:21.89	1:23.89	14
15	1:09.79	1:16.79	1:17.59	13	100 Backstroke	1:09.89	1:16.89	1:18.99	16
15	1:09.19	1:16.09	1:17.89	14	100 Backstroke	1:05.59	1:12.19	1:17.99	16
17	1:03.79	1:10.19	1:14.99	15&O	100 Backstroke	58.39	1:04.29	1:08.29	18
19	12:18.99	11:24.29	10:34.69	11-13	800 Freestyle [†]	12:14.39	11:20.29	10:31.79	20
19	12:06.59	11:12.79	10:34.69	14	800 Freestyle [‡]	11:40.89	10:48.99	10:31.79	20
19	11:34.49	10:43.69	10:31.19	15&O	800 Freestyle [‡]	10:45.89	9:58.69	9:43.49	20

[‡] Timed final event. The 800 freestyle will be combined and seeded by sex and swum fastest to slowest, alternating women and men. Fastest heat swum at the beginning of finals. Scored as 11-13, 14, 15&O.

[†] 11 – 12 age group must meet the 13 age group time standard.

SCHEDULE OF EVENTS - FRIDAY JULY 29, 2011 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

<u>GIRLS</u>					<u>BOYS</u>				
<u>EV</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
21	1:20.79	1:28.89	1:34.59	11	100 Butterfly	1:23.89	1:32.39	1:34.29	22
21	1:14.09	1:21.59	1:25.99	12	100 Butterfly	1:14.09	1:21.59	1:28.99	22
23	1:10.29	1:17.29	1:19.39	13	100 Butterfly	1:09.79	1:16.69	1:22.39	24
23	1:08.69	1:15.59	1:15.59	14	100 Butterfly	1:05.29	1:11.79	1:15.89	24
25	1:04.69	1:11.19	1:11.79	15&O	100 Butterfly	57.69	1:03.49	1:04.49	26
27	40.19	44.19	46.09	11	50 Breaststroke	43.39	47.79	46.49	28
27	37.29	41.09	43.59	12	50 Breaststroke	38.59	42.49	44.89	28
29	2:53.59	3:10.69	3:13.49	11-13	200 Breaststroke [†]	2:53.39	3:10.69	3:20.29	30
29	2:48.39	3:05.19	3:12.69	14	200 Breaststroke	2:40.59	2:56.49	3:08.99	30
31	2:39.99	2:55.99	3:01.89	15&O	200 Breaststroke	2:28.49	2:43.39	2:52.59	32
10 MINUTE BREAK									
33	9:27.19	10:23.89	10:18.59	Open	800 Freestyle Relay ^a	8:06.49	8:55.09	9:05.99	34
35	9:23.09	10:18.79	10:39.49	13-14	800 Freestyle Relay ^a	9:02.99	9:57.29	9:27.99	36
37	5:31.99	4:47.59	4:56.69	15&O	400 Freestyle	5:08.99	4:36.59	4:38.89	38
39	5:54.39	5:10.89	5:12.99	13	400 Freestyle ^b	5:50.69	5:07.69	5:17.99	40
39	5:51.29	5:10.59	5:09.09	14	400 Freestyle ^b	5:35.39	5:01.59	5:05.59	40
41	6:31.59	5:43.49	5:59.69	11	400 Freestyle ^b	6:33.69	5:45.39	6:07.39	42
41	6:06.59	5:21.89	5:33.49	12	400 Freestyle ^b	6:12.19	5:26.49	5:35.09	42

^a Timed Final event, all heats swum in prelims

^b 11-14 400Freestyle, Timed final event. Fastest heat swum in finals

[†] 11 – 12 age group must meet the 13 age group time standard.

2011 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 5)

SCHEDULE OF EVENTS - SATURDAY July 30, 2011 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

EV#	GIRLS				EVENT	BOYS			
	SCY	SCM	LCM			SCY	SCM	LCM	EV
43	35.89	39.49	41.29	11	50 Backstroke	37.19	40.89	41.19	44
43	33.79	37.19	38.69	12	50 Backstroke	34.59	38.09	39.29	44
45	2:29.79	2:44.59	2:50.99	11-13	200 Backstroke ^t	2:30.29	2:45.19	2:56.39	46
45	2:26.49	2:41.09	2:46.19	14	200 Backstroke	2:24.19	2:38.59	2:44.29	46
47	2:16.69	2:30.39	2:44.19	15&O	200 Backstroke	2:07.99	2:20.79	2:29.99	48
49	2:26.09	2:40.69	2:47.79	11	200 Freestyle	2:32.39	2:47.69	2:45.39	50
49	2:18.49	2:32.39	2:36.89	12	200 Freestyle	2:20.69	2:34.79	2:37.99	50
51	2:12.39	2:25.69	2:29.09	13	200 Freestyle	2:10.99	2:23.89	2:28.69	52
51	2:09.19	2:22.09	2:25.69	14	200 Freestyle	2:03.99	2:16.39	2:21.39	52
53	2:04.39	2:16.89	2:20.49	15&O	200 Freestyle	1:52.89	2:04.19	2:08.89	54
10 MINUTE BREAK									
55	4:42.49	5:10.39	5:16.09	Open	400 Medley Relay ^{a,b}	4:14.89	4:40.09	4:35.39	56
57	4:40.79	5:08.49	5:24.59	13-14	400 Medley Relay ^a	4:36.79	5:04.19	5:22.09	58
59	5:11.59	5:42.39	5:52.79	11-12	400 Medley Relay ^a	5:08.49	5:39.29	5:42.69	60
61	4:54.79	5:24.29	5:48.59	15&O	400 Individual Medley	4:42.19	5:10.49	5:17.89	62
63	5:17.39	5:49.09	6:02.99	14	400 Individual Medley ^c	5:01.89	5:31.79	5:53.69	64
63	5:29.29	5:49.09	6:02.99	11-13	400 Individual Medley ^{t,c}	5:22.19	5:53.99	6:14.19	64

^a Relays are timed final events. All heats in prelims

^b Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^c 11-14 400 IM, Timed final event. Fastest heat swum in finals

^t 11 – 12 age group must meet the 13 age group time standard.

SCHEDULE OF EVENTS - SUNDAY July 31, 2011 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

EV#	GIRLS				EVENT	BOYS			
	SCY	SCM	LCM			SCY	SCM	LCM	EV
65	1:06.49	1:13.19	1:15.69	11	100 Freestyle	1:07.99	1:14.79	1:15.09	66
65	1:02.09	1:08.19	1:11.59	12	100 Freestyle	1:02.29	1:08.39	1:12.39	66
67	1:00.09	1:05.09	1:09.09	13	100 Freestyle	59.49	1:05.29	1:08.59	68
67	59.49	1:05.49	1:07.59	14	100 Freestyle	56.29	1:01.79	1:05.09	68
69	56.89	1:02.59	1:05.39	15&O	100 Freestyle	50.29	55.39	57.29	70
71	1:28.79	1:37.69	1:41.09	11	100 Breaststroke	1:35.29	1:44.59	1:41.59	72
71	1:21.89	1:30.09	1:34.99	12	100 Breaststroke	1:25.09	1:33.59	1:36.99	72
73	1:19.69	1:27.69	1:30.99	13	100 Breaststroke	1:20.19	1:28.09	1:33.79	74
73	1:18.19	1:27.79	1:29.99	14	100 Breaststroke	1:13.69	1:21.09	1:26.99	74
75	1:13.19	1:20.59	1:27.09	15&O	100 Breaststroke	1:05.99	1:12.59	1:17.99	76
77	34.59	38.09	38.59	11	50 Butterfly	35.69	39.29	40.19	78
77	31.89	35.09	36.49	12	50 Butterfly	32.19	35.49	37.99	78
79	2:44.99	3:01.29	3:15.69	11-13	200 Butterfly ^t	2:48.09	3:04.89	3:11.99	80
79	2:38.99	2:54.89	2:58.79	14	200 Butterfly	2:30.89	2:45.79	2:52.79	80
81	2:24.39	2:38.89	2:54.29	15&O	200 Butterfly	2:14.89	2:28.39	2:32.39	82
83	4:28.59	4:55.19	5:08.29	11-12	400 Freestyle Relay ^a	4:32.19	4:59.69	5:02.59	84
85	4:08.29	4:32.79	4:46.29	13-14	400 Freestyle Relay ^a	3:57.29	4:20.69	4:30.89	86
87	4:08.49	4:33.29	4:33.89	Open	400 Freestyle Relay ^{a,b}	3:42.39	4:04.59	4:03.99	88
10 MINUTE BREAK									
89	20:56.89	21:22.59	20:35.69	11-13	1500 Freestyle ^{t,y}	21:09.99	21:35.89	20:08.09	90
89	20:36.49	21:01.79	20:35.69	14	1500 Freestyle ^{t,y}	20:03.09	20:27.69	20:08.09	90
89	19:11.19	19:36.79	20:20.69	15&O	1500 Freestyle ^{t,y}	17:50.29	18:12.79	19:06.79	90

^a Relays are timed Final event. All heats in prelims

^b Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 11-12 or 13-14 age groups

^t 11 – 12 age group must meet the 13 age group time standard.

^y Timed final event. The 1500 freestyle will be combined and seeded by sex and swum fastest to slowest, alternating women and men. Fastest heat in beginning of finals. Scored as 11-13, 14, 15&O.

JULY 28-31, 2011 Eugene, Oregon

ENTRY SUMMARY SHEET - TEAM NAME: _____

ENTRY DEADLINE – Noon (12PM), TUESDAY, JULY 19, 2011

	Number of Athletes	Fee	Total
TOTAL for Surcharge		\$10.00	\$
TOTAL for Individual Events		\$2.50	\$
TOTAL for relays		\$10.00	\$
GRAND TOTAL*			\$

***PLEASE ENCLOSE ONE CHECK, PAYABLE TO OREGON SWIMMING, INC. AND PLEASE FILL IN YOUR TEAM NAME AT THE TOP OF THIS PAGE.**

THE FOLLOWING STATEMENT MUST BE SIGNED.

I HAVE READ THE MEET INFORMATION AND ATTEST THAT ALL SWIMMERS ENTERED HEREON ARE MEMBERS OF USA SWIMMING.

Number of coaches attending the meet _____

(Must be completed to receive more that one psych or heat sheet per team)

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 submitting entries by Hy-tek?
- [] 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?