

**2009 Oregon, Lake Oswego Swim Club**  
**Lake Oswego Fall Open**  
A/B/C AGE GROUP/SENIOR  
DECEMBER 4-6, 2009

**HELD UNDER THE SANCTION OF USA SWIMMING**

- Sanction No. Pending
- Host: Lake Oswego Swim Club
- Location: Lake Oswego District Swim Pool  
2400 SW Hazel Road  
Lake Oswego, OR 97035  
Pool Phone: 503-635-0330  
**DO NOT MAIL ENTRIES TO THE POOL ADDRESS.**
- Eligibility: Swimmers must currently be registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED.
- Entry Deadline: Entries must be received by 5:00 PM, Friday, November 20th
- Entry Limit: Friday Dec. 4th: Limited to the first 200 swimmers. Swimmers may enter a max of one (1) event.  
Saturday-Sunday Dec. 5-6th: Limited to the first 250 swimmers each session. Swimmers may enter a maximum of three (3) individual events and (1) relay per day.  
The number of swimmers and/or entries may be further limited as needed to conform to time constraints and the four hour rule.  
Entries for events #9-10 1650 Freestyle, #65-66 500 Freestyle and #119-120 400 IM will be limited based on timeline constraints, with preference to the fastest entries.
- Entry Fees: \$3.00 Oregon Swimming surcharge per swimmer  
\$2.00 individual event fee  
\$8.00 relay entry fee
- Entry fees must accompany master entry form and/or Hy-Tek meet entry disk.  
Make checks payable to Lake Oswego Swim Club.
- Entry Address: Lake Oswego Fall Open  
c/o Lanai Wolfe  
3500 SW Trail Road  
Tualatin, OR 97062
- Email: [wolfepdx@aol.com](mailto:wolfepdx@aol.com)  
Phone: (503) 888-3407
- Entries:
1. Submit YARD TIMES only for seeding. NTs are acceptable.
  2. Email entries in Hy-Tek format accepted. Please also mail entry fees and a signed entry fee summary.
  3. If unable to email entries please mail entries in Hy-Tek format on a diskette or CD.

Please include printout of Hy-Tek entries and signed entry fee summary.  
4. If Hytek is not used please submit a Master Entry Form and signed entry fee summary.  
Be sure to list individual USA swimming numbers for each swimmer.

- 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 may enter the water for warm-ups or competition. Please contact the meet director or meet referee if assistance is needed, prior to or upon arrival at the meet.
- Facility: Indoor, 25 yard, eight lanes with 3-inch non-turbulent lane lines. Starting blocks at the deep end of the pool only (10 feet); shallow end is 4 feet. **Parking is available, but limited at the High School. There is additional parking available at the Junior High across Country Club Road. Please DO NOT park in the marked Fire Lane areas.** Bleacher seating for 250 spectators. Open pool deck areas available for swimmers, coaches and officials only. Limited concessions available. Facility is accessible to adaptive swimmers.
- Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING PERMITTED IN THE SWIMMING VENUE.
- Times: Friday warm-ups: 6:00 PM-6:45 PM  
Timed Finals 7:00 PM  
Saturday and Sunday AM warm-ups: 7:00 AM-7:45 AM  
Timed Finals 8:00 AM  
Saturday and Sunday PM warm-ups immediately following the AM sessions, but not before 11:00 AM  
Timed finals 1 hour following warm-ups
- Rules: Current USA Swimming and Oregon Swimming Inc. rules will govern this meet.
- Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. SEE ENCLOSURE.
- Bull Pen: A bull pen will be provided for all 8&U events. All other swimmers shall report directly to their assigned lanes.
- Awards: Individual 1<sup>st</sup> through 8<sup>th</sup> Ribbons  
Relays 1<sup>st</sup> through 3<sup>rd</sup> Ribbons  
Individual awards will be given by age groups: 8&U, 9-10, 11-12, 13-14 and 15-18
- Meetings: Friday: Official's meeting 6:15 PM, Coach's meeting 6:45 PM  
Saturday and Sunday AM: Official's meeting 7:15 AM, Coach's meeting 7:45AM  
Saturday and Sunday PM: Officials meeting 15 minutes after the start of warm-ups, coaches meeting at the conclusion of warm-ups
- Meet Referee: Dan Gipe 503-244-7349 [gipes@earthlink.net](mailto:gipes@earthlink.net)  
Meet Director: Lanai Wolfe 503-888-3407 [wolfepdx@aol.com](mailto:wolfepdx@aol.com)
- Officials: We always appreciate the help of certified officials from other clubs; if you will be

attending this meet, please notify the meet director or meet referee. An official's hospitality room will be provided.

Timers:

Each team will be given timing assignments. Please designate a parent representative to report to the Head Timer 30 minutes prior to the start of meet.

Swimmers in events #9-10 1650 Freestyle and #65-66 500 Freestyle will need to arrange their own timers and counters.

Swimmers in Events #119-120 400 IM will need to arrange their own timers.

# Lake Oswego Fall Open

December 4-6, 2009

Lake Oswego District Swim Pool

## ENTRY FEE SUMMARY

Total Individual Entries \_\_\_\_\_ @ \$2.00 = \_\_\_\_\_

Total Relay Entries \_\_\_\_\_ @ \$8.00 = \_\_\_\_\_

Total Surcharge \_\_\_\_\_ @ \$3.00 = \_\_\_\_\_

Total All \_\_\_\_\_

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**THE FOLLOWING STATEMENT MUST BE SIGNED BY COACH OR TEAM REPRESENTATIVE:**

**I have read the meet information and attest that all swimmers entered hereon are registered with USA Swimming, Inc.**

**Signature of Coach or Team Representative** \_\_\_\_\_

**Team Name and Code** \_\_\_\_\_

**Date** \_\_\_\_\_

**Contact person and phone #** \_\_\_\_\_

**Lake Oswego Fall Open**  
**Lake Oswego Swim Club**  
**December 4-6, 2009**

**Timed Finals**

Girls	<u>Friday</u>	Boys
1	10&U 200 Freestyle	2
3	11-12 200 Freestyle	4
5	13-14 200 Freestyle	6
7	Open 200 Freestyle	8
9	Open 1650 Freestyle	10
	<u>Saturday AM</u>	
11	8&U 25 Freestyle	12
13	9-10 50 Freestyle	14
15	8&U 50 Backstroke	16
17	9-10 100 Backstroke	18
19	8&U 25 Breaststroke	20
21	9-10 50 Breaststroke	22
23	8&U 50 Butterfly	24
25	9-10 100 Butterfly	26
27	8&U 100 IM	28
29	9-10 200 IM	30
31	8&U 100 Medley Relay	32
33	10&U 200 Medley Relay	34
	<u>Saturday PM</u>	
35	11-12 50 Freestyle	36
37	13-14 50 Freestyle	38
39	Open 50 Freestyle	40
41	11-12 100 Backstroke	42
43	13-14 200 Backstroke	44
45	Open 200 Backstroke	46
47	11-12 50 Breaststroke	48
49	13-14 100 Breaststroke	50
51	Open 100 Breaststroke	52
53	11-12 100 Butterfly	54
55	13-14 200 Butterfly	56
57	Open 200 Butterfly	58
59	11-12 200 Medley Relay	60
61	Open 200 Medley relay	62
63	11-12 100 IM	64
65	Open 500 Freestyle	66

Sunday AM

67	8&U 50 Freestyle	68
69	9-10 100 Freestyle	70
71	8&U 25 Backstroke	72
73	9-10 50 Backstroke	74
75	8&U 50 Breaststroke	76
77	9-10 100 Breaststroke	78
79	8&U 25 Butterfly	80
81	9-10 50 Butterfly	82
83	9-10 100 IM	84
85	8&U 100 Free Relay	86
87	10&U 200 Free Relay	88

Sunday PM

89	11-12 100 Freestyle	90
91	13-14 100 Freestyle	92
93	Open 100 Freestyle	94
95	11-12 100 Breaststroke	96
97	13-14 200 Breaststroke	98
99	Open 200 Breaststroke	100
101	11-12 50 Backstroke	102
103	13-14 100 Backstroke	104
105	Open 100 Backstroke	106
107	11-12 50 Butterfly	108
109	13-14 100 Butterfly	110
111	Open 100 Butterfly	112
113	11-12 200 Free Relay	114
115	Open 200 Free Relay	116
117	11-12 200 IM	118
119	Open 400 IM	120

## SECTION IX – SAFETY GUIDELINES AND WARM-UP PROCEDURES

### WARM-UP PROCEDURES

GENERAL WARM-UP (First 30-45 minutes)

NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.

No sprinting (racing starts) allowed during this general warm-up session.

All lanes to be used for general warm-ups.

SPECIFIC WARM-UPS (lasts 30-45 minutes)

### RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4
8 LANE	1 & 8	2 & 7	3,4,5, & 6
9 LANE	1 & 9	2 & 8	3,4,5,6, & 7
10 LANE	1 & 10	2 & 9	3,4,5,6,7, & 8

(a) Push/Pace Lanes- Push off one or two lengths from the starting end.

Circle swimming only. No diving or backstroke starts.

(b) Racing Starts – Only designated lanes for racing starts from the blocks or for Backstroke starts at specified times.

(c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

### SAFETY GUIDELINES

#### COACHES RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

Coaches shall actively supervise their swimmers at meets and at all practices.

#### HOST TEAM RESPONSIBILITIES

##### Marshalling

A minimum of (4) Marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.

Marshals shall be current members of United States Swimming.

Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.

For continuous warm up pools, lifeguards from the host facility may serve as marshals, IF;

(aa) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.

(bb) The host club provides a marshal to supervise the activities of the guards.

Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-ups.

Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet."

An announcer shall be on duty for the entire warm-up session to announce lane and /or time changes and to assist with the conduct of the warm-up.

Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.

#### MISCELLANEOUS

Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.

Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.

Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.

Warm-up procedures shall be enforced for any breaks scheduled during the meet.

Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

**NOTE:** Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

ADOPTED: October 1986

REVISED: November 12, 1992