**Lake Oswego Swim Club**

**2017 OR LOSC Fall Open**

**A/B/C AGE GROUP/SENIOR**

**October 13-15, 2017**

**HELD UNDER THE SANCTION OF USA SWIMMING**

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| Sanction No. | 17-134 (10 & Under), 17-135 (Open, 11 & Over)  In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
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| Host: | Lake Oswego Swim Club |
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| Location | Lake Oswego School District Swim Pool  2400 Hazel Road  Lake Oswego, Oregon 97035  Pool Telephone: 503.534.2330  **DO NOT MAIL ENTRIES TO THE POOL ADDRESS** |
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| Eligibility: | Swimmers **MUST** be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of October 13, 2017. |
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| Entry Deadline: | Entries must be received by 5:00 PM Wednesday, October 4, 2017. |
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| Entry Limit: | Friday, October 13: Limited to the first 200 swimmers. Swimmers may enter a maximum of one (1) event.  Saturday and Sunday October 14 and 15: Limited to the first 250 swimmers each session. Swimmers may enter a maximum of three (3) individual events and one (1) relay per day.  The number of swimmers may be further limited as needed to conform to time constraints and the four hour rule.  Entries for events No. 9-10 (500 Freestyle), No. 11-12 (1000 Freestyle), and No. 67-68 (400 IM) will be limited based on time line constraints with preferences to the fastest entries. |
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| Entry Fees: | $3.00 Oregon Swimming surcharge per swimmer  $10.50 Individual facility fee per swimmer ($8) + PDF Heat Sheet ($2.5)\*  $2.50 Individual event fee | $9.00 relay entry fee  *\*LOSC is going GREEN.* Entry fee will include a PDF version heat sheet to be emailed to the head coach for team distribution. Print or go *GREEN* too. Coaches will receive this email by 11am on the first day of competition.  Paper copies will still be made available for coaches and officials.  Entry fees must accompany master entry. Make checks payable to:  **Lake Oswego Swim Club** |
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| Entry Address: | Lake Oswego Swim Club  c/o Amy Spurr  13286 Goodall Road  Lake Oswego, OR 97034  **Email entry file to:** [**losc.entries@gmail.com**](mailto:losc.entries@gmail.com) |
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| Entries: | 1. Submit YARD TIMES ONLY for seeding. NTs are acceptable. 2. E-mail entries in a Hy-Tek formatted file. Please mail entry fees and a printout of Hy-Tek entries. 3. If you are unable to e-mail entries please mail them in Hy-Tek format on portable magnetic media (e.g. CD, thumb drive, etc.). Please include entry fees and a printout of Hy-Tek entries. 4. With submission of entries the coach/team representative attests that all swimmers are entered are registered with USA Swimming. 5. 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. |
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| 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 see the Meet Director or the Meet Referee if assistance is needed upon arrival at the pool. |
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| Facility: | Indoor, 25-yard, eight lanes with three inch non-turbulent lane lines. Starting blocks at the deep end of the pool (10 feet). Shallow end is four (4) feet. The competition course has not been certified in accordance with 102.2.2(c)4.  **Parking is available but limited at Lake Oswego High School. Additional parking may be found at Lake Oswego Junior High School directly across Country Club Road from the senior high school. 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. Concessions available. Facility is accessible to adaptive swimmers. |
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| 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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. |
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| Times: | Friday warm-ups: 5:00 PM – 5:45 PM  Timed finals 6:00 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 AM sessions, but not before 11:00 AM  Timed finals 1 hour following warm-ups |
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| Rules: | Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet. |
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| Safety: | Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. REFER TO SECTION IX ENCLOSURE BELOW. |
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| Bull Pen: | A bull pen will be provided for all 8&U events. All other swimmers shall report directly to their assigned lanes. |
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| Awards: | 10&U Individual – 1st through 6th place ribbons  10&U Relays – 1st through 3rd place ribbons |
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| Meetings: | Friday: Officials’ meeting 5:15 PM. Coaches’ meeting 5:45 PM.  Saturday and Sunday AM: Officials’ meeting 7:15 AM. Coaches’ meeting 7:45 AM.  Saturday and Sunday PM: Officials’ meeting 15 minutes after the start of warm-ups. Coaches’ meeting at the conclusion of warm-ups. |
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| Meet Referee | Troy Tetsuka, 503.807.0571 [ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com) |
| Meet Director: | Amy Spurr, 973 908 5942 [spurr61@gmail.com](mailto:spurr61@gmail.com) |
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| Officials: | We always appreciate the help of certified officials from other clubs. If you will be attending this meet please notify the Referee - Troy Tetsuka [ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com). An officials’ hospitality room will be provided. |
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| 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 the meet.  Swimmers in events No. 9-10 (500 Freestyle) and No. 11-12 (1000 freestyle) will need to arrange their own timers and lap counter.  Swimmers in events No. 67-68 (400 IM) will need to arrange their own timers. |

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**2017 OR LOSC Fall OPEN**

A/B/C Age Group/Senior

October 13, 14, and 15, 2017

Lake Oswego School District Swim Pool

**Entry Fee Summary**

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| --- | --- |
| Team Name |  |
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| Total Oregon Swimming Inc. Surcharge \_\_\_\_\_\_\_ @ $3.00 each = |  |
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| Total Individual Facility Fee/Heat Sheet\_\_\_\_\_\_\_\_ @ $10.50 each = |  |
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| Total Individual Entries \_\_\_\_\_\_\_ @ $2.50 each = |  |
|  |  |
| Total Relay Entries \_\_\_\_\_\_\_ @ $9.00 each = |  |
|  |  |
|  |  |
| Total team fees |  |

**2017 OR LOSC Fall OPEN**

October 13, 14, and 15, 2017

**Girls Friday Boys**

1 10 & Under 200 Freestyle 2

3 11-12 200 Freestyle 4

5 13-14 200 Freestyle 6

7 Open200 Freestyle 8

9 Open 500 Freestyle 10

11 Open 1000 Freestyle 12

**Girls Saturday AM Boys**

13 8 & Under 25 Freestyle 14

15 9-10 50 Freestyle 16

17 8 & Under 50 Backstroke 18

19 9-10 100 Backstroke 20

21 8 & Under 25 Breaststroke 22

23 9-10 50 Breaststroke 24

25 8 & Under 50 Butterfly 26

27 9-10 100 Butterfly 28

29 8 & Under 100 IM 30

31 9-10 100 IM 32

33 8 & Under 100 Medley Relay 34

35 10 & Under 200 Medley Relay 36

**Girls Saturday PM Boys**

37 11-12 50 Freestyle 38

39 13-14 50 Freestyle 40

41 Open 50 Freestyle 42

43 11-12 100 Backstroke 44

45 13-14 200 Backstroke 46

47 Open 200 Backstroke 48

49 11-12 50 Breaststroke 50

51 13-14 100 Breaststroke 52

53 Open 100 Breaststroke 54

55 11-12 100 Butterfly 56

57 13-14 200 Butterfly 58

59 Open 200 Butterfly 60

61 11-12 200 Medley Relay 62

63 Open 200 Medley Relay 64

65 11-12 100 IM 66

67 Open 400 IM 68

**Girls Sunday AM Boys**

69 8 & Under 50 Freestyle 70

71 9-10 100 Freestyle 72

73 8 & Under 25 Backstroke 74

75 9-10 50 Backstroke 76

77 8 & Under 50 Breaststroke 78

79 9-10 100 Breaststroke 80

81 8 & Under 25 Butterfly 82

83 9-10 50 Butterfly 84

85 9-10 200 IM 86

87 8 & Under 100 Free Relay 88

89 10 & Under 200 Free Relay 90

**Girls Sunday PM Boys**

91 11-12 100 Freestyle 92

93 13-14 100 Freestyle 94

95 Open 100 Freestyle 96

97 11-12 100 Breaststroke 98

99 13-14 200 Breaststroke 100

101 Open 200 Breaststroke 102

103 11-12 50 Backstroke 104

105 13-14 100 Backstroke 106

107 Open 100 Backstroke 108

109 11-12 50 Butterfly 110

111 13-14 100 Butterfly 112

113 Open 100 Butterfly 114

115 11-12 200 Freestyle Relay 116

117 Open 200 Freestyle Relay 118

119 11-12 200 IM 120

121 13-14 200 IM 122

123 Open 200 IM 124

***Section IX – Safety Guidelines and Warm-up Procedures***

**a. Warm-up Procedures**

**1. General Warm-up (First 30-45 minutes)**

a. 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.

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

c. All lanes to be used for general warm-ups.

**2. Specific Warm-ups (last 30-45 minutes)**

RECOMMENDED LANE USE

P00L PUSH/PACE RACING

STARTS

GENERAL

WARM-UP

6 LANE 2 & 5 1 & 6 3 & 4

8 LANE 2 & 7 1 & 8 3, 4, 5, & 6

9 LANE 2 & 8 1 & 9 3, 4, 5, 6, & 7

10 LANE 2 & 9 1 & 10 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. In long course

meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water

before mid-pool (at the Referee’s discretion).

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

**3**. This section may be modified at the Referee’s discretion.

**b. Safety Guidelines**

**1. Coaches Responsibilities**

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

practices.

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

**2. Host Team Responsibilities**

a. Marshaling

1. A minimum of four (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.

2. Marshals shall wear identifying attire.

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

4. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if they are currently certified by Red

Cross in Life-guarding, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.

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

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

d. The following statement shall appear in the meet information: “Oregon Swimming Safety Guidelines and Warm-up Procedures will

be in effect at this meet.”

e. 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.

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

marked.

g. Safety Policy: USA swimming’s reports of accident occurrences shall be filled out for all accidents by the host team.

The form shall be sent to the Oregon Swimming, Inc. office, USA Swimming, and Risk Management Services. The host team shall

keep a copy in their records. The Safety Chair or his/her designee shall compile an annual report of all occurrences and submit the

report at the annual House of Delegates meeting.

**3. Miscellaneous**

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

b. Backstrokers shall not start 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.

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

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

e. 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 recommend 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.