

OREGON SWIMMING, INC.

2008 SPEEDO LONG COURSE 11 & OVER AGE GROUP CHAMPIONSHIPS

JULY 24 - 27, 2008

Held under the sanction of USA Swimming

- Sanction Number** 8-041
- Meet Referee:** **Kathy Coddington** 541-409-4310, email: wandawatermelon@centurytel.net
- Administrative Referee:** **Gene Mielke** 541-386-2041, emielke@charter.net , **Joanne Wisniewski**
- Sponsors:** ECSC and Oregon Swimming, Inc.
- Location:** Amazon Pool, 2600 Hilyard, Eugene, OR 97405
- 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 9' wide 8-lane 50 meter pool, depth 3.6 ft. – 13.2 ft. Starting blocks at deep end. Touch pads both ends. Colorado timing system. Concessions open during meet. Limited camping is available at the Roosevelt Middle School parking lot or at the local campgrounds.
- 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 2008 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 54-56 2008 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, 2007 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:** 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.

2008 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 2)

- 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 15, 2008.**
- Entries:** **Submit a Hy-tek Commlink entry file (cfile01.cl2) or zipped e-mail file.** Mail a hard copy with payment to the entry address. 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 15-20, 2008 will be accepted until NOON (12:00PM) Monday July 21, 2008 by sending an E-mail to: swim@oregonswimming.org. **Previously entered times cannot be updated.** Received E-mails will be acknowledged by 1:30 PM Monday. Hy-tek Meet Manager Software will be used.
- Relays:** *"Relay only" swimmers must be entered in the meet* as "relay only" 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 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. WHEN ENTERING THESE RELAYS BY HY-TEK, SPECIFY "OPEN," NOT "SENIOR."** There will be 2 heats of relays in Finals. Scratches may happen and relays seeded near the top 16 may swim in prelims or finals.
- 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 and all relays and any individual event 400M and over 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". All relay slips are due by 10:00 am.

2008 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 3)

- Entry Fees:** \$4.00 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: swim@oregonswimming.org.
1750 Skyline Blvd #103
Portland OR 97221
- Meet Director:** Dan and Sarah Braziel, phone: 541-687-1879, e mail: ecscmeetdirector@yahoo.com.
- 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: 8-042. 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.
- 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 swim@oregonswimming.org. Application has been made to designate this meet as a National Qualifying Meet for Officials. Applications from officials wishing to apply for N2/N3. are required for: Admin Referee initial or final; N3 Deck Ref Final; N3 Starter Initial or Final, other N2/N3 evaluation applications could be submitted at the meet. The application must be completed and returned to OSI office no later than 2PM Monday July 21. For information, contact Bruce Ludwig, OSI Officials Chair, e-mail bludwig50@charter.net.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality provided by ECSC Parents.

2008 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 4)**SCHEDULE OF EVENTS - THURSDAY JULY 24, 2008 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM**

GIRLS				BOYS			
EV#	SCY	LCM	EVENT	SCY	LCM	EV#	
1	2:48.29	3:14.79	11 200 Individual Medley	2:57.59	3:09.19	2	
3	2:36.19	2:58.39	12 200 Individual Medley	2:40.19	3:01.99	4	
5	2:31.39	2:50.49	13 200 Individual Medley	2:30.79	2:49.79	6	
7	2:26.69	2:48.09	14 200 Individual Medley	2:20.59	2:41.99	8	
9	2:19.89	2:43.89	15&O 200 Individual Medley	2:08.99	2:28.49	10	
11	30.49	33.99	11 50 Freestyle	30.89	34.49	12	
13	28.59	32.79	12 50 Freestyle	28.99	32.89	14	
15	28.09	31.49	13 50 Freestyle	27.99	31.29	16	
17	27.29	30.99	14 50 Freestyle	25.69	29.59	18	
19	26.09	30.09	15&O 50 Freestyle	23.09	26.89	20	
21	1:17.29	1:27.69	11 100 Backstroke	1:21.39	1:29.29	22	
23	1:12.89	1:23.69	12 100 Backstroke	1:14.49	1:23.89	24	
25	1:09.79	1:17.59	13 100 Backstroke	1:10.89	1:18.99	26	
27	1:09.19	1:17.89	14 100 Backstroke	1:05.59	1:17.99	28	
29	1:03.79	1:16.09	15&O 100 Backstroke	58.39	1:09.39	30	
31	9:27.19	10:40.59	13-14 800 Freestyle Relay ^a	9:02.99	9:46.89	32	
33	9:27.19	10:18.59	Open 800 Freestyle Relay ^{ab}	8:06.49	9:09.09	34	
35	12:18.99	10:34.69	11-13 800 Freestyle ^{tu}	12:14.39	10:31.79	36	
35	12:06.59	10:34.69	14 800 Freestyle ^u	11:40.89	10:31.79	36	
35	11:34.99	10:36.99	15&O 800 Freestyle ^u	10:45.89	9:59.99	36	

^a 800 Free Relay Timed Finals, fastest 2 heats in Finals

^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

^u 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. They will be scored as 11-13, 14, 15&O.

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

SCHEDULE OF EVENTS - FRIDAY JULY 25, 2008 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

GIRLS				BOYS			
EV#	SCY	LCM	EVENT	SCY	LCM	EV#	
37	1:20.79	1:34.59	11 100 Butterfly	1:23.89	1:34.29	38	
39	1:14.09	1:25.99	12 100 Butterfly	1:14.09	1:28.99	40	
41	1:10.29	1:19.39	13 100 Butterfly	1:13.99	1:22.39	42	
43	1:08.69	1:15.59	14 100 Butterfly	1:06.69	1:15.89	44	
45	1:04.69	1:14.79	15&O 100 Butterfly	57.69	1:06.29	46	
47	40.19	46.09	11 50 Breaststroke	43.39	46.49	48	
49	37.29	43.59	12 50 Breaststroke	38.59	44.89	50	
51	2:48.39	3:13.49	11-13 200 Breaststroke ^t	2:53.39	3:20.29	52	
53	2:48.39	3:12.69	14 200 Breaststroke	2:41.59	3:08.99	54	
55	2:39.99	3:08.19	15&O 200 Breaststroke	2:28.49	2:52.59	56	
57	4:43.49	5:14.99	11-12 400 Freestyle Relay ^a	4:32.19	5:02.59	58	
59	4:14.79	4:51.19	13-14 400 Freestyle Relay ^a	3:59.89	4:30.89	60	
61	4:08.49	4:40.29	Open 400 Freestyle Relay ^{ab}	3:42.39	4:10.89	62	
63	6:31.59	6:06.49	11 400 Freestyle ^c	6:33.69	6:07.39	64	
65	6:06.59	5:33.49	12 400 Freestyle ^c	6:12.19	5:35.09	66	
67	5:58.59	5:12.99	13 400 Freestyle ^c	5:50.69	5:17.99	68	
69	5:51.29	5:09.09	14 400 Freestyle ^c	5:35.39	5:05.59	70	
71	5:31.99	4:56.69	15&O 400 Freestyle	5:08.99	4:40.79	72	

^a 400 Free Relays Timed Finals, fastest 2 heats in Finals.

^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 400Freestyle, Timed final event. Fastest heat swum in finals

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

2008 SPEEDO OREGON SWIMMING LONG COURSE 11 & OVER CHAMPIONSHIPS (Page 5)**SCHEDULE OF EVENTS - SATURDAY JULY 26, 2008 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM**

GIRLS				BOYS				
EV#	SCY	LCM	EVENT		SCY	LCM	EV#	
73	36.29	41.29	11	50	Backstroke	37.19	41.19	74
75	33.89	38.69	12	50	Backstroke	34.59	39.29	76
77	2:29.89	2:50.99	11-13	200	Backstroke ^t	2:31.69	2:56.39	78
79	2:26.49	2:46.19	14	200	Backstroke	2:24.19	2:44.29	80
81	2:16.69	2:44.19	15&O	200	Backstroke	2:07.99	2:32.19	82
83	2:26.09	2:49.69	11	200	Freestyle	2:32.39	2:45.39	84
85	2:18.49	2:36.89	12	200	Freestyle	2:23.29	2:37.99	86
87	2:13.39	2:29.09	13	200	Freestyle	2:14.79	2:28.69	88
89	2:09.19	2:25.69	14	200	Freestyle	2:03.99	2:21.39	90
91	2:04.39	2:20.89	15&O	200	Freestyle	1:52.89	2:08.99	92
93	5:23.49	5:56.89	11-12	400	Medley Relay ^a	5:08.49	5:42.69	94
95	4:47.09	5:30.29	13-14	400	Medley Relay ^a	4:46.79	5:22.09	96
97	4:51.19	5:26.89	Open	400	Medley Relay ^{a,b}	4:18.99	4:46.99	98
99	5:22.69	6:09.89	11-13	400	Individual Medley ^{t,c}	5:30.39	6:14.19	100
101	5:17.39	6:02.99	14	400	Individual Medley ^c	5:08.19	5:53.69	102
103	4:54.79	5:53.29	15&O	400	Individual Medley	4:42.19	5:23.09	104

^a 400 Medley Relays Timed Final event, fastest 2 heats in Finals after the 400 IM.

^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 27, 2008 - WARM-UPS 7:00 AM, PRELIMS 8:30 AM

GIRLS				BOYS				
EV#	SCY	LCM	EVENT		SCY	LCM	EV#	
105	1:06.59	1:15.69	11	100	Freestyle	1:07.99	1:15.09	106
107	1:02.39	1:11.59	12	100	Freestyle	1:03.89	1:12.39	108
109	1:00.69	1:09.09	13	100	Freestyle	59.89	1:08.59	110
111	59.49	1:07.59	14	100	Freestyle	56.49	1:05.09	112
113	57.19	1:06.09	15&O	100	Freestyle	50.29	58.79	114
115	1:28.79	1:41.09	11	100	Breaststroke	1:35.29	1:41.59	116
117	1:21.89	1:34.99	12	100	Breaststroke	1:25.09	1:36.99	118
119	1:19.69	1:27.59	13	100	Breaststroke	1:21.19	1:33.79	120
121	1:18.19	1:29.99	14	100	Breaststroke	1:13.69	1:26.99	122
123	1:13.19	1:27.99	15&O	100	Breaststroke	1:05.99	1:18.79	124
125	34.59	38.59	11	50	Butterfly	35.69	40.19	126
127	32.19	36.59	12	50	Butterfly	32.19	37.99	128
129	2:45.39	3:15.69	11-13	200	Butterfly ^t	2:48.09	3:11.99	130
131	2:38.99	2:58.79	14	200	Butterfly	2:35.69	2:52.79	132
133	2:24.39	2:58.69	15&O	200	Butterfly	2:14.89	2:37.59	134
10 MINUTE BREAK								
135	20:56.89	20:35.69	11-13	1500	Freestyle ^{t,y}	21:09.99	20:08.09	136
135	20:36.49	20:35.69	14	1500	Freestyle ^y	20:03.09	20:08.09	136
135	19:11.19	20:20.69	15&O	1500	Freestyle ^y	17:50.29	19:06.79	136

^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. They will be scored as 11-13, 14, 15&O.

NOTE: SEE 2008 OREGON SWIM GUIDE FOR SHORT COURSE METER QUALIFYING TIMES.

JULY 24-July 27, 2008 Eugene, Oregon

ENTRY SUMMARY SHEET - TEAM NAME: _____

ENTRY DEADLINE – Noon (12PM), TUESDAY, JULY 15, 2008

	Number of Athletes	Fee	Total
TOTAL for Surcharge		\$4.00	\$
TOTAL for Individual Events		\$2.50	\$
TOTAL for relays		\$10.00	\$
TOTAL for Facility use		\$0.00	\$
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 listed on the Master List?