



Oregon Swimming News

Oregon Swimming is organized for the purpose of fostering swimming competition for the benefit of swimmers of all ages and abilities, in accordance with the standards and rules prescribed by USA Swimming.
Visit our web site: www.oregonswim.org

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Oregon Swimming newsletter is an open forum. Oregon Swimming encourages contributions to the newsletter. All content of these letters reflect the views and opinions of the author and may not reflect those of Oregon Swimming

Oregon Swimming, 1750 SW Skyline Blvd #103, Portland OR 97221

COMMENTS FROM THE CHAIR JEFF GUDMAN

The beginning of the championship season is upon us. High school district championships, high school state championships, 10 & under championships, 11 – 14 championships, senior championships, CBSL championships, senior sectional championships, age group sectional championships and the USA Swimming national championships. Good luck to all the swimmers who will be competing in an opportunity to show how much they have improved.

By now every club should have received the Swim Guide for Oregon Swimming. It is a good one. Each year small improvements are made in the content and layout based on suggestions received from people in Oregon and southwest Washington. Oregon Swimming is also quite shameless about reviewing other swim guides from throughout the country and incorporating ideas where applicable. Thanks to everyone who made suggestions during last year.

Recently I had the opportunity to talk with a representative of a company which makes swim meet videos with images from both underwater and the surface and offers a custom video to any athlete

2002 Oregon Swimming Board of Directors

General Chair.....Jeff Gudman
Admin Chair..... Sean Hutchison
Senior Chair Andy Carlisle
Age Group Chair.....Gary Leach
Coaches Rep..... Beth Winkowski
Sr. Athlete Rep.....Haley Koss
Jr. Athlete RepMason Amick
Secretary Tim Stevenson
Treasurer Marilyn Loitz
TPC.....Eric Camus
Registration..... Coby van Andel

Subscribe to Oregon Swimming News!!

For only \$12.00 per year you will receive all the latest information, along with reminders of what is coming in the near future for All OSI members. Just complete the form, enclose \$12.00 and send to the office.

2002 Swim Guide

The 2002 Swim Guide is available through JD Pence or by sending in this form with payment to Oregon Swimming. They cost \$5.00 each.

Name: _____

Address: _____

City, State, Zip: _____

participating in a swim meet. Their equipment does not interfere with the running of the meet. Any concerns with possible interference with the running of the meet can be worked out with the company. The video of the swimmer is received within 4 – 5 days after the completion of the meet. The first 4 races come at a cost of \$15 to the swimmer. This program will also raise additional revenue for the hosting club who would receive a percentage of all sales taken at a swim meet. I think this is a program worth exploring. The person to contact is:

Travis Swanson President/CEO
Hydrus Underwater Imaging
PO Box 19265
Portland, Oregon 97280
503-293-6577 Phone/ 503-293-6588 Fax
Traviscs@yahoo.com

Mark your calendars for the April 13 scheduling meeting. All the meets for 2003, including championship meets, will be established at this meeting. As decided at the October House of Delegates meeting the sole purpose of the meeting will be to work out 2003 so coaches and parents can plan accordingly. Information will soon be going out to every club for the listing of what meets you plan to host in 2003.

Speaking of scheduling. Often times a meet fills up quickly. When that occurs I urge all meet directors to contact as quickly as possible other clubs who have sent in meet entries. This gives the other clubs a better opportunity to find another meet for their swimmers.

In last months column I noted the problem that had developed with the Tualatin Hills 50 meter pool subsequent to its remodeling after the close of last years long course season. As far as short course meets held in the pool this year there will be no problem as the bulkhead will be put in place to assure the proper length of the pool. In addition, all times achieved in the pool (25 yard or 50 meter) prior to the reworking of the pool late last summer are valid. The challenge will be for the upcoming long course season. A long course meet can be held in the pool, so there is the opportunity for racing. It is just that the times can not be used for any other meets. The good news is that the Tualatin Hills Park and Recreation District is actively pursuing remedies to the problem.

Lastly, some good news from the Medford area. Efforts are underway to have a 50 meter pool built in the next 2 – 3 years. Any new pools are always a plus but a 50 meter pool would be terrific. Oregon Swimming will do

it can do assist in the process of getting more pool facilities in the LSC.

See you at the next meet.

FEBRUARY NOTICES

2002 West Coast All Star Team: Congratulations to the athletes who were selected as a member of the 2002 West Coast All Star Team. They competed in Tualatin on January 26 and 27 against team from Southern California, Pacific and Pacific Northwest Swimming.

11-12 Girls: Kristy Adams (DDSC), Jessica Adelman (BEND), Falissa Smith (TTSC), Ellie Bradley (TTSC), Rebecca Rafferty (SLST), Maggie Alexander (TTSC), Hannah Points (TTSC), Rachel Lee (CAT)

11-12 Boys: Brandon Mantei (CB), Sean Sweet (SAC), Justin Krettler (CB), Brett Nagle (PRSC), Dustin Snell (ECSC), Danny Recordon (LOSC), David Scherer (SCAT), Logan Storie (CAT)

13-14 Girls: Kelly Becker (TTSC), Danielle Smith (TTSC), Leesa Cotton (SAC), Kimberly Jasmer (SCAT), Amanda Neubig (MSC), Becky Alexander (TTSC), Morgan Scroggy (LOSC), Marra Erwin (TTSC)

13-14 Boys: Chas Koenig (CB), Casey O'Brien (CB), Jacob Keil (CB), Dan Nyaradi (BEND), Nolan Morell (BEND), Tolga Tokman (SA).

Ben Brink, member of the Eugene City Swim Club and currently attending college suffered a stroke last month. He would appreciate letters and/or cards send to him. They should be mailed to ECSC, Ben Brink, PO Box 70661, Eugene OR 97401. The club will forward all mail to Ben. Our best wishes to Ben and his family.

CBSL Reminder: All CBSL Teams must send a representative to the required CBSL meeting April 13th, immediately following the Oregon Swimming scheduling meeting at the MAC. Please be prepared to discuss area alignments and CBSL Championship meet schedules. For more information contact Elfie Stevenin, 503-363-1403 or Laurie Kilbourn, 503-699-7824.

Athlete Membership Requirements. According to Oregon Swimming Standing Rules the Membership Requirements are: All athletes competing in an OSI sanctioned or approved competition are to be athlete members in good standing of USA Swimming or FINA affiliated organization.

Athletes competing in OSI Championships must be USA Swimming athlete members registered in OSI.

Registration forms and fees must arrive in the OSI office prior to an athlete's participation in an OSI Sanctioned or Approved meet.

Athletes competing in Region XII Senior Championships, Western Zone Championships, or any USA Swimming Championship level competition shall be full year athlete members. (i.e., not Seasonal)

Enforcement - The person signing the entry form will be required to verify that all athletes entered are members (in the appropriate category) of USA Swimming.

Penalties - per Article 302.4, USA Swimming Rules and Regulations, OSI may impose a fine of up to \$100.00 per event against the person signing the entry form.

JOB OPPORTUNITIES

Parkrose Swim Club in Portland, OR is seeking a person to fill the position as the Head Coach (Age Group Program) beginning April 1, 2002. The training facility is a 25 yard 8 lane indoor pool for year round training, as well as Mt. Hood Community College 50 meter outdoor pool for summer practice. PRSC has 80 swimmers ranging from Novice to High School age group. Position requirements include but not limited to the following:

ASCA level 2 minimum certification; four years of USA Swimming age group coaching experience; current CPR, First Aid and Safety Training for Swim Coaches; 18-22 hours deck coaching per week; 1 team meet per month; 1 league meet per month, usually during practice time. Working knowledge of Hy-Tek Team Manager and Meet Manager a must; participate in monthly board meetings; strong background in stroke mechanics and training techniques; ability to communicate effectively with swimmers, coaching staff and parents.

We are looking for an enthusiastic person who has the ability to challenge and encourage the swimmers, and who can help set achievable goals with direction by an endurance base workout.

For more information contact Kevin Nage at 503-252-9079 or kdnagle@aol.com; John Billings 503-252-7547 or johntopbills@aol.com; Lisa Schaefer 503-252-5577.

Please send cover letter, resume along with references to: ParkRose Swim Club,

Attn. Lisa Schaefer (club president)

PO Box 301605

Portland OR 97294-9605

Minutes – Oregon Swimming, Inc., Board of Directors Meeting

Wednesday, January 9, 2002, 7:30 PM

Multnomah Athletic Club, Portland, Oregon

In Attendance: Tom Weltchek, Jeff Gudman, Tim Stevenson, Sean Hutchison, Coby van Andel, Mark Rieniets, Valarie Koss, Haley Koss, Geoff Tiffany, Sean Taylor, Suha Tokman, Jacki Allender, Christi McCauley, Craig Martin, Gene Mielke, Mark Maxwell, Mason Amick, Howard Jones, Alexandra Amick, Marcie Anderson, Eric Camus, Gary Leach

General Chair Report – Jeff Gudman. Jeff called the meeting to order at 7:38 PM.

The minutes from the last meeting were approved as submitted.

Treasurer's Report: Marilyn Loitz. Marilyn was not present but provided a written report. The treasurer's report was approved as submitted.

Administrative Report – Sean Hutchison.

Age Group: Gary Leach. Gary reported that the 11-14 Short Course Championship would be held at T-Hills using 8 lanes of the 25-yard pool. Gary has asked when new coaches join OSI that he be notified so that he can get information out about the new coach.

Senior Report – Andy Carlisle. No report.

Coach's Report – Beth Winkowski. No report.

Championship Coordination – Tom Weltchek. No report.

Site Selection – Tom Weltchek. No report.

Athlete Representatives – Mason Amick and Haley Koss. No report.

Scheduling – Skip Runkle. Skip was not present but Jeff Gudman reminded everyone that the next scheduling meeting would be held April 13 at the Multnomah Athletic Club.

Time Standards – Andy Carlisle. No report.

Technical Planning – Eric Camus. Eric asked for guidance from the board for the focus of TPC. After some discussion Eric declared that he would focus on scheduling, format, and site selection.

Safety Chair – Jeanine Serrano. No report.

Camp Coordinator – Geoff Tiffany. Geoff reported that there would be a level three and a level four camp held either the weekend of April 20/21 or April 27/28. The camps will be held at OSU and Linfield.

Officials Committee – Gene Mielke. Gene reported that the meet referees for all of the short course championships have been assigned. He plans to have the

long course championship meet referees assigned by mid April.

Adaptive – Gene Mielke. Gene reported that there will be a specialized adaptive meet April 14 at a pool somewhere near the Federal Way facility. Gene requested that OSI adaptive swimmers contact him so that he might be able to redirect information to them. National Disability Championships are June 13 – 16 at Federal Way.

Registration – Coby van Andel. Coby reported that a new team from Vancouver has submitted a request to join OSI.

Motion: To accept the Green Meadows Swim Team (GMST) of Vancouver, Washington.

Passed unanimously.

Motion: To accept the Bignall Blue Marlin Aquatic Club (BBMAC) of Sandy, Oregon.

Passed unanimously.

Sanctions Chair – Mark Rieniets. Mark asked permission to send sanctions and referees reports out electronically via email. He will still send out hardcopy to those who prefer hardcopy.

Awards – Lise Thom. No report.

Awards Ceremony – Marianne Gunderson. No report.

OVC Chair – Jacki Allender. No report.

Records – Marni Henrickson. No report.

All Star Team (Zone Team) - Lissa Parker/Suha Tokman. The teams will be staying at the Holiday Inn in Wilsonville. The meet will be held at the Tualatin High School Pool. There will be four teams participating in the meet.

The zone team will be staying in a hotel across the street from USC. This will provide a better environment for the swimmers and their chaperones.

Office Manager – Coby van Andel. No report.

Old Business

Jeff reminded everyone that OSI teams have a significant rebate available to them for the purchase of Hytek software.

New Business

Merchandising of OSI Logo – Dan Cole suggested that OSI consider merchandising OSI products such as polo shirts and hats. It was pointed out that this has been tried in the past with little success. It was suggested that

JD Pence be allowed to use the logo for merchandise. This will be looked into.

Hydrus – A local company has made its services available for the videotaping of swimmers at meets. They charge \$20.00 for up to five races. They are scheduled to be at the CAT meet in January.

Adjourned at 9:16 PM.

Next meeting:

Executive Committee – Wednesday, February 6, 2002, 7:30 PM via conference call

Board Meeting – Wednesday, March 6, 2002, 7:30 PM at the Multnomah Athletic Club

Officials' Meeting – Wednesday, March 6, 2002, 6:00 PM at the Multnomah Athletic Club

Next TPC Meeting – TBA

Respectfully submitted,
Tim Stevenson, Secretary

OFFICIALS CORNER ***GENE MIELKE***

OSI Referees:

We have a new referee in Oregon. He is Thomas Hayter of Salem. Congratulations to you Tom. He can be reached at 503-589-4760. Christi McCauley has completed her training course and now only has to take the test.

National Official's Clinic:

The National Official's Clinic is going to be held in Colorado Springs on May 10 – 12, 2002. Oregon Swimming, Inc. has decided to send to officials to the clinic again this year. The Officials Committee will be making the decision on whom to send by the end of the month.

Championship Meets:

The following officials were appointed for the short course season championship meets.

West Coast All Stars: Referee, Bob McMillan.

High School State: Referee, Jess Hickerson.

10 & Under Championships: Referee, Linda Postma.

11 – 14 Championships: Referee, Dick Crim;

Administrative Referee, Kevin Nagle.

Sr. Championships: Referee, Bruce Ludwig,

Administrative Referee; Jess Hickerson.

A decision on the referees for the long-course season will be made by mid-April.

If you are interested in working as a Starter, Chief Judge, or Deck Referee at any of the meets, please contact the meet referee.

High School Rules:

In last month's column, there was an error in the wording of the butterfly involving the position of the shoulders in USA Swimming Rules and Regulations. I am including only the corrected section here. The entire document is on the OSI WEB page.

“BUTTERFLY:

After the start and each turn the swimmers shoulders shall be at or past vertical towards the breast. The swimmer may take as many kicks as they want. The head must break the surface of the water before the 15 M mark and some part of the body must remain on the water surface throughout the swim, except for the first 15 M after each turn. During the swim the arms must recover simultaneously over the water surface. At any given time, corresponding points of both hands shall be at the same horizontal level. (Note: USA Swimming Rules and Regulations do not mention hand position.)”

In addition there appears to be a conflict between the body of the rules and situations sections of the high school rules concerning the backstroke turn. The body of the rule states “the swimmer's upper shoulder may (but is not required to) rotate past vertical toward the breast before the touch is completed provided such touch is accompanied by an initiation of the turning action of continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.” The implication of the rule is that if the single- or double-arm pull is utilized it should be a continuation of the action begun with the upper shoulder rotating past vertical toward the breast. In the situations the example is given of a swimmer rotating past vertical toward the breast and kicking into the wall with arm extended without taking a pull, and comments “kicking and gliding is permitted throughout the turning and the touch provided no additional arm pull occurs.” The wording in the situation is being interpreted differently in different parts of the state to either allow (or not allow) the swimmer to kick and/or glide before taking the single- or double-arm pull after the upper shoulder rotates past vertical toward the breast.

I have talked to several present and past members of the High School Rules and Regulations Committee to get the official interpretation of the rule. Unfortunately what I have found is that there is no consensus among the

Committee, and in fact each of the Committee members I talked to had a different perspective on what the intent of the rule actually was. Therefore I was unable to get an official interpretation as to what the intent of the rule and situation actually is. Hopefully we can resolve this before next season. For the remainder of this year's high school season, we will interpret the rule more broadly by not requiring the single- or double-arm pull to begin “immediately” after the upper shoulder has rotated past vertical toward the breast.

AGE GROUP REPORT***Gary Leach***

A lot of 'big' meets upcoming but for now just the standard day to day routine. Keep up with the updated times to Oregon swimming. The championship season will be interesting and fast in both the 10 and Under and 11-14 championships. Good luck and swim fast.

I'd like to start a new part to this column. I would like to feature one or more new coaches into Oregon swimming each month. I need your help! If your team has a new coach age group, novice, senior or whatever send me information about your coach. Where are they from? What is their background? How long have they been in swimming? Some general information that all of the LSC would like to know. Maybe something unique, too. You can e-mail me at glead@themac.com I'll start next month with a new coach in the Portland area at David Douglas Swim Club. Swim fast, best of luck and great coaching.

ADAPTED SWIMMING***GENE MIELKE***

Olympic Torchbearers:

Nine of our Paralympic swimmers have been selected to participate in the torch relay for the 2002 Winter Games. They are Cheryl Angelelli, Linsay Callies, Aimee Bruder, Rudy Garcia-Tolson, Curtis Lovejoy, Erin Popovich, Mandy Sommer, and Brandi Van Anne. Congratulations to you all.

Northwest Adaptive Meet:

A one-day meet in the Northwest for swimmers with disabilities will be held in the Seattle area on April 14, 2002. While this is not a regional meet, it may grow into one in the future. It is being sponsored by the Children's Hospital and Regional Medical Center. The Meet Director will be D. Kiko Van Zandt, a former Oregon Swimmer. You can contact Kiko for more information at 5552-35th Ave N.E., Seattle, Washington, 98105, or on E-mail at kvanza@chmc.org or cvanzan@home.com.

USA Swimming National Adaptive Championships: The 2002 National Adaptive Championships will be held at the King County aquatic Center in Federal Way Washington this summer. This will provide a good opportunity for officials, coaches and swimmers to observe what is happening in adaptive swimming at the national level. It will also give Northwest swimmers with disabilities an opportunity to compete without having to travel long distances. Please contact me for more information.

Disabled Swimmers in Oregon – Where are they?

How many disabled swimmers are there in Oregon? Who are they, and where do they live? With a few exceptions we just don't know. While swimmers with disabilities can indicate on their USA Swimming registration forms if they are a member of a disabled sports organization, they are not required to do so. I would like to come up with a list of names and addresses of our swimmers with disabilities. Two of the immediate uses for such a list would be to make sure our athletes personally got the information about the Northwest and National meets. I will attempt to build and maintain such a list. Swimmers, coaches, and parents, please contact me at 3926 Fairview Dr., Hood River, Oregon, 97031, phone 541-386-2041, or E-mail geneandkaren@gorge.net.

Oregon Swimming Camp Program

This year Oregon Swimming has voted to improve and expand its swimming camp program. The camp system consists of five camps (see box insert). The main goal of these camps is to offer swimmers and parents further educational experiences in competitive swimming. Three camps (Oregon All-Star, Sectional Racing, and State Racing Camps) are based on selection of swimmers by performance. Two camps (Oregon Racing and Catch the Spirit Camp) are based on a first come application basis.

The Sectional Racing Camp is scheduled at Oregon State University April 27 –28, 2002. The Head Coach of this camp will be Mariusz Podkoscielny, OSU Head Women's Swimming Coach. This camp is a two-day camp and will include several swimming sessions, team meetings with athletes, trainers, and other specialists that can help improve education about swimming performance. Swimmers and coaches who apply will be selected based on the results at Winter Sectionals 2/27 – 3/3, 2002. Applications are due by the final event on Sunday 3/3/2002. (Give to Geoff Tiffany or drop off in the LOSC Mail box) Swimmers and coaches who are selected will be notified by 3/7/2002.

There is a mandatory parent meeting with this camp scheduled for two hours, which will start directly after parents drop their swimmers off in Corvallis.

The OSI Championship Racing Camp is set for the same weekend (4/27-28/2002). Gary Gutierrez, Head Coach at Linfield College, will be the Head Coach for this camp. This is a two-day camp and will include several swimming sessions, team meetings with athletes, trainers, and other specialists that can help improve education about swimming performance. Swimmers and Coaches who apply will be selected based on results at Winter OSI Championships 2/22 – 2/24. Applications are due by the final event on Sunday 2/24/2002 (Give to Geoff Tiffany or a LOSC coach). Swimmers and coaches who are selected will be notified by 2/28/2002. There is a mandatory parent meeting with this camp scheduled for three hours to start on Sunday morning (three hours before the swimmer pick-up time).

The Racing Camp and the Catch the Spirit Camp will be scheduled sometime in Fall 2002. Swimmers who go to the camps this April will be disqualified from attending these camps. Details on these one-day camps will be showcased in following newsletter articles (see insert for quick details on all the camps).

All camps conducted in Oregon will have a parent meeting and a parent breakout session, which will be lead by Oregon Board Members, Coaches, and specialists in the fields of nutrition, physical therapy, and psychological support for athletes.

Camp Directors Needed

Oregon Swimming is in need of Camp Directors; this coordinating person will organize food, lodging and logistics. For the two-day camp the Camp Director will receive a \$300.00 stipend from Oregon Swimming, and a \$150.00 stipend for the one-day camp. This position is vital to the success of the camp program. Anyone with experience organizing events (past Zone directors, coaches, officials, a team parent, or anyone that would be excited to work with Oregon Swimming to provide a great opportunity for the swimmers) please consider applying for this position. (Applications are on page 8).

CAMPS: A QUICK LOOK

CAMP/Location	DATE	WHO GOES
Oregon All-Star Camp/ Olympic Training Center, CO	Mid-Late October	Top 8 Men and top 8 Women from Summer Sectionals Application Deadline: Summer Sectionals Sunday After Finals
Sectional Racing Camp Oregon State University	April 4/27 -28	Top 25 Men and top 25 Women from Winter Sectionals Application Deadline: Winter Sectionals Sunday After Finals
Oregon Swimming Championship Racing Camp Linfield College	April 4/27-28	Top 6 boys and top 6 girls from each age group at 11 – 14 OSI Championships Application Deadline: OSI Championships, Sunday After Finals
Oregon Racing Camp TBA	Early Fall	Swimmers that have been registered for one or more years and have not participated in any of the above camps. Applications will be available through the Newsletter, and at several BC Meets this summer.
Oregon Catch the Spirit Camp TBA	Early Fall	12 and under novice swimmers currently registered with Oregon Swimming. Applications will be available through the Newsletter, and at several BC Meets this summer.

Anyone having questions about camps should contact Geoff Tiffany, Oregon Camp Coordinator, via e-mail geoff.tiffany@lakeoswegoswimclub.org or call 503-293-4114

ALL STAR TEAM

I would like to thank the hosting facility and the coaches and parents from the Tigard Tualatin Swim Club for helping us prepare for the Pacific Coast All Star Meet. We are fortunate to also have D'Angelos Catering doing all our meals, close by at the Byrom Elementary School (walking distance), and with the hotel just minutes away the kids will get good food and plenty of rest!

Our head coach Suha Tokman has already spent several hours contacting families and selecting the team. I would like to reiterate his concern that it's in all our best interests' to have as many qualified swimmers apply for these meets as possible. It's a great racing experience, not to mention the opportunities for team fellowship and learning to support one another. These experiences will serve you well down the road i.e. at Zones and at higher levels of competition. We did not have swimmers from a few clubs, especially in the Portland Metro area with qualified competitors apply whatsoever. Considering other teams i.e. Southern California hand picks their athletes from the fastest statewide, it does mean that our swimmers will need to step up and try their hardest (which they usually do and do well!).

Another concern for coaches is to make sure your applications are complete, signed, and that parents and swimmers understand the age limits i.e. for a 13 year old the 14 year old time standard applies for that age group. Suha has changed the form a little to make that clear. Our April All Stars meet with Snake River and Inland Empire will be closer to the January meet in it's format i.e. a two day competition with a speaker or presentation at our dinner. At present it looks like it will be held at Whitworth College Pool, Spokane. We will probably take a bus to this meet, which in the past has proved to be a fun experience for the swimmers and a chance to get to know each other. Please encourage you kids to apply.

Western Zones at USC in Los Angeles is beginning to shape up. We will be staying at the Radisson Hotel across the street from the campus, which will afford us some more peace, privacy and air conditioning. We will still be within walking distance and we have the residence halls for food service available. At the end of the meet we plan a fun activity day, possibly a water park i.e. Raging Waters.

Our team colors for the January All Stars meet will be red, white & blue!

Good luck and see you soon! – Lissa Parker , Team Manager

ALL-STAR MEET SWIMMER APPLICATION

Swimmer's Name: _____ Male _____ Female _____

Address: _____ City _____ Zip: _____

Phone: (H) _____ (W) _____ (Cell) _____ (Fax) _____

Coach Name: _____ Club Name and Code: _____

USA Swimming# _____ Your age (on April 20, 2002): _____

T-Shirt Size: _____

Please read very carefully before filling out times

***Enter best short course yards and long course meters times for "ALL" NOT only the Q times you have, for all the events:**

*** Important:** For short course time standards, 11 yr olds use 12 yr. old Q times, 13 yr. old use 14 yr. old Q time. (Must have a minimum of one Age Group Regional time.

***Times you list below must have been achieved since June 1, 2001.**

***You MUST circle the events for which you have achieved qualifying times.**

Event	S C Y Time	LC M Time	Date Achieved	Meet at which this time achieved
50 Free				
100 Free				
200 Free				
500 Free				
100 IM (11-12)				
200 IM				
400 IM (13-14)				
100 Fly				
200 Fly (13-14)				
100 Breast				
200 Breast (13-14)				
100 Back				
200 Back (13-14)				
<i>You must provide your times below, they are for relay entries only</i>				
* 50 Back				
* 50 Breast				
* 50 Fly				

➤ **IMPORTANT FOR COACHES:** This form must be signed by the coach in the space below. Coach's signature verifies that the times have been achieved in competition since June 1, 2001.

➤ Coaches, please use the space provided for comments you may wish to make regarding the swimmers events, conditioning, etc.

➤ **Coach's signature verifies that swimmers level of conditioning is appropriate for this competition and that to the best of your knowledge the times listed are accurate and were achieved on the date and at the meet indicated.**

Coach's Signature: _____ Date _____

Coach's Comments: _____

APPLICATION MUST BE RECEIVED BY NOON, March 15th, LATE APPLICATIONS WILL NOT BE CONSIDERED

1. FAX to Oregon Swimming at 503-297-8498 Phone 503-297-6027 to verify receipt of FAX. or
2. Mail to :Oregon Swimming, Inc. 1750 SW Skyline Blvd Suite 103 Portland OR 97221

DO NOT SEND MONEY WITH THIS APPLICATION

Oregon Swimming, Inc. 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221-2545

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