



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 Tualatin Hills 50 meter pool underwent retiling and upgrading after the close of the last long course season. In November of last year there was a short course 25 meter Masters meet at the pool which required installation and proper placement of the bulkhead. During the process of placement of the bulkhead a measurement of the 50 meter pool was taken. The measurement was done almost as an afterthought and was done simply because the measuring equipment was at the pool. This result was confirmed with a subsequent laser measurement with commercial high quality measuring equipment. Unfortunately the results confirmed the 50 meter pool is fractionally short of 50 meters and is slightly less than 25 yards wide. When you add in the pads it is a little bit shorter. USA Swimming rules are very clear about the length of the pool. While there is a bit of upside on the length there is no wiggle room on the downside (Article 103 Facilities Standards permit no downside but up to plus 0.03 meters – 1 3/16”). Fortunately with the use of the movable bulkhead the pool can still be used for 25 yards and 25 meter events. What does this mean for Oregon Swimming. At the present time there are still a number of facts being

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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: _____

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gathered so the final solution for the Tualatin Hills 50 meter pool is still unknown. However, if your pool has undergone any renovation, or even if it has not, I urge you to take a measurement of your pool. It is not fair to the swimmers if they are racing in pools that are either too short or too long.

The Northwest Senior Sectional meet (formerly Region XII Senior Championships) will be held February 28 – March 3, 2002 in Federal Way. As I write this column some of details of the meet are still being worked out. What will be different about this meet this spring will be the addition/invitation of the 4 LSC's of the southwest section to participate in the meet. This is balanced by the Northwest Section LSC's participating in the Four Corners sectional meet this summer. At the Spring Sectional meet there will be the regular meeting of the section. This meeting will mark the first time all the clubs in the two sections will be in the same location at the same time. Up to this point it has been representatives from each LSC in conjunction with the meet hosts and the Western Zone representatives who have been working on the meet. Tom Weltchek has ably represented Oregon Swimming in this process. One of the important issues has been the issues of "soft cuts" for the meet. The Oregon Swimming position which came out of the Oregon Swim Coaches Association annual meeting and the House of Delegates annual meeting was opposition to soft cuts. However, the spring 2002 meet may have a "soft cut" standard. It is very important that representatives of every club swimming in the meet be at the Sectional meeting which is likely to be held Saturday between prelims and finals. That meeting will determine the future direction of the meet with respect to combining the two sections, whether there should be soft cuts or not and other issues associated with the meet. The Northwest Sectional (Region XII) meet has a long and successful history. Let's build on that history and continue having a meet swimmers aspire to attend as a step in their road of progress.

See you at the next meet

JANUARY NOTICES

2002 Zone Staff. Suha Tokman, head coach, Beth Winkowski, Robin Willia, Jim Bowe, Eric Laitinen and Chris Richmond, assistant coaches for the 2002 All Star Teams.

2002 Short Course Championships are held in: February 16-17 Under Championships: in Springfield. February 22-24, 11-14 Championships in Beaverton.: March 8-10: Senior Championships: in Corvallis.

2003 Age Group Sectional Meet: bids for the 2003 Age Group Sectional meet will be accepted until March 4, 2002. Please submit them to Jody Braden, Age Group Chair at jodyb@foxinternet.net.

Club Toolbox. USA Swimming offers a free club toolbox to every registered team. This box contains valuable information for becoming a successful organization. For more information and/or a copy of the application form contact the Oregon Swimming office at 503-297-6027.

OSI Website Results – We have had a tremendous response for posting meet results to the website. For future submissions, OSI is requesting that results be created in a flat html format. This makes a smaller file thus making it easier to download. To create the file, open Meet Manager, click on Reports menu and select Reports. Select the events you are creating the report for and then select Flat HTML under in the Export File section. Click Create Report. Hy-Tek will ask you to save the file. You can then send the file to robbertv@oregonswim.org.

Maintaining Team Manager Database

Purpose: The purpose of maintaining the database is to verify qualifications for the various championship meets OSI holds every year. This is similar to the program that the Northwest Section is running.

When signing up for an OSI Championship meet, a swimmer must show up in the database or send proof of qualification.

Advantages: The main advantage of creating the database is preventing swimmers who have not qualified for the meet from entering, saving time in an already crowded and long swim meet. A secondary benefit is the automatic generation of OSI's Top 5 list.

What Will Need to Happen: For this program to be successful, clubs running meets will need to send results in the form of a CommLinkII file to the OSI office either via e-mail or snail mail. Emailed results needed to be zipped. Clubs not running Hy-Tek will need to send a copy of the results when entering as proof of qualifying.

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.

OFFICIALS CORNER

GENE MIELKE

High school swimming is upon us. Several of you have taken the opportunity to work you first meet, or would like to, but are unsure of the rules. The following stroke briefing is similar to that used for USA Swimming, with the differences between USA Swimming and high school rules underlined.

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. All movement of the legs and feet shall be simultaneous. There shall be no alternating, scissors or breaststroke kick.

At the turns and the finish there shall be a two-hand, simultaneous touch.

BACKSTROKE:

The swimmer must be at or past vertical towards the back during the swim. 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.

At the turn some part of the swimmer must touch the wall. Once the swimmer's head has passed under the backstroke flags, prior to the turn, the swimmer may turn past vertical toward the breast to initiate the turning action, or continue to the wall. In initiating the turning action, the swimmer may execute a single-arm or

simultaneous double-arm pull, which shall occur immediately after the swimmer has turned past vertical toward the breast. After the initiation of the turning action no additional arm pull(s) may be started, however, kicking and gliding are permitted.

To be a legal USA Swimming turn, the swimmer may turn past vertical towards the breast at which time they may execute a single or simultaneous double arm pull, which may be used to execute the turn. Once the swimmer has left their position on the back there shall be no kick independent of the turning action.

The swimmer must be towards the back when their feet leave the wall after each turn and must touch the wall at the finish while on the back. As a turn judge at the finish when you have chosen to shift your view from the whole swimmer to the shoulders to insure that they have not gone past vertical towards the breast, you can no longer make an underwater finish call.

BREASTSTROKE:

At the start of the race, the swimmer may take one arm pull and one leg kick, in that order, while completely submerged. The head must break the surface of the water prior to the arms being pushed forward from the breast on the recovery of the second arm stroke, and from the beginning of the first arm stroke, the body shall be kept on the breast.

To be a legal USA Swimming swim, the head must break the surface of the water by the time the arms have reached the widest part of the second arm pull.

The arms must move simultaneously and in the same horizontal plane, without any alternating movement. The recovery movement may be made at, above, or below the water surface, but the hands must be pushed forward from the breast. The elbows must stay in contact with the water during the recovery phase of the arm pull throughout the race except for the last stroke at the finish. The only time the hands may be brought beyond the hipline is the first arm pull after the start and each turn. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn. (Note: USA Swimming Rules and Regulations do not prohibit sculling at the end of the first pull after the start or each turn.)

All vertical and lateral motion of the legs shall be simultaneous. The position of the toes is the key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick, it is a legal breaststroke kick. There shall be no scissors, flutter, or downward butterfly kick. Breaking the surface of the water with the feet is not a DQ unless accompanied by a distinctive downward butterfly kick.

At the turns and the finish, a two handed simultaneous

touch is required. After the final pull into the wall at the turns and the finish, the arms no longer need to be in the same horizontal plane, however, the shoulders do have to be at or past vertical towards the breast when the feet leave the wall at each turn and again at the finish.

FREESTYLE:

The swimmer may chose to swim any style they want, but their head must break the surface of the water before the 15 M mark and some part of the swimmers' body must remain on the water surface throughout the race, except for the first 15 M after each turn. Some part of the swimmer's body must touch the wall at the end of each length of the swim.

INDIVIDUAL MEDLEY/MEDLEY RELAY:

The Individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle. Freestyle being any stroke other than the previous three. The Medley Relay is Backstroke, Breaststroke, Butterfly, and Freestyle.

Each leg of the race shall be judged by the rules pertaining to that stroke and each transition shall conform to the turn rules for that stroke. (Note: USA Swimming Rules and regulations require that each transition conform to the finish rules of that stroke.)

RELAY TAKE-OFFS:

Watch the feet of the swimmer on the block. When the feet of the swimmer on the block leave the starting platform, look down to see if the incoming swimmer has touched the wall. If so, then the exchange is good and you should circle the outgoing swimmer's number on the relay take-off slip. If the exchange is bad, put an X through the number of the swimmer who took off early. Lane Relay Take-Off Judges DO NOT raise their hand for an early take-off, side Relay Take-Off Judges raise their hand, after the last swimmer has left the blocks, if they observe an early exchange. (Note: USA Swimming Rules and Regulations specify that hands not be raised.)

FORWARD START:

The forward start is the same as in USA Swimming Rules and Regulations. False starts are recalled.

BACKSTROKE START:

The swimmers shall face the starting end of the pool with both hands grasping any part of the starting platform or pool end wall, and with both feet in contact with the wall of the starting end. Upon the starting command, "Take your mark", swimmers may assume any motionless position which does not remove them completely from the water, nor both hands or nor both feet from the pool end. False starts are recalled.

FINISHES:

Where automatic timing is used the swimmer must contact the finish pad.

JEWELRY:

A competitor shall not wear jewelry (except religious/medical medal which must be taped to the body) or objectionable attire. Hair restraining devices are considered legal, providing they are functional and are being worn in the hair during the event.

UNIFORMS:

Competitors shall not be permitted to compete in attire (suits and caps) which includes advertising or a name other than the name and/or number of the competitor, school, or mascot except one visible logo/trade name not exceeding 2 ¼ inches in any dimension. An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, and with written state association approval, may be worn on each item of the uniform apparel provided neither the flag nor the patch interferes with the visibility of the number. (Note: USA Swimming Rules and Regulations do not prohibit wearing the names or logos of other clubs or organizations unless that action is objectionable to that club or organization.)

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