



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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March 2003

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

TIM STEVENSON

OSI and I, as the General Chair, recently received an anonymous email from a concerned parent of a swimmer who attended a meet in early January. I feel the issues raised were important enough to our swimming community that I'd address the issues raised in this month's column. The issues were:

1. There were no meet evaluation forms available for them to list their concerns.
2. There were no heat sheets for sale to the spectators, there were only psych sheets available.
3. Because of No. 2 above, almost everyone did not find out until the last moment what their heat and lane assignments were.
4. Because of No. 3 above, the swimmers (and the parents) had a heightened level of anxiety due to the fact that the visual information was limited.
5. Because of No. 4 above, some swimmers missed their events or had to hurry to the blocks.
6. Some officials were rude to the 10 & Under and 11-12 swimmers.

Nearly all of the above issues can be addressed through some understanding of how any meet is

2003 Oregon Swimming Board of Directors

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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.

2003 Swim Guide

The 2003 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: _____

organized and where responsibility lies for making the meet function in a fair and orderly fashion.

Meet evaluation forms are part of the sanction material every club receives when they apply for a sanction from OSI. The purpose of the sanction is to provide insurance coverage for the meet participants through USA Swimming and, secondly, to specify under what rules the hosting club will conform to insure that the meet is run in a fair and equitable fashion. As far as the meet evaluation forms are concerned, the hosting club is obliged to make these forms available to all participants. If you cannot find a form at a meet, you should contact either the Meet Director or the Meet Referee and they should be able to provide you with a copy of the form.

In the case of the second through the fifth issues, the session in question was a deck-seeded session. The purpose of deck seeding is to optimize the use of the pool space by making sure every lane is occupied for each heat and this is generally reserved for 13 and older swimmers. This provides for a better racing environment for the swimmers, as there are no empty lanes and the time necessary to complete the session is minimized. The rules surrounding deck seeding allow swimmers to choose to scratch from an event up to 30 minutes prior to the planned start of the event. This means that the event can't be actually seeded and printed until after the 30 minute deadline has passed. Getting each event seeded, printed, copied, and distributed in less than 30 minutes is sometimes a challenge for the staff that is helping to run the meet (remember these are all volunteers who are trying to do their very best). Generally, the first people to get the heat sheets are the coaches, timers, starter, and referee. Additionally, at most deck seeded meets I've worked, there are heat sheets posted on the wall behind the timers for the swimmers to view. At a deck-seeded meet, it is very important for the swimmers to stay in contact with their coach when the time for their next event approaches because the coach will be one of the first to receive an event's heat sheet. It is the coach's responsibility to get the information to their swimmers and it is the swimmer's responsibility to be at the blocks at the appointed time. As for the problem of the spectators not being aware of what heat or lane their swimmer might be in there is little that can be done for a deck-seeded meet. From the psych sheet, one could estimate about what heat your swimmer might be in, but this depends on how many swimmers may have scratched the event. The best alternative I can provide here is to be aware of what

events your swimmer is entered in and watch for them when they step up on the blocks. We must remember as parents that it is the swimmer's responsibility to be at the blocks at the appointed time. They need to be focused and attentive to the flow of the meet. Generally, it takes a swimmer only one missed swim because they were talking to a friend behind the timers to get the point across that they need to focus on the event in which they are about to swim. This point is made even greater at a deck-seeded meet because the penalty for missing an assigned swim is being scratched from their next individual event. From an administrative point of view, a deck-seeded meet is much more difficult to run but the purpose is to provide the best racing environment for the swimmers and this is the reason that we go through the extra effort to run a deck-seeded meet.

As to the last point concerning rude officials, I can only say that you should report any problems of this sort immediately to the Meet Referee. If you do not feel comfortable discussing the issue with the Meet Referee, then you should discuss it with your team coach and let them bring the issue to the Meet Referee. OSI officials are trained to respect our swimmers and, as a group, are some of the best people I know. If there is a problem with an official then OSI needs to be made aware of it so that we can take corrective action. This is very important. If we are unaware of the problem, we can't fix it.

COACHES CORNER ***SCOTT ALLEN***

In Memory of Dan Perz

Lake Oswego Swim Club coach Dan Perz passed away suddenly on Monday February 10 from health complications.

There are no words or actions that can do justice or express the loss we all have from Dan's departure. He truly was a wonderful person, husband, friend, and coach to us all.

Dan leaves his wife Barbara, along with his daughter Stephanie and son Justin.

In my short time in Oregon Swimming, I found the coaching community to be one on very congenial terms. Although there is diversity in style and philosophy, there is a general respect for each of our programs. I have seen what a break down in this respect for one another can do to a LSCs coaching community. As such, I feel that it is important to

review our policy of ant-recruiting. I raise this point as several coaches have brought it to the attention of the board that there have been incidents that could be construed as a violation of this policy. I would like to believe that these incidents were transgressions of youth and a misunderstanding of the policy.

Although, not clearly written into our policy, it has been common courtesy that when an athlete begins to practice with another team, the new coach contacts the former coach to discuss the matter, whether it is a point of information or one of full disclosure is between the coaches involved. For those coaches that continue to talk with the former athletes, due to the athlete leaving the program or the coach moving to another club, it is best to keep the topic of discussion to that of the athlete's well being. Discussing stroke technique or training situations could, and can, be easily as a form of recruiting. As you talk with the former swimmer, swimmers, parents and other coaches do take notice. A few overheard words picked from the conversation can be taken out of context and although no harm was meant, harm has been done - one of mistrust.

The other matter is one of registering athletes. Please be sure that athletes are registered before they are entered into a meet. If a swimmer entered in the meet is not registered, everyone is in jeopardy. The host team, coaches and the LSC are not covered by our USA Swimming liability insurance if this unregistered athlete is injured at the meet, or at YOUR practice. Not only is the insurance an issue, but the times achieved by this athlete cannot be used as official times. Also a matter that is included in this subject is one of meet warm-up. It should be remembered that only USA Swimming registered coaches can conduct a meet warm-up and start athletes from the starting blocks. Although I understand the need for some extra attention prior to the start of the meet, anyone not registered as a coach (who should have their coaches card readily displayed) and is working starts, turns or strokes during warm-up also jeopardizes our USA Swimming liability insurance. If your coach is not at the meet, swimmers should be taken to the meet referee to be assigned a coach for the warm-up.

Lastly, I would like to commend coaches on the outstanding swimming seen at these last few meets of the season. As our athletes succeed it is great to see coaches feel proud of their efforts and of that of their athletes. Our athletes and parents do look to us, as coaches, as role models for sportsmanship. As coaches, we can decide on which model we want to

be. I would hope that we would be coaches that take pride in our athletes and their accomplishments, and take satisfaction in the work we did as coaches to assist the athletes achieve that success; but without displaying behavior that takes away from the attention of the athletes. Call me old fashioned, but my coaching role models are Coach Arthur Ashe, Coach Doc Counsilman, Coach John Wooden and Coach Tom Landry. These four coaches left the competition on the field of play and let the success of the team speak for itself.

The registration forms for the Club Leadership and Business Management School are now available. This program is very worthwhile for the club coach, president and board members to attend. I encourage you to attend and I look forward to seeing you there. Of course following the CLBMS, will be our scheduling meeting. Teams should have received their bid packet for meets. Please take time to review the championship meets schedule provided in the letter so that adjustments may be made to your traditional meets.

MARCH NOTICES

New Oregon Swimming Records.

11-12 Girls:

Jordan King, 12, THSC 50 fly, 27.20, 100 fly, 59.34. 100 fly, 58.33, 200 fly, 2:07.39, 200 IM, 2:09.87, 400 IM, 4: 41.98

Michelle Needham, 12, THSC, 200 back 2:15.64

Sloan Storie, 12, CAT, 1650 free, 19:10.25

1650 yd freestyle, three girls went faster than the previous record, since the fastest was to the wall first, she is the only one who actually set a new record.

Maggie Alexander 12, TTSC set the new record with a time of 18:52.21.

Michelle Needham, 12, THSC and Jordan King 12, THSC also broke the old record with times of 18:58.02 and 18:58.63 in that order.

13-14 Girls

Lindsey King, 14, THSC, 100 back, 56.58

13-14 Boys

Garth Summers 14, THSC 100 fly 51.94 prelims, 51.51 finals

Relays:

11-12 girls 400 free relay: THSC (Jordan King, Kath Liggett, Elica Sharifnia, Michelle Needham) time of 3:46.92

11-12 girls 400 medley relay: THSC (Michelle Needham, Elica Sharifnia, Jordan King, Kath Liggett) time of 4:12.40.

Correction: Open Women's 800 freestyle relay belongs to THSC with a time of 7:27.55. Kristen

Kilroy, Caitlin Summers, Danielle Erickson, Majanke Miller. It was swum at the Senior Sectional Meet March 15, 2001.

Congratulations swimmers and coaches.

Out of State Meets. Please remember to send results to the office and the OSI webmaster if your team participates in a meet outside of Oregon Swimming.

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.

Coach membership requirement. The following life guard training courses are now accepted IN LIEU OF Safety Training for Swim Coaches: The American Red Cross Lifeguard Training Course. The lifeguard certification also meets the requirements for first aid and CPR, so now this one course meets ALL the necessary safety requirements for coach membership. (The CPR certification, however, must be renewed annually.) Ellis & Associates "National Pool & Waterpark Lifeguard Training Program - Universal Lifeguard License". The Ellis certification must be renewed ANNUALLY. The certification itself includes lifeguarding, First Aid, CPR, Oxygen Administration and AED operation. When working at an Ellis licensed facility, each individual has to fulfill a minimum of 1 hour in-service training per month to reinforce skills.

YMCA Life Guarding. This course does not fulfill the CPR and First Aid requirements.

USA Swimming does not accept ANY instructor certifications from the American Red Cross. ARC requirements to be an instructor for Safety Training for Swim Coaches mandate that the instructor must hold a current STSC card. Therefore, if a coach sends you a STSC instructor card, he/she should also have the regular STSC card already and should be able to give it to you.

AGE GROUP CHAIR REPORT

AMY EMMETT

There is discrepancy between what is written in the OSI Guide and what appears on the meet information for our OSI championship meets. The OSI Guide it says "Swimmers must appear in the OSI qualifier's database, published on the OSI web site. Swimmers not appearing in the database must provide proof of qualification with entry form." (Section V -Oregon Swimming Championships, Subsection F - Proof of Times; Page 43 - OSI 2003 Swim Guide). In the OSI Championship meet's information it states: "Entry times should be in the OSI database or appropriate proof of times made available at the meet."

From our *swim guide* it suggests that swimmers not listed in the OSI qualifier's database must provide proof of times with their meet entry. The ramification is that if swimmers are not listed, and do not include proof of times with an entry, they are not to be entered into the event for which they do not have a provable time. This point is not stipulated in our rule but may be assumed.

Based on the *OSI Championship meet information*, swimmers not listed in the OSI qualifier's database may be asked for proof of time at the meet. There is no clarification of the consequences of the not submitting proof of time. The penalty for failure to prove times has been removed from the OSI Guide, but this was not voted on specifically at the House of Delegates in 2001.

The motion as per the 2001 HOD minutes is as follows: Proposal to require that all entry times for OSI Championship meets be provable from the OSI database or appropriate proof of time be made available at the meet.

Adopted.

After much discussion, it was decided that the screening of the entries for OSI Championship meets will continue using the database to identify those swimmers that must achieve a qualifying time at the meet, and to go back to the \$25 fine for non-

conforming times. If they do not, they either prove the entry time or pay the fine. **There will be no barring of entries if the time does not exist in the OSI qualifier's database at this time.** It is obvious that additional discussion and consideration need to be applied to rectifying these discrepancies at the 2003 House of Delegates meeting. Some have suggested increasing the fine for non-provable times, others like things the way they are. We should all be asking what best serves the swimmers and the sport of swimming.

The 10 and Under OSI Championship Meet has already been contested. The Willamalane Swim Club again did an outstanding job of creating a fun and exciting event for our youngest competitors. Good Luck to all during the Championship season.

Proposal to add the 500/400 Freestyle for 10 and Under Swimmers:

Martin Reichgott is working on a proposal to add the 500/400 freestyle for 10 and under swimmers.

He is looking for input about some to the following issues: Where to insert it at the 10 and under championship meet, time standards, and when to start recognizing records. Would there be enough swimmers entered in the event at the 10 and Under Championship meets to fill a heat? Comments and concerns can be addressed to Martin at

Mreichgo@oregonjcc.org

OFFICIALS CORNER

BRUCE LUDWIG

Customer Service

All of us officials need to be always thinking about our customers. The idea of customer service in this context may be somewhat odd, but it does apply. Who are our customers? The swimmers of course, but there are other important customers. Our customers included coaches, parents, and other officials. Our service on deck may be *perceived* differently depending upon perspective. Our goal should be that everyone *perceives* good customer service. Does that mean we always make everyone happy? No. Does that mean we always do our best? Yes. Is it OK to have a customer service failure? Yes – as long as we tried our best!

So how do we provide good customer service? For the most part this is accomplished by common sense and professionalism. We need to approach each circumstance and person contact with the idea that we are trying to help them. If someone has a question

or concern, we treat that person with respect, and we either provide the answer or direct the person to whomever can provide the answer. Even if the person is rude and obnoxious? Yes. We never say “There is nothing I can do for you.” There is always *something* we can do to help the person.

We also do this by *always* appreciating what others do to help at a swim meet. None of us are so important that we can't take time to show appreciation to others helping to make the meet a success. Sometimes we become frustrated with an individual's perceived poor performance. We can find ways to address the performance without ridicule or anger. Patience and tolerance are valuable virtues when dealing with other officials or meet volunteers. Thinking about the other person's job, and its requirements, helps us to understand their needs. How we treat each other is a very important aspect of customer service that will carry over to other *external* customers.

Involvement

Most of you already involve yourselves to a high degree. Everyone in Oregon Swimming appreciates that. Some of you have spread yourselves around to a remarkable degree, but this dedication often goes unnoticed. I recently received an idea that sounded to me like a good one. In order to provide some additional recognition to officials who are highly involved in our sport, we will attempt to gather – with your help – some information to help identify people who are working hard. I'd like you all to keep track of the following information for the year (since last Top 5 Awards), and then report the information to your Area Officials' Chair by the end of September. It is important that you not be bashful. Just report the facts please. So, here's the info needed:

- 1) Number of days/meets officiated/refereed;
- 2) Did you officiate/referee at least one meet each of following levels: USA, High School, Masters, Special Olympics, and bonus for college meets;
- 3) How many different pools you officiated/refereed;
- 4) Number of meets officiated/refereed where your home team was not present;

If you think of another category for recognition please let me know.

Future Date

Mark your calendars for December 4 – 6, 2003. Those are the dates for the 2003 US Open to be held

in Federal Way. It would be outstanding if Oregon was well represented.

ET Training

Electronic Timing trainees and prospective trainees need to be aware of a training procedural change. The change, designed to make training easier and more effective, is effective immediately. Prospective trainees no longer need to take an ET clinic *prior* to beginning their deck-training period. The belief is that trainees with some practical machine experience *prior* to taking the clinic will better prepare them for understanding the theories, rules, and processes taught in the clinic.

The old procedure of requiring the clinic *before* any on-deck training has not been effective, is widely ignored, and is often not practical. ET trainees have widely complained that they did not really begin to understand some of the things the clinic covered until *after* they had gained a few hours of on-deck machine time. The new procedure is intended to remedy this by encouraging new trainees to get some on-deck machine time *prior* to taking the clinic. This process should make the clinic – attendance of which continues to be a requirement for certification – more meaningful and practical.

The new procedure is outlined as follows:

- 1) Register as a non-athlete member of OSI/USA Swimming;
- 2) Begin on-deck training for familiarization with equipment and processes;
- 3) Complete ET clinic any time before completion of required deck hours (clinic time does not count toward deck training time, and trainee should schedule the clinic such that at least 4 hours of deck training remain to be accomplished following the clinic);
- 4) Submit training log to ET Officials' Chair;
- 5) Take ET test.

For all of you S&T, Starter, and Referee trainees who think this is a good idea for your area of certification – forget about it.

TRAINERS LIST – 02/18/03

Name	S/T	Starter	Referee	ET	Name	S/T	Starter	Referee	ET
Alexander, Jim				X	Koenig, Phillip				X
Allender, Jacki	X	X			Koss, Peter	X			
Allender, Pat	X			X	Kowalski, Diane				X
Aylor, Floyd	X	X			Kottke, Robert	X			
Benson, Stan	X	X	X		Kowalski, Diane				X
Birky, Rich	X	X			Krettler, Larry				X
Boyce, Bill	X	X			Krumbein, Dave	X		X	X
Boyce, Vicki	X				L’Roy, Judy	X			
Brown, Helen	X	X	X	X	Lang, Dick				X
Brown, Bob	X	X	X		Lewis, Dale	X	X	X	X
Burton, David	X	X			Ludwig, Bruce	X	X	X	
Busby, Janet	X				Marceau, Tedd	X	X		
Carpenter, Julie				X	Martin, Craig	X	X	X	
Carr, Dave				X	McCauley, Christi	X	X		
Carr, Judy				X	McCauley, Tony	X			
Cassell, Debbie				X	McCoy, Chris				X
Caughlin, Charlie	X				McCoy, Michael	X	X		
Clark, Kathy	X	X	X		McMillan, Bob	X	X	X	
Clark, Bob	X	X		X	Mielke, Gene	X	X	X	
Coddington, Kathy	X				Miller, Devera	X			
Cohen, Sherry	X				Mueller, Cindy				X
Conchuratt, Deborah				X	Murrell, India	X	X		
Cotton, Chuck	X				Nagle, Kevin	X	X		
Crim, Dick	X	X	X		Newberg, John	X			
Cumming, Bonnie	X				Newhouse, Roberta				X
Dam, Penny	X	X		X	O’Neil, Michael	X	X	X	
Scott Dawson				X	Piers, Peggy	X			
Diamond, David	X				Postma, Linda	X	X	X	
Douglas, Kathy	X				Rieniets, Mark	X	X		
Edelman, Lori	X				Roberson, Rod	X			
Ellis, Steve	X	X	X		Roper, Gordon	X	X		
Emmett, Amy	X	X	X		Roth, Sandy	X	X	X	
Erickson, Dana	X	X			Schieltz, Jon	X			X
Esser, Donna	X				Schlenther, Peggy	X			
Faiman, Craig				X	Schmidt, Ron				X
Fay, Rich	X				Scroggy, Joel	X			
Fuller, Sue	X			X	Smith, Al	X	X	X	X
Gaube, Gay				X	Stensby, Ginny				
Gould, Steve	X				Stevenson, Tim	X	X	X	
Griffith, Pam				X	Stoll, Art	X			
Guyler, Janet	X				Stone, Maureen	X	X		
Guyler, Andrew				X	Thom, Lise	X	X		
Hart, Fran	X				Tippy, Dan	X			
Haytor, Tom	X				Valley, Jon	X			
Herman, Sandra				X	Visser, Sharon	X			
Hickerson, Jess	X	X	X		Von Weller, Cyndy	X			
Hight, Tom	X	X			Waldrop, Andrea	X			
Howard, Chuck	X				Walker, Sue	X	X	X	
Ingram, Roberta				X	Wallis, Gary	X	X	X	
Ishi, Tom	X				Wilson, Karen	X	X		
Iverson, Dennis	X				Wilson, Rick	X			
Jennings, Janine				X	Wirtz, Kathleen	X			
Johnson, Randy	X				Wirtz, Steve	X	X		
Jones, Howard	X	X	X		Wisniewski, Joanne	X	X		
Kilroy, Tom	X	X			Wolfe, Gill	X			
King, Tom	X	X			Wyss, Pat	X	X		

Young, Faye X

OREGON SWIMMING, INC.
E-Board Conference Call
February 5, 2003

The conference call began at 7:30 p.m. The following individuals were present:: Tim Stevenson, Coby van Andel, Scott Allen, Marilyn Loitz, Gary Leach, Mark Burnett, Valarie Koss

1. **USA Swimming Sponsors:** J. Gudman requested OSI acknowledge the USA Swimming Sponsors on the website.

Motion: The board took action to authorize USA Swimming Sponsors to be acknowledged on the OSI website.

April All Star Trip: S. Tokman and E. Asleson requested the boards authorization to increase the funding for the April All Star Trip and to allow the team to travel to Canada for the meet. Considerable discussion occurred.

Motion: The board took action to authorize the April All Star Team to travel to Canada, with the appropriate travel documents and parental authorization; to authorize up to \$300 per swimmer for this year only; and to direct the All Star/Zone Coach to look at establishing an All Star Meet comparable to the past Region XII All Star meets with teams from N. California, Sierra Nevada, or Utah for April 2004.

2. **Travel Funds:** M. Burnett requested travel funds be authorized for Junior Nationals and the US Open. Discussion occurred. The board will look at the fund balance, budget allowance for travel funds in 2003, allocation table, and discuss this with the committee

Zoppo, Jeanne X

chair, J. Gudman, prior to the March meeting. Travel fund allocation will be included on the March agenda.

3. **Club Leadership Seminar:** Coby asked for direction on planning for the Seminar. Coby will place the announcement for the Seminar in the club boxes at the Championship Meets, place an announcement on the website, and request an immediate response from the attendees so that lunches can be ordered and a room can be reserved to accommodate the Seminar.

The call adjourned at 9:00 p.m.

Oregon Swimming Inc.

By Valarie L. Koss

ALL STAR TEAM

Dear All Star Swimmer and Parents,
We would like to invite interested All Star swimmers to join us for a meet in Edmonton, Alberta, Canada, for the 25th Annual Keyano International Swim Meet. This meet will be held at the Commonwealth Games pool. The meet is April 25-27, 2003. We will fly from PDX early Friday morning, April 25, 2003 and return Sunday evening April 27, 2003. Cost will be \$150.00 per swimmer and applications will be due March 14, 2003. Applications are included in this month's newsletter. (Swimmer must have a minimum of one sectional time to qualify for All Stars.) Please note that proof of citizenship will need to be attached to the All Star application, either a copy of birth certificate, or passport, and a letter of release will also have to be signed and notarized, we will be in Canada.

OSI PARENT RELEASE FORM

This letter is to serve as notification that I/we parents/guardians of: (name of swimmer)

_____ do release this minor to enter in and out of Canada for the purpose of a competitive swim meet held in Edmonton, Alberta. This swimmer is a registered United States Citizen and has such documentation attached here, as proof of citizenship.

_____ is released to Oregon All Star Manager Elke Asleson, and Head Oregon All Star Coach, Suha Tokman, for April 25, 26 and 27, 2003. Medical release form and doctor information are also available for _____.

Signature: _____

Printed Name: _____ Relationship to Minor: _____

Notary Witness: _____

Date Signed: _____

ALL STARS MEET SWIMMER APPLICATION

Swimmer's Name: _____ Male _____ Female _____
 Address: _____ City _____ Zip _____
 Phone (H) _____ (W) _____ (Cell) _____ (fax) _____
 Coach's Name: _____ Club's Name: _____ Club Code: _____
 USA Swimming # _____ T-Shirt Size: _____
 Swimmer's Age (on April 25, 2003) _____

PLEASE READ VERY CAREFULLY BEFORE FILLING OUT TIMES

- Enter best short course yards and long course times for "ALL" Not only the Q times you have, for all the events. (You must have a minimum of one Age Group Sectional Time.)
- Now, this is extremely important!: For Short Course time standards, 11 yr. olds use 12 yr. old Q times, 13 yr. olds use 14 yr. old Q times.
- Times you list below must have been achieved since June 1, 2002.
- Now this is also very important: You "MUST" circle the events for which you have achieved qualifying times.

Event	SCY Time	LCM Time	Date Achieved	Meet at which this time was achieved.
50 Free				
100 Free				
200 Free				
500 Free				
100IM (*)				
200 IM				
400IM (**)				
100 Fly				
200 Fly (**)				
100 Breast				
200 Breast (**)				
100 Back				
200 Back (**)				

* for 11-12 only ** for 13-14 only

Below is for relay entry only, for all ages. **YOU MUST PROVIDE THIS INFORMATION**

Event	SCY Time	LCM Time	Date Achieved	Meet at which this time was achieved.
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, 2002. Coaches please use the space provided for comments you may wish to make regarding the swimmer's events, conditioning, etc. Coach's signature verifies that swimmer's level of conditioning is appropriate for this competition and that the times listed are accurate and were achieved on the date and the meet indicated.

Coach's Signature: _____ Date: _____

Coach's Comments: _____

APPLICATION MUST BE RECEIVED BY NOON MARCH 14, 2003. LATE APPLICATIONS WILL NOT BE CONSIDERED.

Fax to Oregon Swimming at 503-297-8498 Phone 503-297-6027 to verify receipt of Fax, or 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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