



Oregon Swimming News

Oregon Swimming Mission Statement: To build and promote the sport of competitive swimming for the benefit of all swimmers to achieve their maximum potential.

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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

COMMENTS FROM THE CHAIR - *MARK RIENIETS*

Coming out of the annual OSI House of Delegates we have a number of changes to the OSI Board and a revamp of the meets and functions which OSI will be funding for the next 12 months.

First the OSI Board. On the board Skip Runkle will replace Kyle Kimball as the Senior Chair as Kyle reaches his term limit on the board. Kyle will remain on the board as he was elected as the Coaches representative by Oregon Swimming Coaches Association prior to the OSI House of Delegates. Marilyn Loitz will continue as our secretary for another 2 years. Jim Bowe will replace Alex Nikitin in the TPC chair. As Mailene Leslie moves up to replace April Robinson as the senior Athlete Representative, Sloan Storie comes in as our Junior Athletes representative. Bruce Ludwig was elected as the Administrative Chair to fill Jody Braden's remaining year as Jody was unable to complete his term due to personal commitments. Shane Bennett will follow on from Greg Bostrom in the All Star Zone Head Coach position.

The following people have accepted my offer of At-Large positions on the board: Jeff Gudman, Kathy Coddington, Linck Bergen and Linda Postma. I believe this mix of people bring a depth and breath of knowledge and experience which will supplement the existing experience on the board to ensure we consider all aspects of each situation prior to making the most informed decisions possible.

I would like to thank all the out going board members, for their service and commitment to OSI, and look forward to working with the new and remaining board members over the coming year.

The past year was spent largely in reaction mode as the OSI Board dealt with a number of issues that were largely unforeseen and unplanned. I believe as we head into the New Year with a refreshed and invigorated board we will spend more time planning and reviewing our activities with the major focus of the OSI Board shifting to the long term positioning of OSI.

The second large change to come out of the House of Delegates was a refocusing on some of the meets which will be funded and supported by OSI. Largely led by the OSI coaches, the house decided to only support the Altitude Camp every second year, in place of the annual trip we currently fund. The second All Star meet in May was cut to narrow the focus of the support from OSI and the athletes to the January All Star meet and the Zone team.

This rebalancing of focus for our OSI funded meets, along with the fact that our travel costs will be significant less this year with Zones and Senior Sectionals being hosted in Oregon will give OSI time to regroup and refocus after our temporary cash flow shortage this past year.

There are already a number of OSI committees in place to examine the existing meet fee structure and to continue to review our travel funding policies over the coming year. If these committees make recommendations for further changes, then they will be presented to the House of Delegates in Salem next year.

The OSI Long Term Planning day was held in September. Although it was not as well attended as I had hoped, the people who came did an excellent job reviewing and refining our Mission Statement. As a result of this review, the workshop also developed a number of 'To Do' items which will be reviewed and address by the OSI board over the coming months.

Lastly, but by no means the least, recognizing our swimmers. We are currently experiencing problems with booking a suitable venue for the OSI Top 5 awards ceremony in November. Our Awards committee is actively pursuing alternative venues and we will post the results on the OSI web site as soon as a venue is located and finalized.

Yours in Swimming, Mark

JEFF GUDMAN – OREGON SWIMMING AT LARGE BOARD MEMBER

The new season is beginning. The promise of improvement is present in the air and everyone is excited about the prospects of a new season. What a great time to be a part of swimming.

The beginning of a new swimming year is also reflected in the membership statistics. The membership statistics for USA Swimming are in and there are several interesting trends.

- 1) Total athlete membership is up although not by as much on a percentage basis as 4 years. Swimming generally moves in a 4 year cycle, but I don't know if the 2007 numbers mean anything. Maybe.
- 2) The number of male athletes as a percent of the total has increased to 41.6% after falling as low as 37.4% in 2000. USA Swimming has been devoting effort in this area and it appears to be paying off.
- 3) Retention rates year on year for all athletes is continuing at a high level as compared to previous years. That is good news. It is a lot easier to keep a swimmer in your program than it is to attract new athletes to the program
- 4) The number of coaches continues to increase. That is good news. Unfortunately, the percentage of coaches who are full time continues to drop and is under 20% of all coaches.
- 5) The percentage of clubs with more than 100 swimmers continues to slowly increase. This is good news, in that clubs with 100 swimmers generally are able to have a full time coach. This may also explain the increase in part time coaches as clubs with more than 100 swimmers will have part time coaches.

Overall, the state of our sport and its membership is good, although we can always do better.

Recently I had the pleasure of sitting around a table listening and talking with several coaches about what made for successful programs.

It is not about the size of the team, it is not about how fast the swimmers swim although fast swimming is a great and desired result, it is not about who is or is not on the team roster and it is not about simply doing things. What is it about? It is the culture of the team. What does that mean? Culture is a word that people talk about, but is hard to define. Rather than define culture, let's talk about examples of a successful team culture.

It is about a team that takes 40 teen members of the team with one coach and no chaperones on a travel trip and not having a single problem. Indeed, it is about the hotel manager complimenting the team on how well they behaved.

It is about setting high standards and not being afraid to fail to reach those standards. It is about striving for excellence, but also being held accountable in the striving for excellence. It is about a team that wears its uniform at all meets and cheers for teammates during every race. It is about leaving a clean deck when the practice is over without the coach having to ask or remind the swimmers to do so. It is about deferring gratification now for improvement later. It is about recognition that actions and behavior outside the pool impact performance in the pool. It is recognition and acting accordingly that the team is not about the coach, it is about the team and not just one individual swimmer. It is about everyday at every practice, whether you are a swimmer, a coach, a volunteer or a parent that you are working on something you can do better to help the team and recognizing that all your actions impact the team.

What does this mean for all the team members? It starts with the coach, but certainly does not end there. You focus on the positive and don't tolerate the negative. You recognize and act on the fact that ego and negativity can be cancers on a team and need to be addressed in a positive way.

As we go forward this year let's each of us recognize and act on the fact that the environment of hard work that is part of the swimming culture can be fun and find ways to embrace that belief in a positive and safe way.

See you at the next meet.

WEBSITE

Over the past couple of months, I have been working on updating some of the technology we use on the website, some of which is over 7 years old. The updated site was made public a few weeks ago and includes these updates

1. Integration of Google maps in the clubs section. We now have a map of all the pools in the LSC with an associated team. I ask that teams look over their section and let me know if there are any pools they want added to them. I envision the new maps to be a useful tool for prospective members. By entering a zip code, they can see all the pools in the area.
2. Integration of Google and Yahoo search engines. Google makes their search technology available ad-free to non-profit organizations like Oregon Swimming. While the Google search engine is the main one used, I have also integrated Yahoo's search engine with our site. The link to which appears at the bottom of Google's search results and is offered in case Google's results do not include the desired results.
3. Creation of a new results submission site. The old site allowed meet directors to send results to Oregon swimming two files at a time. That site required meet directors to know the Sanction number and other details. The new site is integrated into our calendar. Meet directors can search for their meet and, if found, the meet name, start date, end date and sanction number will be auto-populated into the form. The site also allows for an unlimited number of file uploads. A major problem I had in the past was receiving the proper files. The new site checks to see if the meet director uploaded both an HTML and commlink or meet backup file.
4. Submission instructions. After long last, I updated the instructions on submitting results to include the latest version of meet manager.
5. Time Standards. I've included links to many non-OSI time standards based on the feed back from the long term planning meeting. At the time of this writing, many of the USA Swimming and Zone time standards had not been published yet. As soon as they are available the links will be placed. I'm open to posting YMCA and other time standards as well, I just need the links.
6. The addresses of most of the pages have changed. While the old links will work, I do ask that club webmasters update the links.
7. Integration of a new menu system on the records, results and calendar pages. These calendars do require the latest browsers to work properly but, by looking at the statistics of our visitors, there should be very few people affected.
8. Migration of the newsletter mailing list to a new manager. I had originally custom built the registration site but once our webhost made something similar available, I decided to transfer to this new system. I know the transfer caused some confusion for our members.
9. Past All star teams. We've documented the past Zone teams for years. Starting with this season, we will be doing the same with the Winter and Spring All Star Teams.
10. A new interface for submitting coaching jobs to the website.

I am always looking to do new things with the website. I have plans to enhance our site over the new year or more as time allows. Some of these enhancements include

1. Making content available to mobile devices like cell phones. I envision making news, time standards and records available. I am looking for feed back for other content people will find useful on this medium.
2. Making a news submission page. I envision creating a page where members can submit newsworthy items to me. We already allow this but we don't have a formal way of doing so nor do we have a policy in place of what will be allowed to go up. I will be working with the board to draft something.
3. Making a parent/swimmer/member resources page, as per feedback from the long term planning meeting. I am looking for ideas, links and content for these pages.

Look for more changes and a new look in the coming months. As always, I'm open to suggestions and features for content. I can be reached at robbertv@oregonswimming.org or webmaster@oregonswimming.org.

Robbert van Andel
Website Developer, Oregon Swimming, Inc.

OCTOBER NOTICES

- The next OSI Board of Directors Meeting will be held Wednesday November 7th, 2007, 7:00PM at the Eugene Hilton. An officials meeting will start at 6:00PM.
- Invitations for the award ceremony will be mailed as soon as possible. We are still looking for a site to host the ceremony.
- 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 Sectional 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.

COACHES CORNER

The OSCA clinic on October 12 and 13 was the best coaches clinic I have ever attended (and I have attended many over the last 10 years). It started with a very inspirational and exciting discussion on Friday evening with Randy Bennett, the Head Coach from Island Swimming in Victoria, Canada. He went through the training and development of a young swimmer who started with him as a 13-year-old to the present as the first sub 15 minute miler from Canada and Olympic prospect. His approach was very practical and informative. He shared sets and season plans and opened the door for further communication with the Oregon swim coaches. The next day, Randy spoke again but this time, he spoke on how he runs his very successful club in Canada. He started from the ground up, describing the swimming lesson program up to his top level Olympic group. It was interesting to hear a fresh approach to running a swim club.

Next we had the opportunity to hear about the age group program at Thunderbolt Swimming from Ben Swinehart and the program at King Aquatic from Ash Milad. The handouts on drills and group progressions were very informative and useful from both of these coaches. Skip Runkle, who gave his philosophy on senior swimming at the MAC club, gave an excellent presentation and led a wonderful exchange.

The final speaker of the day was Steve Haufler, an age group coach from California, who not only gave us fresh ideas for teaching turns and technique, but he got into the pool and demonstrated drill progressions and stroke correction using young swimmers as examples. His presentation was useful and practical and I started using his ideas immediately at my next practice. I saw immediate results. I wanted to say thank you to Oregon Swimming for setting up such a useful, practical, and interesting clinic this year!

Robyn Simons

OREGON SWIMMING INC REGULAR MEETING WEDNESDAY, SEPTEMBER 5, 2007 MULTNOMAH ATHLETIC CLUB, PORTLAND OR

The meeting was called to order at 7:00 p.m. by Mark Rienets, General Chair. Present were: Jacki Allender, Stan Benson, Vicki Gordon, Mailene Leslie, Judy L'Roy, Marilyn Loitz, Bruce Ludwig, Gene Mielke, April Robinson, Bud Taylor, Coby Van Andel.

M/S/P Motion to approve the minutes as submitted from the June 6, 2007.

Treasurer (Jacki Allender)

M/S/P Motion to accept the Treasurer's written financial report for January 1—September 5, 2007 as submitted.

There are currently \$45,000 outstanding in payables, but registrations will start coming in soon. With legal fees, this has been a hard year financially. Jeff will be asked to proceed with the audit.

REPORTS

Age Group (Vicki Gordon) No report

Senior Report (Kyle Kimball) Application for the Altitude Camp on October 25-28 at the Olympic Training Center in Colorado Springs, CO are coming in slowly. They are due September 11. Twenty swimmers will be taken, and the coaching staff will be Jody Braden, Scott Kerr and Kyle Kimball.

Coaches Report (Bud Taylor) The OSI Mini Expo and HoD will be held at Mt. Hood Community College. Scott Kerr is planning the clinics; the schedule for them will be done soon. Water Safety Training will be on Friday night given by Jeanine Serrano. Meets held at the updated Mt. Hood facility have gone well though there is some work that still needs to be done on the pool.

Athletes Representatives (April Robinson, Mailene Leslie) No report

Scheduling/Championship Site Selection No report.

Time Standards (Andy Carlisle) Coby will contact Andy about updated time standards.

Technical Planning (Alex Nikitin) No report. Mark mentioned that there is a request to allow 8/U to swim events, from which they are currently excluded, at the 10/U OSI Championship

Website (Robbert van Andel) No report.

Safety Chair (Jeanine Serrano) No report.

Camp Coordinator (Scott Kerr) No report.

Officials Committee (Bruce Ludwig) There will be the usual round of clinics offered at Mini Expo and a list of trainer names is being prepared. Bruce attended the National Officials Chairs Workshop. Julie Carpenter and Rob Hampil will be attending a National Officials Workshop in St. Louis.

Disability (Gene Mielke) A written report was submitted. Peggy Liang, Columbia River Swim Team, set seven Pan American LCM records at the Pan American Deaf Games in August in Venezuela. Megan Smith from Eugene has been accepted into the Paralympics Resident Camp in Colorado Springs.

Office Manager/Registration The 2007 registration year closed with 4978 registered athletes, 924 seasonal athletes, and 197 outreach athletes for a total of 6099 athletes; and 65 clubs, 6 seasonal clubs, and 3 organizations for a total of 74. These figures are in line with past years.

Sanctions Chair (Terry Johnson) No report.

Awards Ceremony (Cheslah Barkdoll) No report. Cheslah Barkdoll has agreed to re-volunteer and do the awards ceremony this year. A venue is still needed.

NTV Chair (Jacki Allender) No report.

Records (Robbert van Andel) No report.

All-Star Team (Greg Bostrom/Jeanine Serrano) No report. Coby reported that the zone trip went well aside from the less than great hotel. However, the hotel staff went out of their way to be accommodating, and overall it was a positive experience.

OLD BUSINESS

Board of Review One Board of Review has been closed and passed on to USA Swimming, and another one is about to convene.

Scratch Rule Committee (Rick Guenther, Bruce Ludwig, Gene Mielke) The committee presented its report. M/S/P Motion to accept the following new language which replaces what we currently have in total.

ARTICLE IX – CONDUCTING A MEET

Section VIII – Oregon Scratch Rule

- a. Individual scratch rule – The Oregon scratch rule shall be used for all Oregon Swimming, Inc. championship meets. Each swimmer shall inform him/herself of the meet starting time and shall report to the proper meet authorities promptly upon call.

1. Pre-Seeded Meets - Each swimmer shall report promptly prior to the start of each race in which they are entered. Any swimmer not reporting for or competing in an individual timed final event or a preliminary heat when finals are scheduled shall not be penalized.
2. Deck Seeded Events
 - a. Scratches prior to seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box.
 - b. The scratch deadline shall be thirty (30) minutes after the start of warm-ups for the respective day of the meet.
 - c. In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
 - d. Seeding – Positive check-in is required for all swimmers in deck seeded events.
 1. The seeding deadline shall be thirty (30) minutes after the start of warm-up for the respective day of the meet.
 2. Distance events may have separate positive check-in and scratch deadline to be announced at the meet.
 3. Heat sheets will be published as soon as possible following the positive check-in and scratch deadline.
 - e. Scratching from finals
 - a. Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
 - b. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the C, B or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
 - c. Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B, and A (bonus final and consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - d. If the C and B (bonus and consolation) finals have already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).
 - e. Exceptions for Failure to Compete – No penalty shall apply for failure to withdraw or compete in an individual event if:
 1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 2. A swimmer qualifying for a C, B, or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
 - f. Exceptions for failure to compete - No penalty shall apply for failure to withdraw or compete in an individual event if:
 - a. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - b. A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
 - c. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
 - b. Relay Scratch Rule
 1. Pre-Seeded Meets - Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.
 2. Deck Seeded Relays - Any relay team seeded in a deck seeded event that fails to compete in or report for that event shall not be penalized.
 - a. Relay teams that wish to be seeded in a deck seeded event shall provide a relay entry to the clerk of course by the announced deadline.

The following information will be included in the meet information for all Oregon Swimming, Inc. championship meets.

“The Oregon scratch rule will be in effect. The Oregon scratch rule is the same as the USA Swimming scratch rule (207.12.10) except that the scratch deadline in 207.12.10, A and B, shall be thirty (30) minutes following the start of warm-

ups for the respective days events. Additionally the check-in for seeding (201.12.11) for all deck seeded events shall be thirty (30) minutes following the start of warm-ups for the respective days events.”

11-14 Format Revamp Committee (Kyle Kimball) The new four day format worked well and will be used again.

Travel Policy/Checklist Committee (Kyle Kimball) No report.

Record Recognition Procedures (Bruce Ludwig, Robbert van Andel) No report.

Meet Fee Review Committee (Jeff Gudman, Jacki Allender, Mark Bernett, Brandon Drawz, Mailene Leslie, Gene Mielke) The committee was requested to wait until after September 16 to proceed.

OSI Role in 2008 WZ Meet We have been asked to do the swimmer’s social event. A committee of Cheslah Barkdoll, Mailene Leslie, Jeanine Serrano, and Brandon Drawz was appointed. We need to coordinate with host Mt Hood on their meet theme. It was mentioned that the host needs to arrange the dinner meeting.

County of Wahiakum This area will be formally put into the Pacific Northwest LSC at national convention.

Equipment for Championship Meets, P4 Legislation There was agreement on what equipment was required and what was recommended. The committee will rewrite the legislation, splitting the items into the two categories for easier understanding.

At-large Votes, USA-S Convention Mark announced that we had received four at-large votes.

Nominating Committee Mark Maxwell is chairing this.

Letter re Photographers on Deck An “Open Letter to Oregon Swimming” was received from Doug Eichner. No action was taken. The letter will be published in the next newsletter.

Goal Setting Workshop Kim O’Shea will give this workshop on September 16, 2007 at MAC. A notice was sent to every club president and every club coach. The cost is \$15.00.

Oregon House of Delegates Items Gene Mielke will work on formalizing proposals for the meeting including: formal requests from Pendleton Swim Association and La Grande Swim Club to join Inland Empire; combining the 10 & Under Championship with the 11 & Over Championship; budget item to encourage bringing WZ Zone and National level meets to Oregon.

NEW BUSINESS

M/S/P Motion to approve the following changes to the warm-up guide in ARTICLE IX - CONDUCTING A MEET.

Section IX – Safety Guidelines and Warm-up Procedures

- a. Warm-up Procedures
 - 1. General Warm-up (First 30-45 minutes)
 - a. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
 - b. No sprinting (racing starts) allowed during this general warm-up session.
 - c. All lanes to be used for general warm-ups.
 - 2. Specific Warm-ups (last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
LANE	& 6 2 & 5	& 5 1 & 6	& 4
LANE	& 8 2 & 7	& 7 1 & 8	, 4, 5, & 6

LANE	& 9 2 & 8	& 8 1 & 9	, 4, 5, 6, & 7
0 LANE	& 10 2 & 9	& 9 1 & 10	, 4, 5, 6, 7, & 8

- a. Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- b. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times. In long course meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water before mid-pool (at the Referee's discretion).
- c. General Warm-up Lanes - NO DIVING or BACKSTROKE STARTS. Circle swimming only.
 3. This section may be modified at the Referee's discretion.

M/S/P Motion to approve the rewrite of ARTICLE VII – COMPETITIVE SWIM PROGRAM, incorporating, ARTICLE VIII – MEET DESCRIPTIONS, Sections I through IV which sections will then be deleted. ARTICLE VIII will be renamed OREGON SWIMMING CHAMPIONSHIPS and the remaining Sections V through VII renumbered.

Article VII - COMPETITIVE SWIM PROGRAM

Section I – Introduction:

- a. General - The OSI competitive swimming program provides a variety of meet formats, distances, classification, age-group events, etc. to fulfill the needs of every type of swimmer. This Article will detail this program.
- b. Strokes - Breaststroke, Butterfly, Backstroke, Freestyle, and Individual Medley are the strokes/events used in competitive swimming. The rules and definitions are described in USA Swimming Rules and Regulations.
- c. Seasons - The swimming year is generally divided into two seasons. The short-course (winter) season, traditionally October through March, normally consists of competition in 25-yard or 25-meter courses. The long-course (summer) season, mid-April through August, emphasizes competition in 50-meter courses. These designations are general and do not require all meets to be held in the indicated pool lengths.
- d. Age of Swimmer - The eligibility of a participant for a particular age group will be determined by their date of birth. Age on the first day of the meet shall normally govern for the full meet. Participants must swim in their respective age brackets except as noted in USA Swimming Rules and Regulations. A contestant may participate in only one age division, corresponding to the swimmer's age. For more detailed information, see USA Swimming Rules and Regulations.
- e. Qualifying Swimmers - A swimmer will qualify for a specific class meet in a given stroke and distance when he has met or bettered the time standard for that event. Swimmers may qualify in any sanctioned, approved or observed competition.
- f. Time Limits -
 1. Eight Hour Rule - No day in a meet may exceed eight hours of competition, which is determined from the beginning of the first heat of the first event to the last heat of the last event. This applies to actual competition. The scheduling committee will evaluate those meets exceeding the eight-hour rule.
 2. Four Hour Rule - In any competition, session of a meet, or group of events in which swimmers 12 years old and younger are entered, except championship meets, shall be planned to be completed within four hours
- g. Inclusion of Swimmers with Disabilities
 1. Swimmers with a disability shall be permitted to enter any meet sanctioned by Oregon Swimming, Inc.
 2. At meets where time standards exist, the time standard for a swimmer with a disability shall be the published meet time standard multiplied by a ratio. The ratio shall be determined by dividing the National Disability Championship time standard for the appropriate disability class for the event by the National Championship time standard for the event.
 3. The meet referee shall determine an appropriate method of seeding the athlete into events that does not negatively affect the meet timeline.

Section II – Types of Competition

- a. General – A competition may consist of any combination of meet categories, types of meets, and classification of swimmers.
- b. Meet Categories
 1. Open - All registered swimmers may enter. (Long Course AB meets are open meets)
 2. Invitational - Only those swimmers or teams specifically invited may submit entries. (Long Course BC or ABC.)
 3. Dual Meet - Normally consisting of two teams. Variations include double duals (three teams competing, with each team being scored against one another), or three-way duals (four teams).
 4. Closed Meet - Open only to members of one team.
- c. Types of meets.

1. Age Group Competition - Age group swimmers compete in groupings of similar capability with each age group defined; see USA Swimming Rules & Regulations Article 204.
2. Senior Competition - The senior program is composed of senior classifications and has no age restriction.
3. Special Competitions
 - a. Each year - These may include relay, sprint, distance, pentathlon, sextathlon, etc. and may involve unlimited combination by age and gender.
 - b. Conditions - These meets are generally conducted in accordance with this manual, although several special meets with distinctive, selected, or limited formats may be held and awards may vary. Special rules for entry, awards and participation are to be included in the Meet Information.
4. Out of LSC Competitions
 - a. General - Athletes are encouraged to participate in such competitions outside the boundaries of OSI as may enhance their progress in the sport. Qualifying for Regional, Sectional, Zone, and National level meets are part of the progression in competitive swimming.
 - b. Sanctions - Athletes are advised to ensure that all events are properly sanctioned.
 - c. Results - It is the responsibility of teams competing in out of LSC competitions to arrange for full electronic meet results to be sent to OSI.
 - d. Classification of Swimmers
 1. Introduction - Age group swimmers are classified by gender, age, stroke, and ability. This enables the swimmer to compete against others with similar capability and allows for a progression by the athlete and provides incentives to improve.
 2. Definition - Within each gender/age group, ability classifications are defined by four divisions; "A", "B", "B+" & "C" for each stroke, based on times. Classifications are defined by establishing time standards for each stroke, distance, and pool size.
 3. Classification requirements
 - a. General - a swimmer is classified as an A, B, or C swimmer in each stroke according to their fastest time in that event, compared to the time standards for their age group. A swimmer making a B time remains a B swimmer in that event until equaling or bettering the A time standard. Upon changing age groups, classification is determined by the time standards for the new age group.
 - b. Reclassification - A swimmer must swim in the class for which they have qualified. Once achieving the time standard for the next higher class in a particular event, the swimmer must compete in the new class in that event for successive meets. If entries have already been submitted for a future meet, it is required that the times be revised. It is the swimmers' responsibility to notify the meet director prior to the beginning of the meet. If heat sheets have already been prepared, the swimmer shall be placed in the first heat of the proper event. Entry fees shall be refunded to any swimmer who no longer qualifies for a meet due to their new classification, provided the request is made in writing to the Meet Director.
 - c. Failure to reclassify - Any swimmer who has not been properly reclassified and who places in an event will be denied their award and placing, and swimmers placing below will move up to fill the vacancy. The time will be official.
 - e. Events Offered
 1. Senior "A" Meets - Senior meets shall offer, at a minimum, all events, which are included in the schedule of events for USA Swimming National Championships
 2. Age Group "A" Meets - All such meets shall include all events for which National Age Group top 16 times are maintained. (See USA Swimming Rules & Regulations, Article 102.1.2)
 3. "B" & "C" - The following events (as a minimum) should be offered: 8/U Short Course; 25 yards each stroke, 50 yards freestyle, 100 yards individual medley and 100 yards freestyle and medley relays. 8/U Long Course; 50 meters each stroke, 100 meters freestyle, 200 meters individual medley and 200 meters free and medley relays. For all other age groups, see Article 204.4, USA Swimming Rules & Regulations.
 - f. Time Standards - The appropriate "A", "B", "B+" or "C" time standards shall apply.
 1. Senior Meets - The OSI 15-18 age group time standards shall be used.
 2. Age Group Meets - OSI age group time standards shall be used.
- g. Meet Format
 1. Senior Meets - Senior swim meets may consist of preliminaries and finals or timed finals, and are subject to the eight-hour rule.

- 2. Age Group Meets - May consist of preliminaries and finals which are subject to the eight-hour rule. Timed finals meets are subject to the eight-hour rule for 13 & Over events and to the four-hour rule for 12 & Under events. All relay, 800/1000 freestyle and 1500/1650 freestyle events shall be timed finals.
- h.* Entry Fees - \$1.50 surcharge per swimmer, maximum of \$2.00 entry fee per individual event and \$8.00 entry fee per relay. The \$1.50 surcharge per swimmer, \$.50 of the individual entry fee and \$2.00 of the relay entry fee are forwarded to Oregon Swimming and are allocated to the Travel Fund.
- i.* Awards - The value of awards must conform to Art. 203.6 USA Swimming Rules & Regulations.

Mini Expo and HoD Meeting, October 13-14, 2007 – Mt. Hood Community College, Gresham
Next Board Meeting, November 7, 2007, 7:00 p.m. – Eugene Hilton
Next Executive Committee Conference Call – December 5, 7:30 p.m.

The meeting was adjourned at 8:40 p.m.

Respectfully submitted, Marilyn Loitz, Secretary