

OREGON SWIMMING, INC.

2023 OSI Arena 11&O LC CHAMPIONSHIPS

July 20th – 23rd 2023

Held under the sanction of USA Swimming

It is understood and agreed that USA Swimming and Oregon Swimming Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Sanction Number: 23-065

Meet Referee: Sheila Lovell-Otterstrom SheilaLOswim@gmail.com

Admin Referee: Jacki Allender Jacki.Allender@gmail.com

Sponsors: Mount Hood Aquatics and Oregon Swimming, Inc.

Location: Mt. Hood Community College Aquatic Center
3545 NE 17th St, Gresham, OR 97030
Facility Phone: (503) 491-7009

Facility: Outdoor pool. Pool dimensions 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The west end of the pool is 16 feet deep, the east end is 6.0 feet deep. The indoor pool (25 yards by 15 yards) will be open for continuous warm-up/cool-down for the meets entirety. Parking available and seating for 3,000 spectators. Swim venue includes: All areas enclosed in the indoor yard pool natatorium and the meter pool area. Open pool deck areas available for swimmers, coaches, and officials only. Electronic timing and matrix scoreboard. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The competition course has been certified in accordance with 104.2.2C(4). Concessions may be available throughout the meet No overnight camping on the campus.

Restrictions: Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the school property and includes the parking lot, pool areas, decks, locker rooms, swimmer rest areas, and spectator areas. There is no body shaving allowed in the swimming venue. Use of audio or visual recording devices including cell phones is not permitted in changing areas, restrooms, and locker rooms. Photography is not allowed behind the blocks. Flash photography is not allowed except by express permission of the Meet Referee. Operation of a drone, or any other flying apparatus, is prohibited over the pool and surrounding venue areas any time coaches, officials and/or spectators are present. Use of video recording devices in or directly over the competition pool is prohibited. Deck changing is prohibited.

Deck Access: In order to serve in their official capacity, all coaches, officials, and any other person required by sanction to be members of USA Swimming must be in good standing and provide their membership credentials at check-in. Only swimmers, credentialed coaches with participating athletes, officials, authorized volunteers, and facility employees are allowed on the pool deck, behind the blocks, or in the tented athlete area north of the pool deck. All others must remain in the designated spectator area or in public lobbies.

Format: **Prelim/Final Meet.** Age groups are 11,12,13,14, and 15&O. Each individual age group will have one heat in finals. 15&O age group will have 2 heats in finals except for noted events. Individual preliminary events shall be combined age groups and swum slowest to fastest except where noted. Some events are timed finals where the top heat is swum in finals. **Please see order of events for further details.**

Events 200 Fly, 200 Back, 200 Breast, 400 IM are divided by these Age groups: 11-13, 14, and 15&O. The 800 FR and 1500 FR top heat overall will be swum at the beginning of finals. All others will be combined and swum fastest to slowest in prelims, alternating Girls/Boys. One heat each in finals scored by age group.

Rules: Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up Procedures will be strictly enforced.

- MAAPP:** *All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.*
- Eligibility:** Swimmers must be currently registered with USA Swimming/Oregon Swimming. Age on the first day of competition applies to the entire meet. Qualifying times must have been achieved from July 1, 2022 through the entry deadline for this meet. Oregon Swimming B+ times will be used as the entry standard for 11-14 year old athletes for the 2023 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over. All entries must be in the SWIMS database prior to entry deadline. Times not posted in the SWIMS database by the entry deadline will not be accepted. There is no on-deck registration.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts or must start each race from within the water.
- Unaccompanied athletes must be assigned a certified coach.
- Swimwear:** No technical suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Time Schedule:** Thursday - Sunday: Warm-ups 7:30 AM to 8:45 AM. Prelims begin at 9:00 AM. Circumstances permitting, warm-ups for finals sessions will not begin sooner than two hours after the conclusion of prelims. However, the meet referee may use his/her discretion to adjust the period between prelims and finals. Finals warm-ups will be 1 hour in length and will begin at 3:30 PM if possible. **Breaks:** At the discretion of the Meet Referee, and dependent on the number of entries, breaks will be scheduled to provide adequate rest for the athletes.
- Entry Limits:** Swimmers may enter six (6) individual events, but not more than three individual events, and two relays per day. Time trials count toward the 3 per day limit, but not toward the six per meet limit.
- Entry Deadline:** Entries must be received by **Noon on WEDNESDAY, JULY 12th, 2023.** **NEW QUALIFYING TIMES** achieved over the weekend will be accepted until noon on Monday July 17th. Please send an email to LC11OEntries@oregonswimming.org and include Swimmer’s name, ID number, event number, and time. Previously entered times cannot be updated.
- Entries:** Email an entry file from Hy-Tek or Team Unify and a PDF of the meet entry report to LC11OEntries@oregonswimming.org. The office will confirm receipt of entries by replying with two documents: a team entry report and a team fee report. The total shown on the team fee report will be charged to the team account. **NO PAYMENTS WILL BE ACCEPTED AT THE POOL.** Enter personal best times achieved in the qualifying period. Entry times can be Long Course Meters (LCM), Short Course Meters (SCM), and Short Course Yards (SCY). Do not convert times. Non-qualifying times and late entries will not be accepted. **Oregon Swimming B+ time standards will be used as the entry standard for 11-14 year old athletes for the 2023 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over.**
- Swimmers with disabilities are encouraged to enter the meet. If accommodations are required, it is the coach’s responsibility to notify the Meet Director and Meet Referee prior to the entry deadline.
- All Team or individual members, entering an OSI Championship meet must be in good standing with no outstanding money owed to Oregon Swimming:
Any Team or member who is not in good standing may be denied entry into Championship meets.
- Relays:** "Relay only" swimmers must be entered in the meet and must pay the swimmer surcharge. Names for relays can be submitted on the relay check-in reports provided at the meet. Relay

entry forms are due fifteen (15) minutes after the start of warm-ups.

The 200 Medley Relay and 200 Freestyle Relay, entry times shall be accepted for teams achieving either the applicable 200 or 400 relay time standard. Priority for seeding the 200 relays shall be given to those teams entered with a corresponding 200 relay time followed by those teams entered with a corresponding 400 relay entry time. Aggregate times may be used for relay entries.

NOTE: SWIMMERS YOUNGER THAN 15 YEARS MAY BE AGED UP INTO 15&O RELAYS IF YOUR TEAM CANNOT FIELD A RELAY TEAM IN "13-14 or 11-12" AGE GROUPS. IF YOU DO NOT HAVE ENOUGH SWIMMERS ENTERED INTO THE MEET (NOT SESSION) FOR AN 11-12 OR 13-14 RELAY, YOU MAY USE ANY AGE SWIMMERS TO FORM AN "OPEN" RELAY.

Meet Results: A Hy-Tek CommLink file and an HTML file will be posted on the Oregon Swimming website in the results section.

Meet Format: All individual events 200 meters or less will be pre-seeded.

All individual events 400 meters and longer are deck seeded and require positive check-in. Athletes deck seeded into any timed final event 400 and longer may Declare a False Start (DFS) after the positive check-in deadline during their scheduled (Prelim/Final) session.

The 400 Free Relay is pre-seeded, all other relays shall be deck seeded. All relays require positive check-in.

Positive Check-in: Individual events 400 meters and longer: Thursday, Friday and Saturday fifteen (15) minutes after the start of warm-ups for the scheduled session. Check-in for Sunday is 1 hour after the start of the final session on Saturday.

Penalty - Any athlete who fails to compete in an individual event for which positive check-in was provided is barred from participation in further individual and relay events that day. Additionally, the swimmer shall not be seeded in any individual events on succeeding days unless they declare an intent to swim with the Admin Referee prior to the check-in deadline for that day.

Relay Check-in: Thursday, Friday and Saturday fifteen (15) minutes after the start of warm-ups for the scheduled session. Check-in for relays on Sunday are due 1 hour after the start of Finals on Saturday. Relay check-in sheets shall be provided at Admin during warm-ups for changes. If there are no changes to the names or order, indicate "as submitted with original entry". *400 Free Relays that start off the Saturday session are pre-seeded.* *Relay name changes can be noted with the timer behind the block before the start of the heat.* If relays do not check in for deck seeded events, they will be scratched and NOT permitted to compete in the event. **No penalty** for relay No Show.

Finals: Swimmers who qualify for finals and wish to scratch or declare their intent to scratch shall do so within thirty (30) minutes after announcement of the qualifiers for that race. All "intent to scratch" athletes shall declare their final intentions within thirty (30) minutes following their last individual preliminary event or be seeded into finals.

If a swimmer is seeded into finals for a prelim/final event and is a No Show they will be barred from the remainder of competition. Sunday Finals - if a swimmer does not scratch and is a no show, OSI will levy a \$100.00 fine per event to be paid by the swimmer's club.

Entry Fees: \$15.00 surcharge per swimmer
\$20.00 facility use fee per swimmer
\$4.00 per individual event entry fee
\$10.00 per relay entry fee
\$5.00 electronic heat sheet fee

Entry Address: Oregon Swimming, PO Box 449, West Linn, OR 97068.
Phone: 503-747-3702 E-mail: LC11Oentries@oregonswimming.org

Meet Director: Christine Logue christinelogue01@gmail.com

Awards: Individual events: 1st - 8th place, Medals
Relay events: 1st - 3rd place, Medals 4th -8th place, Ribbons
Combined team: 1st - 8th place, Team Award
High point: A male and female winner will be recognized in each age group.

Scoring: Individual events: 9-7-6-5-4-3-2-1.
Relay events: Double above point values.
NOTE: Relay teams not achieving the qualifying standards at the meet, will receive place awards and shall not score.

Time Trials: **Sanction Number: 23-066**

Referee: Judi Creech

Time permitting, time trials will be conducted between prelims and finals. Time trials count toward the 3 per day individual event entry limit, but not toward the six events per meet limit. To be eligible to compete in time trials, the swimmer must be entered in an event in the meet. Relay-only swimmers may enter any time trial session offered. Entry fee: \$10.00. The time trial order of events is 1) that day's events, 2) followed by subsequent day's events, 3) returning to previous day's events. Entries will be accepted between 9:15 AM – 11:30 AM
Athletes must provide their own timers.

Meetings: Officials Meetings: 8:00 AM and 60 minutes prior to finals.
Coaches Meeting: 7:15 AM Thursday others by announcement.
Zone Meeting: Saturday between prelims and finals.

Timers: Each club is requested to appoint a timers' representative, who will report to the clerk of course 30 minutes prior to the beginning of each session with a list of volunteers. Clubs will be assigned timing responsibilities based on the number of swimmers entered.
Swimmers must provide their own timers for the preliminary 800, 1500 free and all time trials.

Officials: This meet is designated as a National Qualifying Meet for Officials (OQM). Officials wishing to apply for N2/N3 evaluation are required to submit an application, preferably before the meet start. Early applications are given preference; please complete the [Application to Officiate](#) indicating your request for evaluation/mentorship. For additional information contact Judi Creech, Oregon Officials Chair at jjjcreech@comcast.net. Officials uniform will be white shirt, black pants, shorts or skirt (pants or skirt for finals), and black socks and shoes.

Hospitality: Hospitality will be provided by MHA.

Oregon Swimming B+ time standards will be used as the entry standard for 11-14 year old athletes for the 2023 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over. Please go to <http://www.oregonswimming.org/standards> for meet qualification times.

Day 1: Thursday Prelims	
1	Girls 11 & Over 200 IM (11,12,13,14,15 & Over)
2	Boys 13 & Over 200 IM
3	Girls 11 & Over 50 Freestyle
4	Boys 13 & Over 50 Freestyle
5	Girls 11-12 50 Breaststroke
6	Girls 11 & Over 200 Breaststroke
7	Boys 13 & Over 100 Breaststroke
8	Girls 11-12 100 Backstroke
10 Minute Break	
13	Girls 11-12 400 Medley Relay ^v
10 Minute Break before Distance	
14	Girls 11 & Over 800 Freestyle ^y
15	Boys 11 & Over 800 Freestyle ^y
Session 2 Thursday Finals	
14	Girls 11 & Over 800 Freestyle ^y top heat
15	Boys 11 & Over 800 Freestyle ^y top heat
1	Girls 11 & Over 200 IM
2	Boys 13 & Over 200 IM
3	Girls 11 & Over 50 Freestyle
4	Boys 13 & Over 50 Freestyle
5	Girls 11-12 50 Breaststroke
5 Minute Break	
6	Girls 11 & Over 200 Breaststroke
7	Boys 13 & Over 100 Breaststroke
8	Girls 11-12 100 Backstroke
5 Minute Break	
9	Girls 13-14 800 Freestyle Relay ^v
10	Boys 13-14 800 Freestyle Relay ^v
11	Girls 15 & Over 800 Freestyle Relay ^v
12	Boys 15 & Over 800 Freestyle Relay ^v

Day 2: Friday Prelims	
16	Boys 11-12 200 IM
17	Girls 11-12 200 Freestyle
18	Boys 11 & Over 200 Backstroke
19	Girls 11 & Over 200 Backstroke
20	Boys 11 & Over 100 Butterfly
21	Girls 11 & Over 100 Butterfly
22	Boys 11-12 50 Freestyle
23	Girls 11-12 50 Backstroke
24	Boys 11-12 50 Backstroke
10 Minute Break	
25	Boys 15 & Over 400 Freestyle ^{zw}
26	Boys 11-14 400 Freestyle ^{xw}
27	Girls 15 & Over 400 IM ^{zw}
28	Girls 11-14 400 IM ^{xw}
Session 4 Friday Finals	
25 & 26	Boys 11 & Over 400 Freestyle ^x (11,12,13,14, 15 & Over)
27 & 28	Girls 11 & Over 400 IM ^x (11-13, 14, 15 & O)
16	Boys 11-12 200 IM
17	Girls 11-12 200 Freestyle
18	Boys 11 & Over 200 Backstroke
19	Girls 11 & Over 200 Backstroke
20	Boys 11 & Over 100 Butterfly
21	Girls 11 & Over 100 Butterfly
22	Boys 11-12 50 Freestyle
23	Girls 11-12 50 Backstroke
24	Boys 11-12 50 Backstroke
5 Minute Break	
29	Girls 11-12 200 Medley Relay ^v
30	Boys 11-12 200 Medley Relay ^v
31	Girls 13-14 200 Medley Relay ^v
32	Boys 13-14 200 Medley Relay ^v
33	Girls 15 & Over 200 Medley Relay ^v
34	Boys 15 & Over 200 Medley Relay ^v

^v=Timed final event.

^w=In Prelims swum in the following order: 27,25,28,26 and 49,51,50,52.

^x= Timed Final event for 14u; 15o age bracket will be swum as Prelims/Finals. Top heat of each age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum fastest to slowest by event.

^y= Timed Final event. Top heat overall will be swum at the beginning of finals. All others will be combined and swum fastest to slowest in prelims, alternating Girls/Boys.

^z= P/F event; 1 heat in finals, Will be swum fastest to slowest with Circle seeded heats first.

Day 3: Saturday Prelims	
35	Girls 11-12 400 Freestyle Relay ^V
36	Boys 11-12 400 Freestyle Relay ^V
37	Girls 13-14 400 Freestyle Relay ^V
38	Boys 13-14 400 Freestyle Relay ^V
39	Girls 15 & Over 400 Freestyle Relay ^V
40	Boys 15 & Over 400 Freestyle Relay ^V
41	Girls 11-12 50 Butterfly
42	Boys 11-12 50 Butterfly
43	Girls 11 & Over 200 Butterfly
44	Boys 11 & Over 200 Butterfly
45	Girls 11-12 100 Breaststroke
46	Boys 11-12 100 Breaststroke
47	Girls 11 & Over 100 Freestyle
48	Boys 11 & Over 100 Freestyle
10 Minute Break before Distance	
49	Girls 15 & Over 400 Freestyle ^{ZW}
50	Girls 11-14 400 Freestyle ^{XW}
51	Boys 15 & Over 400 IM ^{ZW}
52	Boys 11-14 400 IM ^{XW}
Saturday Finals	
49 & 50	Girls 11 & Over 400 Freestyle (11,12,13,14, 15 & Over)
51 & 52	Boys 11 & Over 400 IM (11-13, 14, 15O)
41	Girls 11-12 50 Butterfly
42	Boys 11-12 50 Butterfly
5 Minute Break	
43	Girls 11 & Over 200 Butterfly
44	Boys 11 & Over 200 Butterfly
45	Girls 11-12 100 Breaststroke
46	Boys 11-12 100 Breaststroke
47	Girls 11 & Over 100 Freestyle
48	Boys 11 & Over 100 Freestyle
5 Minute Break	
53	Girls 11-12 200 Freestyle Relay ^V
54	Boys 11-12 200 Freestyle Relay ^V
55	Girls 13-14 200 Freestyle Relay ^V
56	Boys 13-14 200 Freestyle Relay ^V
57	Girls 15 & Over 200 Freestyle Relay ^V
58	Boys 15 & Over 200 Freestyle Relay ^V

Day 4: Sunday Prelims	
59	Boys 11-12 50 Breaststroke
60	Girls 13 & Over 100 Breaststroke
61	Boys 11 & Over 200 Breaststroke
62	Girls 13 & Over 100 Backstroke
63	Boys 11 & Over 100 Backstroke
64	Girls 13 & Over 200 Freestyle
65	Boys 11&O 200 Freestyle
5 Minute Break before Relays	
66	Boys 11-12 400 Medley Relay ^V
67	Girls 13-14 400 Medley Relay ^V
68	Boys 13-14 400 Medley Relay ^V
69	Girls 15 & Over 400 Medley Relay ^V
70	Boys 15 & Over 400 Medley Relay ^V
10 minute Break before Distance	
71	Girls 11 & Over 1500 Freestyle ^Y
72	Boys 11 & Over 1500 Freestyle ^Y
Sunday Finals	
71	Girls 11 & Over 1500 Freestyle ^Y
72	Boys 11 & Over 1500 Freestyle ^Y
59	Boys 11-12 50 Breaststroke
60	Girls 13 & Over 100 Breaststroke
61	Boys 11 & Over 200 Breaststroke
62	Girls 13 & Over 100 Backstroke
63	Boys 13 & Over 100 Backstroke
64	Girls 13 & Over 200 Freestyle
65	Boys 11 & Over 200 Freestyle

^V=Timed final event.

^W=In Prelims swum in the following order: 27,25,28,26 and 49,51,50,52.

^X= Timed Final event for 14u; 15o age bracket will be swum as Prelims/Finals. Top heat of each age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum fastest to slowest by event.

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