



Swimmers Name \_\_\_\_\_ Age \_\_\_\_\_

**PLEASE READ VERY CAREFULLY BEFORE FILLING OUT TIMES**

- \* Swimmer must be between 11-14 years old to compete at this meet.
- \* Times listed below must have been achieved since Jan 1<sup>st</sup>, 2023.
- \* You must have a minimum of one NWAGR Qualifying Time to apply ([link](#)).
- \* Circle events for which you have achieved qualifying times.
- \* Enter best short course *yards* times for ALL EVENTS LISTED, not only the qualifying times you have.
- \* List any short course meters and long course meters qualifying times in the appropriate column.
- \* Please list the power point score for all your qualifying times ([USAS PP Calculator](#))
- \* **\*\*\*This is extremely important! For 11-12 yr. olds use 12 yr. old as the age; 13-14 yr. olds use 14 yr. old as the age when calculating power points.**

Event	Power point score for qualifying times	All SCY Time (circle Qualifying time)	Qualifying SCM Time	Qualifying LCM Time	Meet and Date at which this time was achieved
50 Free					
50 Back					
50 Breast					
50 Fly					
100 Free					
200 Free					
500 Free					
100 IM					
200 IM					
400 IM					
100 Fly					
200 Fly					
100 Breast					
200 Breast					
100 Back					
200 Back					

**IMPORTANT FOR COACHES:** (This form must be signed by the coach.) Coach’s signature verifies that the times are accurate and have been achieved in competition since Jan 1st, 2023 and that swimmer’s level of conditioning is appropriate for this competition and any injuries will not prevent them from competing. Coaches please use the space provided for comments you may wish to make regarding the swimmer’s events, conditioning, etc.

Coach’s Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach’s Comments \_\_\_\_\_

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**\*\*Both pages of this Application must be received by Dec 18th , 2023\*\***

Scan and email application to [debbie@oregonswimming.org](mailto:debbie@oregonswimming.org) & [coach.cemil@protonmail.com](mailto:coach.cemil@protonmail.com) . The total cost of the trip to the athlete is \$300. **For athletes n o t selected, a full refund will be issued by noon on Dec. 23<sup>rd</sup>**