



OREGON SWIMMING, INC.

2022 OSI Arena 11&O LC Championships

July 21-24, 2022



Hosted by Oregon Swimming and Mt. Hood Aquatics

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

OME ENTRY DEADLINE: Wednesday, July 13, 2022 * NOON PDT

Held under the sanction of Oregon Swimming, Inc. & USA Swimming, Inc.
Sanction # 22-067 ~~ Time Trials Sanction #22-068

COVID-19 WARNING & ASSUMPTION OF RISK

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, OREGON SWIMMING, MT HOOD COMMUNITY COLLEGE, MT HOOD AQUATICS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

IMPORTANT: All meet format details contained in this announcement are tentative and based on the COVID-19 State, local, and facility guidelines on the date of sanction. Final details will be confirmed after the close of regular entries on July 13, 2022 and will be communicated via email to coaches.

Meet Referee

Judi Creech
jjjjcreech@comcast.net

Admin Referee

TBA

Meet Director

Christine Logue
christinelogue01@gmail.com

Oregon Swimming

Debbie Laderoute
debbie@oregonswimming.org

COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday–Sunday, July 21-24, 2022	Warm-up: 7:30 am Competition: 9:00 am	Warm-up: Begins not more than 2 hours following the conclusion of the preliminary session.* Competition: 1 hour after the start of warm-ups
MEETING SCHEDULE		
Officials Meetings	8:00 am and 60 minutes prior to the start of finals each day.	
Coaches Meetings	8:45 am Thursday; others announced by the Meet Referee.	
Zone Meeting	Saturday between preliminaries and finals.	
Athletes Meeting	Hosted by the OSI athlete reps, Saturday, following the Zone meeting.	

*Warm-up for Sunday's final session begins after the conclusion of preliminary events 71 & 72.



Rules

Current USA Swimming and OSI Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of MAAPP, and they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. OSI Safety Guidelines and Warm-up Procedures will be strictly enforced. Athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.

Facility

Outdoor pool, pool dimensions 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. West end of the pool 16 feet deep, East end of the pool 6.0 feet deep. Starting blocks at each end. The competition course has been certified in accordance with 104.2.2C(4). Indoor pool (25 yards by 15 yards) will be open for warm-up/cool-down. Swim venue is the indoor yard pool natatorium and the outdoor pool area. Parking available; no overnight camping. Seating for 3,000 spectators.. Facility accessible to athletes with disabilities. Electronic timing and matrix scoreboard. *Live streaming may be provided; details to follow the close of regular entries.*

Deck Access

All coaches (with participating athletes), officials, and any other person required by sanction to be members of USA Swimming must visibly display their membership credentials at all times. All certifications must be valid. Coaches must show current credentials to the Meet Director or designated volunteer upon arrival to the meet. Only athletes, credentialed coaches, officials, authorized volunteers, and facility employees are allowed on the pool deck and behind the blocks.

Restrictions

- The venue is described as the school property and includes the parking lot, pool areas, decks, locker rooms, athlete rest areas, and spectator areas. Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. 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. Use of video recording devices in the pool is prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the pool and surrounding venue area any time coaches, officials and/or spectators are present.
- Deck changes are prohibited.
- Entered athletes 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.

Eligibility

- Entered athletes must have current USA swimming/OSI registration. No on deck registration.
- Age on the first day of competition applies to the entire meet.
- Qualifying times must be achieved from July 1, 2021 through the entry deadline for this meet.
- All entry times 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.
- All club or individual members entering OSI Championship meets must be in good standing with Oregon Swimming. All payments must be made prior to the meet entry deadline. Any club or member who is not in good standing may be denied entry into the meet.

General Information

- **Format:**
 - The 800 Free, 1500 Free, 14 & U 400 Free/400 IM, and all relays are *timed final* events.
 - All others are *prelim/final* events.
 - 14 & U individual events and 15 & O 400 IM/400 Free - *one championship final*.
 - All other 15 & O individual events - *A & B finals*.
- **Seeding:**
 - Preliminary heats are conducted all ages combined, slowest to fastest, unless noted below.



- The 800 Free and 1500 Free are conducted all ages combined, fastest to slowest, alternating girls and boys, with the fastest seeded heat in finals. The 400 Free and 400 IM for 14 & U athletes are conducted fastest to slowest with the fastest seeded heat of each age in finals.
- The 400 Free and 400 IM for 15 & O athletes are conducted fastest to slowest with the first three heats circle seeded.
- **Finals Age Groups:**
 - 200 Butterfly, 200 Back, 200 Breast, 400 IM: 11-13, 14, and 15 & Over.
 - All other individual event finals; 11, 12, 13, 14, 15 & Over.

Entry Information

Limits:

- Athletes 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.

Deadlines:

- Entries must be received by noon on WEDNESDAY, JULY 13, 2022.
- Initial entries will be accepted through the USA Swimming Online Meet Entry (OME)
- **NEW QUALIFYING TIMES achieved** after the close initial entry period and July 17, 2022 will be accepted until noon on Monday July 18, 2022. Please send new qualifying times to LC110Entries@oregonswimming.org.

Process:

- Enter the *Oregon Swimming 2022 11 & Over LC Championships* online at usaswimming.org/OME beginning Friday, June 24, 2022 and no later than noon Pacific Time, Wednesday, July 13, 2022.
- Online payment will be required with Visa, MasterCard, American Express, or Discover. Once entries are submitted through OME, refunds will not be provided.
- OME is not an eligibility report; coaches are responsible for knowing events for which their athletes are qualified.
- Entries may be modified online by adding to the original entry, however online entries cannot be deleted once payment has been made.
- Once the online entry is complete, a confirmation will be sent via email. Confirmation emails should be saved for verification purposes.
- Email entry questions to debbie@oregonswimming.org
- Athletes with disabilities are encouraged to enter the meet. Accommodation requests should be directed to the Meet Referee.

Relays:

- *Relay-Only* athletes must be entered in the meet and pay all applicable fees.
- Entry times for the 200 Medley and 200 Freestyle relays will be accepted for teams achieving either the applicable 200 or 400 relay standard. Seeding the 200 relays; teams with a 200 relay qualifying time followed by those teams entered with a 400 relay qualifying time.
- Athletes younger than 15 years may be aged up into 15 & O relays only if a club cannot field a relay team in the 11-12 or 13-14 age groups. In order to utilize 14 & U athletes on 15 & O relays, a club must not have enough athletes entered *in the meet* to form any 11-12 or 13-14 relays.

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

Positive Check-in

Individual Events:

- Individual events 200 meters and shorter are pre-seeded and do not require check-in
- Individual events 400 meters and longer require positive check-in by the coach/athlete before the check-in deadline.
- Athletes are allowed to withdraw from preliminary events with a Declared False Start (DFS) after the positive check-in deadline.
- *Penalty* - Any athlete who fails to compete in an individual prelims event for which positive check-in was provided is barred from participation in further individual and relay events that day.

Relay Events:

- The 400 Freestyle relays at the start of the Saturday prelim session are pre-seeded.



- Positive check-in is required for all other relays. If relays do not check in for deck seeded events, they will be scratched and NOT permitted to compete in the event.
- Coaches will be provided with a relay check-in report to make additions or changes to athlete names prior to seeding.
- Post seeding relay name changes must be notated on the lane timer sheet, before commencement of the heat.

Positive Check-In Schedule			
DAY/SESSION	EVENT	ACTION REQUIRED	DEADLINE
Thursday prelims & finals	800 Free	Positive check-in	7:45 am Thursday
Thursday prelims	400 Medley Relay	Positive check-in Relay names/order	7:45 am Thursday
Thursday finals	800 Free Relay	Positive check-in Relay names/order	15 min after the start of Thursday finals warm-ups
Friday prelims & finals	400 Free 400 IM	Positive check-in	7:45 am Friday
Friday finals	200 Medley Relay	Positive check-in Relay names/order	15 min after the start of Friday finals warm-ups
Saturday prelims	400 Free Relay	Relay names/order	7:45 am Saturday
Saturday prelims & finals	400 Free 400 IM	Positive check-in	7:45 am Saturday
Saturday finals	200 Free Relay	Positive check-in Relay names/order	15 min after the start of Saturday finals warm-ups
Sunday prelims	400 Medley Relay	Positive check-in Relay names/order	1 hour after the start of Saturday finals competition
Sunday prelims & finals	1500 Free	Positive check-in	1 hour after the start of Saturday finals competition

Finals Qualifiers

Scratch Procedure

- Any athlete qualifying for a B or A final can scratch or declare their intent to scratch, within 30 minutes of the qualifiers announcement.
 - Athletes who have declared an intent to scratch have 30 minutes after the announcement of qualifiers for their last individual preliminary event, to codify the scratch with admin.
 - Athletes who do not scratch will be seeded into finals.
- *Penalty* - Any athlete who fails to compete in a final event for which they have been seeded, is barred from participation for the remainder of the meet. For finals events on Sunday, the athlete's club will also be subject to a \$100 fine payable to OSI.

Time Trials

Sanction #:22-068

Referee: TBA

- Fee per entry: \$10.00
- Time permitting, time trials will be conducted between prelims and finals. Entries will be accepted in the morning of that day's time trials.
- Time trials count toward the 3 per day individual event entry limit, but not toward the six events per meet limit.
- 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.
- Relay-only athletes - Time trial limited to the day of their relay event.
- Athletes must provide their own timers.



Awards

Individual: 1st thru 8th medals

Relay: 1st thru 3rd medals; 4th thru 8th ribbons

Club: 1st thru 8th place

High point: Top scoring athlete for each gender by age group

Scoring

Individual events: 9-7-6-5-4-3-2-1

Relay events: 18-14-12-10-8-6-4-2

Note: Any relay that does not achieve the qualifying standard during the meet will receive awards but will not score.

Meet Results

At the conclusion of the meet a Team Manager results file, and the results in pdf form, will be available at www.oregonswimming.org, Competition - Meets & Results page.

Timers

Clubs will be assigned timing responsibilities. Athletes must provide their own timers for the morning session, 800 Free and 1500 Free. Time trial athletes must provide their own timers.

Officials

We always appreciate the help of certified officials. If you are attending this meet please complete the [Application to Officiate](#), this will notify the Meet Referee of your commitment.

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 jjicreech@comcast.net.

Hospitality

Hospitality will be provided for officials and coaches. Water bottle filling stations are available.



ORDER OF EVENTS

Hyperlink to [Qualifying Times](#)

Thursday - Session 1 - Prelims	
1	Girls 11&O 200 IM (11,12,13,14,15o) 15&O
2	Boys 13&O 200 IM
3	Girls 11&O 50 Freestyle
4	Boys 13&O 50 Freestyle
5	Girls 11-12 50 Breaststroke
6	Girls 11&O 200 Breaststroke
7	Boys 13&O 100 Breaststroke
8	Girls 11-12 100 Backstroke
BREAK	10 Minutes
13	Girls 11-12 400 Medley Relay ^w
BREAK	10 Minutes
14	Girls 11&O 800 Freestyle ^y
15	Boys 11&O 800 Freestyle ^y
Thursday - Session 2 - Finals	
14	Girls 11&O 800 Freestyle ^y
15	Boys 11&O 800 Freestyle ^y
1	Girls 11&O 200 IM
2	Boys 13&O 200 IM
3	Girls 11&O 50 Freestyle
4	Boys 13&O 50 Freestyle
5	Girls 11-12 50 Breaststroke
BREAK	5 Minutes
6	Girls 11&O 200 Breaststroke
7	Boys 13&O 100 Breaststroke
8	Girls 11-12 100 Backstroke
BREAK	5 Minutes
9	Girls 13-14 800 Freestyle Relay ^w
10	Boys 13-14 800 Freestyle Relay ^w
11	Girls 15 & O 800 Freestyle Relay ^w
12	Boys 15 & O 800 Freestyle Relay ^w

w Timed final event.

x Timed final event for 14 & U. Top heat of each 11-14 age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum in prelims, 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 in prelims, fastest to slowest, alternating girls and boys.

Friday - Session 3 - Prelims	
16	Boys 11-12 200 IM
17	Girls 11-12 200 Freestyle
18	Boys 11&O 200 Backstroke
19	Girls 11&O 200 Backstroke
20	Boys 11&O 100 Butterfly
21	Girls 11&O 100 Butterfly
22	Boys 11-12 50 Freestyle
23	Girls 11-12 50 Backstroke
24	Boys 11-12 50 Backstroke
BREAK	10 Minutes
25	Boys 15&O 400 Freestyle ^z
26	Boys 11-14 400 Freestyle ^x
27	Girls 15&O 400 IM ^z
28	Girls 11-14 400 IM ^x
Friday - Session 4 - Finals	
25	Boys 15&O 400 Freestyle ^z
26	Boys 11-14 400 Freestyle ^x
27	Girls 15&O 400 IM ^z
28	Girls 11-14 400 IM ^x
16	Boys 11-12 200 IM
17	Girls 11-12 200 Freestyle
18	Boys 11&O 200 Backstroke
19	Girls 11&O 200 Backstroke
20	Boys 11&O 100 Butterfly
21	Girls 11&O 100 Butterfly
22	Boys 11-12 50 Freestyle
23	Girls 11-12 50 Backstroke
24	Boys 11-12 50 Backstroke
BREAK	5 Minutes
29	Girls 11-12 200 Medley Relay
30	Boys 11-12 200 Medley Relay
31	Girls 13-14 200 Medley Relay ^w
32	Boys 13-14 200 Medley Relay ^w
33	Girls 15&O 200 Medley Relay ^w
34	Boys 15&O 200 Medley Relay ^w

z Prelims/finals event, 1 heat in finals. Prelims heats will be swum fastest to slowest with circle seeded heats first.



Saturday - Session 5 - Prelims	
35	Girls 11-12 400 Freestyle Relay ^w
36	Boys 11-12 400 Freestyle Relay ^w
37	Girls 13-14 400 Freestyle Relay ^w
38	Boys 13-14 400 Freestyle Relay ^w
39	Girls 15&O 400 Freestyle Relay ^w
40	Boys 15&O 400 Freestyle Relay ^w
41	Girls 11-12 50 Butterfly
42	Boys 11-12 50 Butterfly
43	Girls 11&O 200 Butterfly
44	Boys 11&O 200 Butterfly
45	Girls 11-12 100 Breaststroke
46	Boys 11-12 100 Breaststroke
47	Girls 11& O 100 Freestyle
48	Boys 11& O 100 Freestyle
BREAK	10 Minutes
49	Girls 15&O 400 Freestyle ^z
50	Girls 11-14 400 Freestyle ^x
51	Boys 15&O 400 IM ^z
52	Boys 11-14 400 IM ^x
Saturday - Session 6 - Finals	
49	Girls 15&O 400 Freestyle ^z
50	Girls 11-14 400 Freestyle ^x
51	Boys 15&O 400 IM ^z
52	Boys 11-14 400 IM ^x
41	Girls 11-12 50 Butterfly
42	Boys 11-12 50 Butterfly
BREAK	5 Minutes
43	Girls 11&O 200 Butterfly
44	Boys 11&O 200 Butterfly
45	Girls 11-12 100 Breaststroke
46	Boys 11-12 100 Breaststroke
47	Girls 11&O 100 Freestyle
48	Boys 11&O 100 Freestyle
BREAK	5 Minutes
53	Girls 11-12 200 Freestyle Relay ^w
54	Boys 11-12 200 Freestyle Relay ^w
55	Girls 13-14 200 Freestyle Relay ^w
56	Boys 13-14 200 Freestyle Relay ^w
57	Girls 15&O 200 Freestyle Relay ^w
58	Boys 15&O 200 Freestyle Relay ^w

Sunday - Session 7 - Prelims	
59	Boys 11-12 50 Breaststroke
60	Girls 13&O 100 Breaststroke
61	Boys 11&O 200 Breaststroke
62	Girls 13&O 100 Backstroke
63	Boys 11&O 100 Backstroke
64	Girls 13&O 200 Freestyle
65	Boys 11&O 200 Freestyle
BREAK	5 minutes
66	Boys 11-12 400 Medley Relay ^w
67	Girls 13-14 400 Medley Relay ^w
68	Boys 13-14 400 Medley Relay ^w
69	Girls 15 & Over 400 Medley Relay ^w
70	Boys 15 & Over 400 Medley Relay ^w
BREAK	10 minutes
71	Girls 11 & Over 1500 Freestyle ^y
72	Boys 11 & Over 1500 Freestyle ^y
Sunday - Session 8 - 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 13 & 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

^w Timed final event.

^x Timed final event for 14 & U. Top heat of each 11-14 age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum in prelims, 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 in prelims, fastest to slowest, alternating girls and boys.

^z Prelims/finals event, 1 heat in finals. Prelims heats will be swum fastest to slowest with circle seeded heats first.

