



2024 SPEEDO SECTIONALS - MT HOOD JULY 11 - 14, 2024

Hosted by: Mt Hood Aquatics
Mt. Hood Community College Aquatic Center
3545 NE 17th St
Gresham, OR 97030

ENTRIES OPEN June 3, 2024 * 12:00 AM PACIFIC TIME

OME ENTRY DEADLINE: July 3, 2024 * 11:59 PM PACIFIC TIME

Held Under the Sanction of Oregon Swimming, Inc. and USA Swimming, Inc.
Sanction 24-076 * Time Trial Sanction 24-077

Websites:

mthoodsectionals.com * oregonswimming.org * westernzoneswimming.org * usaswimming.org

Sanction:

This meet has been sanctioned by Oregon Swimming, Inc. and current USA Swimming rules and Oregon Swimming, Inc. Policies & Procedures will apply. All athletes must be currently registered as premium or outreach members for 2024 with USA Swimming. Oregon Swimming, Inc. does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability:

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Oregon Swimming, Inc., all meet officials, Mt Hood Community College Aquatics Center, and Mt Hood Aquatics, 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 meet. Damage to the facility, when proved, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

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 meet's 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 host will ensure the required course dimensions. Concessions may be available throughout the meet. No overnight camping on the campus.

Meet Referee

Keith Lambert
509-844-1993 (cell)
ktlamber707@gmail.com

Admin Referee

Scott Hastings
916-835-4648 (cell)
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Co - Meet Directors

Christine Logue
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Co - Meet Directors

Amanda Schmitd
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MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Sunday July 7, 2024, via Zoom @ 7:00 pm Pacific (PDT)	
Coaches Meeting	If necessary, will be announced	
Officials' Meetings	One hour before the start of each session * Location TBA	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday July 11 – 14, 2024	Warm-Up: 7:00 AM – 8:50 AM Competition: 9:00 AM	Warm-Up: 4:00 PM – 5:20 PM Competition: 5:30 PM

Supervised Warm-Ups

The 50M competition pool will be available for supervised warm-ups on Wednesday, July 10th, from 1:00 pm – 7:00 pm.

MEET FORMAT:

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship heat (A), two consolation heats (B-C), and one bonus heat (D) will compete in Finals, except as noted in the Order of Events, p.3 of this Announcement. The “D” Final will be conducted as an 18&U Only heat.
- **Order of seeding** will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). **Bonus events** will be seeded after the above, in the same order: BLCM-BSCM-BSCY.
- **Preliminary Heats of Individual Events and Timed Finals Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.3 of this Announcement.
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M or more, will be circle-seeded, with the **fastest athlete in HEAT 1**.
- **ODD/EVEN Heats with chase starts** may be used in all Preliminary Heats of Individual Events **except for the 50 Freestyles**. All heats of the **50 Freestyles** will start at the **EAST** scoreboard end of the pool. *Timed Finals Events including Relays* will start at the **WEST** end of the pool (no chase starts).
- **Finals Heats of Individual Events will swum SLOWEST to FASTEST:** Bonus (D), Consolation (C), Consolation (B), Championship (A).
- **Finals Ready Room & Presentation of Awards** A Finals Ready Room **MAY** be used to parade the Championship (A) heat of Individual Finals events. Awards **MAY** be presented immediately following the swimming of each Individual Championship (A) heat. Final details will be confirmed at the General Meeting.
- Athletes may qualify for and enter the 800M and/or 1500M Freestyles using any of the 800M/1000Y or 1500M/1650Y time standards.
- Relay teams entered in the 400M Freestyle Relay, the 800M Freestyle Relay, and 400M Medley Relay wishing to swim in preliminary heats rather than finals heats need to notify Admin Referee of this intent by the stated scratch deadline for that day's events.
- Athletes entered in the 800M and 1500M Freestyles wishing to swim in preliminary heats rather than the finals heat need to declare this intention by the stated scratch deadline for these events.



ORDER OF EVENTS

Women's Event #	Thursday * July 11, 2024	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	800 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * July 12, 2024	Men's Event #
13	100 Backstroke	14
15	200 Freestyle	16
17	400 Individual Medley	18
19	400 Freestyle Relay (D)	20
Women's Event #	Saturday * July 13, 2024	Men's Event #
21	200 Backstroke	22
23	400 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (D)	30
Women's Event #	Sunday * July 14, 2024	Men's Event #
31	200 Individual Medley	32
33	1500 Freestyle (E)	34
35	50 Freestyle	36
37	400 Medley Relay (D)	38

A: The 200 Medley Relay will be conducted as timed finals, **swum fastest to slowest, ALL heats** in event order at the **beginning of Prelims**. There may be a 10-min break following the conclusion of Event 2, prior to the start of the preliminary heats of Event 3.

B: The 800 Freestyles will be conducted as timed finals, with the **fastest seeded heat of women and the fastest seeded heat of men swimming in Finals in event order**. **ALL other heats will be swum in Prelims**, alternating women's and men's heats, **fastest to slowest**, following the completion of Event 10. Athletes may qualify for these events using any of the 800M/1000Y or 1500M/1650Y time standards. Order of seeding 800M/1000Y 1500M/1650Y

C: The 200 Free Relays will be conducted as timed finals with **ALL heats in at the end of Final** in event order (all women's heats, then all men's heats) **slowest to fastest**
 There may be a 10-min break following the conclusion of Finals Event 10, prior to the start of Event 11.

D: These relay events will be conducted as timed finals **with the fastest two heats of women and the fastest two heats of men swum in event order at the end of Finals**. Finals heats will be swum in the following order: second fastest heat, fastest heat. There may be a 10-minute break prior to the start of these relay heats in Finals.
 All other heats will be swum at the end of preliminaries, alternating women's and men's heats, **fastest to slowest**.

E: The 1500 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order**.
 All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.
 Athletes may qualify for these events using any of the 800M/1000Y or 1500M/1650Y time standards. Order of seeding 1500M/1650Y 800M/1000Y



2024 USA Swimming Speedo Championship Series Western Region Section Summer Time Standards						
July 11 – 14, 2024 Mt. Hood Community College Aquatic Center MT HOOD, OR Qualifying Time Period: June 1, 2023 – close of entries						
Women			EVENTS	Men		
SCY	SCM	LCM		SCY	SCM	LCM
24.55	27.30	28.14	50 Free	22.05	24.35	25.49
53.09	58.20	1:00.69	100 Free	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	200 Free	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	400/500 Free	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	800/1000 Free	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	1500/1650 Free	17:03.26	16:44.43	17:36.59
58.99	1:05.55	1:08.94	100 Back	53.55	59.47	1:03.66
2:07.19	2:21.52	2:28.00	200 Back	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	100 Breast	59.79	1:05.11	1:12.09
2:27.11	2:41.52	2:53.49	200 Breast	2:11.63	2:23.36	2:38.50
58.19	1:03.73	1:06.27	100 Fly	52.61	58.61	1:00.36
2:10.19	2:24.26	2:31.16	200 Fly	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	200 Ind. Medley	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	400 Ind. Medley	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39



RULES:

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”) which is detailed on p. 10 of this meet announcement. Current Oregon Swimming Policies & Procedures Manual will also apply.
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Director or Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules and procedures.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography, including visual recordings, is not allowed behind the blocks during the start of a race or relay exchange.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet and spectators. Facility personnel with current Red Cross lifeguarding, first aid, and CPR/AED certification will be available throughout warm-ups and competition. The facility’s AEDs are located in the natatorium first aid room.
- **Concussion Protocol Training (CPT) - Oregon State law ORS 336.485, SB 721 requires All coaches** and the **meet referee** to complete CPT annually. Proof of CPT certification within the last 12 months (since July 15th, 2023) will be required to receive a meet credential. More information may be found at www.oregonswimming.org under “Coaches” use the drop down menu “Concussion Testing”. To expedite the check-in process please submit CPT Certificate [HERE](#) prior to check-in.

RESTRICTIONS:

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Service animals only allowed in the facility.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.**

ELIGIBILITY:

This meet is open to all athletes who:

1. Are currently registered premium or outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC within the Western Region Section of the Western Zone (AK, AZ, CO, IE, HI, MT, NM, OR, PN, SR, UT, WY) as of the day meet entries close.
3. **On-deck transfer into an eligible LSC is not allowed.**
4. **Have met the appropriate qualifying times in competition between June 1, 2023, and the close of entries.**
5. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.
 - See **STATEMENT OF ELIGIBILITY – QUALIFYING ENTRY TIMES, p. 6 of this meet announcement for details.**
 - Proof of relay entry times is not required.
 - **Relay-only athletes WILL be allowed at this meet** - see details under ENTRIES, p. 6 of this announcement.
6. Athletes with a disability who have achieved USA Swimming Sectional Para qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the USA Swimming Sectional Para time standard has been achieved. Each athlete has the option of swimming a half distance for any event entered. Athletes with disabilities may also participate in Time Trials on the same basis. See the last page of this meet announcement for more information.



7. For informational and planning purposes, an initial psych sheet and unofficial preliminary timeline will be made available ASAP following the close of regular entries. The psych sheet will contain markings to indicate times requiring proof as required under Eligibility #5, above. The psych sheet will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary coach of record.

Meet Entry Procedures:

All entries must be submitted online through USA Swimming's Online Meet Entry (OME) system www.usaswimming.org/ome between **12:00 AM Pacific, June 3, 2024** and **11:59 PM Pacific, July 3, 2024**.

Meet Entry Chair: Judi Creech
mthoodsectionals24@gmail.com
360-909-7526 (cell)

Dates & Deadlines:

- **Entries Open:** Monday, June 3, 2024 @ 12:00 am PDT
- **Regular Entries Deadline:** Wednesday, July 3, 2024 @ 11:59 pm PDT
- **New Qualifiers Deadline:** Sunday, July 7, 2024 @ 11:59 pm PDT
- **Late Entries Deadline:** Sunday, July 7, 2024 @ 11:59 pm PDT (penalties apply)

STATEMENT OF ELIGIBILITY – QUALIFYING ENTRY TIMES:

Athletes must have entry times that meet the following criteria in order to be eligible to enter this meet:

1. Have met the appropriate 2024 qualifying entry times in competition **between June 1, 2023, and the close of entries**, as noted above.
 - a. Qualifying times for this meet will be the 2024 Western Region Summer Sectional Time Standards. These are found in the meet announcement on p. 4.
 - b. Relay-only athletes will be allowed at this meet. Athletes must pay the athlete surcharge to be entered in the meet and compete in relays, and time trials (if available).
 - c. Proof of relay entry times is not required.
2. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions, or a recognized foreign competition.
3. **Entry times must meet the "Proof of Times" requirements listed below.** *It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these "Proof of Times" requirements.*
4. Meet Management reserves the right to request "Proof of Times" documentation at any point.

Proof of Times:

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times > Individual Times Search) and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, or a recognized foreign competition, and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Meet Mobile is NOT acceptable as verification for "Proof of Times"**

Event Limit:

Each entered athlete may participate in up to six (6) individual events total for the meet, not including Time Trials, and up to five (5) relays, but no more than three (3) individual events per day, including Time Trials. All athletes, including relay-only athletes, are limited to three (3) Time Trial entries during the meet.

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.

Bonus Events:

Athletes entered in the meet with at least one qualified individual event may enter up to a maximum of two bonus events, not to exceed six (6) individual events total for the meet (not including Time Trials). **There are NO qualifying time standards for bonus events, but bonus times must appear in SWIMS within the qualifying time period: June 1, 2023 – entry deadline, July 3, 2024.**

Relay-Only Athletes:

Relay-only athletes WILL be allowed at this meet and must pay the athlete surcharge to be officially entered and compete on relays. Relay-only athletes who have been entered in the meet and have paid the athlete surcharge are eligible to enter Time Trials, with a maximum of three (3) Time Trial entries during the meet.



Meet Surcharge	\$50.50 surcharge per athlete, including relay-only athletes \$25.00 credential surcharge per team (coach/team manager/chaperone) <i>(any non-athlete with current USA Swimming credentials who will be on-deck with a team)</i>
Meet Entry Fees	\$20.50 per individual event entry \$40.50 per relay entry
REGULAR Entry Deadline	Entries must be submitted online through USA Swimming's Online Meet Entry (OME) by 11:59 PM Pacific, July 3, 2024 After July 3, 2024, updating times for existing entries is not permitted.
Late Entries Fees	\$50.50 surcharge per swimmer \$41.00 per individual event - late entry \$81.00 per relay - late entry

ENTRIES:

Entries must be submitted online through USA Swimming's Online Meet Entry (OME) system www.usaswimming.org/ome between **12:00 AM Pacific, June 3, 2024 and 11:59 PM Pacific, July 3, 2024.**

- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have checked out. **All entry modifications must be made before the entry deadline.**
- Check all entries! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- Once you check out **NO** entries may be removed from the meet; these will be processed as scratches - **NO refunds**
- Payment for entries will be collected on-site at the Clerk of Course see **Payment of Entries:**
- If you have trouble using OME, please contact Trey Freeman at USA Swimming: tfreeman@usaswimming.org* (719) 866-3235.
- Direct Meet Entry questions: Entry Chair, Judi Creech at mthoodsectionals24@gmail.com

Late Entries:

Late entries for athletes who had qualifying times **prior** to the entry deadline may be submitted by email to mthoodsectionals24@gmail.com Thursday July 4, 2024 @ 12:00 am through Sunday, July 7, 2024 @ 11:59 pm PDT (**penalties apply**)

First-Time Individual Event Qualifiers – Submitting NEW Qualifying Swims

This provision serves to allow swimmers entered in the meet to add qualifying swims achieved after the regular entries deadline and allow swimmers that achieve their first meet qualifying time after the regular entry deadline to enter the meet.

Athletes who achieve a **first-time individual qualifying standard** from Thursday July 4, 2024 @ 12:00 am through **Sunday, July 7, 2024 @ 11:59 pm PDT**, may enter the meet using the **USA Swimming Online Meet Entry system** www.usaswimming.org/ome

- New qualifying individual entries will be accepted via OME Entry Plat Form until 11:59 pm Pacific Time, Sunday, July 7, 2024, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim entry times after the July 3, deadline will not be permitted. However, an athlete who achieves a first-time qualifying time in an event he/she had previously entered as a bonus swim may treat the bonus swim as a qualifying swim to allow for an additional bonus swim.
- To update a previously entered bonus event to new a new qualifying swim, and to add a new bonus event, email mthoodsectionals24@gmail.com
- These entries are subject to the regular meet surcharge. Payment for new qualifying swims will be collected with Regular Entry Fees at the Clerk of Course at check-in.

Entries for UNATTACHED athletes NOT swimming with a team:

These entries are subject to the same entry deadlines as teams, for Regular Meet Entries, NEW Qualifying Swims, and LATE Entries. Payment for these entries will be collected from the Clerk of Course at check-in.

Please email mthoodsectionals24@gmail.com with coach contact information

Payment of Entries:

Payment for entries will be collected on-site at the Clerk of Course at check-in and must be paid in full to receive the team's packet containing meet credentials and team information.

- Teams will have the option of paying by either check or credit/debit card at the Clerk of Course.
- *Make checks payable to **MT HOOD AQUATICS***
- *If paying by credit card, a 2.75% convenience fee will be added to your invoice.*

Meet Entry Questions:

Questions concerning meet entries should be directed to **Meet Entry Chair, Judi Creech** mthoodsectionals24@gmail.com



CLERK OF COURSE:

All athletes, coaches, and officials participating in this competition must be currently registered for 2024 with USA Swimming.

- All athletes, coaches, and officials should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All athletes, coaches, and officials will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed to access the competition deck and team areas.
- **Site-specific details for the Registration Desk:** Will be located at Clerk of Course on deck at the scoreboard end of the 50 meter pool.
- **USA Swimming Competitor Waiver and Release Form** This [USA Swimming Competitor Waiver & Release Form](#) must be signed before an athlete can receive their credential.

GENERAL MEETING:

A General Meeting will be held via ZOOM on Sunday, July 7, 2024, at 7:00 PM Pacific Time. Registration to receive the ZOOM meeting link will be available on the Western Zone website under "EVENTS > WRS Summer Sectionals," and distributed to WRS LSC Office Contacts. **Teams must have a coach or team representative in attendance.** Coaches not in attendance are responsible for obtaining and being familiar with the information covered in the General Meeting.

SCRATCH PROCEDURES:

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet, except as noted below. These rules are described in the current USA Swimming Rule 207.11.6 in the Current Rule Book.

Scratch Deadline for all Preliminary and Timed Finals Events, including Relays, the 800M Freestyles, and the 1500M Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.

- Scratches for preliminary and timed finals events will be done via the Administrative Referee, Scott Hastings, either in person on-site, or by email: scottlhastings@gmail.com Emailed scratches will receive a confirmation email by the deadline.
- Athletes are considered checked in for all individual events *unless scratched*.

Rule 207.11.E(4) applies to this meet. The re-entry fee will be \$200.00 per preliminary event, cash or check payable to Mt Hood Aquatics at the registration desk.

Scratches From Finals

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet**.

RELAYS:

- Scratches for relays are requested prior to the scratch deadline for that day's events. Please submit at the Administration Desk.
- Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay.
- Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim at the blocks.

MEET TIMELINE:

If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event

If the projected length of the 800M Freestyle or the 1500M Freestyle heats do not allow for the Finals session to start as originally scheduled, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

WARMUPS:

Oregon Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet. A copy of these guidelines and procedures will be reviewed at the General Meeting, will be posted on the websites listed on p. 1 of this Announcement, and will be posted at the facility. The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

SCORING:

Scoring will be on a twenty-four (24) place basis.

Achieved times swum in Finals/Timed Finals must meet the event's time standard to score.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.



AWARDS:

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.

TIME TRIALS:

- Time Trials will be held under a separate sanction of Oregon Swimming, Inc.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted on deck at Clerk of Course.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each time trial swim will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the meet.
- The 800M and 1500M Freestyle Events will only be offered on one day. The Meet Referee will determine the day based on the size of the meet and available time and will announce the day at the General Meeting.
- **Time Trial Entry Fees: \$20.50 per individual event \$40.50 per relay event**

TIMERS:

- Swimmers/clubs WILL be responsible for providing their own timers and lap counter (person), if desired, for the 800M and 1500M Freestyle events and for all Time Trial events. Final details will be provided at the General Meeting.
- Teams WILL be assigned lanes for the preliminary sessions based on the number of swimmers entered. Final details will be provided at the General Meeting. Timing assignments will be emailed to the Head Coach listed on a team's Summary Entry Form and will be posted on the websites listed on p. 1 of this Announcement following the close of entries on July 3, 2024.

SECTION SUMMER BUSINESS MEETING:

The Western Region Section Summer Business Meeting will be held by Zoom on Wednesday, June 26, 2024 at 12:00 pm Noon Pacific Time. Registration to obtain the Zoom link to attend will be found on the Western Zone website under "EVENTS > WRS Summer Business Meeting," and will be distributed to WRS LSC Office Contacts. Questions and agenda items should be sent to Section Chair, Shawn Smith shawn.smith@du.edu

TRAVEL FUND:

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and coaches. Swimmer must attend both the 2024 Summer Section Meet and 2024 Olympic Trials - or - 2024 Summer Championships to be eligible for a travel reimbursement. (Please complete a separate form for Trials and Summer Championships) The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the designated Championship Meets. Application for reimbursement must be made by submitting the Travel Reimbursement form within fifteen (15) days following the conclusion of the Championship Meet attended.

The Reimbursement Form is posted on the Western Zone website under "EVENTS > 2024 WRS Summer Sectionals."

Final deadline for submission: August 16, 2024.

OFFICIALS:

- **If you will be attending this meet, please complete the online [Application to Officiate](#)** to assist with meet planning. The online Application is also posted on the Western Zone website under "OFFICIALS > APPLICATIONS" and under "EVENTS > 2024 WRS Summer Sectionals."
- **Applications for an assigned position must be received by May 15, 2024.**
- **Applications must be received by June 15, 2024, to be eligible to receive a meet shirt.** Every attempt will be made to provide the size requested; however, shirt size and availability cannot be guaranteed by the host. You must work a **minimum of four (4) sessions** to receive a meet shirt.
- This meet has been designated as an Officials Qualifying Meet (OQM) National Certifications N2 and N3. Officials wishing to obtain or renew national certifications need to complete the online [Application to Officiate](#) and notify the Meet Referee or designee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.
- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome to attend and work this meet.
- The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt, or pants, with long pants or skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.



COACHES & OFFICIALS SOCIAL:

A Coaches and Officials Social may be offered TBA.

OTHER IMPORTANT INFORMATION:

Hospitality

A Hospitality Room will be provided for coaches and officials only; athletes are not permitted in the Hospitality room.

Concessions

Concessions MAY be available throughout the competition – details to be confirmed and shared at the General Meeting.

Heat Sheets

Heat sheets will be provided for coaches and officials.

Electronic heat sheets MAY be available through Meet Mobile™ and MAY be posted to the websites listed on p.1 of this announcement details to be confirmed and shared at the General Meeting.

Meet Information & Results

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

- Free parking at Mt Hood CC Aquatic Center.
- BUSES will be able to drop off in front of the Aquatic Center, and park on the far EAST side of the lot.
- **NO RV Overnight Parking Allowed.**

Safe Sport

The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional, and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before July 11, 2024, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before July 11, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.





Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 1	Women					Men			
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Sectional		Bonus		P1	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	1:21.59	1:21.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	2:51.19	2:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99
	2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	
Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 2	Women					Men			
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Sectional		Bonus		P2	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	7:57.69	6:29.89	8:17.49	6:46.09	400/ 500 FR	7:42.39	6:17.39	8:01.59	6:33.09
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19	
Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 3	Women					Men			
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Sectional		Bonus		P3	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19	50 FR	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	400/ 500 FR	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49
	40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49
3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69	
2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49	
7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79	