

Lake Oswego Swim Club
2014 OR LOSC Dan Perz Memorial Open
A/B/C AGE GROUP/SENIOR
March 14-16, 2014

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No. 14-032 (10 & Under), 14-033 (Open, 11 & Over)
- Host: Lake Oswego Swim Club
- Location Lake Oswego School District Swim Pool
2400 Hazel Road
Lake Oswego, Oregon 97035
Pool Telephone: (503) 635-0330
DO NOT MAIL ENTRIES TO THE POOL ADDRESS
- Eligibility: Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of March 14, 2014.
- Entry Deadline: Entries must be received by 5:00 PM Wednesday, March 5, 2014.
- Entry Limit: Friday, March 14th: Limited to the first 200 swimmers. Swimmers may enter a maximum of one (1) event.
Saturday and Sunday March 15th and 16th: Limited to the first 250 swimmers each session. Swimmers may enter a maximum of three (3) individual events and one (1) relay per day.
The number of swimmers may be further limited as needed to conform to time constraints and the four hour rule.
Entries for events No. 9-10 (500 Freestyle), No. 11-12 (1000 Freestyle), and No. 67-68 (400 IM) will be limited based on time line constraints with preferences to the fastest entries.
- Entry Fees: \$3.00 Oregon Swimming surcharge per swimmer
\$3.00 Individual facility fee per swimmer
\$2.00 Individual event fee.
\$8.00 relay entry fee
- Entry fees must accompany master entry. Make checks payable to **Lake Oswego Swim Club**.

Entry Address: Lake Oswego Swim Club
c/o Troy Tetsuka
5820 SW Brugger Street
Portland, OR 97219

E-mail: ttetsuka3@gmail.com
Telephone: 503.807.0571

- Entries:
1. Submit YARD TIMES ONLY for seeding. NTs are acceptable.
 2. E-mail entries in a Hy-Tek formatted file. Please mail entry fees and a printout of Hy-Tek entries.
 3. If you are unable to e-mail entries please mail them in Hy-Tek format on portable magnetic media (e.g. CD, thumb drive, etc.). Please include entry fees and a printout of Hy-Tek entries.
 4. With submission of entries the coach/team representative attests that all swimmers are entered are registered with USA Swimming.
 5. 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. When unaccompanied by a member-coach it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed upon arrival at the pool.

Facility: Indoor, 25-yard, eight lanes with three inch non-turbulent lane lines. Starting blocks at the deep end of the pool (10 feet). Shallow end is four (4) feet. The competition course has not been certified in accordance with 102.2.2(c)4.
Parking is available but limited at Lake Oswego High School. Additional parking may be found at Lake Oswego Junior High School directly across Country Club Road from the senior high school. Please DO NOT park in the marked Fire Lane areas. Bleacher seating for 250 spectators. Open pool deck areas available for swimmers, coaches and officials only. Limited concessions available. Facility is accessible to adaptive swimmers.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING PERMITTED IN THE SWIMMING VENUE. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited

Times: Friday warm-ups: 6:00 PM – 6:45 PM
Timed finals 7:00 PM
Saturday and Sunday AM warm-ups: 7:00 AM – 7:45 AM
Timed finals 8:00 AM
Saturday and Sunday PM warm-ups immediately following AM sessions, but not before 11:00 AM.
Timed finals 1 hour following warm-ups.

Rules: Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet.

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. REFER TO SECTION IX ENCLOSURE BELOW.

Bull Pen: A bull pen will be provided for all 8&U events. All other swimmers shall report directly to their assigned lanes.

Awards: Individual – 1st through 8th place ribbons for 10 & under swimmers; gift cards to top 5 point scores for boys and girls 11-12, 13-14 and 15 & over
Relays – 1st through 3rd place ribbons for 10 & under session only
High Point: One award for top point score for boys and girls 8 & under, 9-10, 11-12, 13-14, and 15 & over.
The age groups of any events that the referee combines will be scored separately.
Awards must be picked up at the end of the Sunday PM session; they will not be mailed after meet.

Scoring: Individual: 9-7-6-5-4-3-2-1
Relay: 6-4-2

Meetings: Friday: Officials' meeting 6:15 PM. Coaches' meeting 6:45 PM.
Saturday and Sunday AM: Officials' meeting 7:15 AM. Coaches' meeting 7:45 AM.
Saturday and Sunday PM: Officials' meeting 15 minutes after the start of warm-ups. Coaches' meeting at the conclusion of warm-ups.

Meet Referee: Joe Dahl 503.636.9035 joe@tcsor.com
Meet Director: Troy Tetsuka 503.807.0571 ttetsuka3@gmail.com

Officials: We always appreciate the help of certified officials from other clubs. If you will be attending this meet please notify the Meet Referee. An officials' hospitality room will be provided.

Timers: Each team will be given timing assignments. Please designate a parent representative to report to the Head Timer 30 minutes prior to the start of the meet.
Swimmers in events No. 9-10 (500 Freestyle) and No. 11-12 (1000 freestyle) will need to arrange their own timers and lap counter.
Swimmers in events No. 67-68 (400 IM) will need to arrange their own timers.

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Entry Fee Summary

Team Name _____

Total Individual Entries _____ @ \$2.00 each = _____

Total Relay Entries _____ @ \$8.00 each = _____

Total Individual Facility Fee _____ @ \$3.00 each = _____

Total Oregon Swimming Inc. Surcharge _____ @ \$3.00 each = _____

Total team fees _____

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Girls Friday

		Boys
1	10 & Under 200 Freestyle	2
3	11-12 200 Freestyle	4
5	13-14 200 Freestyle	6
7	15 & Over 200 Freestyle	8
9	11 & Over 500 Freestyle	10
11	11 & Over 1000 Freestyle	12

Girls Saturday AM

		Boys
13	8 & Under 25 Freestyle	14
15	9-10 50 Freestyle	16
17	8 & Under 50 Backstroke	18
19	9-10 100 Backstroke	20
21	8 & Under 25 Breaststroke	22
23	9-10 50 Breaststroke	24
25	8 & Under 50 Butterfly	26
27	9-10 100 Butterfly	28
29	8 & Under 100 IM	30
31	9-10 100 IM	32
33	8 & Under 100 Medley Relay	34
35	10 & Under 200 Medley Relay	36

Girls Saturday PM

		Boys
37	11-12 50 Freestyle	38
39	13-14 50 Freestyle	40
41	15 & Over 50 Freestyle	42
43	11-12 100 Backstroke	44
45	13-14 200 Backstroke	46
47	15 & Over 200 Backstroke	48
49	11-12 50 Breaststroke	50
51	13-14 100 Breaststroke	52
53	15 & Over 100 Breaststroke	54
55	11-12 100 Butterfly	56
57	13-14 200 Butterfly	58
59	15 & Over 200 Butterfly	60
61	11-12 200 Medley Relay	62
63	13 & Over 200 Medley Relay	64
65	11-12 100 IM	66
67	11 & Over 400 IM	68

Girls Sunday AM

		Boys
69	8 & Under 50 Freestyle	70
71	9-10 100 Freestyle	72
73	8 & Under 25 Backstroke	74
75	9-10 50 Backstroke	76
77	8 & Under 50 Breaststroke	78
79	9-10 100 Breaststroke	80
81	8 & Under 25 Butterfly	82
83	9-10 50 Butterfly	84
85	9-10 200 IM	86
87	8 & Under 100 Free Relay	88
89	10 & Under 200 Free Relay	90

Girls Sunday PM

		Boys
91	11-12 100 Freestyle	92
93	13-14 100 Freestyle	94
95	15 & Over 100 Freestyle	96
97	11-12 100 Breaststroke	98
99	13-14 200 Breaststroke	100
101	15 & Over 200 Breaststroke	102
103	11-12 50 Backstroke	104
105	13-14 100 Backstroke	106
107	15 & Over 100 Backstroke	108
109	11-12 50 Butterfly	110
111	13-14 100 Butterfly	112
113	15 & Over 100 Butterfly	114
115	11-12 200 Freestyle Relay	116
117	13 & Over 200 Freestyle Relay	118
119	11-12 200 IM	120
121	13-14 200 IM	122
123	15 & Over 200 IM	124

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

6 LANE 2 & 5 1 & 6 3 & 4

8 LANE 2 & 7 1 & 8 3, 4, 5, & 6

9 LANE 2 & 8 1 & 9 3, 4, 5, 6, & 7

10 LANE 2 & 9 1 & 10 3, 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.

b. Safety Guidelines

1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers at meets and at all practices.

2. Host Team Responsibilities

a. Marshaling

- 1. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
- 2. Marshals shall wear identifying attire.
- 3. Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.
- 4. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if they are currently certified by Red Cross in Life-guarding, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
- b. Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-ups.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- d. The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- e. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
- f. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- g. Safety Policy: USA swimming's reports of accident occurrences shall be filled out for all accidents by the host team. The form shall be sent to the Oregon Swimming, Inc. office, USA Swimming, and Risk Management Services. The host team shall keep a copy in their records. The Safety Chair or his/her designee shall compile an annual report of all occurrences and submit the report at the annual House of Delegates meeting.

3. Miscellaneous

- a. Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.
- b. Backstrokers shall not start at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
- c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
- e. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.