



**2017 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES  
WESTERN REGION SECTION CHAMPIONSHIPS  
JULY 20 – 23, 2017**

**Hosted by Mt. Hood Aquatics  
Mt. Hood Aquatic Center  
26000 SE Stark, Gresham OR 97030  
Facility Phone: (503) 491-7243**

**Held Under the Sanction of Oregon Swimming and USA Swimming, Inc.  
Sanction # 17-080 Time Trials Sanction # 17-081**

**Website: [www.mthoodaquatics.org](http://www.mthoodaquatics.org)**

**Facility:**

Outdoor competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The west end of the competition course is 16.0 feet deep; the east end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems added during the 2007 renovation. Indoor 25-yard, 6-lane tank serves as the warmup pool, and runs from 3.5 feet deep to 13.0 feet deep. Outdoor stadium-style seating for 3,000 spectators, plus a team seating area for 800+ athletes. Parking for both personal and team vehicles, including buses, located directly adjacent to the Aquatic Center.

**Pool Certification:**

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

**Sanction:**

This meet has been sanctioned by Oregon Swimming and current USA Swimming rules and any relevant sections of the Oregon Swimming Policies & Procedures Manual will apply. All athletes must be currently registered for 2017 with USA Swimming. Oregon Swimming 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 AND BY ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., OREGON SWIMMING, INC., ALL MEET OFFICIALS, MT HOOD AQUATICS CENTER, AND MT HOOD AQUATICS SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

**Meet Staff:**

**Meet Referee**

Dale Ammon  
(303) 478-5529  
[dcammon5@gmail.com](mailto:dcammon5@gmail.com)

**Admin Referee**

Scott Powell  
(303) 883-0094  
[spowell11@comcast.net](mailto:spowell11@comcast.net)

**Meet Director**

Jody Rash  
(541) 580-6512  
[coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)



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**Rules:**

- Current USA Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines & Warm-up Procedures will be in effect and strictly enforced.
- Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat and three consolation heats will compete in finals, except as noted in the Order of Events.
- Order of seeding will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). Bonus events will be seeded after all of the above.
- The age of the swimmer will be his/her age as of July 20, 2017, the first day of competition.
- All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer’s responsibility to make these arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Swimmers and coaches are responsible for being familiar with this meet’s scratch rules and check-in procedures.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start 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 and to bring proof of such certification to the meet.

**Restrictions:**

- Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- Deck Changing is prohibited.
- 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.
- Shaving is not permitted anywhere in the facility.
- All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Service animals only allowed in the facility.
- Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck.

**Swimmer Photographs and Videos:**

Photographers and/or videographers may be present on deck at this meet. Parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the start of warm-ups on Thursday morning. 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.

**MEET SCHEDULE SUMMARY**

MEETING SCHEDULE		
General Meeting	Wednesday, July 19 at 4:30 PM – Indoor Bleachers 25y Tank	
Officials’ Meetings	One hour before the start of each session	
Section Business Meeting	Friday, July 21 - Following the completion of the preliminary session.	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday July 20 – July 23	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 competition tank will be available for supervised warm-ups on Wednesday, July 19<sup>th</sup>, 1:00 PM to 7:00 PM.**

Other dates & times, prior to the competition, may be available.

For more information, contact the Meet Director, Jody Rash, at [coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)



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**ORDER OF EVENTS**

<b>Women's Event #</b>	<b>Thursday</b>	<b>July 20, 2017</b>	<b>Men's Event #</b>
1	100-meter	Freestyle	2
3	200-meter	Breaststroke	4
5	200-meter	Backstroke	6
7	200-meter	Butterfly	8
9	800-meter (A)	Freestyle Relay	10
11	800-meter (E)	Freestyle	12
<b>Women's Event #</b>	<b>Friday</b>	<b>July 21, 2017</b>	<b>Men's Event #</b>
13	200-meter (B)	Freestyle Relay	14
15	200-meter	Freestyle	16
17	400-meter	Individual Medley	18
19	200-meter (C)	Medley Relay	20
<b>Women's Event #</b>	<b>Saturday</b>	<b>July 22, 2017</b>	<b>Men's Event #</b>
21	100-meter	Backstroke	22
23	400-meter	Freestyle	24
25	100-meter	Breaststroke	26
27	100-meter	Butterfly	28
29	400-meter (A)	Freestyle Relay	30
<b>Women's Event #</b>	<b>Sunday</b>	<b>July 23, 2017</b>	<b>Men's Event #</b>
31	200-meter	Individual Medley	32
33	1500-meter (D)	Freestyle	34
35	50-meter	Freestyle	36
37	400-meter (A)	Medley Relay	38

A: These relay events will be conducted as timed finals with the fastest two heats of women and the fastest two heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims in the following order: third and fourth fastest heats of women; third and fourth fastest heat of men; fifth fastest heat of women; fifth fastest heat of men; sixth fastest heat of women; sixth fastest heat of men, etc.

B: The 200 Free Relay will be conducted as timed finals, all heats conducted at the beginning of preliminaries.

C: The 200 Medley Relay will be conducted as timed finals, all heats conducted at the conclusion of finals.

D: The 1500 freestyles will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women's and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men is concluded 90 minutes before the evening's finals session is scheduled to begin.

E: The 800 freestyles will be conducted as timed finals. All heats will be swum at the end of preliminaries in the following order: Two fastest heats of women; two fastest heats of men; then alternating remaining women's and men's heats, fastest to slowest.



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**Eligibility:**

This meet is open to all swimmers who:

1. Are year-round 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. Have met the appropriate 2017 qualifying times in competition between June 1, 2016, and the entry deadline, July 10, 2017.
4. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions. Entry times not in the SWIMS database must be proven to the Meet Director or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the swimmer being removed from the event.

Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #4 above. The psych sheet will be emailed to the primary coach of record listed in the OME System, and will also be posted to the following websites: Mt Hood Aquatics, Oregon Swimming, Western Zone Swimming, USA Swimming.

Swimmers with a disability who have achieved Can-Am qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the Can-Am time standard has been achieved. Each swimmer has the option of swimming a half distance for any event entered. Swimmers with disabilities may also participate in the Time Trials on the same basis

**Entries:**

**All entries must be submitted online through USA Swimming's Online Meet Entry system – [www.usaswimming.org/ome](http://www.usaswimming.org/ome) between 12:00 AM PDT, May 15, 2017 and 11:59 PM PDT, July 10, 2017.**

- With the submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- You must pay for the online entries with Visa, MasterCard, American Express, or Discover **OR** chose the OME option to pay by check. If paying by check, make payable to MHA and send to:  
MHA Entries  
PO Box 129  
Gresham, OR 97030
- 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 paid for them. All modifications must be made before the entry deadline.
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Jaime Lewis** with USA Swimming [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) or 719-866-3562 work.
- If you have an **entry question**, please contact the Meet Director, **Jody Rash** – email is requested and preferred: [coachjodymha@gmail.com](mailto:coachjodymha@gmail.com).



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**Event Limit:**

Each entered swimmer may participate in up to six (6) individual events and up to five (5) relays, but no more than three (3) individual events per day including Time Trials. All swimmers, including relay-only swimmers, are limited to three (3) Time Trials.

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 on the top 24 results in each relay event.

**Bonus Events:**

Swimmers may enter up to two bonus event for each qualified individual event, with a maximum total of two bonus events, not to exceed six (6) individual events total for the meet including Time Trials, as follows:

Qualified	Bonus	Total
One (1) qualified event	Two (2) bonus event	Three (3) total events
Two (2) qualified events	Two (2) bonus events	Four (4) total events
Three (3) qualified events	Two (2) bonus events	Five (5) total events
Four (4) qualified events	Two (2) bonus events	Six (6) total events
Five (5) qualified events	One (1) bonus event	Six (6) total events
Six (6) qualified events	No bonus events	Six (6) total events
<b>There are no qualifying times for bonus events. NT entries will not be accepted.</b>		

**Meet Surcharge:** \$35.00 surcharge per swimmer

**Meet Entry Fees:** \$16.00 per individual event entry  
\$36.00 per relay entry

**Entry Deadline:** **Entries for qualifying swims must be received by 11:59 PM PDT, Monday, July 10, 2017.**  
After July 10, 2017, updating times for existing entries is not permitted.

**Late Entries:** Late entries will be accepted via the Email Entry Form, p13 of this announcement, until 12:00 noon PDT, Monday, July 17, 2017, and are subject to the late entry fees listed below:

**Late Entry Surcharge:** \$35.00 surcharge per swimmer  
**Late Entry Fees:** \$32.00 per individual event - late entry  
\$72.00 per relay - late entry

**First-Time Qualifiers:**

Swimmers who achieve a **first-time** individual qualifying standard from Tuesday, July 11, 2017, through Sunday, July 16, 2017, may enter, but only on the Email Entry Form, p13 of this announcement.

- Email entries for first-time individual qualifiers must be received no later than 11:59 PM PDT on Sunday, July 16, 2017, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the July 10 deadline will not be permitted. However, a swimmer 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 in order to allow for an additional bonus swim. Adding bonus swims for qualifying times achieved after the July 10 deadline is permitted using the Email Entry Form.

**Meet Entry Questions:**

Questions concerning meet entries should be directed to the Meet Director, Jody Rash – email is requested and preferred: [coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)



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### **Registration & Team Check-In:**

All swimmers, coaches, and officials participating in this competition must be currently registered for 2017 with USA Swimming.

- All swimmers, 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.
- All entered swimmers, certified coaches, and team managers listed on the Summary Entry Form 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.

**Wednesday, July 19<sup>th</sup>:** The Registration Desk will be located on the deck of 25y tank, and will open at 1:00 pm. Registration will remain open through the end of Supervised Warm-Ups, at 7:00 pm. Current coaching credentials from a coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet.

**Thursday - Sunday, July 20-23:** Registration will be located at Clerk of Course, at the East/Scoreboard End of the 50M tank. Clerk of Course will open at 15 min prior to the start of warm-ups each day, and will remain open through the conclusion of each session's competition.

### **Meet Time Line:**

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, including the use of double-ended "chase" starts and conducting the preliminary sessions in an "A/B" format. All adjustments, including procedures for the "A/B" format (if adopted) will be announced at the General Meeting.

If the projected length of Thursday's 800 Freestyle timed finals event, and Sunday's 1500 Freestyle preliminary events 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.

### **Scratch Procedures:**

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

### **Positive Check In / Scratch Deadline for Thursday's Events:**

*The Scratch Box will close 15 minutes after the conclusion of the Wednesday's General Meeting.*

- Swimmers in Thursday's 800 Freestyle and 800 Freestyle Relay events must be checked in no later than 15 minutes after the conclusion of the Wednesday's General Meeting in order to be seeded.
- Swimmers in Thursday's 800 Freestyle who do not check in will be down-seeded to the slowest entry time.
- In addition to physical check-in, email check-in will be accepted for these events only, and the above deadline applies. Check-in may be done by emailing the Meet Director, Jody Rash: [coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)

### **Swimmers are considered checked in for all other events except the 1500 Freestyle events unless scratched.**

- The Scratch Box will be located at the General Meeting and then at the Administrative Referee area for the duration of the meet.
- Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box. Scratch cards will be available at the Administrative Referee area.
- Swimmers in the 1500 Freestyle events must check-in and confirm their intention to compete before the scratch deadline in order to be seeded by entry time. Athletes in these events who do not check in will be down-seeded to the slowest entry time. Seeded 1500 Freestyle heat sheets will be published at the end of Saturday's finals.

**Relays will follow the same scratch procedures as the individual events.** Scratches for relays are due to the Administrative Referee prior to the scratch deadline for that day's events. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation 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.



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<b>CHECK-IN &amp; SCRATCH SCHEDULE</b>		
<b>EVENTS</b>	<b>ACTION REQUIRED</b>	<b>DEADLINE</b>
Thursday 100/200 Events	Scratch	15 minutes after conclusion of Wednesday's General Meeting
Thursday 800 Freestyle	Positive check-in or scratch	
Thursday 800 Free Relay	Positive check-in or scratch	
Friday Individual Events	Scratch	6:00 PM Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	6:00 PM Friday
Saturday Relays	Scratch	
Sunday 200 IM and 50 Free	Scratch	6:00 PM Saturday
Sunday 1500 Freestyle	Positive check-in or scratch	
Sunday Relays	Scratch	
All Checked-In Relays	Submit w/full names and order to Clerk of Course	No later than one hour before scheduled start of relays
	If necessary, changes to relay line-up order	On copy brought to lane timer before start of heat
Announced finalists for championship and console heats	Declaration of intention to scratch to Admin Referee	Within 30 minutes of announcement or scoreboard scroll of qualifiers

**Scoring:**

Scoring will be on a twenty-four (24) place basis, but achieved times 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)

**Travel Fund:**

Swimmers who participate in this meet and also participate in the 2017 Phillips 66 National Championships, the 2017 U.S. Open, or the 2017 Junior National Championship are eligible for a travel reimbursement. 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. Application for reimbursement must be made by submitting the attached form within fifteen (15) days following the conclusion of the Championship Meet attended; final deadline for submission: August 27, 2017.



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### **General Meeting:**

A General Meeting will be held on Wednesday, July 19, 2017, at 4:30 PM. **Location:** Indoor Bleachers of 25y warm-up tank. Teams must have a coach or team representative in attendance. Coaches' packets will be available on Wednesday at the Registration Desk, located on the deck of 25y tank. The Registration Desk will open at 1:00 pm and will remain open through the end of Supervised Warm-Ups, at 7:00 pm.

Current coaching credentials from a coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet. Coaches must visibly display their current credentials whenever on deck.

### **Section Business Meeting:**

The Section's Business Meeting will be held on Friday, July 21, 2017, following the completion of the preliminary session in the Hospitality room. Questions and agenda items should be sent to Rick Guenther at [surfswimcat@aol.com](mailto:surfswimcat@aol.com)

### **Officials:**

- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome. If you will be attending this meet, please return the attached Application to Officiate to assist with meet planning. To be considered for an assigned position, your application must be received by the Meet Referee by June 11, 2017.
- This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.
- The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt or pants. Shorts may be worn only during Preliminary sessions; long pants or skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.

### **Hospitality:**

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

### **Warm-up Procedures:**

At the discretion of meet management and in agreement with the Meet Referee, warm-ups may be modified to accommodate the number of swimmers entered in the meet.

#### **1. General warm-up (first half):**

NO DIVING from the blocks or sides of the pool.  
Feet-first entry from the starting area. Circle swim only.

#### **2. Sprint and pace warm-up (remainder):**

Lanes 1 & 8: Pace lanes – Push off only. No diving or racing starts. Circle swim.  
Lanes 2 & 7: Sprint lanes – Dive start, swim only one direction. Return from adjacent lane.  
Backstrokers enter the water feet first in rotation. No diving over persons in the water.  
Lanes 3, 4, 5, & 6: General warm-up – NO DIVING.

3. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
4. Dive sprints may only be done under the direct supervision of the coach.
5. **NO DIVING in the general warm-up lanes—circle swimming only.**

### **Time Trials:**

- Swimmers must be entered in the meet to participate in Time Trials.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Time Trials will be held under a separate sanction of Oregon Swimming, Inc.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. A swimmer is limited to three (3) time trials during the course of the meet.
- Time Trials will be deck-entered at the Clerk of Course. Time Trials entries will close when the maximum allowable time has been reached or one hour before the scheduled end of that day's preliminaries, whichever comes first.





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**Time Trials, con't:**

- Time Trial Entry Fees:     \$17.00 per individual event  
                                      \$39.00 per relay event
- Time Trials shall be swum in the order listed under the meet program, with the following exceptions:
  1. The 800 and 1500 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.
  2. 50 Freestyle: On the day the 50 Freestyle is contested, it will be the first event of the Time Trial program. All other days, the 50 Freestyle will be the last event of the Time Trial program.

Order of Time Trial Events
Day 1: Day 1 events except 800, Day 2 events, Day 3 events, Day 4 except 1500 * 50 Free Last Event *
Day 2: Day 2 events, Day 3 events, Day 4 except 1500, Day 1 events except 800 * 50 Free Last Event *
Day 3: Day 3 events, Day 4 events except 1500, Day 1 events except 800, Day 2 events * 50 Free Last Event *
Day 4: Day 4 events except 1500 * 50 Free First Event *, Day 1 events except 800, Day 2 events, Day 3 events

**Timers:**

Swimmers/clubs are responsible for providing their own timers and lap counters, if desired, for Thursday's 800 and Sunday's 1500 Freestyle events and for any Time Trial events.

Teams will be assigned lanes for the preliminary sessions based on the number of swimmers entered. Timing assignments will be e-mailed out once entries have been processed.

**Concessions:**

Concessions will be provided during competition hours by Lancers Foodservice/MHCC Aquatic Center. The host team and Oregon Swimming receive no benefit.

**Social Events:**

A Coaches and Officials Social will be held on Friday, July 21<sup>st</sup>, after the conclusion of Finals. Details will be announced.

**Programs/Heat Sheets:**

- Heat Sheets:     Prelims   \$3.00 per session
- Finals     \$2.00 per session
- Results:         \$5.00     \*Order at Clerk of Course

**Meet Information & Results:**

Meet Information, as well as Real Time and post-meet results will be posted at Mt. Hood Aquatics: [www.mthoodaquatics.org](http://www.mthoodaquatics.org).

Meet Information will also be posted at:     Oregon Swimming: [www.oregonswimming.org](http://www.oregonswimming.org)  
  USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)  
  Western Zone Swimming: [www.westernzoneswimming.org](http://www.westernzoneswimming.org)



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**Local Hotels/Motels:**

**Quality Inn Hotel**, 503-907-1777  
2752 NE Hogan Drive, Gresham, OR 97030

**Days Inn**, 503-465-1515  
24124 SE Stark Street, Gresham, OR 97030

**Clarion**, 503-665-1591  
1060 NE Cleveland, Gresham, OR 97030

**Comfort Inn**, 800-521-2121 (toll free), 503-492-2900  
1000 NW Graham Road, Troutdale, OR 97060

**Holiday Inn**, 503-669-6500  
477 NW Phoenix Drive, Troutdale, OR 97060

**Best Western Cascade Inn & Suites**, 503-491-9700  
23525 NE Halsey Street, Troutdale, OR 97060

**Hilton Garden Inn Portland Airport**, 503-255-8600  
12048 NE Airport Way, Portland, OR 97220

**Fairfield Inn Portland Airport**, 503-253-1400  
11929 NE Airport Way, Portland, OR 97220

**Quality Inn Suites Portland Airport**, 503-255-1404  
9727 NE Sandy Blvd, Portland, OR 97220

**Roadway Inn**, 503-492-4000  
2323 NE 181<sup>st</sup> Avenue, Gresham, OR 97230

**Four Points Sheraton Gresham Hotel (Portland East)**, 503-491-1818  
1919 NE 181<sup>st</sup> Avenue, Portland, OR 97203

**McMenamins Edgefield**, 503-669-8610  
2126 SW Halsey Street, Troutdale, OR 97060

**Hampton Inn**, 503-669-7000  
3039 NE 181<sup>st</sup> Avenue, Portland, OR 97230

**RV's and Motor Homes:** There is **NO OVERNIGHT PARKING** in the parking lots adjacent to the Aquatic Center.



**2017 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES \* WESTERN REGION SECTION \* MT HOOD AQUATIC CENTER \* JULY 20 – 23, 2017**



<b>2017 USA Swimming Speedo Championship Series</b>						
<b>Western Region Section Time Standards</b>						
<b>July 20 - 23, 2017 * Mt Hood Aquatic Center * Gresham OR</b>						
<b>Women</b>				<b>Men</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>EVENTS</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
24.55	27.31	28.14	<b>50 Free</b>	22.05	24.35	25.49
53.09	58.20	1:00.69	<b>100 Free</b>	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	<b>200 Free</b>	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	<b>400/500 Free</b>	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	<b>800/1000 Free</b>	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	<b>1500/1650 Free</b>	17:03.26	16:44.43	17:36.59
58.99	1:05.55	1:08.94	<b>100 Back</b>	53.55	59.47	1:03.66
2:07.19	2:21.52	2:28.00	<b>200 Back</b>	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	<b>100 Breast</b>	1:00.35	1:06.12	1:13.10
2:27.11	2:41.52	2:53.49	<b>200 Breast</b>	2:12.81	2:24.54	2:39.68
58.19	1:03.73	1:06.27	<b>100 Fly</b>	52.62	58.62	1:00.37
2:10.19	2:24.26	2:31.16	<b>200 Fly</b>	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	<b>200 Ind. Medley</b>	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	<b>400 Ind. Medley</b>	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	<b>200 Free Relay</b>	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	<b>400 Free Relay</b>	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	<b>800 Free Relay</b>	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	<b>200 Medley Relay</b>	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	<b>400 Medley Relay</b>	3:47.49	4:15.75	4:23.39



## TEAM INFORMATION

TEAM NAME: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

TEAM ADDRESS: \_\_\_\_\_

### COACH (ES) ATTENDING MEET:

Name \_\_\_\_\_ Cell #: \_\_\_\_\_

Name \_\_\_\_\_ Cell #: \_\_\_\_\_

Name \_\_\_\_\_ Cell #: \_\_\_\_\_

The following statement must be signed by a coach or team representative:

*I have read the meet information and attest that all swimmers entered are 2017 full-year members of USA Swimming.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### ENTRY SUMMARY

Total from Master Entry Form(s) \$ \_\_\_\_\_

Total from Relay Entry Form = \$ \_\_\_\_\_

Team Total = \$ \_\_\_\_\_

- I have paid for my entries on OME with a credit card.
- I am mailing a check for payment of my entries on OME to MHA (address below).

**ENTRY DEADLINE – 11:59 P.M. MONDAY, July 10, 2017**

**Mail team information or team information with check  
by entry deadline to:**

MHA Entries  
PO Box 129  
Gresham, OR 97030  
[coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)



### E-MAIL ENTRY FORM

submit to: Jody Rash [coachjodymha@gmail.com](mailto:coachjodymha@gmail.com) by the deadlines listed below

TEAM NAME: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

COACH NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

COACH'S USA ID#: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

City

State

Zip

E-MAIL QUALIFICATION PERIOD: July 11 – July 16, 2017

E-MAIL DEADLINE – 11:59 p.m., Sunday, July 16, 2017 (PDT)

LATE ENTRY DEADLINE – 12:00 noon, Monday July 17, 2017 (PDT)



**NEW QUALIFYING SWIMS: Swims achieving the qualifying time standards for the first time from Tuesday, July 11, 2017 through Sunday, July 16, 2017.** These e-mail entries must be received no later than 11:59 p.m. (PDT) on Sunday July 16, 2017, and may not be used to improve the seed time of a previously submitted entry.



**LATE ENTRIES: Swims achieving the qualifying time standards that were not entered previous to the OME deadline and will be charged twice the entry fees.** These e-mail entries must be received no later than 12:00 noon (PDT) on Monday, July 17, 2017, and may not be used to improve the seed time of a previously submitted entry.

We have entered the following events on this e-mail entry form:

NEW QUALIFIERS

Women: Individual Events \_\_\_\_\_ x \$16.00 = \_\_\_\_\_

Men: Individual Events \_\_\_\_\_ x \$16.00 = \_\_\_\_\_

Relays: # of Relays \_\_\_\_\_ x \$36.00 = \_\_\_\_\_

Surcharge: # of Swimmers \_\_\_\_\_ x \$35.00 = \_\_\_\_\_

Total Entry Fee: \$ \_\_\_\_\_

LATE ENTRIES:

Women: Individual Events \_\_\_\_\_ x \$32.00 = \_\_\_\_\_

Men: Individual Events \_\_\_\_\_ x \$32.00 = \_\_\_\_\_

Relays: # of Relays \_\_\_\_\_ x \$72.00 = \_\_\_\_\_

Surcharge: # of Swimmers \_\_\_\_\_ x \$35.00 = \_\_\_\_\_

Total Entry Fee: \$ \_\_\_\_\_

Emailed entries must be paid at the Clerk of Course.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.

Coaches Signature: \_\_\_\_\_

**Swimmer Information**

Print Name \_\_\_\_\_ Age \_\_\_\_\_

Team Name \_\_\_\_\_

Female \_\_\_\_\_ Male \_\_\_\_\_ USAS Registration # \_\_\_\_\_

Swimmer previously entered in meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_ Date Achieved \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_ Date Achieved \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_ Date Achieved \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_ Date Achieved \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_ Date Achieved \_\_\_\_\_

(Duplicate this form as necessary)



REIMBURSEMENT REQUEST

\*\*\* THIS FORM IS DUE NO LATER THAN AUGUST 27, 2017 \*\*\*

PLEASE PRINT NEATLY

Coach's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Date of Request: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

Full Team Name: \_\_\_\_\_ LSC: \_\_\_\_\_

Mailing Address for Reimbursement Check:

Street or P.O. Box \_\_\_\_\_

City, State, Zip \_\_\_\_\_

USA SWIMMING CHAMPIONSHIP MEET FOR WHICH REIMBURSEMENT IS REQUESTED -- CIRCLE ONE:

Swimmer must attend both the Section Meet and Nationals, US Open, or Jr. Nationals

(Please complete a separate form for Nationals, Open, and Juniors)

Phillips 66 National Championships

US Open

Junior Nationals

Dates of USA Swimming Championship Meet: \_\_\_\_\_ Location: \_\_\_\_\_

Did Coach Attend Championship Meet? Yes No Name of Attending Coach: \_\_\_\_\_

Swimmer's Name (Last, First)	Age	Event(s) Competed At Sectionals	Event(s) Competed At Nationals/Open/Juniors (circle 1)

Please send completed form within 15 days of the end of the Championship Meet for which reimbursement is requested to:

Bruce Stratton, Treasurer  
2017 S. Roosevelt St.  
Boise, ID 83705  
(208) 869-6350  
Email: [brucewstratton@gmail.com](mailto:brucewstratton@gmail.com)

DEADLINE: AUGUST 27, 2017



Application to Officiate
Applicant must be a member of USA Swimming and an LSC certified official.
(PLEASE TYPE OR PRINT CLEARLY)

Name: \_\_\_\_\_ LSC: \_\_\_\_\_
Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_
City, State, Zip: \_\_\_\_\_
E-mail Address: \_\_\_\_\_
Current LSC Certifications: \_\_\_\_\_
Current N2 Certifications and Expiration: \_\_\_\_\_
Current N3 Certifications and Expiration: \_\_\_\_\_
Years/Months at Highest Level: \_\_\_\_\_

ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION
WHICH BEGIN ONE HOUR PRIOR TO THE START OF EACH SESSION.

Uniform is white polo and khaki pants/skirt with white shoes and socks.
Khaki shorts may be worn during prelims only.

I will serve at all sessions: Yes \_\_\_ No \_\_\_

I can't serve all sessions. My choices for individual sessions are checked below:

Thursday 7/20 Prelims \_\_\_ Finals \_\_\_
Friday 7/21 Prelims \_\_\_ Finals \_\_\_
Saturday 7/22 Prelims \_\_\_ Finals \_\_\_
Sunday 7/23 Prelims \_\_\_ Finals \_\_\_

Shirt Size: \_\_\_\_\_ (S, M, L, XL, XXL, etc./ Men's / Women's\*)

\*This is for Host planning and is not guaranteed – while we endeavor to provide women's sizes we cannot promise their availability

APPLICATION FOR ASSIGNED POSITION: If you would like to be considered for an assigned position, please check the appropriate box below. If applying for more than one position, please indicate preference (1,2,3). Preference will be given to those who agree to work all sessions.

Assignment request: \_\_\_ Deck Referee \_\_\_ Starter \_\_\_ Chief Judge \_\_\_ Asst. Admin. Referee

If you are not applying for an Assigned Position, please check here: \_\_\_ Stroke & Turn Only

APPLICATION FOR EVALUATION: If you would like to be observed/evaluated during the meet, complete the following:

I request Evaluation as follows: \_\_\_ For Advancement to N2 \_\_\_ For Advancement to N3
\_\_\_ For Recertification \_\_\_ For Education
\_\_\_ Referee \_\_\_ Starter \_\_\_ Chief Judge \_\_\_ Admin Referee \_\_\_ Stroke & Turn

Most Recent Evaluation & Evaluator: \_\_\_\_\_

This application must be received by the Meet Referee no later than June 11, 2017, in order for the applicant to be considered for specific assigned positions (Deck Referee, Starter, Chief Judge, Asst. Admin. Referee).

Assigned positions will be notified by June 18, 2017.

Applications for other deck positions will be accepted at any time.

However, only those applying by June 18, 2017 will be assured of receiving a meet shirt.

Email your application to the Meet Referee: Dale Ammon dcammon5@gmail.com