

**CANBY SWIM CLUB, INC.**  
PO Box 21, Canby, OR 97013  
503-266-2761

TO: Coaches and Team Leaders  
RE: **December 19, 2009**

**The 28th Annual CANBY ANIMAL MEET**  
**The 12th Annual CANBY ANIMAL MEET JR.**

HELD UNDER SANCTION OF **United States Swimming Inc.**  
Sanction No. : 9-144 12 & Under 9-145 13 & Over

**SATURDAY MORNING December 19, 2009**

**ANIMAL MEET JR. GIRLS**

**SATURDAY MORNING Session (12 & Under)**

Positive Check-in by 7:15 AM with Clerk of Course

Warm-ups 7:00-7:45 AM Session Begins at 8:00 AM

All swimmers must enter all 3 events. Times are cumulative.

200 Yard I.M.      100 Yard Butterfly      500 Yard Freestyle

**ANIMAL MEET JR. BOYS**

**SATURDAY MORNING Session (12 & Under)**

Positive Check-in by 7:15 AM with Clerk of Course

Warm-ups 7:00-7:45 AM Session Begins at 8:00 AM

All swimmers must enter all 3 events. Times are cumulative

200 Yard I.M.      100 Yard Butterfly      500 Yard Freestyle

**SATURDAY AFTERNOON December 19, 2009**

**ANIMAL MEET SR. GIRLS**

**SATURDAY AFTERNOON Session (13 & Over)**

Positive Check-in by 12:45 PM with Clerk of Course

Warm-ups 12:30-1:15 PM Session Begins at 1:30 PM

All swimmers must enter all 3 events. Times are cumulative

400 Yard I.M.      200 Yard Butterfly      1000 Yard Freestyle

**ANIMAL MEET SR. BOYS**

**SATURDAY AFTERNOON Session (13 & Over)**

Positive Check-in by 12:45 PM with Clerk of Course

Warm-ups 12:30-1:15 PM Session Begins at 1:30 PM

All swimmers must enter all 3 events. Times are cumulative

400 Yard I.M.      200 Yard Butterfly      1000 Yard Freestyle

**Host/Sponsor:** **Canby Swim Club (*The GATORS*)**

**Location:** Canby Swim Center  
1150 S. Ivy  
Canby, OR 97013  
Pool Phone: 503-266-2761

**Eligibility:** Swimmers must be currently registered with USA Swimming  
NO ON-DECK REGISTRATION SHALL BE PERMITTED.

**Entries:** Submit YARD TIMES ONLY (for seeding) on form provided, Hy-tek disc, or Hy-tek e-mail, along with the following statement signed and dated by the submitting Coach or Team Representative:  
**"I have read the meet information and attest that all swimmers entered are members of United States Swimming, Inc."**  
**No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, *it is the team/swimmers responsibility to arrange for a certified coach to be responsible for the swimmer before arriving at the meet.* If assistance is needed, please see the Meet Director or the Meet Referee.

**Entry Limit:** **All swimmers must enter all three events.**

The **Animal Meet Jr** will be limited to a maximum of 108 swimmers each to comply with the USA-S 4 Hour Rule.

The **Animal Meet** will be limited to approximately 160 swimmers.

**Event Numbers:** **The Animal Meet (13 & Over) and Animal Meet Jr. (12 & Under)**

**Animal Meet Jr.**

Enter 12 and under using the following event numbers; boys and girls will swim in separate sessions.

	<u>Girls</u>	<u>Boys</u>
200 Yard I.M.	1	2
100 Yard Butterfly	3	4
500 Yard Freestyle	5	6

**Animal Meet.**

Enter all 13 and over swimmers using the following event numbers:

	<u>Women</u>	<u>Men</u>
400 Yard I.M.	1	2
200 Yard Butterfly	3	4
1000 Yard Freestyle	5	6

**Entry Fees:** \$26.00 per swimmer for the meet.

This includes: \$3.00 OSI Surcharge  
\$6.00 OSI Splash Fee (\$2.00 per event-3 events) Genuine  
Animal Meet T-Shirt (\$17.00).

Fee payment must accompany entries. Make checks payable to  
**CANBY SWIM CLUB** and enclose one check (including Coach and Team  
Leader T-Shirt orders) for your entire team.  
Entries will not be finalized without payment.

**T-Shirts:** Please include swimmers T-Shirt sizes with your entries. Swimmers will be  
receiving a coupon to claim their t-shirt. One t-shirt per swimmer is included with  
paid meet entry. Fine Design will be on site to make each swimmer their shirt.

Available T-Shirt Sizes:

Youth -- Small, Medium and Large  
Adult-- Small, Medium, Large, XL, 2XL

Upgrades will be available at cost to the swimmer.

Coaches and Team Leaders may purchase Meet T-Shirts at \$13.00 each. If  
you are interested in purchasing a t-shirt please let us know when you send your  
entries. Then we can get you a coupon to claim your t-shirt.

**Entry Address:** *Canby Animal Meet*  
*PO Box 21*  
*Canby, OR 97013*  
*503-266-1345*

**Entry Deadline:** Entries must be received by 5:00pm, November 28, 2009.  
E-mail entries are accepted but not finalized until payment is received.

**Check-in:** POSITIVE CHECK-IN WILL BE IN EFFECT:

**Scoring:** Placement will be determined by the sum of the times for all three events added  
together. Time will be added for disqualification:

**Animal Meet JR** —DQ = Slowest time plus 15 seconds.  
NS = Slowest time plus 60 seconds.

**Animal Meet** —DQ = Slowest time plus 30 seconds.  
NS = Slowest time plus 2 minutes.

No team scoring will be kept.

**Awards:** Awards will be given for lowest individual time over the 3 events for male and  
female in the **Animal Meet Jr.** and **Animal Meet.** Presentation for both Male and  
Female winners will happen as soon after the conclusion of the session as final  
results are available. Coaches are asked to have those swimmers stay for the  
presentation. No team scoring will be kept.

**Meet Referee:** **Joe Dahl (AM)** Ph:503-636-9035 E-mail: joe@tcsor.com  
**Dan Gipe (PM)** Ph: 503-244-7349 E-mail: gipes@earthlink.net

**Meet Directors:**           **DeeAnna Smith**  
Ph: 503-651-1543           E-mail: deemarie1964@yahoo.com  
**Mindy Ingle**  
Ph: 503-266-3609           E-mail: Mindyplus4@canby.com

**Officials:**                We always appreciate the help of certified officials from other clubs. If you will be attending this meet, please notify the Meet Director. Meets are subject to **SANCTION INELIGIBILITY** without the proper number of Officials.

**Timers:**                 Each team will be given lane timing assignments and **MUST SUPPLY TIMERS.** Please have your team parents sign up on the timing sign-up sheets located behind the starting blocks. A lack of lane timers will cause delay at the very least. **Each swimmer MUST SUPPLY a COUNTER for the 500's and 1000's.**

**Rules:**                  Current USA Swimming, Oregon Swimming Inc., and US Masters Swimming rules will govern this meet dependant on session.

Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark.

**NOTE:** Heats may be doubled or combined to ensure timely completion of the meet. All events will be ran slowest seed to fastest. Warm-up breaks will be scheduled during the 1000 Freestyle event at the Referee's discretion.

**Safety:**                 Current Oregon Swimming Inc. and Oregon Masters Swimming Safety Guidelines and Warm-up Procedures will be in effect as applicable and strictly enforced. SEE ENCLOSURE FOR OSI SAFETY PROCEDURES.

**Restrictions:**         TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE.

**Facility:**               Indoor, 25 yards long, 6 lanes with non-turbulent lane lines. Pool depth is 3.5 to 10 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado V electronic timing system. S.R. Smith Recordquest Quikblox w/ front and back starting strobes. Open pool deck areas available for swimmers, coaches and officials only.

**Hospitality:**         A hospitality suite will be provided for Officials and Coaches. An ample supply of Breakfast, Lunch, and Snack selections will be available throughout the meet.

**Concessions:**         An ample assortment of refreshments will be available for purchase throughout the meet. Foods will include nutritious hot items as well as breads, fruits, snacks, water, and sports drinks.

**Lodging:**               Accommodations are available at:  
**HOLIDAY INN WILSONVILLE** [www.holidayinnwilsonville.com](http://www.holidayinnwilsonville.com)  
25425 SW 95<sup>th</sup> Ave Wilsonville Oregon   *North Wilsonville exit off I-5*  
**503-682-2211**

**Willamette Gables Riverside Estate Bed & Breakfast**  
[www.willamettegables.com](http://www.willamettegables.com)   503-678-2195

RV parking is available in parking lots adjoining the Swim Center parking lot. After hours restrooms are **NOT** available.

**MASTER ENTRY FORM  
2009 CANBY ANIMAL MEET JR  
200 I.M., 100 FLY, 500 FREE BOYS & GIRLS**

Full Name of Team: \_\_\_\_\_

Club Code: \_\_\_\_\_ Page \_\_\_\_ of \_\_\_\_

Name	USA-S #	Sex	Age	Circle	Circle Size	200 I.M. TIME	100 FLY TIME	500 FREE TIME
				<u>Adult</u> T-Shirt				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				

Total number of swimmers entered on this sheet: \_\_\_\_\_

**I have read the meet information and attest that all swimmers entered hereon are members of USA Swimming Inc.**

Coach/Team Representative \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

**MASTER ENTRY FORM  
2009 CANBY ANIMAL MEET  
400 I.M., 200 FLY, 1000 FREE MEN AND WOMEN**

Full Name of Team: \_\_\_\_\_

Club Code: \_\_\_\_\_ Page \_\_\_\_ of \_\_\_\_

Name	USA-S #	Sex	Age	Circle	Circle Size	400 I.M. TIME	200 FLY TIME	1000 FREE TIME
				<u>Adult</u> T-Shirt				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				
		M / F		S M L XL 2XL				

Total number of swimmers entered on this sheet: \_\_\_\_\_

**I have read the meet information and attest that all swimmers entered hereon are members of USA Swimming Inc.**

Coach/Team Representative

Date

Phone

# UNATTACHED SWIMMERS FORM

PLEASE COMPLETE THIS FORM FOR ALL UNATTACHED SWIMMERS PARTICIPATING

MEET: \_\_\_\_\_ DATE: \_\_\_\_\_

	NAME	AGE	SWIMMING WITH ( CLUB )
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			

## 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 (lasts 30-45 minutes)

#### RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4
8 LANE	1 & 8	2 & 7	3,4,5, & 6
9 LANE	1 & 9	2 & 8	3,4,5,6, & 7
10 LANE	1 & 10	2 & 9	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.
- (c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

### B. SAFETY GUIDELINES

3. 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.
4. HOST TEAM RESPONSIBILITIES
  - (a) Marshalling
    - (1) A minimum of (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 be current members of United States Swimming.
    - (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;
      - (aa) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
      - (bb) The host club provides a marshal to supervise the activities of the guards.
    - (b) Host teams shall post signs at each lane at both ends of 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.
5. MISCELLANEOUS
  - (a) Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.
  - (b) Backstrokers shall ensure that they are not starting 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.
  - (f)

**NOTE:** Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended 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.

ADOPTED: October 1986

REVISED: November 12, 1992