



## 2009 Paul Bergen Junior International Short Course Championships

December 11-13<sup>th</sup>, 2009

HELD UNDER THE SANCTION OF U.S.A. SWIMMING, INC. Article 202.4

HELD UNDER SANCTION OF OREGON SWIMMING, INC.

**SANCTION NO:** 9-90

**MEET REFEREES:** Joel Scroggy and Ruth Stocks

**MEET ORGANIZING DIRECTOR:** Linck Bergen

**MEET DIRECTORS:** Kimberly Zayas and Sheila McCarroll

**LOCATION:** Tualatin Hills Park & Recreation District Aquatic Center

15707 SW Walker Road  
Beaverton, Oregon USA 97006  
(503) 645-7454

**SPONSOR:** Tualatin Hills Swim Club

15707 SW Walker Road  
Beaverton, OR USA 97006  
(503) 629-5568 office  
(503) 439-9328 fax  
[www.thunderboltswimming.com](http://www.thunderboltswimming.com)

**FACILITY:** Indoors, 8 lanes 25 meter competition course, 10 lanes of 25 yard warm-up/warm-down space available. Colorado Timing System. Open pool deck areas available for swimmers, coaches and officials only. Disabled spectator accessibility, ample parking, seating for 500 spectators, snack bar.

**RESTRICTIONS:** Tobacco products, alcoholic beverages and glass containers are prohibited. Shaving is prohibited in the facility.

**RULES:** Current U.S.A. Swimming, Inc. and Oregon Swimming, Inc. rules will Govern this competition, including the new rule pertaining to swimwear.

**“All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.”**

**SAFETY CODE:** Current Oregon Swimming safety guidelines and warm-up procedures will be in effect.



<b>TIME:</b>	<b><u>Practice*</u></b>	<b><u>Start</u></b>
	Tuesday, December 08	3:00 P.M. - 6:00 P.M. (PST)
	Wednesday, December 09	3:00 P.M. - 6:00 P.M. (PST)
	Thursday, December 10	7:00 A.M. - 7:00 P.M. (PST)

- Special practice times may be arranged through Coach Linck Bergen at (503) 629-5568 or email [linck@thunderboltswimming.org](mailto:linck@thunderboltswimming.org)

	<b><u>Competition</u></b>	<b><u>Warm-ups</u></b>	<b><u>Start</u></b>
<b>Prelims</b>	Dec. 11, 2009	7:30 A.M. (PST)	9:00 A.M. (PST)
<b>Finals</b>	Dec. 11, 2009	4:00 P.M. (PST)	5:30 P.M. (PST)
<b>Prelims</b>	Dec. 12-13, 2009	7:00 A.M. (PST)	8:30 A.M. (PST)
<b>Finals</b>	Dec. 12-13, 2009	4:00 P.M. (PST)	5:30 P.M. (PST)

\*Finals warm-ups and start times may be adjusted at the discretion of the meet referee.

**ENTRY LIMIT:** Swimmers may enter a **maximum of six events**, excluding relays, with a **maximum of three events per day**.

**MEET LIMIT:** 300 swimmers

**ELIGIBILITY:** Swimmers must be currently registered or have applied for registration to U.S.A. Swimming or registered with a USA Swimming recognized foreign swimming federation. Athletes must be born on or after 01/01/91. All swimmers must have a USA certified coach, or coach certified by a recognized foreign swimming federation, looking out for them at the meet. If they come without a coach, the meet referee can assign one.

**ENTRIES:** Submit **Short Course Meter** times only for seeding purposes. Birth dates and USA Swimming registration numbers must be included. HY-TEK Meet Management Software will be used. If you have HY-TEK, please submit entries on via email or disk.  
**Bonus Swims:** Swimmers must meet one (1) time standard to enter the meet, but may swim up to six (6) events. Additional events should be entered at their best achieved time. **No on-deck USA Swimming Registration will be available.**

**CHECK IN:** All events will be pre-seeded.

**ENTRY FEES:** \$ 15.00 Surcharge Per Swimmer  
 \$ 7.50 Individual Event Fee  
 \$ 15.00 Relay Event Fee  
 \$ 5.00 Paper Entry Processing Fee per team  
 \$ 5.00 Paper Entry Processing Fee per unattached swimmer

**Entry fees must accompany your master entry form. Only one check from each club is allowed.**

Make checks payable to: TUALATIN HILLS SWIM CLUB  
 Please ensure checks or money orders are in USA currency.



**ENTRY ADDRESS:** Kimberly Zayas  
3695 SW 188<sup>th</sup> Ave.  
Aloha, OR 97007  
[meetdirector@thunderboltswimming.com](mailto:meetdirector@thunderboltswimming.com)

**FINANCIAL REQUEST APPLICATION DEADLINE: November 6<sup>th</sup>, 2009.**

(Transportation/Housing) Housing of athletes will be limited to 75 total; priority will be given (in order) to European Federations, national teams, all-star teams and, finally, to individual teams and athletes. Availability for individual teams and athletes will be based on date of request, distance traveled and availability in previous years. Some who were able to obtain housing last year may be passed over to accommodate others who were left off the list last year. Our attempt will be to provide housing on a rotational basis in years to come.

Direct requests to Coach Linck Bergen at (503) 629-5568 or email [linck@thunderboltswimming.org](mailto:linck@thunderboltswimming.org).

**ENTRY  
DEADLINE:**

Entries must be received by 5:00 P.M, Friday, **November 20, 2009.**

**DO NOT LEAVE ENTRIES AT THE POOL.**

E-mail entries preferred.

**E-MAIL** [meetdirector@thunderboltswimming.com](mailto:meetdirector@thunderboltswimming.com)

**FINALS:**

“A” finals – fastest 8 qualifiers, all events, “B” finals – fastest 9-16 qualifiers in all events 400M and shorter.

**AWARDS:**

1<sup>st</sup> – 3<sup>rd</sup> place, individual events receive commemorative medals

**MEETINGS:**

Coaches meeting may be held 15 minutes prior to start of each session. Officials meeting will be held 45 minutes prior to the start of each session.

**OFFICIALS:**

We always appreciate the help of Certified Officials and Electronic Timers from other clubs. If you will be attending this meet please notify Peggy Lee at [officials@thunderboltswimming.org](mailto:officials@thunderboltswimming.org) so your name can be added to the schedule.

**TIMERS:**

Each club will designate a timing representative to report to the Head Timer thirty minutes prior to the start of each session for team lane timing Assignments. Competitors in Sunday's 800/1500 Freestyle are requested to supply one timer and a lap counter for their swim.

**POST COMPETITION PARTY:** We are planning to have a post competition celebration. This will be for all athletes, coaches and host families who wish to attend. The cost is \$15/person, and will need to be paid in advance at the beginning of the meet so that we can prepare for the correct number of people.

This was added at the request of our traveling athletes to provide an opportunity for all the swimmers to socialize and get to know one another better. It has been a huge success and we hope all will attend.





**2009 Times and Standards  
SHORT COURSE METER TIMES ONLY**

Fo reign	US/Canada Women	OR/ WA	Event #	Session	Event #	OR/ WA	US/Canada Men	For eign
<b>Friday, Dec 11th, 2009</b>								
2:16.89	2:19.99	2:27.39	#1	200 Fly	#2	2:15.19	2:09.99	2:05.59
1:04.49	1:04.89	1:07.59	#3	100 Back	#4	1:02.29	:59.09	:55.99
:56.99	:58.29	1:00.29	#5	100 Free	#6	:54.49	:52.09	:51.89
:33.99	:34.69	:35.99	#7	50 Breast	#8	:33.99	:31.69	:30.99
4:55.69	5:01.19	5:10.09	#9	400 IM	#10	4:47.39	4:39.99	4:32.59
8:36.99	8:45.09	9:08.89	#11	800 Free Relay	#12	8:55.89	8:09.09	7:53.29
<b>Saturday, Dec 12th, 2009</b>								
:26.29	:27.39	:27.89	#13	50 Free	#14	:24.99	0:23.99	:23.49
2:34.99	2:41.39	2:47.09	#15	200 Breast	#16	2:33.79	2:25.59	2:18.09
2:18.59	2:20.79	2:25.49	#17	200 Back	#18	2:15.19	2:07.49	2:01.99
:28.99	:29.69	:30.99	#19	50 Fly	#20	:27.99	:26.69	:25.99
4:18.29	4:21.89	4:32.29	#21	400 Free	#22	4:13.99	4:08.99	4:00.79
3:59.99	4:02.79	4:14.29	#23	400 Free Relay	#24	3:48.09	3:24.29	3:24.29
<b>Sunday, Dec 13th, 2009</b>								
2:02.99	2:05.89	2:09.69	#25	200 Free	#26	1:58.99	1:56.99	1:53.39
1:12.29	1:14.69	1:17.39	#27	100 Breast	#28	1:09.09	1:06.06	1:05.09
1:02.19	1:04.29	1:06.19	#29	100 Fly	#30	1:00.19	:56.89	:55.99
:29.99	:30.69	:31.99	#31	50 Back	#32	:28.99	:27.69	:26.99
2:19.89	2:22.89	2:26.89	#33	200 IM	#34	2:13.99	2:08.49	2:05.99
8:50.69	9:00.99	9:23.89	#35	800 Free				
				1500 Free	#36	17:11.89	16:26.99	15:56.99
4:26.19	4:28.89	4:36.99	#37	400 Med Relay	#38	4:12.59	3:01.99	3:01.99

RELAYS WILL BE TIMED FINAL EVENTS RUN DURING FINALS

THE 800/1500 WILL BE TIMED FINALS EVENTS WITH THE FASTEST EIGHT SWIMMERS SWIMMING DURING FINALS. PRELIMINARY HEATS WILL ALTERNATE GIRLS/BOYS AND BE SWUM FASTEST TO SLOWEST AS THE LAST EVENTS OF SUNDAY'S PRELIMINARIES AND MAY BE LIMITED TO 3 HEATS EACH AT THE DISCRETION OF THE MEET REFEREE.

