

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction Number:** **9-139** 12 & Under **9-140** 13 & Over
- Meet Referee:** Kym Jacobsen, margarita.ville@charter.net
- Sponsors:** Forest Grove Swim Club & Forest Grove Aquatic Center
- Location:** Forest Grove Aquatic Center, 2300 Sunset Drive, Forest Grove, OR 97116 503-992-3238
- Directions:** From Portland: westbound on HWY 26 to Jct HWY 6, Hwy 6 to Banks Exit – HWY 47 South, HWY 47 South to Sunset Drive. Right on Sunset Drive to pool on the West Side of Sunset in the 2300 Block.
- Parking:** Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking available east of Sunset on side streets and at Gray & Company parking lot off of 23rd, one block east of the pool.
- Facility:** Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. Daktronics timing system, horn start, finish touch-pads and dual button backup and Keifer Intrepid starting blocks. Results via Daktronics display board. Concessions will be available for snacks and food.
- All events will have a 5 ½ ft. starting depth. Adaptive access is by ladders at both ends of the pool. Open pool deck areas are available for swimmers, coaches and officials only.
- For the Friday and afternoon sessions only, the shallow end of the pool will be available for warm down.
- Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE.
- Deck Access:** Coaches and officials must display appropriate 2009 USA Swimming credentials at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.
- Rules:** Current USA Swimming And Oregon Swimming Inc. (OSI) rules will govern this meet. OSI Safety Guidelines and Warm-Up Procedures will be strictly enforced.
- Format:** This is a timed finals meet.
- Eligibility:** Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as of December 4, 2009. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

- Schedule:** Friday – Warm-ups will be from 5:00 to 5:45 PM with Timed Finals starting at 6:00 PM.
Saturday/Sunday – AM warm-ups: 7:30-8:30 with Timed Finals starting at 8:45 AM.
Saturday/Sunday - Warm-ups for the afternoon session will be from 12:45 to 1:45 PM with Timed Finals starting at 2:00 PM. An updated timeline for the afternoon sessions will be announced November 25th.
- Entry Limit:** Swimmers may enter a maximum of two individual events on Friday, and six individual events for Saturday and Sunday sessions combined, with no more than four individual events on any day, excluding one relay entry per day. Swimmers will not be allowed to move up in age groups, except for relays.
- Positive check in will be required for all Friday events and for events 400 yards and longer for the Saturday and Sunday sessions. Check in deadline will be 15 minutes after the start of the warm-up period for that session.
- Entries will be limited to a maximum of 225 swimmers per session or to keep within the allowable timeline for the session.
- Entries:** Entries will not be accepted until October 21, 2009. Entries will be accepted in order of submission until such time as the session/meet is full or the entry deadline is reached.
- Submit yard times only for seeding. Submit entries on Hy-Tek software either by email or formatted diskette. Mail a hard copy of entries with payment to the entry address.
- Entry Deadline:** Entries must be received by 6:00 PM November 18, 2009 and must be accompanied by a check for the full amount of the entry fees and surcharges.
- Relays:** Relays will not be mixed gender, but heats may be combined at the discretion of the Meet Referee to expedite a timely meet.
- Entry Fees:** \$3.00 OSI surcharge per swimmer
\$2.00 facility charge per swimmer
\$2.00 per individual event entry fee
\$8.00 per relay fee

Please make checks payable to Forest Grove Swim Club (FGSC)

FEES MUST ACCOMPANY ENTRIES.

Entry Address: FGSC Attn: Meet Director, P.O. Box 242, Forest Grove, OR 97116

fgsmeetmgr@yahoo.com

tshiel@stimsonlumber.com

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

- Meet Director:** Tim Shiel 503-359-0674 503-720-3325 (please send email to both listed for entries)
- Bull-pen:** A bullpen will be available for 8&U events only. All other swimmers shall report directly to their assigned lanes.
- Breaks:** At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.
- Awards:** Awards or ribbons will be given to the top six finishers in individual events and to the top three relay finishers. High point awards will be given to the top male and female for 8 & Under, 9-10, 11-12, 13-14, and 15 and Over age brackets.
- Scoring:** Team scoring will be based on six individual places (7-5-4-3-2-1) in each of the following age groups 8&U, 9-10, 11-12, 13-14, 15 and Over, for each event and three places (14,10,8) in relay events. Open events will be scored 12 & Under, 13- 14, 15 and Over. If you swim in the afternoon events you will be scored with those swimmers.
- Meetings:** Coaches meetings will be held 15 minutes prior to the start of the Friday Session and both Saturday Sessions. Subsequent coaches meetings will be at the discretion of the Meet Referee.
- Officials meetings will be held at 5:15 PM Friday and 7:45 AM Saturday and Sunday for the AM Sessions and at 15 minutes after the start of warm-ups for the PM session on Saturday & Sunday.
- An updated meeting schedule will be announced on November 25.
- Timers:** Visiting clubs are encouraged to designate a Team parent to be responsible for ensuring that your club's timing responsibilities are fulfilled. This will help the meet run smoothly.
- Officials:** We NEED and APPRECIATE the help of certified officials from other clubs. Please include a list of officials who will be attending with your club's entry form or email the meet director.
- Hospitality:** Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.
- 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 can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

Friday December 4th

SESSION 1 EVENTS

Girls	Age	Event	Boys
1	12 & Under	200 Freestyle	2
3	Open	200 Freestyle	4
5	12 & Under	500 Freestyle	6
7	Open	1650 Freestyle	8

Saturday December 5th

AM SESSION 2 EVENTS

Girls	Age	Event	Boys
9	8 & Under	100 Freestyle Relay	10
11	12 & Under	200 Freestyle Relay	12
13	12 & Under	100 Individual Medley	14
15	8 & Under	25 Freestyle	16
17	12 & Under	50 Freestyle	18
19	12 & Under	100 Backstroke	20
21	8 & Under	25 yd Breaststroke	22
23	12 & Under	50 yd Breaststroke	24
25	12 & Under	100 yd Freestyle	26

Saturday December 5th

PM SESSION 3 EVENTS

Girls	Age	Event	Boys
27	13-14	200 Medley Relay	28
29	13 & Over	200 Medley Relay	30
31	Open	400 Individual Medley	32
33	Open	100 Butterfly	34
35	Open	50 Freestyle	36
37	Open	200 Breaststroke	38
39	Open	100 Backstroke	40
41	Open	200 Butterfly	42
43	Open	500 Freestyle	44

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

Sunday December 6th

AM SESSION 4 EVENTS

Girls	Age	Event	Boys
45	8 & Under	100 Medley Relay	46
47	12 & Under	200 Medley Relay	48
49	8 & Under	25 Butterfly	50
51	12 & Under	50 Butterfly	52
53	8 & Under	50 Freestyle	54
55	12 & Under	100 Breaststroke	56
57	8 & Under	25 Backstroke	58
59	12 & Under	50 Backstroke	60
61	12 & Under	100 Butterfly	62

Sunday December 6th

PM SESSION 5 EVENTS

Girls	Age	Event	Boys
63	13-14	200 Freestyle Relay	64
65	13 & Over	200 Freestyle Relay	66
67	Open	200 Individual Medley	68
69	Open	100 Breaststroke	70
71	Open	200 Backstroke	72
73	Open	100 Freestyle	74
75	Open	1000 Freestyle	76

2009 FOREST GROVE SWIM CLUB CHRISTMAS INVITATIONAL

DECEMBER 4TH, 5TH & 6TH

THIS ENTRY SUMMARY SHEET MUST BE RETURNED WITH ENTRY INFORMATION.

TEAM NAME: _____

ENTRY DEADLINE – 6:00 PM WEDNESDAY, NOVEMBER 18, 2009

	TOTALS
SWIMMER SURCHARGES	\$
INDIVIDUAL ENTRIES	\$
TOTAL FROM RELAYS	\$
GRAND TOTAL	\$

Please enclose one check payable to: Forest Grove Swim Club.
Write your team name on the check and at the top of this sheet.
If mailing by next day service, specify **“NO SIGNATURE REQUIRED”**.

Mail entries to:

Forest Grove Swim Club (FGSC)
Attn: Meet Director
P.O. Box 242
Forest Grove, OR 97116

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

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

Coach/Team Representative

Date

Phone Number