**2018 OCSC Breakout Clinic & Meet**

**Saturday, September 29 & Sunday, September 30**

**WI Sanction #**:  **WI2018-446S**

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Location:** Oregon Community Pool phone: (608) 835-8617

249 Brook St.

Oregon, WI 53575

**Meet Director:** Catherine Stang email:catherinestang@sbcglobal.net

127 Amanda Ct. phone: (608) 835-2772

Oregon, WI 53575

**Officials:** Head Official-Steve Suprenant (608)575-2595 email: [slsurp@charter.net](mailto:slsurp@charter.net)

Administrative Official-Jason Schaeffer email:[jason@veronasafety.com](mailto:jason@veronasafety.com)

**Facility:** 6-lane, 25-meter pool with non-turbulent lane markers and backstroke flags. Parking and limited spectator seating is available. The pool has a minimum water depth, measured in accordance with Article 103.2.3, of 4 feet, 6 inches at the starting end and 3 feet at the turn end. The Competition Course has not been certified in accordance with USA Swimming’s Rule 104.2.2C(4).

**Timing System:** All events (with exception of 25-meter races) will be timed using a Colorado Timing System with horn start, touch pads, one button, and two watches as back-up. 25-Meter Races will be timed with two (2) stopwatches.

**Eligibility:** All swimmers must be currently registered with USA Swimming. Swimmer’s age as of September 29, 2018 shall determine their age group for the meet.

**Format:** All events will be pre-seeded. All events are timed finals.

**Class of Meet:** Invite

**Entry Limit:** Participation is limited to a maximum of five (5) events per day. Age is to be determined as of September 29, 2018. No relays will be offered. Swimmers must be USA Swimming registered in order to enter. This meet will be run using HY-Tek commlink format. Maximum of 80 swimmers per day will be accepted.

**Entry Deadline:** The entry chair must receive a completed entry form, signed waiver, and fees no later than **Wednesday, September 19, 2018.** No entries will be taken over the phone. Email entries are encouraged and can be sent to Catherine Stang at [catherinestang@sbcglobal.net](mailto:catherinestang@sbcglobal.net) Unless you have received a confirmatory email from the above address, it has not been received. Meet entry waiver must be sent via standard mail and postmarked by the entry deadline. Send entries to:

Catherine Stang, 127 Amanda Ct., Oregon, WI 53575.

**Entry Fees:** There will be no splash fee per swimmer

There will be no fee per event.

**Deck Entries:** Deck entries will not be allowed.

**Meet Results:** A copy of the final results will be emailed to all participating clubs.

**Disabled Swimmers:** Coaches are encouraged to inform Officials and Meet Director of any special needs swimmers prior to the start of warm-ups.

Awards:10&Under swimmers will all receive a medal.11 & Over swimmers will all receive a ribbon.

**Admission:** No admission will be charged for spectators. Electronic copies of heat sheets will be available prior to the meet. Paper copies will not be available at the meet for spectators. There will be paper copies available for coaches at the meet.

**Rules:** Official 2018 USA Swimming and WI LSC rules shall prevail at this meet.

**Conduct:** Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property will be required to leave the competition. No parents/guardians allowed on Pool Deck. Only Coaches, Swimmers, and Meet Workers are allowed on the pool deck. In accordance with the Federal Video Voyeurism Prevention Act of 2004- the use of camera phones or video recording devices in the locker rooms is prohibited. Coaches’ packets will be available at the data entry table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA Swimming membership at all times. Except where venues facilities required to otherwise, changing into or out of swimsuits other than in locker rooms or designated areas is not appropriate and 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

**Warm-ups:** Warm-up lane assignments with times will be emailed to participating teams. Feet first, entries from both ends of the pool will be enforced during warm-ups.

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 of the swimmer’s legal guardian to ensure compliance with this requirement.

**Schedule:** **Saturday Clinic & Meet 1:30-7:50 pm**

11 & Older swimmers will all attend both Sessions 1 & 2 and swim a total of 5 events

**Saturday Session 1**: All 11&O swimmers attend both session 1 & 2

Warm-up 1:30-2:15 pm Session 1 Start: 2:20 pm End: 4:50 pm

\* All swimmers swim 2 events in Session 1 & choose:

1. Either 50 Free OR 100 Free

2. Either 50 Back OR 100 Back

Event 1: 11 and Over Mixed 50-meter Freestyle\*

Event 2: 11 and Over Mixed 100 Free\*

Event 3: 11 and Over Mixed 50 Back\*

Event 4: 11 and Over Mixed 100 Back\*

*Break*

**Saturday Session 2**: All 11&O swimmers swim all 3 events & both sessions for total of 5 events

Warm up 4:50-5:15 pm Session 2 Start: 5:15 pm

Event 5: 11 and Over Mixed 50 Fly

*Break*

Event 6: 11 and Over Mixed 50 Breast

*Break*

Event 7: 11 and Over Mixed 200 IM

**Sunday Morning, Session 3:**

10 & Under Swimmers

Warm-up 7:55-8:30 am First Event: 8:30 am Session ends: 12 pm

Event 8: 8 and Under Mixed 25 freestyle

Event 9: 9/10 Mixed 50-meter Freestyle

*Break*

Event 10: 8 and Under Mixed 25 Backstroke

Event 11: 9/10 Mixed 50 Backstroke

*Break*

Event 12: 8 and Under Mixed 25 Butterfly

Event 13: 9/10 Mixed 50-meter Butterfly

*Break*

Event 14: 8 and Under Mixed 25 Breaststroke

Event 15: 9/10 Mixed 50 Breaststroke

*Break*

Event 16: Mixed 10 & Under 100 IM

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Meet Waiver In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming, Oregon School District, Oregon Community Swim Club (OCSC) and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

Signature of Club Official, parent, or guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team Name & Abbreviation Team Coach:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name (if other than coach) & address for sending final results:

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_Zip:\_\_\_\_\_\_\_\_\_\_\_

Send results via email? (Y/N)\_\_\_\_\_\_\_\_\_\_\_Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Entries Due by **Wednesday, September 19, 2018!**

Total # of Swimmers registering for Meet\_\_\_\_\_\_\_\_\_\_\_

Total # of Entries \_\_\_\_\_\_\_\_\_\_\_\_\_\_