



## **2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS**

**Hosted by Mount Hood Swim Team  
August 5-9, 2008**

- Sanction** *Held under the sanction of USA Swimming  
Oregon Swimming Sanction Number 8-074*
- Meet Referee** *Don Hougardy, (509) 432-6431, [donhougardy@gmail.com](mailto:donhougardy@gmail.com)*
- Meet Directors** *Brandon Drawz (503) 491-7244, [drawzb@mhcc.edu](mailto:drawzb@mhcc.edu) (Facility)  
Meg Weinert, (503) 667-1848, [amcgweinert@comcast.net](mailto:amcgweinert@comcast.net)*
- Location** *Mount Hood Community College Aquatic Center, 26000 SE Stark, Gresham, Oregon, (503) 491-7243*
- Facility** *Outdoor pool, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The starting end of the pool is 16 feet deep. The shallow end of the pool is 6.0 feet deep. Parking available and seating for 3,000 spectators. The indoor pool (25 yards by 15 yards) will be open for warm-up/cool-down swims during the entire meet. Swim venue includes: all areas enclosed in the indoor pool atrium and the outdoor pool area. Open pool deck areas available for swimmers, coaches and officials only. Daktronics Electronic timing and matrix scoreboard.*

### **PRE-MEET INFORMATION**

- Pre-Meet Workouts** *Sunday, August 3, 2008 - 7:00 a.m. to 6:00 p.m.  
Monday, August 4, 2008 - 7:00 a.m. to 7:00 p.m.  
Tuesday, August 5, 2008 – 6:30 a.m. to 8:45 a.m., the pool is available for supervised warm-up (no marshals); certified coaches must be on deck.  
Contact Brandon Drawz (503) 491-7244 two weeks prior to the meet to schedule time.*
- Eligibility** *All swimmers entered must be currently registered with USA Swimming as an athlete and must be on the LSC entry form. Proof of time shall be the responsibility of the LSC. Violations of this section shall carry a fine of \$250.00 assessed to the LSC, the swimmer will be dismissed from the meet and all points earned by that swimmer will be removed (includes all relays in which the swimmer participated).*
- Any swimmer who within the 18 months prior to the start of the meet has participated in one (1) individual event at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg.*
- Any swimmer who within the 18 months prior to the start of the meet has participated in two (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in the meet.*
- Each LSC may bring two (2) swimmers with disabilities who are 12 and under and two (2) swimmers with disabilities who are 13-18. These swimmers with disabilities are not required to meet the time standards for their age groups events.*



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**Entry Limits -- Individual and relay Events** -- Each LSC may enter 400 individual events of which no more than 160 may be slower than standard. An LSC which enters more than 400 individual events and/or 160 slower than standard swims shall scratch down to the limit prior to the close of the scratch box on Tuesday (one-half hour after the start of the 1500). Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits. Slower than standard swims will be eliminated first. Disabled swimmers will not be included as part of the LSC's 400 or 160 limits.

Each swimmer is limited to 6 individual events.

Each LSC is limited to one (1) non-standard swim per sex, per age group, in any event of 400 meters or longer. Entries over this limit must be scratched prior to the close of the scratch deadline for the event. In the event that such a scratch is not received, the Meet Referee has the responsibility to eliminate entries to comply with these entry limits.

Each LSC is limited to 2 relays per relay event. Enter relays at no time; times shall be entered at the meet prior to seeding. Swimmers entered in the meet whose age/sex meet the event description are eligible to swim that relay.

Combined Age Group Relays: Those LSCs that have fewer than four (4) athletes of the same sex in two or more recognized age groups (10/u, 11/12, 13/14, 15/16, 17/18) may elect to combine these athletes into combined relay events. Athletes in such combined relays must be previously entered in the meet and must be combined solely with other athletes from age groups with less than four (4) entered athletes. Such combined relays shall swim with, be scored with, and awarded with the 17/18 age group.

**Master Entry** All entries shall be submitted only by the LSC. Shall be by a USA Swimming approved Standard Database Interchange Format (SDIF) electronic file with a signed hard copy backup that includes both the qualifying and non-qualifying entry counts. If an LSC chooses not to use an SDIF format for entries, it shall pay a surcharge fee of \$2.00 per individual swimmer and relay squad in addition to the regular fees. Hand entries must be made using the Western Zone Master Entry Forms (pink for girls and blue for boys.)

Entries must include: full legal name, age, USA Swimming registration number, home club code, and LSC code. Entries shall be the swimmer's best time from the first day of competition of the prior year to the entry deadline of the current year. For a swimmer, who does not have a long course time which makes the standard, the qualifying short course time shall be highlighted in pink on the signed hard copy and shall be designated by a Y (short course yards) or M (short course meters) on both the hard copy and the electronic file. Swimmers with non-qualifying times shall be highlighted in yellow on the signed hard copy and shall be designated with a B (non-qualifying bonus swim) and L (long course meters), Y (short course yards), or M (short course meters) on both the hard copy and the electronic file.

Entries for swimmers with disabilities shall be identified as such, shall be submitted with a time and highlighted on the hard copy of the LSC's meet entry.

Qualifying times are stated at sea level. Times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with the current edition of the USA Swimming Rules and Regulations.



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All times entered on the Master Entry Form must have the proper course designation circled (L, Y, or M for qualifying or B plus L, Y, or M for non-qualifying). Seeding will be based accordingly:

- Long Course Meter qualifying times (L)
- Short Course Yard qualifying times (Y)
- Short Course Meter qualifying times (M)
- Non-qualifying (Bonus) times (B plus L, Y, or M)

**Entry Errors** The following procedure applies to and only to a swimmer whose entry is incorrect due to an administrative entry error on the LSC master entry form. The error(s) may be corrected if:

- The LSC entering the swimmer can prove, with documentary evidence, to the satisfaction of both the Meet Director(s) and the Meet Referee that the administrative error is due exclusively to the error of the LSC and not in any way the fault of the swimmer.
- Such documentary evidence must be submitted to the Meet Directors(s) or Meet Referee prior to the general meeting (no exceptions) where it will be subject to approval.
- If approved, the swimmer shall be seeded correctly.

**Entry Deadline** **The SDIF file and signed hard copy entries must be received by 12:00 noon on Wednesday, July 30, 2008. Use of express mail is recommended.** Late entries will be accepted in accordance with the Western Zone Swimming Championship Regulations Section IV.5.8.10.

**Entry Fees** \$5.00 per individual event. (\$1.25 per entry to zone treasury)  
\$12.50 per relay. (\$2.90 per relay to zone treasury)

If SDIF format is not used for entries there is a surcharge of \$2.00 per swimmer and relay team in addition to the regular fees.

**Make checks payable to Mt. Hood Swim Team**

**Mail Entries to** *Vicky Brunell*  
35 NW 12<sup>th</sup>  
Gresham, OR 97080  
(503) 860-5193 (cell)  
[zoneentries@gmail.com](mailto:zoneentries@gmail.com)

### **CONDUCT OF THE MEET**

**Rules** Current USA Swimming/Western Zone rules shall govern the meet.

**Warm-up Rules** USA Swimming warm-up rules will be in effect. NO DIVING OR RACING STARTS permitted from the blocks or sides of the pool. Swimmers must enter the water slowly, feet first. Racing starts will be permitted only when sprint lanes are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals. Attached is a copy of Oregon Swimming warm-up rules.

A warm-up schedule will be presented at the general meeting before the start of competition on Tuesday, August 5, 2008. LSCs will be assigned time and lanes for prelims. USA Swimming open lane warm-up rules will be in effect for finals which will begin one hour preceding finals.

Warm-up will begin at 9:00 am on Tuesday exclusively for the 1500 freestyle participants.



# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

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- Meet Schedule** Tuesday, August 5, 2008 Warm-up: 9:00 am Start: 10:00 am  
Relay Warm-up: one hour before the start of relays  
Start: no sooner than two hours after the completion of the 1500s
- Wednesday - Saturday, August 6-9, 2008  
Prelims Warm-up: 7:00 am (according to warm-up schedule)  
Start: 8:30 am  
Finals Warm-up: one hour before finals start  
Start: no sooner than two hours after the completion of prelims
- Time Line** A projected time line will be established by the referee and distributed at the general meeting Tuesday morning. A time line will be included in the session heat sheets each day. There will be an additional 10 minute break before the 800 freestyle events on Saturday.
- Format** Preliminaries and finals except for the following:  
> 1500 and 800 freestyle events (swum timed finals)  
-- Will be combined and seeded according to entry time.  
-- Will be swum fastest to slowest, alternating women and men.  
-- Will be awarded by age groups.  
> All relay events (swum timed finals at the end of each final's session)  
All relay forms with declared entry times must be returned to the Administrative Referee or Clerk of Course by noon on the day of the relay event in order to be seeded. The Meet Referee and Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a "no time" entry time. Eight swimmers may be listed on the relay form. The order of the swimmers may be changed up to the time the lead swimmer is called to the blocks.
- Scratch Procedures** Swimmers are considered checked in for all events unless scratched, except the 1500 and 800 meter freestyle events.
1. The scratch procedure and no show rule for the meet shall be the National Championship procedure and rule in the current USA Swimming Rules and Regulations.
  2. Scratch box: Will be at the Clerk of Course during the meet.
  3. Scratch box closing:
    - a. The scratch box will close one-half (1/2) hour after the start of the 1500 freestyle events on Tuesday for Wednesday's preliminary events.
    - b. The scratch box will close one-half (1/2) hour after the start of the finals on Wednesday, Thursday, and Friday for the next day's preliminary events.
  4. **The 1500 and 800 meter freestyle events require positive check-in in order to be seeded.**
    - a. Check-in for the 1500 meter freestyle will close at 8:00 am Tuesday, August 5, 2008.
    - b. Check-in for the 800 meter freestyle will close one-half (1/2) hour after the start of finals on Friday, August 8, 2008.
    - c. Seeding for both events will be posted by 9:00 am the day the events are swum.
- Scoring**
- |                    |    |    |    |    |   |   |   |   |
|--------------------|----|----|----|----|---|---|---|---|
| Individual events: | 9  | 7  | 6  | 5  | 4 | 3 | 2 | 1 |
| Relay events:      | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |



## **2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS**

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**Awards** Team awards 1st through 8th place.  
Medals 1st through 8th place for individual events.  
Medals 1st through 3rd place and ribbons 4th through 8th place for relay events.

The Adam Szmidt Team Sportsmanship Award is given for overall team spirit and good sportsmanlike attitude. Sportsmanship and spirit, not performance or team score, are the criteria.

- a. Criteria, in the order of importance, are:
  - 1) sportsmanship
  - 2) total team support
  - 3) consistent positive attitude throughout the entire meet.
  - 4) appearance (uniform, shorts, suits, etc.)
- b. Each LSC is responsible to name one coach and one athlete to the selection committee.
- c. Award will be presented at the conclusion of the last day of competition.

### **IMPORTANT MEET INFORMATION**

**Programs** Souvenir programs will be available for purchase at the meet for \$8.00. The program includes the psyche sheets for the entire meet.  
Heat sheet cost: Prelims \$2.00 per session      Finals \$2.00 per session  
Results for the entire meet will cost \$5.00

**Clerk of Course** The host shall provide a Clerk of Course desk at the pool for the duration of the meet.  
The desk shall be open from 12 pm to 5 pm on Monday, the day prior to the start of competition, from 7 am to 5 pm on Tuesday and from 7 am to the close of the scratch box for each remaining day of competition.

**Credentials** Credentials will be available at the Clerk of Course desk during the time periods listed above. Only credentialed coaches and officials will be allowed in certain areas of the pool complex.

**Meetings** General meeting Tuesday, August 5, 2008, 8:00 am in the GE 201 building directly across from the pool complex.  
> One coach and one representative from each participating LSC must attend this meeting.  
> The Meet Referee and the Meet Director(s) shall chair the meeting.

Additionally, at the discretion of the Meet Referee, a coaches meeting may be held sometime during the course of the meet.

All officials are expected to attend an officials meeting after the general meeting and prior to each session to which they are assigned.

The Annual Zone Dinner Social and Forum, Thursday, August 7, at Persimon Country Club following finals (see attachment for details). Cost per person will be \$30.00 (tax and tip included). **Pre-order and pre-pay is required by July 30, 2008.** Use enclosed reservation form.

**Hospitality** A Hospitality Room will be set up for credentialed coaches, managers, and officials. Refreshments will be provided for the morning and evening sessions and lunch will be provided each day.



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**Swimmers**

**Meals** See attached flyer for catering information.

**After-meet  
Activity**

Swimmers' Party will be held at the pool complex following Saturday finals--approximately 7:00 pm to 10:30 pm. This activity is open to all participants, coaches, officials and family members and friends. The cost is \$25.00 pre-sale or \$30.00 at the door per person. See attachment for details. **Preorder and prepayment due by July 30, 2008.** Use the enclosed reservation form.

**Concessions** Concession stand will be open throughout the meet. Service is provided by Chartwells Catering.

**Vendors** A variety of vendors will be available.

**T-shirts** Souvenir T-shirts will be available throughout the meet at the venue.

**Photographer** Barry Wallace Photography will be taking team photographs. He will be contacting teams to schedule times.

Northwest Sports Photography will be taking action photographs throughout the meet. Photos will be available at the venue for purchase.

**Host Hotel** The Gresham Holiday Inn will be the official headquarters for the 2008 Western Zone Swimming Championship.

**Tribute** Coaches and officials are invited to wear Hawaiian attire on Saturday night in memory of Char Tester who passed away this last year.

**Officials  
Certification**

This meet will be designated as a "Qualifying Meet" and National Evaluators, Bill Rose and Robert Broyles, will be in attendance for officials' certification and re-certification. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the Western Zone Website at [www.westernzoneswimming.org](http://www.westernzoneswimming.org). There will be opportunities to be evaluated for N2 & N3 level positions; however there may not be enough resources to accommodate all such requests. All applications for evaluation should be e-mailed to the meet.referee.

## 2008 Western Zone Time Standards

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.39	0:32.59	0:29.39	50 Free	0:33.09	0:32.29	0:29.09
1:12.19	1:10.59	1:03.59	100 Free	1:12.69	1:11.09	1:04.09
2:38.89	2:35.69	2:20.29	200 Free	2:37.99	2:34.79	2:19.49
0:39.29	0:38.69	0:34.89	50 Back	0:39.49	0:38.89	0:35.09
1:24.79	1:23.59	1:15.39	100 Back	1:24.99	1:23.79	1:15.49
0:44.29	0:43.29	0:38.99	50 Breast	0:44.99	0:43.99	0:39.69
1:36.59	1:34.59	1:25.29	100 Breast	1:37.79	1:35.79	1:26.29
0:36.79	0:36.09	0:32.59	50 Fly	0:36.79	0:36.09	0:32.59
1:24.89	1:23.49	1:15.29	100 Fly	1:24.39	1:22.99	1:14.79
2:58.39	2:55.19	2:37.89	200 IM	2:59.49	2:56.29	2:38.89
			<b>11-12</b>			
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.69	1:03.09	0:56.89	100 Free	1:04.19	1:02.59	0:56.39
2:20.69	2:17.49	2:03.89	200 Free	2:19.69	2:16.49	2:02.99
4:56.19	4:49.79	5:31.89	400/500 Free	4:55.99	4:49.59	5:31.69
0:34.59	0:33.99	0:30.69	50 Back	0:34.89	0:34.29	0:30.89
1:14.29	1:13.09	1:05.89	100 Back	1:15.19	1:13.99	1:06.69
0:38.59	0:37.59	0:33.89	50 Breast	0:38.29	0:37.29	0:33.59
1:24.19	1:22.19	1:14.09	100 Breast	1:24.39	1:22.39	1:14.29
0:32.39	0:31.69	0:28.59	50 Fly	0:32.49	0:31.79	0:28.59
1:12.39	1:10.99	1:03.99	100 Fly	1:12.79	1:11.39	1:04.39
2:38.69	2:35.49	2:20.09	200 IM	2:38.89	2:35.69	2:20.29

### 13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.59	1:00.99	0:54.99	100 Free	0:58.89	0:57.29	0:51.69
2:14.99	2:11.79	1:58.79	200 Free	2:08.19	2:04.99	1:52.59
4:43.69	4:37.29	5:17.89	400/500 Free	4:31.69	4:25.29	5:04.39
9:51.59	9:38.79	11:02.89	800/1000 Free	9:29.99	9:17.19	10:38.69
18:57.09	18:33.09	18:34.79	1500/1650 Free	18:02.79	17:38.79	17:41.59
1:11.89	1:10.69	1:03.69	100 Back	1:07.99	1:06.79	1:00.19
2:33.59	2:31.19	2:16.19	200 Back	2:25.79	2:23.39	2:09.19
1:20.79	1:18.79	1:10.99	100 Breast	1:16.29	1:14.29	1:06.99
2:53.99	2:49.99	2:33.19	200 Breast	2:45.79	2:41.79	2:25.79
1:09.69	1:08.29	1:01.59	100 Fly	1:05.19	1:03.79	0:57.49
2:35.59	2:32.79	2:17.69	200 Fly	2:26.89	2:24.09	2:09.79
2:33.89	2:30.69	2:15.79	200 IM	2:24.99	2:21.79	2:07.79
5:26.49	5:20.09	4:48.39	400 IM	5:08.29	5:01.89	4:31.99

## 2008 Western Zone Time Standards

### 15-16

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	<b>50 Free</b>	0:26.29	0:25.49	0:22.99
1:02.99	1:01.39	0:55.29	<b>100 Free</b>	0:57.39	0:55.79	0:50.29
2:15.79	2:12.59	1:59.49	<b>200 Free</b>	2:05.69	2:02.49	1:50.29
4:45.39	4:38.99	5:19.69	<b>400/500 Free</b>	4:26.99	4:20.59	4:59.19
9:52.69	9:39.89	11:04.09	<b>800/1000 Free</b>	9:19.99	9:07.19	10:27.49
19:02.19	18:38.19	18:39.79	<b>1500/1650 Free</b>	18:03.19	17:39.19	17:41.99
1:12.09	1:10.89	1:03.89	<b>100 Back</b>	1:06.39	1:05.19	0:58.79
2:35.09	2:32.69	2:17.59	<b>200 Back</b>	2:24.09	2:21.69	2:07.69
1:19.49	1:17.49	1:09.89	<b>100 Breast</b>	1:14.39	1:12.39	1:05.29
2:56.19	2:52.19	2:35.19	<b>200 Breast</b>	2:43.29	2:39.29	2:23.59
1:10.09	1:08.69	1:01.89	<b>100 Fly</b>	1:03.49	1:02.09	0:55.89
2:37.19	2:34.39	2:19.09	<b>200 Fly</b>	2:23.79	2:20.99	2:07.09
2:35.49	2:32.29	2:17.19	<b>200 IM</b>	2:22.49	2:19.29	2:05.49
5:27.59	5:21.19	4:49.39	<b>400 IM</b>	5:04.59	4:58.19	4:28.69

### 17-18

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.89	0:29.09	0:26.29	<b>50 Free</b>	0:26.59	0:25.79	0:23.29
1:04.99	1:03.39	0:57.19	<b>100 Free</b>	0:58.29	0:56.69	0:51.09
2:21.09	2:17.89	2:04.29	<b>200 Free</b>	2:07.89	2:04.69	1:52.39
4:59.89	4:53.49	5:36.09	<b>400/500 Free</b>	4:35.19	4:28.79	5:08.39
10:25.09	10:12.29	11:40.39	<b>800/1000 Free</b>	9:37.69	9:24.89	10:47.29
20:15.09	19:51.09	19:51.29	<b>1500/1650 Free</b>	18:35.19	18:11.19	18:13.29
1:17.09	1:15.89	1:08.29	<b>100 Back</b>	1:09.29	1:08.09	1:01.39
2:45.59	2:43.19	2:26.99	<b>200 Back</b>	2:31.29	2:28.89	2:14.19
1:26.39	1:24.39	1:16.09	<b>100 Breast</b>	1:17.29	1:15.29	1:07.89
3:08.09	3:04.09	2:45.79	<b>200 Breast</b>	2:50.99	2:46.99	2:30.49
1:13.89	1:12.49	1:05.39	<b>100 Fly</b>	1:04.89	1:03.49	0:57.19
2:51.49	2:48.69	2:31.99	<b>200 Fly</b>	2:33.59	2:30.79	2:15.89
2:41.09	2:37.89	2:22.29	<b>200 IM</b>	2:26.39	2:23.19	2:09.09
5:52.59	5:46.19	5:11.89	<b>400 IM</b>	5:21.79	5:15.39	4:44.19





# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

## Daily Event Summary by Age Group

Age Group	10 and Under	11 and 12	13 and 14 15 and 16 17 and 18
<b>Tuesday</b>		400 Freestyle Relay	1500 Freestyle 400 Freestyle Relay
<b>Wednesday</b>	100 Backstroke 100 Breaststroke 50 Freestyle 200 Medley Relay	100 Backstroke 100 Breaststroke 50 Freestyle 400 Medley Relay	200 Backstroke 200 Breaststroke 50 Freestyle 400 Medley Relay
<b>Thursday</b>	50 Butterfly 200 Individual Medley	400 Freestyle 50 Butterfly 200 Individual Medley	100 Butterfly 200 Freestyle 400 Individual Medley
<b>Friday</b>	100 Butterfly 50 Breaststroke 200 Freestyle	100 Butterfly 50 Breaststroke 200 Freestyle 200 Medley Relay	200 Butterfly 100 Breaststroke 400 Freestyle 200 Medley Relay
<b>Saturday</b>	50 Backstroke 100 Freestyle 200 Freestyle Relay	50 Backstroke 100 Freestyle 200 Freestyle Relay	100 Backstroke 100 Freestyle 200 Individual Medley 800 Freestyle 200 Freestyle Relay





# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

Meet Dates: August 5-9, 2008 Meet Location: Gresham, OR

Entries for:

LSC

11 and 12 Girls

SWIMMER'S NAME USA NUMBER	TEAM	AGE	Tuesday			Wednesday			Thursday			Friday			Saturday			# Noo Standard	# Meets Standard	Total Events			
			Event 17 100 Back	Event 27 100 Breast	Event 37 50 Free	Event 55 400 Free	Event 65 50 Fly	Event 75 200 IM	Event 85 100 Fly	Event 95 50 Breast	Event 105 200 Free	Event 123 50 Back	Event 133 100 Free										
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
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			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
			BLYM			BLYM			BLYM			BLYM			BLYM			BLYM					
<b>TOTAL INDIVIDUAL EVENTS</b>																							

SWIMMERS ARE LIMITED TO 6 INDIVIDUAL EVENTS  
Qualifying times which are long course meters: CIRCLE L  
Qualifying times which are short course yards: CIRCLE Y; HIGHLIGHT IN PINK  
Qualifying times which are short course meters: CIRCLE M; HIGHLIGHT IN PINK  
Non-qualifying (Bonus) times: CIRCLE B and L, Y, or M; HIGHLIGHT IN YELLOW

Number of Entries Meeting Standards: \_\_\_\_\_  
Number of Entries NOT Meeting Standards: \_\_\_\_\_  
**11 and 12 Girls**



# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

Meet Dates: August 5-9, 2008 Meet Location: Gresham, OR

Entries for: LSC

13 and 14 Girls

MASTER ENTRY FORM			Tuesday	Wednesday			Thursday			Friday			Saturday			# Non Standard	# Meets Standard	Total Events	
Swimmer's Name USA Number	Team	Age	Event 1 1500 Free	Event 19 200 Back	Event 29 200 Breast	Event 39 50 Free	Event 57 100 Fly	Event 67 200 Free	Event 77 400 IM	Event 87 200 Fly	Event 97 100 Breast	Event 107 400 Free	Event 125 100 Back	Event 135 100 Free	Event 141 200 IM	Event 147 800 Free			
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM			
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM			
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			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM			
<b>TOTAL INDIVIDUAL EVENTS</b>																			

SWIMMERS ARE LIMITED TO 6 INDIVIDUAL EVENTS  
 Qualifying times which are long course meters: **CIRCLE L**  
 Qualifying times which are short course yards: **CIRCLE Y; HIGHLIGHT IN PINK**  
 Qualifying times which are short course meters: **CIRCLE M; HIGHLIGHT IN PINK**  
 Non-qualifying (Bonus) times: **CIRCLE B and L, Y, or M; HIGHLIGHT IN YELLOW**

Number of Entries Meeting Standards: \_\_\_\_\_

Number of Entries NOT Meeting Standards: \_\_\_\_\_

**13 and 14 Girls**













# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

Meet Dates: August 5-9, 2008 Meet Location: Gresham, OR

Entries for: \_\_\_\_\_ LSC

13 and 14 Boys

MASTER ENTRY FORM			Tuesday			Wednesday			Thursday			Friday			Saturday			# Non Standard	# Meets Standard	Total Events
Swimmer's Name USA Number	Team	Age	Event 2 1500 Free	Event 20 200 Back	Event 30 200 Breast	Event 40 50 Free	Event 58 100 Fly	Event 68 200 Free	Event 78 400 IM	Event 88 200 Fly	Event 98 100 Breast	Event 108 400 Free	Event 126 100 Back	Event 136 100 Free	Event 142 200 IM	Event 148 800 Free				
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM				
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			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM				
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM				
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM				
			BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM	BLYM				
<b>TOTAL INDIVIDUAL EVENTS</b>																				

**SWIMMERS ARE LIMITED TO 6 INDIVIDUAL EVENTS**  
 Qualifying times which are long course meters: CIRCLE L  
 Qualifying times which are short course yards: CIRCLE Y, HIGHLIGHT IN PINK  
 Qualifying times which are short course meters: CIRCLE M, HIGHLIGHT IN PINK  
 Non-qualifying (Bonus) times: CIRCLE B and L, Y, or M, HIGHLIGHT IN YELLOW

Number of Entries Meeting Standards: \_\_\_\_\_

Number of Entries NOT Meeting Standards: \_\_\_\_\_ **13 and 14 Boys**



# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

Meet Dates: August 5-9, 2008 Meet Location: Gresham, OR

Entries for: \_\_\_\_\_ LSC **15 and 16 Boys**

MASTER ENTRY FORM			Tuesday	Wednesday			Thursday			Friday			Saturday			# Non Standard	# Meets Standard	Total Events	
Swimmer's Name USA Number	Team	Age	Event 4 1500 Free	Event 22 200 Back	Event 32 200 Breast	Event 42 50 Free	Event 60 100 Fly	Event 70 200 Free	Event 80 400 IM	Event 90 200 Fly	Event 100 100 Breast	Event 110 400 Free	Event 128 100 Back	Event 136 100 Free	Event 144 200 IM	Event 150 800 Free			
TOTAL INDIVIDUAL EVENTS																			

SWIMMERS ARE LIMITED TO 6 INDIVIDUAL EVENTS

Qualifying times which are long course meters: CIRCLE L

Qualifying times which are short course yards: CIRCLE Y; HIGHLIGHT IN PINK

Qualifying times which are short course meters: CIRCLE M; HIGHLIGHT IN PINK

Non-qualifying (Bonus) times: CIRCLE B and L, Y, or M; HIGHLIGHT IN YELLOW

Number of Entries Meeting Standards: \_\_\_\_\_

Number of Entries NOT Meeting Standards: \_\_\_\_\_

**15 and 16 Boys**



# 2008 WESTERN ZONE SWIMMING CHAMPIONSHIPS

Meet Dates: August 5-9, 2008 Meet Location: Gresham, OR

Entries for: \_\_\_\_\_ LSC

17 and 18 Boys

MASTER ENTRY FORM			Tuesday		Wednesday			Thursday			Friday			Saturday			# Non Standard	# Meets Standard	Total Events	
Swimmer's Name USA Number	Team	Age	Event 6 1500 Free	Event 24 200 Back	Event 34 200 Breast	Event 44 50 Free	Event 52 100 Fly	Event 72 200 Free	Event 82 400 IM	Event 92 200 Fly	Event 102 100 Breast	Event 112 400 Free	Event 130 100 Back	Event 140 100 Free	Event 146 200 IM	Event 152 800 Free				
<b>TOTAL INDIVIDUAL EVENTS</b>																				

SWIMMERS ARE LIMITED TO 6 INDIVIDUAL EVENTS

Qualifying times which are long course meters: **CIRCLE L**

Qualifying times which are short course yards: **CIRCLE Y; HIGHLIGHT IN PINK**

Qualifying times which are short course meters: **CIRCLE M; HIGHLIGHT IN PINK**

Non-qualifying (Bonus) times: **CIRCLE B and L, Y, or M; HIGHLIGHT IN YELLOW**

Number of Entries Meeting Standards: \_\_\_\_\_

Number of Entries NOT Meeting Standards: \_\_\_\_\_

17 and 18 Boys

WZMeetInfoAttach2008



**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 (last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 LANE	2 & 5	1 & 6	3 & 4
8 LANE	2 & 7	1 & 8	3, 4, 5, & 6
9 LANE	2 & 8	1 & 9	3, 4, 5, 6, & 7
10 LANE	2 & 9	1 & 10	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. In long course meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water before mid-pool (at the Referee's discretion).
  - c. General Warm-up Lanes - NO DIVING or BACKSTROKE STARTS. Circle swimming only.
3. This section may be modified at the Referee's discretion.



## COACHES & OFFICIALS' RECEPTION

WEDNESDAY AUGUST 6, 2008

McMENAMINS EDGEFIELD

8:00 – 10:00 PM

**OPEN TO ALL REGISTERED & CREDENTIALLED  
OFFICIALS, COACHES, AND TEAM MANAGERS  
ATTENDING 2008 WESTERN ZONE CHAMPIONSHIPS**

HEAVY APPETIZERS AND DRINKS

# \_\_\_\_\_ @ \$0.00 IF RESERVATIONS ARE RECEIVED ON OR  
BEFORE JULY 30, 2008

# \_\_\_\_\_ @ \$15.00 = \_\_\_\_\_ IF RESERVATIONS ARE  
RECEIVED AFTER JULY 30, 2008

LSC \_\_\_\_\_

CONTACT \_\_\_\_\_

E-MAIL \_\_\_\_\_

***ENCLOSE CHECK (IF REQUIRE) WITH RESERVATION FORM TO:***

MEG WEINERT  
260 SE OLVERA AVE  
GRESHAM, OR 97080

**HOSTED BY**





**ANNUAL ZONE DINNER SOCIAL & FORUM**

**THURSDAY AUGUST 7, 2008**

**PERSIMMON COUNTRY CLUB**

**7:30 PM**

**DINNER WILL BE SERVED AT 7:30 PM OR 30 MINUTES AFTER  
THE COMPLETION OF FINALS WHICHEVER IS LATEST**

SALMON AND STEAK BBQ BUFFET WITH NO HOST BAR

# \_\_\_\_\_ @ \$30.00 = \_\_\_\_\_

LSC \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

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

RSVP DEADLINE: JULY 30, 2007

***ENCLOSE CHECK WITH RESERVATION FORM TO:***

MEG WEINERT  
260 SE OLVERA AVE  
GRESHAM, OR 97080



## 2008 WESTERN ZONE SOCIAL

### MHCC CAMPUS

SATURDAY AUGUST 9, 2008

**OPEN TO EVERYONE ATTENDING  
2008 WESTERN ZONE CHAMPIONSHIPS**

# \_\_\_\_\_ @ \$25.00 = \_\_\_\_\_ IF RESERVATIONS ARE  
RECEIVED ON OR BEFORE JULY 30, 2008

# \_\_\_\_\_ @ \$30.00 = \_\_\_\_\_ IF RESERVATIONS ARE  
RECEIVED AFTER JULY 30, 2008

LSC \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

E-MAIL \_\_\_\_\_

***ENCLOSE CHECK WITH RESERVATION FORM TO:***

MEG WEINERT  
260 SE OLVERA AVE  
GRESHAM, OR 97080



## **OPTIONAL DAILY LUNCH CHOICES**

### **TUESDAY, AUGUST 5**

Chicken Focaccia Sandwich  
Piece of Fresh Fruit  
Potato Chips and Cookie  
Bottled Water or Lemonade

### **WEDNESDAY, AUGUST 6**

American Hero/Sub Sandwich  
Piece of Fresh Fruit  
Potato Chips and Cookie  
Bottled Water or Lemonade

### **THURSDAY, AUGUST 7**

Chicken Croissant Sandwich  
Piece of Fresh Fruit  
Potato Chips and Cookie  
Bottled Water or Lemonade

### **FRIDAY, AUGUST 8**

Turkey Bagel Sandwich  
Piece of Fresh Fruit  
Potato Chips and Cookie  
Bottled Water or Lemonade

### **SATURDAY, AUGUST 9**

Asian Chicken Wrap  
Piece of Fresh Fruit  
Potato Chips and Cookie  
Bottled Water or Lemonade

**Optional lunches must be pre-ordered on  
the attached 2008 Lunch Order Form and paid by July 25th.  
All lunches will cost \$8.00 per person per day.**

**Questions regarding lunches?**

**E-mail us at [wilebskj@MHCC.edu](mailto:wilebskj@MHCC.edu)**





**2008 Western Zone  
Swimming Championships**

SWIMMER LUNCH ORDER FORM  
 MUST BE RETURNED BY JULY 25TH- NO EXCEPTIONS

- ▶ **Chartwells is pleased to offer a nutritious lunch for swimmers**
- ▶ **Lunch will be served between 11:30am and 12:30pm on each day of the meet**
- ▶ **Lunches must be prepaid by July 25th**

The menu is attached to this order form.

<u>Date</u>	<u>Total Number of Lunches</u>
Tuesday Chicken Focaccia Sandwich	<input style="width: 100%; height: 25px;" type="text"/>
Wednesday American Hero Sub Sandwich	<input style="width: 100%; height: 25px;" type="text"/>
Thursday Chicken Croissant Sandwich	<input style="width: 100%; height: 25px;" type="text"/>
Friday Turkey Bagel Sandwich	<input style="width: 100%; height: 25px;" type="text"/>
Saturday Asian Chicken Wrap	<input style="width: 100%; height: 25px;" type="text"/>
<b><i>Total Lunches for Event</i></b>	<input style="width: 100%; height: 25px;" type="text"/>
X \$8.00 (cost of each lunch)	\$ <input style="width: 100%; height: 25px;" type="text"/>

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

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

Phone: \_\_\_\_\_

PLEASE INCLUDE A CHECK FOR THE TOTAL AND REMIT TO Chartwells by July 25<sup>th</sup>.  
 Chartwells MHCC  
 26000 SE Stark St.  
 Gresham, OR 97030

QUESTIONS REGARDING LUNCHES? Email us at [WilebskJ@mhcc.edu](mailto:WilebskJ@mhcc.edu)  
 or fax 503-491-6936



## **OPTIONAL DAILY DINNER SELECTIONS**

### **TUESDAY, AUGUST 5**

Pasta Bar - Penne pasta with Italian sausage and marinara, tri-colored tortellini with choice of red pepper pesto or Alfredo sauce. Includes tossed Caesar salad and garlic-parmesan breadsticks and fruit cobbler for dessert.

### **WEDNESDAY, AUGUST 6**

Chicken Teriyaki - Served with stir fry vegetables, yakisoba noodles, steamed rice, egg roll, and fortune cookie for dessert.

### **THURSDAY, AUGUST 7**

Potato Bar - Large Idaho baked potatoes, broccoli cheese sauce, chili con carne, whipped butter, sour cream, chives, and bacon bits. Includes tossed green salad with choice of dressing, specialty rolls with butter, and brownies for dessert.

### **FRIDAY, AUGUST 8**

Fajita Bar - Marinated chicken or beef grilled then mixed with sautéed peppers and onions. Served with flour tortillas, Spanish rice, seven layer dip, chips, and Churros for dessert.

**Optional dinners must be pre-ordered on the  
attached 2008 Dinner Order Form and paid by July 25th.**

**All dinners will cost \$10.00 per person per day.**

**Questions regarding dinners?**

**E-mail us at [wilebskj@MHCC.edu](mailto:wilebskj@MHCC.edu)**



**2008 Western Zone  
Swimming Championships**

**SWIMMER DINNER ORDER FORM**  
**MUST BE RETURNED BY JULY 25TH- NO EXCEPTIONS**

- ▶ **Chartwells is pleased to offer a nutritious dinner for swimmers**
- ▶ **Dinners will be served between 5pm and 8pm on each day of the meet**
- ▶ **Dinners must be prepaid by July 25th**

The menu is attached to this order form.

<u>Date</u>	<u>Total Number of Dinners</u>
Tuesday Pasta Bar	<input style="width: 100%; height: 25px;" type="text"/>
Wednesday Chicken Teriyaki	<input style="width: 100%; height: 25px;" type="text"/>
Thursday Potato Bar	<input style="width: 100%; height: 25px;" type="text"/>
Friday Fajita Bar	<input style="width: 100%; height: 25px;" type="text"/>
<b><i>Total Dinners for Event</i></b>	<input style="width: 100%; height: 25px;" type="text"/>
X \$10.00 (cost of each dinner)	\$ <input style="width: 100%; height: 25px;" type="text"/>

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

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

Phone: \_\_\_\_\_

**PLEASE INCLUDE A CHECK FOR THE TOTAL AND REMIT TO Chartwells by July 25<sup>th</sup>:**  
**Chartwells MHCC**  
**26000 SE Stark St.**  
**Gresham, OR 97030**

QUESTIONS REGARDING LUNCHES? Email us at [WilebskJ@mhcc.edu](mailto:WilebskJ@mhcc.edu)  
 or fax 503-491-6936