



**2009 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Aquatics

Mt. Hood Aquatic Center

July 21-25, 2009

Held Under the Sanction of Oregon Swimming and USA Swimming, Inc.

Sanction No.: Pending

Time Trial Sanction No.: Pending

Location: Mt. Hood Community College Aquatic Center, 26000 SE Stark, Gresham, OR; telephone (503) 491-7243; Eastbound: Take I-84 (Troutdale), continue past the fast food restaurants, turn right at light onto 257th, continue up the hill approximately 2.6 miles, turn left onto 17th Street, take first left into parking lot, the pool is on the left behind the soccer field; Westbound: Take I-84 toward Portland to exit 17, go south on 257th and follow the instructions above.

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 natatorium and the outdoor pool area. Open pool deck areas available for swimmers, coaches and officials only. New features: Electronic timing and matrix scoreboard.

Meet Referee: **Jacki Allender**
2512 NW Acey Way
Corvallis, Oregon 97330
(Home) 541-753-5681
(Cell) 541-990-5144
jallender@marykay.com

Admin Referee: Joanne Wisniewski
(Home) 503-625-6408
jwisn2466@aol.com

Meet Director: Julie Greenaway
1409 S.E. 207th Avenue
Gresham, Oregon 97030
(Home) 503-667-4465
(Cell) 503-804-8743
Email: agreena833@aol.com

Dates: **July 21-25, 2009: Tuesday, Wednesday, Thursday, Friday, And Saturday**
Monday, July 20, 2009, 4:30 p.m. to 7:00 p.m. and Tuesday, July 21, 2009, 1:00 p.m. to 4:00 p.m. the pool is available for supervised warm-up (no marshals), certified coaches must be on deck. Additional time may be available, contact the Meet Director for more information.



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Schedule:	Tues, July 21st	Finals:	Warm-Up: 3:00 - 4:20 p.m. Competition: 4:30 p.m.
	Wed through Fri, July 22nd -24th	Prelims:	Warm-Up: 7:30 – 8:50 a.m. Competition: 9:00 a.m.
		Finals:	Warm-Up: 4:00 - 5:20 p.m. Competition: 5:30 p.m.
	Sat, July 25th	Prelims:	Warm-up: 7:30 – 8:50 a.m. Competition: 9:00 a.m.
		Finals:	Warm-up: 3:00 – 4:20 p.m. Competition: 4:30 p.m.

Rules: Current USA Swimming rules will govern this meet. Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat (8 lanes) and three consolation heats (8 lanes) will compete in Finals except as noted in Schedule of Events. Seeding for the meet will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). Bonus events will be seeded after all of the above.

PLEASE REVIEW SCRATCH RULES AND CHECK-IN PROCEDURES LISTED ON FOLLOWING PAGES.

- Eligibility:** Open to all swimmers who:
1. Are currently registered with an USA Swimming LSC within the Western Region Section of the Western Zone as of the day meet entries close.
 2. Are a full-year member of USA Swimming. **Note: It is the legal responsibility of each club to ensure that each swimmer listed on the Master Entry Form is USA Swimming Registered for the current year. There will be no on-deck USA Swimming registration.**
 3. Have met the appropriate 2009 qualifying times in competition, between July 15, 2008 and the entry deadline.
 4. Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #5 below. The psych sheet will be e-mailed to all who have requested by e-mail and will be posted on the Mt Hood Aquatics website (www.mthoodaquatics.org).
 5. Each entry time used must be from a “Sanctioned” or “Approved” meet, or from an “Observed Swim” in accordance with USA Swimming Rules and Regulations. Entry times which are not in the SWIMS database must be proved to the meet director, or designated representative, prior to the scratch deadline for the event. **Failure to provide such proof of time prior to the scratch deadline for the event will result in the swimmer not being able to swim.**
 6. Unattached swimmers who are not associated with a team should make every effort to identify a coach willing to take responsibility for them during warm-ups and the meet. If an unattached swimmer cannot find a coach to assist in this manner, such swimmer should notify the meet referee as soon as possible and at least one day prior to the start of the meet.



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Event Limit: Each swimmer entered may participate in up to six (6) individual events and up to five (5) relays. No swimmer may participate in more than three (3) individual events per day, including time trials. All swimmers, including relay only swimmers, are limited to three (3) time trials.

Teams may enter more than two (2) relay teams in each relay event but only the top two (2) teams will be scored and placed in each relay event.

Time Line: All preliminary events except the 50 M Freestyle and Relays will be double ended with starts from both ends of the pool. If the projected length of a preliminary session exceeds 4½ hours, the meet referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to divide the preliminary session into “A” and “B” sessions. The “A” session will consist of the fastest 7 heats (5 of the 400 meter events) with the remainder of the heats in the “B” session. The “B” session will be swum fastest to slowest.

If the projected length of Saturday’s 1500 freestyle preliminary events does not allow for the scheduled Finals start time, the meet referee reserves the right to first, reduce the warm-up time for the Finals’ session to one hour; second, to begin the Saturday warm-up period for the preliminary session one hour earlier (7:00 a.m.); and third, to swim some number of the heats two-to-a-lane.

Bonus Events: Swimmers qualifying in one or more individual events may swim one (1) bonus event.

One (1) Qualified Event	1 Bonus Event	2 Total Events
Two (2) Qualified Events	1 Bonus Event	3 Total Events
Three (3) Qualified Events	1 Bonus Event	4 Total Events
Four (4) Qualified Events	1 Bonus Event	5 Total Events
Five (5) Qualified Events	1 Bonus Event	6 Total Events
Six (6) Qualified Events	0 Bonus Event	6 Total Events

Please indicate your bonus event entries on line or by circling the time on the Hy-Tek Team Manager-Meet Entry report or on the Master Entry Forms if using paper entry.

Bonus swims should be entered using the swimmer’s best-achieved time that is not an event qualifying time. NT is not acceptable.

Entries: Entries may be submitted on line beginning on May 15, 2009 (12:00AM PST) through the USA Swimming website: www.usaswimming.org/ome . On-line entries will be accepted until July 14th (11:59PM PST). You will be required to **pay for the online entries with Visa, Mastercard, American Express, or Discover**. Once you complete your online entry you will be sent a confirmation email. Bring all communications with you to the meet in case of problems with entries. You can return to your entry after you have checked out to modify entry times should they improve during the entry period. You can also add events to your entry but you **cannot delete events after you have paid for them**. If you are entering online, please DO NOT submit a paper entry to USA Swimming. For help with on-line entry, please contact Larry Herr or Mike Unger at USA Swimming (719) 866-4578.



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Please enter with an accurate time achieved in the proper course. **Conversion times will not be accepted.** The meet will be seeded using the Long Course Meters times first, followed by Short Course Meters and finally Short Course Yards.

Entries must be accompanied by payment. Swimmers' current USA Swimming numbers must be on the entry form. Relay-only swimmers must be listed on the entry form. **No faxed entries will be accepted other than those for first time swims made July 14th through 19th.**

Entries submitted via the enclosed entry form must be submitted to the 100th of a second on the enclosed entry forms. If a standard is achieved in yards or short course meters, please be sure to enter the event with that time and clearly mark that it is yards (SCY) or SCM. Entry forms must provide **all information** requested in order to be considered official. Please ensure all forms submitted are legible.

Entry Fees & Surcharge: \$15.00 Surcharge Per Swimmer
\$7.50 Individual Event Fee
\$15.00 Relay Fee
\$10.00 Time Trial fee for individual events and \$15.00 Time Trial fee for relay events
\$5.00 Paper Entry Processing Fee per team
\$5.00 Paper Entry Processing Fee per unattached swimmer

Entry fees must accompany Master Entry Form.
Please make checks payable to: **Mt Hood Aquatics.**

Entry Deadline: **Entries must be received by 11:59 p.m., Tuesday, July 14, 2009**
If mailing entries, they must be post marked by this date. Overnight mail service is recommended--**please mark "no signature required"**. Late entries, entries without fees, "no time" entries, and entries without proper payment will not be accepted. No refunds will be given.

Entries for swims from Tuesday, July 14, 2009, through Sunday July 19, 2009, that achieve a first time individual qualifying standard must be made on the FAX entry form enclosed and sent by FAX transmission. FAX entries must be received no later than 11:59 p.m. (PDT) on Sunday, July 19, 2009, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline.**

LATE ENTRIES WILL NOT BE ACCEPTED AND UPDATING OF TIMES IS NOT PERMITTED.

Entry Address: On Line Entry System: www.usaswimming.org/ome or
MHA
c/o Vicky Brunelle
35 N.W. 12th Street
Gresham, OR 97030
sewmanycreations@hotmail.com

FAX #503-667-4465—YOU MUST CALL (503-667-4465) PRIOR TO FAXING AS SOMEONE MUST BE PRESENT FOR FAX TO GO THROUGH.



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Questions concerning meet entries should be directed to the Meet Referee–NOT to the Meet Entry Address.

Scratch

Procedures:

The USA Swimming National Championship scratch procedure and no show rule will be used at this meet, subject to the modifications described below. These rules are described in the current USA Swimming Rules (207.12.6 in the 2009 Rule Book).

SWIMMERS MUST CHECK IN FOR THE 800 FREESTYLES AND 200 FREE RELAYS ON TUESDAY EVENING NO LATER THAN 15 MINUTES AFTER THE CONCLUSION OF THE GENERAL MEETING. SWIMMERS ARE CONSIDERED CHECKED IN FOR ALL OTHER EVENTS EXCEPT RELAYS AND THE 1500 FREESTYLES UNLESS SCRATCHED.

1. The Scratch Box will be located at the Clerk of Course for the duration of the meet.
2. Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the Clerk of Course.
3. Entrants in the 800 and 1500 Freestyles must check-in and confirm their intention to compete before the scratch deadline in order to be seeded. For the 1500-meter freestyles, seeded heat sheets will be published at the end of finals on Friday.
4. Scratch/Check-in Deadlines are as follows:
Check in for all relays and the 800 and 1500 Freestyles, or place your scratch card in the Scratch Box located at the Clerk of Course according to the following time lines:
 - A. **Tuesday July 21th** - Swimmers must check in at the Clerk of Course no later than 15 minutes after the conclusion of the general meeting for the 800 freestyles and the 200 Free Relays. For swimmers not physically present on the first day to check in for Wednesday's events, the option to check in via e-mail or by phone to the Administrative Referee will be available. This may be done by calling Joanne Wisniewski (c/o Julie Greenaway 503-804-8743) or e-mailing jwisn2466@aol.com. This is available only for the Wednesday's events and all other days will require physical check-in.
 - B. **Wednesday, July 22nd** - The Scratch Box will close 30 minutes after the start of Tuesday's Finals session (5:00 p.m.).
 - C. **Thursday, July 23rd** - The Scratch Box will close 30 minutes after the start of Wednesday's Finals session (6:00 p.m.).
 - D. **Friday, July 24th** - The Scratch Box will close 30 minutes after the start of Thursday's Finals session (6:00 p.m.).
 - E. **Saturday, July 25th** - The Scratch Box will close 30 minutes after the start of Friday's Finals session (6:00 p.m.). Entrants in the 1500-meter freestyles must check-in and confirm their intention to compete before the scratch deadline on Friday in order to be seeded.
 - F. **Finals** - swimmers should report to the Administrative Referee within 30 minutes of the announced qualifiers for that race that they may not intend to compete and should further declare to the Administrative Referee their final intentions within thirty (30) minutes following their last individual preliminary event.



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Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

Scoring: Scoring will be on a sixteen (16) place basis (must meet time standard).
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events receive double these point values.

Teams may enter more than two (2) relay teams in each relay event but only the top two (2) teams will be scored and placed in each relay event.

Awards: Medals will be provided for top 8 places for individual and 3 places for relay events
Trophies for team awards -- first through third places for men, women and combined
Women's and Men's Individual High Point Awards
Team scoring will be based on 16 places per event including relays

Travel Fund: Swimmers who attend both this Sectional Championship and the 2009 US Open, Jr. National Championship, and/or World Championship Trials are eligible to receive a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the 2009 US Open and Jr. National Championship. Application for the reimbursement must be made by using the attached form within 15 days following the conclusion of the 2009 Jr. National Championship.

Meetings: **Section Business Meeting:** The section business meeting will take place on Tuesday, July 21st at 1:00 p.m., 1 hour prior to the general meeting in the Hospitality Room.

General Meeting: A general meeting will be held Tuesday, July 21st at 2:00 p.m. Teams must have a coach or team representative in attendance. Coaches' packets may be picked up at the Clerk of Course. Current coaching credentials must be shown in order to pick up packet.

Officials: There will be an officials meeting one (1) hour prior to the beginning of each session each day.

Officials: We appreciate the help of certified officials from other clubs; if you will be attending this meet please return the attached Application to Officiate. In order to be considered for an assigned position, applications must be received by May 31, 2009.

National Championship

Certification: This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form, and notify Jacki Allender, Meet Referee, upon arrival at the meet. Instructions for Certification will be provided during the Officials' briefings.



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Hospitality: A hospitality room will be provided for officials and coaches.

Warm-Up Procedures:

General Warm-up (first half) NO DIVING from the blocks or sides of pool.

Sprint and Pace Warm-up (remainder).

Lanes 1 & 8 pace lanes—push off, one or two lengths and back. No diving or racing starts. **CIRCLE SWIM ONLY.**

Lanes 2 & 7 sprint lanes—dive start, swim only one direction (return from adjacent lane).

Backstrokers enter the water feet first in rotation. No diving over persons in the water.

Lanes 3, 4, 5, & 6 general warm-up—No Diving.

Additional sprint lanes may be made available upon request to the Referee.

****Warm-up may be modified to accommodate the number of swimmers entered at the discretion of the meet management in agreement with the Referee.**

Shaving is not permitted in this facility.

Time Trials:

Time trials will be conducted on a time available basis. Swimmers must be entered in the meet with a proven time in an individual or relay event to be eligible to participate in time trials. Each time trial swim will count toward the daily event limit, with a combination of time trials and meet events not to exceed three (3) per day. Swimmers are limited to a maximum of three (3) time trials during the course of the meet. Entries must be turned into the Clerk of Course with the fee (\$10.00/ind. and \$15.00/relay) one hour before the projected end of preliminaries.

Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

1. First day: Only the 800 freestyle time trials will be offered immediately following those events.
2. Second and all subsequent days except the final day: That day's events will be swum, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
3. Final Day: Time trials will only be offered if there is sufficient time after swimming the preliminary heats of the 1500 freestyle.
4. Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50 meter freestyle time trials will be the first event in the time trial program. On all other days, the 50 meter freestyle will be the last event of the time trial program.
5. The 1500 freestyle will be offered only once, on the day there is the most amount of time between sessions. The day will be announced at the general meeting.

Timers:

Swimmers/clubs are responsible for providing their own timers for the 800 and 1500 freestyle swims on Tuesday evening and Saturday afternoon. Swimmers/clubs are also responsible for providing their own timers for any time trial event.

Teams will be assigned lanes for the Prelim sessions based on number of swimmers entered. Timing assignments will be e-mailed out once entries have been processed.



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Concessions: Snack bar is available throughout the competition and is controlled and operated under contract with Chartwells and the Aquatic Center - the host team/MHA and Oregon Swimming receive no benefit.

Social Events: Officials/Coaches Social will be held Thursday, July 23rd following the conclusion of finals. Details to follow.

Programs:

Psych Sheets:	\$10.00
Heat Sheets:	Prelims - \$3.00 each session
	Finals - \$2.00 each session
Results:	\$5.00 (Please order at the Clerk of Course)

Information on the Web: Meet information, as well as results of each session, will be posted on the Oregon Swimming and the Mt Hood Aquatics websites. (www.oregonswim.org or www.mthoodaquatics.org)



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BY CHOICE HOTELS

*Partners
in our
Community*

Special Partner Rates
Only a 5 Minute Drive



Comfort Inn & Suites Columbia Gorge West Troutdale

Conveniently Located
Off I-84, Exit 17
Troutdale, OR 97060

"Gateway to the Scenic
Columbia River Gorge"



Complimentary HOT Breakfast
Includes waffles, biscuits & gravy,
fruit, assorted cereals, breads,
oatmeal, eggs, juice and coffee

Nightly Soup Bar

Indoor Heated Pool

Fitness Center, Meeting Room

Free WiFi Access

In-Room Coffee

Refrigerators & Microwaves

Charter Bus Parking

**24 Hour Meal Service
provided by Shari's**

**Several Restaurants
within walking distance**

Shopping

Outlets & Historic Downtown Troutdale



gorgehotels.com
1-800-824-6824



Comfort Inn & Suites Columbia Gorge West 1-800-824-6824



All Properties have complimentary HOT breakfast
with waffles, biscuits & gravy, fruit, assorted cereals,
breads, oatmeal, eggs, juice and coffee.

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Local Hotels/

Motels:

Best Western Inn & Suites 503-491-9700
Best Western Pony Soldier 503-665-1591
Comfort Suites 503-661-2200
Days Inn & Suites 503-465-1515
Four Points by Sheraton 503-491-1818
Hampton Inn 503-669-7000
Hawthorn Inn & Suites 503-492-4000
Holiday Inn Express 503-492-2900
Phoenix Inn 503-669-6500
Shilo Inn 503-907-1777
Sleep Inn 503-618-8400

RV's and

Motor homes:

May stay at the east end of the Mt. Hood parking lot, but no hook-ups are available.



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Qualifying Times

WOMEN				MEN		
SCY	SCM	LCM	Event	SCY	SCM	LCM
25.10	28:01	28.59	50 FREE	22.49	25.11	25.79
54.23	1:00.52	1:01.48	100 FREE	49.05	54.74	56.13
1:56.84	2:10.40	2:12.88	200 FREE	1:47.20	1:59.64	2:02.37
5:12.19	4:33.13	4:38.86	500/400 FREE	4:51.69	4:15.20	4:22.50
10:46.09	9:25.26	9:39.45	1000/800 FREE	10:14.69	8:57.79	9:12.79
18:09.88	18:06.22	18:44.59	1650/1500 FREE	17:15.12	17:12.02	17:36.59
1:00.90	1:06.53	1:10.55	100 BACK	56.09	1:02.60	1:05.30
2:11.05	2:28.18	2:30.64	200 BACK	2:01.79	2:15.93	2:21.19
1:09.69	1:17.78	1:19.93	100 BREAST	1:02.19	1:09.41	1:13.19
2:30.51	2:47.98	2:53.49	200 BREAST	2:18.49	2:34.56	2:40.79
59:61	1:06.53	1:07.08	100 FLY	54.09	1:00.37	1:01.21
2:12.77	2:28.18	2:31.09	200 FLY	2:01.79	2:15.93	2:20.39
2:12.30	2:27.66	2:31.09	200 IND. MEDLEY	2:00.69	2:14.70	2:18.69
4:39.31	5:11.73	5:18.10	400 IND. MEDLEY	4:18.89	4:48.94	4:57.79
1:44.69	1:56.89	1:59.29	200 FREE RELAY	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FREE RELAY	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FREE RELAY	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MEDLEY RELAY	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MEDLEY RELAY	3:47.49	4:15.75	4:23.39



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ORDER OF EVENTS

Women's Event #	Tuesday July 21, 2009		Men's Event #
1	800-meter (C)	Freestyle	2
3	200-meter (A)	Freestyle relay	4
Women's Event #	Wednesday July 22, 2009		Men's Event #
5	100-meter	Freestyle	6
7	200-meter	Breaststroke	8
9	200-meter	Backstroke	10
11	200-meter	Butterfly	12
13	200-meter (B)	Medley Relay	14
Women's Event #	Thursday July 23, 2009		Men's Event #
15	200-meter	Freestyle	16
17	400-meter	Individual Medley	18
19	400-meter (B)	Freestyle Relay	20
Women's Event #	Friday July 24, 2009		Men's Event #
21	100-meter	Backstroke	22
23	400-meter	Freestyle	24
25	100-meter	Breaststroke	26
27	100-meter	Butterfly	28
29	800-meter (B)	Freestyle relay	30
Women's Event #	Saturday July 25, 2009		Men's Event #
31	200-meter	Individual Medley	32
33	1500-meter (D)	Freestyle	34
35	50-meter	Freestyle	36
37	400-meter (A)	Medley Relay	38

- A. These relays will be conducted as timed finals, all heats in preliminaries.
- B. These relays events on Wednesday, Thursday and Friday will be conducted as timed finals with the two fastest heats of women and men swum at the end of finals. All slower heats will be swum as scheduled during preliminaries.
- C. The women and men's 800 freestyle will be conducted as timed finals with all heats on Tuesday evening. The heats will be swum slowest to fastest in event order.
- D. The 1500-meter freestyle will be conducted as timed finals. The fastest heat of women and men will be swum in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so



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that the second fastest heat of men's is concluded 90 minutes before the evening final's session is scheduled to begin.

TEAM INFORMATION

TEAM NAME: _____ **CLUB CODE:** _____

CONTACT NAME: _____ **PHONE #:** _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH (ES) ATTENDING MEET:

_____ **Cell #:** _____

_____ **Cell #:** _____

_____ **Cell#:** _____

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

I have read the meet information and attest that all swimmers entered are current (2009), full-year members of USA Swimming.

Signature: _____ **Date:** _____

ENTRY SUMMARY

Total from Master Entry Form(s)	=	\$ _____
Total from Relay Entry Form =		\$ _____
Team Total =		\$ _____

(Make checks payable to Mt Hood Aquatics)

ENTRY DEADLINE – 11:59 P.M. TUESDAY, July 14, 2009

Mail team information form/disk/entry forms/check to:

**MHA
c/o Vicky Brunelle
35 N.W. 12th Street
Gresham, OR 97030
sewmanycreations@hotmail.com**

FAX # 503-667-4465 – PLEASE NOTE YOU MUST CALL (503-667-4465) PRIOR TO FAXING. SOMEONE MUST BE PRESENT FOR FAX TO GO THROUGH.



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FAX ENTRY FORM

TEAM NAME: _____ **CLUB CODE:** _____

COACH NAME: _____ **PHONE #:** _____

COACH'S USA ID#: _____ **EMAIL ADDRESS:** _____

HOME ADDRESS: _____

_____ **City**

_____ **State**

_____ **Zip**

FAX QUALIFICATION PERIOD – July 14 - July 19, 2009

FAX DEADLINE – 11:59 p.m., Sunday, July 19, 2009 (PDT)

FAX PHONE NUMBER – 503-667-4465

**(YOU MUST CALL (503-667-4465) BEFORE FAXING – SOMEONE MUST BE PRESENT TO
RECEIVE FAX OR THIS WILL NOT GO THROUGH)**

Only swims achieving the qualifying time standards for the first time from Tuesday, July 14, 2009 through Sunday, July 19, 2009, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PDT) on Sunday July 19, 2009, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline.**

We have entered the following events on this FAX entry form:

Women: Individual Events _____ x \$7.50 = _____

Men: Individual Events _____ x \$7.50 = _____

Total Faxed Entry Fee \$ _____ FAX entries must be paid at the Registration Desk.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.

Coach Signature: _____

Swimmer Information

Print Name _____ Age _____

Team Name _____

Female _____ Male _____ Registration # _____

Swimmer previously entered in meet? Yes _____ No _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

(Duplicate This Form As Necessary)



**2009 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Aquatics

Mt. Hood Aquatic Center

July 21-25, 2009

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2009 USA SWIMMING/SPEEDO CHAMPIONS SERIES SENIOR LONG COURSE SENIOR CHAMPIONSHIPS to be held at the Mt. Hood Aquatic Center in Gresham, Oregon. The meet will be conducted over a 4½ day period with the Prelims starting at 9:00 a.m. and Finals at 5:30 p.m. (Timed Finals at 4:30 p.m. on Tuesday and Finals at 4:30 p.m. on Saturday). A mandatory officials briefing session will be held one hour prior to each session. The Western Section Long Course Championship has been designated as a training meet for N2 and N3 National Championship Officials Certification. The dress is white shirt/blouse; blue pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than May 31, 2009 (preference will be given to those who agree to work all sessions). All other officials planning to attend the meet are encouraged to return their application by June 21, 2009. The meet referee will be Jacki Allender.

Name: _____ LSC: _____
Address: _____ Team: _____
City, State, Zip: _____ Phone: _____
E-Mail: _____

I will work at all sessions: _____ I can't work at all sessions. I will be able to work:
Tuesday (Competition at 4:30 p.m.) Finals _____
Wednesday Prelims _____ Finals _____
Thursday Prelims _____ Finals _____
Friday Prelims _____ Finals _____
Saturday Prelims _____ Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC Position Certified: _____ Expiration: _____
N2 Position Certified: _____ Expiration: _____
N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Jacki Allender
2512 NW Acey Way
Corvallis, Oregon 97330
541-753-5681
jallender@marykay.com

Please circle polo shirt size:

Small
Medium
Large
X-Large



**2009 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Aquatics

Mt. Hood Aquatic Center

July 21-25, 2009

**WESTERN REGION SECTION SENIOR CHAMPIONSHIP
REIMBURSEMENT REQUEST**

Coach's Name: _____ Phone: _____

Email Address: _____ Date of Request: _____

Coach's Signature: _____

Full Team Name: _____ LSC: _____

Mailing Address for Reimbursement Check: _____

Street or P.O. Box

City, State, Zip

**USA SWIMMING CHAMPIONSHIP MEET FOR WHICH REIMBURSEMENT
IS REQUESTED -- CIRCLE ONE**

**Swimmer must attend both Section and World Championship Trials, U.S. Open, or Junior Nationals
(Please complete a separate form for Trials, U.S. Open and Juniors)**

World Championship Trials

U.S Open

Junior Nationals

Dates of USA Swimming Championship Meet: _____ Location: _____

Did Coach Attend Championship Meet? Yes No Name of Attending Coach: _____

Swimmer's Name (Last, First)	Age	Event(s) Competed At Sectionals	Event(s) Competed At Trials/Open/Juniors (circle 1)

Please send completed form within 15 days of the end of the Championship Meet for which reimbursement is requested to:
Bruce Stratton, Treasurer Phone (208)376-1135 Fax (208)342-8962
2017 S. Roosevelt St. Email: stratton@cableone.net
Boise, ID 83705



**2009 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Aquatics

Mt. Hood Aquatic Center

July 21-25, 2009

RELAY FORM

Team Name:			
Team Code:		LSC Code:	
Coach:		Home Phone:	
Coach's USA ID#:		Office Phone:	
E-Mail Address:		Cell Phone:	

Enter the time only for each relay team in the appropriate place below. Swimmer names will be required on the relay entry forms provided at the meet. If entering with a SCY or SCM time, please indicate by placing a SCY after a yard time and SCM after a short course meter time.

Event #	Event	Team A	Team B
3	Women's 200 Freestyle Relay		
4	Men's 200 Freestyle Relay		
13	Women's 200 Medley Relay		
14	Men's 200 Medley Relay		
19	Women's 400 Freestyle Relay		
20	Men's 400 Freestyle Relay		
29	Women's 800 Freestyle Relay		
30	Men's 800 Freestyle Relay		
37	Women's 400 Medley Relay		
38	Men's 400 Medley Relay		

Total number of relay teams entered above: _____ x \$15.00 = _____
(Insert this total on the Team Information Sheet)