



**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP
Hosted by Mt Hood Aquatics
Mt. Hood Aquatic Center
July 20-24, 2010**

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.

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 (6:00 a.m.); and third, to swim some number of the heats two-to-a-lane.

Entries: **Entries may be submitted on line beginning on May 15, 2010 (12:00AM PST)** through the USA Swimming website: www.usaswimming.org/ome . **Entries through the on-line entry system is required.** On-line entries will be accepted until July 13th (11:59PM PST). You will be required to **pay for the online entries with Visa, Mastercard, American Express, or Discover. There is an OME option to pay by check. Please send payable to: MHA, c/o Vicky Brunelle, 35 NW 12th Street, Gresham, OR 97030. Email: sewmanycreations@hotmail.com.** 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 Susan Woessner at USA Swimming at (719) 866-3589 or (719) 332-0184.

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.



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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 13th through 18th.**

Entry Fees & Surcharge: \$15.00 Surcharge per Swimmer
\$8.00 Individual Event Fee
\$15.00 Relay Fee
\$10.00 Time Trial fee for individual events and \$15.00 Time Trial fee for relay events

Entry Deadline: On-line entries will be accepted until July 13th (11:59PM PST).

Entries for swims from Tuesday, July 14, 2010, through Sunday July 18, 2010, 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 18, 2010, 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.

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

Entry Address: On Line Entry System: www.usaswimming.org/ome

Questions concerning meet entries should be directed to the Meet Referee.



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**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 2010 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 20th** - 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 the Administrative Referee (c/o Julie Greenaway 503-804-8743) or e-mailing agreena833@aol.com. This is available only for the Wednesday's events and all other days will require physical check-in. Coaches' packets may be picked up at the Clerk of Course. Current coaching credentials must be shown in order to pick up packet.
- B. **Wednesday, July 21st** - The Scratch Box will close 30 minutes after the start of Tuesday's Finals session (5:00 p.m.).
- C. **Thursday, July 22nd** - The Scratch Box will close 30 minutes after the start of Wednesday's Finals session (6:00 p.m.).
- D. **Friday, July 23rd** - The Scratch Box will close 30 minutes after the start of Thursday's Finals session (6:00 p.m.).
- E. **Saturday, July 24th** - 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.

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 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.



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- 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 2010 ConocoPhillips National Championship and/or Jr. National Championship 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 2010 ConocoPhillips National Championship and Jr. National Championship. Application for the reimbursement must be made by using the appropriate form (posted on website) within 15 days following the conclusion of the 2010 Jr. National Championship.
- Meetings:** **Section Business Meeting:** The section business meeting will take place on Thursday, July 22nd at 1:00 p.m. in the Hospitality Room.
- General Meeting:** A general meeting will be held Tuesday, July 20th at 2:00 p.m. in the Hospitality Room. Teams must have a coach or team representative in attendance.
- 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 June 11, 2010.
- 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.
- Hospitality:** A hospitality room will be provided for officials and coaches.



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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 on Tuesday, July 20th.

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.

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.



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Social Events: Officials/Coaches Social will be held Thursday, July 22nd 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, Mt. Hood Aquatics, the Western Zone, and USA Swimming websites. (www.oregonswimming.org or www.mthoodaquatics.org or www.westernzoneswimming.org or www.usaswimming.org).



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BY CHOICE HOTELS

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in our
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AQUATIC CENTER



Comfort Inn & Suites Columbia Gorge West Troutdale

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Complimentary HOT Breakfast
Includes waffles, biscuits & gravy,
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**24 Hour Meal Service
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**Several Restaurants
within walking distance**

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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.

Nightly Soup Bar,
Indoor Pool, Fitness Center, Free WiFi Access,
In-Room Coffee, Refrigerators, & Microwaves



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PORTLAND, OREGON - PROPERTY DETAILS



DIRECTIONS

From I-205 North, take exit 24 A. Traveling south, take exit 24. Turn left at the intersection of 82nd Avenue and Airport Way; turn left again at the first light into the Embassy Suites parking lot.



LOCATION

The hotel is located at the entrance to the Portland International Airport and offers easy access to downtown Portland and Columbia River recreation.

ACCOMMODATIONS

- 8 floors, 251 spacious two-room suites including:
- 158 king suites
- 112 double/double suites
- 9 handicapped accessible suites
- 245 non-smoking suites
- 5 conference suites
- 1 executive level suite

SUITE FEATURES

- Private bedroom with one king size or two double beds
- Separate living room with sofa bed and walk-in dining/work table
- Wet bar, microwave, coffeemaker and refrigerator
- Two telephones with voicemail
- Two televisions with in-suite movies
- High-speed Internet access

DINING AND ENTERTAINMENT

- Complimentary cooked-to-order breakfast served each morning in our lush open-air atrium
- Manager's Reception each evening featuring your favorite beverages* and hors d'oeuvres
- The Waters Bar & Grille, featuring creative cuisine and exhibition-style cooking
- Suite service is available

RECREATIONAL FACILITIES

- Indoor pool, whirlpool and sauna
- Fitness center featuring state-of-the-art equipment
- Columbia River recreation, golf courses, shopping and restaurants nearby

SERVICES

- Complimentary USA Today® delivered to your door every weekday morning
- Complimentary 24/7 Embassy BusinessLink™ Business Center featuring secure, remote printing and high-speed Internet access
- Hilton HHonors® Points & Miles®
- Complimentary airport shuttle
- Available transportation to and from property
- High-speed wireless Internet access available in atrium and lobby
- Concierge service



EMBASSY SUITES®

Portland - Airport
7010 NE 82nd Ave, Portland, OR 97221
503-465-3000
Fax: 503-465-3038

For reservations call the hotel directly at 503-465-3000
800-Embassy or visit embassysuites.com
From Mexico call 01-800-003-1400

For meeting information
call Hilton Direct at 800-321-3232
Chain Code ES
Sales 32724/Spills 18795
Wedding 4754/See Our America PDS#495



*Subject to state and local laws. Must be of legal drinking age. Hilton HHonors® membership, earning of Points & Miles® and redemption options are subject to Member Terms and Conditions. ©2010 Hilton Hospitality, Inc.



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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
Embassy Suites 503-460-3000
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			Event	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
25.01	27:82	28.49	50 FREE	22.49	24.96	25.79
54.04	59.47	1:01.34	100 FREE	48.89	53.92	56.02
1:56.74	2:08.61	2:12.69	200 FREE	1:47.08	1:58.54	2:02.79
5:11.76	4:29.17	4:39.69	500/400 FREE	4:51.69	4:12.49	4:22.79
10:46.09	9:22.55	9:42.19	1000/800 FREE	10:14.69	8:57.79	9:12.79
18:09.88	17:58.11	18:44.59	1650/1500 FREE	17:11.26	16:52.78	17:36.59
1:00.41	1:06.31	1:10.61	100 BACK	55.83	1:01.28	1:05.69
2:09.93	2:23.98	2:30.55	200 BACK	2:01.79	2:15.25	2:21.19
1:09.51	1:17.57	1:20.29	100 BREAST	1:02.19	1:09.06	1:13.19
2:30.51	2:48.32	2:53.49	200 BREAST	2:18.49	2:35.26	2:40.79
59:34	1:05.19	1:06.95	100 FLY	54.04	59:37	1:01.24
2:12.40	2:25.48	2:31.16	200 FLY	2:01.79	2:13.25	2:20.39
2:12.16	2:25.76	2:31.09	200 IND. MEDLEY	2:00.69	2:13.35	2:18.69
4:38.70	5:07.29	5:18.84	400 IND. MEDLEY	4:18.89	4:46.49	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 20, 2010	Men's Event #
1	800-meter (C)	Freestyle	2
3	200-meter (A)	Freestyle relay	4
Women's Event #	Wednesday	July 21, 2010	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 22, 2010	Men's Event #
15	200-meter	Freestyle	16
17	400-meter	Individual Medley	18
19	800-meter (B)	Freestyle Relay	20
Women's Event #	Friday	July 23, 2010	Men's Event #
21	100-meter	Backstroke	22
23	400-meter	Freestyle	24
25	100-meter	Breaststroke	26
27	100-meter	Butterfly	28
29	400-meter (B)	Freestyle relay	30
Women's Event #	Saturday	July 24, 2010	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 relay 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 in the following order: 3rd/4th fastest heat of women, 3rd/4th fastest heat of men, 5th fastest heat of women, 5th fastest heat of men, 6th fastest heat of women, 6th fastest heat of men, etc..
- 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 that the second fastest heat of men's is concluded 90 minutes before the evening final's session is scheduled to begin.



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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 (2010), full-year members of USA Swimming.

Signature: _____ Date: _____

ENTRY SUMMARY

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

- I have paid for my entries on OME with a credit card.
- I am mailing a check for payment of my entries on OME to MHA (address below).

ENTRY DEADLINE – 11:59 P.M. TUESDAY, July 13, 2010

Mail team information or team information with 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 13 - July 18, 2010
 FAX DEADLINE – 11:59 p.m., Sunday, July 18, 2010 (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 13, 2010 through Sunday, July 18, 2010, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PDT) on Sunday July 18, 2010, 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 \$8.00 = _____
 Men: Individual Events _____ x \$8.00 = _____
 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)



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July 20-24, 2010

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the

**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES WESTERN REGION SENIOR SECTIONAL LONG
COURSE CHAMPIONSHIPS.**

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 for prelims and finals; KHAKI pants, shorts (PRELIMS), or skirts, white socks; and white shoes.

Officials desiring an assigned position must submit their application no later than *June 11, 2010* (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by July 12, 2010. 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

Wednesday

Thursday

Friday

Saturday

Finals _____

Prelims _____ Finals _____

Prelims _____ Finals _____

Prelims _____ Finals _____

Prelims _____ Finals _____

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

Assigned officials meeting one hour prior to General meeting on Tuesday.

CURRENT CERTIFICATION

LSC Position Certified: _____

Expiration: _____

N2 Position Certified: _____

Expiration: _____

N3 Position Certified: _____

Expiration: _____

Request evaluation for advancement/recertification N2/N3 in the following position _____

PLEASE RETURN THIS INVITATION TO:

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

Please select polo shirt size:

Small _____ Medium _____

Large _____ X-Large _____



**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

**Hosted by Mt Hood Aquatics
Mt. Hood Aquatic Center
July 20-24, 2010**

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 800 Freestyle Relay		
20	Men's 800 Freestyle Relay		
29	Women's 400 Freestyle Relay		
30	Men's 400 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)



**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES
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**Hosted by Mt Hood Aquatics
Mt. Hood Aquatic Center**

July 20-24, 2010

**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 Meet and National Championships or Junior Nationals
(Please complete a separate form for National Championships and Juniors)**

National Championships

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 Nationals/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 (208) 336-4953 FAX (208) 342-8962
2017 S. Roosevelt St. Email: bruce@strattoncpa.com
Boise, ID 83705