

**ATHLETE APPLICATION
2022 WESTERN ZONE
CHAMPIONSHIPS August 3-6, 2022
Elk Grove, CA**

This completed application and \$350 deposit must be received by **noon, Monday July 4th** ([register here](#)). Scan and email a copy of this application to Coach Scott Miyako at miyakodesigns@gmail.com and copy Oregon Swimming at debbie@oregonswimming.org. Selected athletes will receive an email with access to our on-line payment system on July 6th, 2022 to pay the remaining balance of \$700 per athlete. The total fee will cover all expenses: team gear, meals/snacks, flight and ground travel during the meet, hotel accommodations and athlete social. In order to confirm a spot on the team payment must be received no later than Sunday, July 10th. **The only exception to this is if you achieve your first LC Zone qualifying time after July 4th**. In this case, please email your application to Scott Miyako and Debbie Laderoute before the end of finals at the 11&O Championships meet on July 24, 2022. You will receive an email to register and submit payment the following day. **It is important to fill out this form COMPLETELY. * Up to 52 athletes will be selected on Tuesday, July 5th*** The remaining spots will be filled on Monday, July 25th, following 11&O Champs. Those eligible to fill the final spots will include any athletes who applied by the July 4th deadline but were not selected, as well as any athlete who has achieved their first QT between July 4 - Sunday, July 25th. *The selection process will include factors such as an athlete's IMX score, Power Point scores, and individual rankings both in OSI and the Western Zone in order to build a team focused on overall team competitiveness.*

Athlete Name: _____ **Age as of 8/03/22:** _____

USA Swimming ID: _____ **(circle one):** Male Female

Mailing Address: _____

City, State, Zip: _____

Guardian(s) Name, Phone, and Email: _____

Athlete Phone and Email: _____

Your Club Name: _____

Coach's Name and Phone: _____

Coach Comments: Please include any information that will be helpful to those selecting the team, specifically concerns you may have or anything that may require extra consideration.

Athlete Attendance Percentage Since 4/1/2022: _____

Coach Signature and Date: _____

The times you list must have been achieved in sanctioned competition between August 8, 2021 and July 24, 2022. For columns marked LCM Times, list best times for all LCM events and circle those that meet Zone qualification times. For columns marked SCY/SCM, list only Zone times. Include times for 50 meter events, as they will be used for relay selection.

*SCY/ SCM Zones Qualifying Times can be found on the Oregon Swimming website at oregonswimming.org

GIRLS 11-12 LCM	GIRLS 13-14 LCM	Enter <u>All</u> LCM Times	Enter SCY/ SCM Zone Times	Event	BOYS 11-12 LCM	BOYS 13-14 LCM	Enter <u>All</u> LCM Times	Enter SCY/ SCM Zone Times
Zone Standard	Zone Standard	Fill in ALL times. CIRCLE Zone qualifying times	ONLY Enter Zone qualifying times		Zone Standard	Zone Standard	Fill in ALL times. CIRCLE Zone qualifying times	ONLY Enter Zone qualifying times
29.39	28.59			50 FR	29.19	26.69		
34.19				50 BK	34.19			
38.19				50 BR	37.79			
31.99				50 FL	31.89			
1:04.39	1:01.89			100 FR	1:03.79	57.99		
2:19.79	2:14.29			200 FR	2:18.89	2:06.19		
4:54.69	4:40.99			400/500 FR	4:54.39	4:29.69		
	9:51.29			800/1000 FR		9:28.29		
	18:51.09			1500/1650 FR		18:07.89		
1:13.39	1:10.29			100 BK	1:13.29	1:06.49		
2:42.09	2:30.89			200 BK	2:39.39	2:23.59		
1:23.29	1:20.09			100 BR	1:23.29	1:14.69		
3:02.39	2:52.69			200 BR	3:01.09	2:42.59		
1:11.19	1:08.19			100 FL	1:11.49	1:03.59		
2:45.89	2:32.79			200 FL	2:44.89	2:24.09		
2:37.69	2:32.09			200 IM	2:36.69	2:22.79		
5:44.39	5:22.99			400 IM	5:39.69	5:04.99		

Key LCM Competitions Attending Prior to LSC Championships: _____

OSI will provide Team Oregon 2 caps, bag, and 3 T-shirts. Many athletes will trade t-shirts/ caps with athletes from other LSCs.

<p>T-Shirt Size* (Circle One):</p> <p style="text-align: center;">S M L XL</p>	<p style="text-align: right;"><i>Additional Caps for trading: amount (5 max) _____ X (\$15 each) = \$ _____</i></p> <p style="text-align: right;"><i>Additional T-shirts for trading: amount (3 max) _____ X (\$10 each) = \$ _____</i></p> <p style="text-align: right;"><i>Total Cost of Optional items = \$ _____</i></p> <p style="text-align: right;"><i>(Please include with fee check)</i></p>
---	---

**T-shirts are adult unisex sizes

Scan and email completed application to Scott Miyako miyakodesigns@gmail.com and debbie@oregonswimming.org on or before July 4th, 2022