

Article VIII - Competitive Swim Program

Section I - Introduction

- A. General** - The OSI competitive swimming program provides a variety of meet formats, distances, classification, age-group events, etc. to fulfill the needs of every swimmer.
- B. Strokes** - Breaststroke, Butterfly, Backstroke, Freestyle, and Individual Medley are the competitive strokes/events. The rules and definitions are described in USA Swimming Rules and Regulations.
- C. Seasons** - The swimming year is generally divided into two seasons. The short-course (winter) season, October through April, normally consists of competition in 25-yard or 25-meter courses. The long-course (summer) season, mid-April through August, normally consists of competition in 50-meter courses. These designations are general and meets might not be held in the indicated pool lengths.
- D. Age of Swimmer** - A participant's age group is determined by their age on the first day of the meet and shall normally govern for the full meet. Participants must swim in their respective age group except as noted in USA swimming Rules and Regulations. A contestant may participate in only one age group, corresponding to the swimmers age. For more detailed information, see USA Swimming Rules and Regulations.
- E. Qualifying Swimmers** - A swimmer will qualify for a given event when the swimmer has met or bettered the time standard for that event. Swimmers may qualify in any sanctioned, approved or observed competition.
- F. Time Limits**
- 1. Eight Hour Rule** - A meet day length may not exceed eight hours of competition, which is determined from the beginning of the first heat of the first event to the conclusion of the last heat of the last event. This applies to actual competition. The scheduling committee will evaluate those meets exceeding the eight-hour rule.
 - 2. Four Hour Rule** - In any competition, a session (defined as a group of events) with swimmers 12 years old and younger shall be planned to finish within four hours. This shall not apply to championship meets.
- G. Inclusion of Swimmers with Disabilities**
- 1.** Swimmers with a disability shall be permitted to enter any meet sanctioned by Oregon Swimming, Inc.
 - 2.** When time standards are used, the time standard for a swimmer with a disability shall be the published meet time standard multiplied by a factor determined by dividing the National Disability Championship time standard for the applicable disability class for the event by the National Championship time standard for the event.
 - 3.** The meet referee shall determine an appropriate method of seeding the athlete into events that does not negatively affect the meet timeline.
- H. Outreach Membership** - To qualify for outreach membership registration fees in OSI a swimmer's family must provide proof of low-income status to their club. Proof of low-income status can be provided by the following ways:
- 1.** SNAP card letter with date of eligibility
 - 2.** OHP – Medicaid letter of approval with date of eligibility
 - 3.** Y or Parks and Rec Low Income membership letter with date of eligibility
 - 4.** Low Income – most current year tax return needed to validate income is equal to or less than the Annual Federal Poverty guidelines table.

Section II - Types of Competition

- A. General** - a competition may consist of any combination of meet categories, types of meets, and classification of swimmers.
- B. Meet Categories**
- 1. Open** - All registered swimmers may enter. (LCM AB meets are open meets)
 - 2. Invitational** - Only those swimmers or teams specifically invited may submit entries. (Long Course BC or ABC)
 - 3. Dual Meet** - Normally consisting of two teams. Variations include double duals (three teams competing, with each team being scored against one another), or three-way duals (four teams).

4. **Closed Meet** - Open only to members of one team.

C. **Types of Meets**

1. **Age Group Competition** - Age group swimmers compete in groupings of similar capability with each age group defined; see USA Swimming Rules and Regulations Article 205.
2. **Senior Competition** - The senior program is composed of senior classifications and has no age restriction.
3. **Special Competitions**
 - a. Each year - These may include relay, sprint, distance, pentathlon, sextathlon, etc. and may involve unlimited combination by age and gender.
 - b. Conditions - These meets are generally conducted in accordance with this manual, although special meets with distinctive, selected, or limited formats may be held and awards may vary. Special rules for entry, awards and participation shall be included in the Meet Information.
4. **Out of LSC Competitions**
 - a. General - Athletes are encouraged to participate in such competitions outside of OSI LSC to further their progress in the sport. Qualifying for Regional, Sectional, Zone and National level meets are part of the progression in competitive swimming.
 - b. Sanctions/results - When competing outside the OSI LSC, it is the team/athlete responsibility to ensure all events are properly sanctioned and arrange for full electronic meet results to be sent to OSI.

D. **Classification of Swimmers**

1. Introduction - Age group swimmers are classified by gender, age, stroke, and ability.
2. Definition - Within each gender/age group, ability classifications are defined by time, for four divisions; "A", "B", "B+", "C" for each stroke. Classifications are defined by establishing time standards for each stroke, distance and pool size.
3. Classification requirements
 - a. General - a swimmer is classified as an A, B, or C swimmer in each stroke according to their fastest time in that event, compared to the time standards for their age group. A swimmer making a B time remains a B swimmer in that event until equaling or bettering the A time standard. Upon changing age groups classification is determined by the time standards for the new age group.
 - b. Reclassification - A swimmer must swim in the class they have qualified for. Once the swimmer has achieved the time standard for the next higher class in an event, the swimmer must compete in the new class in that event at successive meets. If entries have been submitted for a future meet, the entry times must be revised. The swimmer shall notify the meet director prior to the meet. If heat sheets have already been prepared, the swimmer shall be placed in the first heat of the proper event. Entry fees shall be refunded to any swimmer who no longer qualifies for a meet due to their new classification, provided the request is made in writing to the Meet Director.
 - c. Failure to reclassify - Any swimmer who has not been properly reclassified and places in an event will be denied their award and placing, and swimmers placing below will move up to fill the vacancy. The time will be official.

E. **Events Offered**

1. **Senior "A" Meets** - Senior "A" meets shall offer, at a minimum, all events, which are included in the schedule of events for USA Swimming National Championships.
2. **Age Group "A" Meets** - Age Group "A" meets shall include all events for which the USA Swimming National Age Group times are maintained. (See USA Swimming Rules and Regulations, Article 102.1.2)
3. **The Following events (as a minimum should be offered):** 8/U Short Course; 25 Yards each stroke, 50 yards freestyle, 100 yards individual medley and 100 yards freestyle and medley relays. 8/U Long Course; 50 meters each stroke, 100 meters freestyle, 200 meters individual medley and 200 meters free and medley relays. For all other age groups see Article 204.4, USA Swimming Rules and Regulations.

- F. **Time Standards** - The appropriate “A”, “B”, “B+” or “C” time standards all apply.
 - 1. Senior Meets - The OSI 15-18 age group time standards shall be used.
 - 2. Age Group Meets - OSI age group time standards shall be used.
- G. **Meet Format**
 - 1. **Senior Meets** - May consist of preliminaries and finals or timed finals and are subject to the eight-hour rule.
 - 2. **Age Group Meets** - May consist of preliminaries and finals which are subject to the eight-hour rule. 13 & O timed finals events are subject to the eight-hour rule. 12 & U timed finals events are subject to the four-hour rule. All relay, 800/1000 freestyle and 1500/1600 freestyle events shall be timed finals.
- H. **Entry Fees** - \$3.00 surcharge per swimmer, maximum of \$4.50 entry fee per individual event and \$12.00 entry fee per relay. The \$3.00 surcharge per swimmer, \$.50 of the individual entry fee and \$2.00 of the relay entry fee are paid to Oregon Swimming and allocated to the Travel Fund.
- I. **Awards** - The value of awards must conform to Article 205.5 USA Swimming Rules and Regulations.