

# OREGON SWIMMING, INC.

## 2021 OSI Arena 11&O LC Championships

July 22nd – 25th, 2021

Held under the sanction of USA Swimming, Inc.

**Sanction #** IE-21-1463

In granting this sanction, it is understood and agreed that USA Swimming Inc. (USA Swimming), Oregon Swimming, Inc (OSI), and Inland Empire Swimming (IES) shall be free from and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

OSI has implemented enhanced health and safety measures for participants and attendees. At all times you must follow the local government protocols and facility requirements; these will also be posted on premises. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, those persons not vaccinated for COVID-19 are especially vulnerable. By participating and/or attending, you voluntarily assume all risks related to exposure to COVID-19. \*Anyone not adhering to the guidelines set forth will be asked to leave, no exceptions\*. It is highly recommended that all volunteers, officials, coaches, guests, and swimmers over the age of 11 be vaccinated prior to coming to this event for their safety. For individuals not vaccinated, face coverings that provide individual protection from the COVID-19 virus and maintaining social distancing throughout the event is highly recommended.

USA Swimming, OSI, and the Pendleton Aquatic Center cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, INC., OREGON SWIMMING, INC., AND THE PENDLETON AQUATIC CENTER; AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**Meet Referee:** Bill Shreeve [bill.shreeve1@gmail.com](mailto:bill.shreeve1@gmail.com)

**Asst. Referee:** Judi Creech [jjjcreech@comcast.net](mailto:jjjcreech@comcast.net)

**Admin Referee:** Jacki Allender [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

**Meet Director:** Rhonda Soule [rhondasoule@gmail.com](mailto:rhondasoule@gmail.com)

**Sponsor:** Oregon Swimming, Inc.

**Location:** Pendleton Aquatic Center, 1901 NW Carden Ave, Pendleton Oregon 97801

**Directions:** From the West:  
Take the US-30 exit, EXIT 207, toward Airport/Pendleton City Center  
Turn left onto US-30/Westgate toward downtown  
Turn left onto Northgate Drive/OR37/Cold Springs Hwy (by Baseball field & Skate Park)  
Go one block  
Turn right onto NW Carden Ave. Continue on and the pool/Aquatic Center is on your left

From the East:  
Take the US-30 exit, EXIT 207, toward Airport/Pendleton City Center  
Turn right onto US-30/Westgate toward downtown  
Turn left onto Northgate Drive/OR37/Cold Springs Hwy (by Baseball field & Skate Park)  
Go one block  
Turn right onto NW Carden Ave. Continue on and the pool/Aquatic Center is on your left

**Facility:** Outdoor, 50 meters, 10 lanes with 2.5 meters per lane, starting blocks at both ends of the pool. Starting blocks meet USAS height and water depth requirements at both ends. Shallow end is 48" and the deep end is 72". Colorado timing system with touch pads at the finish end of the pool. The pool does have a lift. The competition course has not been certified in accordance with 104.2.2C(4). Considerable parking and handicap access is available plus grass seating for 600 plus spectators. Warm-up pool will be continually available during the meet.

Day canopies: Access to put up your pop-up tents will be available on Thursday at 7:00 am, prior to the start of the meet.

Pets: Pets are prohibited inside the gates of the pool area. This is a zero-tolerance rule.

There is an Aquatic Center on the west side of the competition pool including a waterslide and water play area. This area is open from 12:00 pm to 8:00 pm and is separate from the competition area during meets. The Pendleton Parks and Recreation Department operates it and a fee is charged.

**Restrictions:** Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the park property and includes the parking lot, pool areas, decks, locker rooms, swimmer rest areas, and spectator areas. There is no body shaving allowed in the swimming venue. Use of audio or visual recording devices including cell phones is not permitted in changing areas, restrooms, and locker rooms. Photography is not allowed behind the blocks. Flash photography is not allowed except by express permission of the Meet Referee. Operation of a drone, or any other flying apparatus, is prohibited over the pool and surrounding venue areas any time coaches, officials and/or spectators are present. Use of video recording devices in or directly over the competition pool is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Deck Access:** All coaches (with participating athletes), officials, and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times. All certifications, including concussion training, must be valid. Coaches must show current credentials to the Meet Director or designated volunteer upon arrival to the meet. Only swimmers, credentialed coaches, officials, authorized volunteers, and facility employees are allowed on the pool deck and behind the blocks

**Format:** **Prelim/Final Meet.** Age groups are 11,12,13,14, and 15&O. Each individual age group will have one heat in finals. 15&O age group will have 2 heats in finals except for noted events with \*. Prelims will be combined and swum slowest to fastest except where noted with \*, Some \* events are Timed finals where the top heat is swum in finals. Events 200 Fly, 200 Back, 200 Breast, 400 IM, 800 Free and 1500 Free are divided by these Age groups: 11-13, 14, and 15&O.

- Format Changes:** At the discretion of the Meet Referee, OSI Executive Director, Meet Director, and the OSI Age Group Chair; the meet format may be modified to accommodate State, County, Local and Facility COVID-19 restrictions. This includes, but is not limited to, adding additional sessions; competing as timed finals; reducing the entry limits; swimming men and women in separate sessions; and changes to the start/end times for each day.
- Rules:** Current USA Swimming, OSI Rules, and OSI Scratch Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of MAAPP, and they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. OSI Safety Guidelines and Warm-up Procedures will be strictly enforced.
- Eligibility:** Swimmers must be currently registered with USA Swimming. Age on the first day of competition applies to the entire meet. Qualifying times must have been achieved from July 1, 2019 through the entry deadline for this meet. All entries must be in the SWIMS database prior to the entry deadline. Times not posted in the SWIMS database by the entry deadline will not be accepted. There is no on-deck registration.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts or must start each race from within the water.
- Unaccompanied swimmers must be assigned a certified coach.
- Swimwear:** Swimmers 12 years old and younger are not permitted to wear “technical” suits at any USA Swimming sanctioned or approved meet. Age is determined on the first date of the meet.
- Time Schedule:** Thursday - Sunday: Warm-ups 7:30 AM to 8:45 AM. Prelims begin at 9:00 AM. Circumstances permitting, warm-ups for finals sessions will not begin sooner than two hours after the conclusion of prelims. However, the meet referee may use his/her discretion to adjust the period between prelims and finals; this will be voted on by the coaches at the initial meeting of the day. Finals warm-ups will be 1 hour in length and will begin at 3:30pm if possible.
- Breaks:** At the discretion of the Meet Referee, and dependent on the number of entries, breaks may be scheduled to provide adequate rest for the athletes.
- Entry Limits:** Swimmers may enter six (6) individual events, but not more than three individual events, and two relays per day. Time trials count toward the 3 per day limit, but not toward the six per meet limit.
- Entry Deadline:** Entries must be received by **Noon on MONDAY, JULY 12th, 2021.** Late entries will not be accepted. NEW QUALIFYING TIMES achieved by July 18th will be accepted until Noon on Monday July 19th. Only times in the SWIMS database will be accepted, no overrides will be possible without proof of time.
- Entries:** Enter the Oregon Swimming 11 and over Championships online at [usaswimming.org/OME](https://usaswimming.org/OME) beginning Friday, June 18, 2021 and no later than 11:59 AM Pacific Time, Monday, July 12, 2021. You will be required to pay for the online entries with a Visa, MasterCard, American Express, or Discover. Once entries are submitted through OME, refunds will not be provided. OME is not an eligibility report; coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your team’s entries online by adding to the original entry. You cannot delete an online entry once it has been paid for. Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet for verification purposes. Questions regarding entries may be emailed to [office@oregonswimming.org](mailto:office@oregonswimming.org)
- Swimmers with disabilities are encouraged to enter the meet. If accommodations are required, it is the coach’s responsibility to notify the Meet Director and/or Meet Referee prior to the entry deadline. Contact the Diversity/Inclusion/Disability Chair for the appropriate time standard to be used.

All team or individual members entering OSI Championship meets must be in good standing with no outstanding money owed to OSI. All payments must be made prior to the meet entry deadline. **Any team or member who is not in good standing may be denied entry into championship meets.**

**Entry Fees:** \$15.00 surcharge per swimmer  
\$3.00 electronic heat sheet fee per swimmer  
\$4.00 per individual event entry fee  
\$10.00 per relay entry fee

Payment is due at time of entry in OME

**Relays:** Subject to COVID-19 restrictions, relay only swimmers and relays per team may be restricted. "Relay only" swimmers must be entered in the meet and must pay the swimmer surcharge. Names for relays can be submitted on relay forms provided at the meet. Relay entry forms are due 30 minutes after the start of warm-ups.

For the 200 Medley and 200 Freestyle relays, entry times shall be accepted for teams achieving either the applicable 200 or 400 relay standard. Priority for seeding the 200 relays shall be given to those teams entered with a corresponding 200 relay time followed by those teams entered with a corresponding 400 relay entry time. Aggregate times may be used for relay entries.

**NOTE: SWIMMERS YOUNGER THAN 15 YEARS MAY BE AGED UP INTO 15&O RELAYS IF YOUR TEAM CANNOT FIELD A RELAY TEAM IN "11-12" or "13-14" AGE GROUPS. IF YOU DO NOT HAVE ENOUGH SWIMMERS ENTERED INTO THE MEET (NOT SESSION) FOR AN 11-12 OR 13-14 RELAY, YOU MAY USE ANY AGE SWIMMERS TO FORM AN "OPEN" RELAY.**

**Meet Results:** Live results will be available on Meet Mobile. At the conclusion of the meet, a Hy-Tek CommLink file and an HTML file will be posted on the OSI website in the results section.

**Check In:** **Individual Events:**  
All Individual events 200 meters and shorter will be pre-seeded. All individual events 400 meters and longer will require positive check in. Coaches or Athletes must check in by the deadlines in order to swim. Athletes NOT Checked in will NOT swim. *If an athlete fails to compete in an individual prelims event in which positive check-in was provided, the athlete will be barred from participation in further individual and relay events of that day. The penalty may be avoided by providing a Declared False Start.*

**Individual Event Check-In Deadlines**

*Thursday, Friday and Saturday Prelims:* Fifteen (15) minutes after the start of that session's warm-ups

*Sunday Prelims:* One (1) hour after the beginning of the Saturday final session.

**Relay Events:**

The 400 freestyle relays at the start of the Saturday prelim session will be pre-seeded. For pre-seeded relays, name changes should be given to the timers behind the blocks and noted on the lane timer sheet.

**Positive check-in is required for all other relays.** Coaches will be provided with a relay check-in report to make additions or changes to swimmer names. If relays do not check in, they will be scratched and NOT permitted to compete in the event.

**Relay Event Check-In Deadlines:**

*Prelim Relays:* 15 minutes after the start of prelim warm ups (Thurs/Sun-400MR)

*Final Relays:* 15 minutes after the start of finals warm ups (Thurs-800 FR, Fri-200 MR, & Sat-200FR).

**Finals No Shows:** A swimmer qualifying for a final event who fails to compete and who has not scratched, will be barred from further competition in the meet. The clubs of any swimmers who fail to appear for a final heat on the last day of the meet shall be assessed a penalty from OSI of \$100.00 for each event not swum.

**Awards:** Individual events: 1<sup>st</sup>-10<sup>th</sup> place - Medals  
Relay events: 1<sup>st</sup>- 3<sup>rd</sup> place – Medals; 4<sup>th</sup>- 10<sup>th</sup> place - Ribbons  
Team: 1<sup>st</sup> thru 8<sup>th</sup> place  
High point:: A male and female winner will be recognized in each age group

**Coaches must pick up all awards at the completion of this meet. Efforts will be made to return unclaimed awards, but there will be no guarantee that swimmers will receive them once the meet has concluded.**

**Scoring:** Individual events: 11-9-8-7-6-5-4-3-2-1.  
Relay events: Double above point values.  
15&O Consolation Finals will not be scored

NOTE: Relay teams that do not swim qualifying times at the meet will receive place awards, but not place points.

**Time Trials:** Sanction IE-21-1464

Referee: **TBA**

Time permitting. To be determined based on COVID-19 restrictions, time trials will be conducted between prelims and finals. Time trials count toward the 3 per day individual event entry limit, but not toward the six events per meet limit. To be eligible to compete in time trials, the swimmer must be entered in an event in the meet. Relay-only swimmers must actually compete on a relay on the day of the time trial. Entry fee: \$10.00. The time trial order of events is 1) that day's events, 2) followed by subsequent day's events, 3) returning to previous day's events. Entries will be accepted between 9:00AM-11:30AM.

**Meetings:** Officials Meetings: 7:30 AM on Thursday, 8:00 AM on the other days and 60 minutes prior to the start of the finals sessions.  
Coaches Meeting: 8:45 AM Thursday, others announced if needed.

**Timers/:** Oregon Swimming welcomes assistance from all attending clubs to fill timing and other volunteer positions. Signups will be available online no later than Thursday, July 8. All volunteers must agree to adhere to MAAPP.

**Officials:** Certified officials are welcome. Prelims uniform: white polo shirt, black shoes and socks, and black pants, shorts, or skirts. Finals uniform: white polo shirt, black shoes and socks, and black pants, shorts or skirts. This meet has been designated as a national qualifying meet for officials. Officials wishing to work at this meet and/or apply for N2/N3 evaluation must submit an [online application](#) by July 15th. For more information, contact Judi Creech, OSI Officials Chair, at [jjjcreech@comcast.net](mailto:jjjcreech@comcast.net).

**Hospitality:** A hospitality area for coaches and officials will be provided, subject to COVID-19 restrictions.

## ORDER OF EVENTS

Please go to <http://www.oregonswimming.org/standards> for meet qualification times. Qualification times for the 13 & Over 50 Breaststroke, 50 Backstroke, and 50 Butterfly events will be the qualifying times for the corresponding 100 events.

<b>Thursday - Session 1 - Prelims</b>	
1	Girls 11&O 200 IM (11,12,13,14,15o)
2	Boys 13&O 200 IM
3	Girls 11&O 50 Freestyle
4	Boys 13&O 50 Freestyle
5	Girls 11-12 50 Breaststroke
6	Girls 11&O 200 Breaststroke
7	Girls 13&O 50 Breaststroke
8	Boys 13&O 100 Breaststroke
9	Girls 11-12 100 Backstroke
<b>BREAK</b>	10 minute break before Relay
14	Girls 11-12 400 Medley Relay <sup>w</sup>
<b>BREAK</b>	10 minutes before Distance
15	Girls 11&O 800 Freestyle <sup>y</sup>
16	Boys 11&O 800 Freestyle <sup>y</sup>
<b>Thursday - Session 2 - Finals</b>	
15	Girls 11&O 800 Freestyle <sup>y</sup>
16	Boys 11&O 800 Freestyle <sup>y</sup>
1	Girls 11&O 200 IM
2	Boys 13&O 200 IM
3	Girls 11&O 50 Freestyle
4	Boys 13&O 50 Freestyle
5	Girls 11-12 50 Breaststroke
<b>BREAK</b>	5 Minutes
6	Girls 11&O 200 Breaststroke
7	Girls 13&O 50 Breaststroke
8	Boys 13&O 100 Breaststroke
9	Girls 11-12 100 Backstroke
<b>BREAK</b>	5 Minutes
10	Girls 13-14 800 Freestyle Relay <sup>w</sup>
11	Boys 13-14 800 Freestyle Relay <sup>w</sup>
12	Girls 15&O 800 Freestyle Relay <sup>w</sup>
13	Boys 15&O 800 Freestyle Relay <sup>w</sup>

<b>Friday - Session 3 - Prelims</b>	
17	Boys 11-12 200 IM
18	Girls 11-12 200 Freestyle
19	Boys 11&O 200 Backstroke
20	Boys 13&O 50 Backstroke
21	Girls 11&O 200 Backstroke
22	Girls 13&O 50 Backstroke
23	Boys 11&O 100 Butterfly
24	Girls 11&O 100 Butterfly
25	Boys 11-12 50 Freestyle
26	Girls 11-12 50 Backstroke
27	Boys 11-12 50 Backstroke
<b>BREAK</b>	10 Minutes before Distance
28	Boys 15&O 400 Freestyle <sup>z</sup>
29	Boys 11-14 400 Freestyle <sup>x</sup>
30	Girls 15&O 400 IM <sup>z</sup>
31	Girls 11-14 400 IM <sup>x</sup>
<b>Friday - Session 4 - Finals</b>	
28	Boys 15&O 400 Freestyle <sup>z</sup>
29	Boys 11-14 400 Freestyle <sup>x</sup>
30	Girls 15&O 400 IM <sup>z</sup>
31	Girls 11-14 400 IM <sup>x</sup>
17	Boys 11-12 200 IM
18	Girls 11-12 200 Freestyle
19	Boys 11&O 200 Backstroke
20	Boys 13&O 50 Backstroke
21	Girls 11&O 200 Backstroke
22	Girls 13&O 50 Backstroke
23	Boys 11&O 100 Butterfly
24	Girls 11&O 100 Butterfly
25	Boys 11-12 50 Freestyle
26	Girls 11-12 50 Backstroke
27	Boys 11-12 50 Backstroke
<b>BREAK</b>	5 Minutes
32	Girls 11-12 200 Medley Relay <sup>w</sup>
33	Boys 11-12 200 Medley Relay <sup>w</sup>
34	Girls 13-14 200 Medley Relay <sup>w</sup>
35	Boys 13-14 200 Medley Relay <sup>w</sup>
36	Girls 15&O 200 Medley Relay <sup>w</sup>
37	Boys 15&O 200 Medley Relay <sup>w</sup>

<b>Saturday - Session 5 - Prelims</b>	
38	Girls 11-12 400 Freestyle Relay <sup>w</sup>
39	Boys 11-12 400 Freestyle Relay <sup>w</sup>
40	Girls 13-14 400 Freestyle Relay <sup>w</sup>
41	Boys 13-14 400 Freestyle Relay <sup>w</sup>
42	Girls 15&O 400 Freestyle Relay <sup>w</sup>
43	Boys 15&O 400 Freestyle Relay <sup>w</sup>
44	Girls 11-12 50 Butterfly
45	Boys 11-12 50 Butterfly
46	Girls 11&O 200 Butterfly
47	Girls 13&O 50 Butterfly
48	Boys 11& O 200 Butterfly
49	Boys 13& O 50 Butterfly
50	Girls 11-12 100 Breaststroke
51	Boys 11-12 100 Breaststroke
52	Girls 11& O 100 Freestyle
53	Boys 11& O 100 Freestyle
<b>BREAK</b>	10 Minutes before Distance
54	Girls 15&O 400 Freestyle <sup>z</sup>
55	Girls 11-14 400 Freestyle <sup>x</sup>
56	Boys 15&O 400 IM <sup>z</sup>
57	Boys 11-14 400 IM <sup>x</sup>
<b>Saturday - Session 6 - Finals</b>	
54	Girls 15&O 400 Freestyle <sup>z</sup>
55	Girls 11-14 400 Freestyle <sup>x</sup>
56	Boys 15&O 400 IM <sup>z</sup>
57	Boys 11-14 400 IM <sup>x</sup>
44	Girls 11-12 50 Butterfly
45	Boys 11-12 50 Butterfly
<b>BREAK</b>	5 Minutes
46	Girls 11&O 200 Butterfly
47	Girls 13&O 50 Butterfly
48	Boys 11&O 200 Butterfly
49	Boys 13& O 50 Butterfly
50	Girls 11-12 100 Breaststroke
51	Boys 11-12 100 Breaststroke
52	Girls 11&O 100 Freestyle
53	Boys 11&O 100 Freestyle
<b>BREAK</b>	5 Minutes
58	Girls 11-12 200 Freestyle Relay <sup>w</sup>
59	Boys 11-12 200 Freestyle Relay <sup>w</sup>
60	Girls 13-14 200 Freestyle Relay <sup>w</sup>
61	Boys 13-14 200 Freestyle Relay <sup>w</sup>
62	Girls 15&O 200 Freestyle Relay <sup>w</sup>
63	Boys 15&O 200 Freestyle Relay <sup>w</sup>

<b>Sunday - Session 7 - Prelims</b>	
64	Boys 11-12 50 Breaststroke
65	Girls 13&O 100 Breaststroke
66	Boys 11&O 200 Breaststroke
67	Boys 13&O 50 Breaststroke
68	Girls 13&O 100 Backstroke
69	Boys 11&O 100 Backstroke
70	Girls 13&O 200 Freestyle
71	Boys 11&O 200 Freestyle
<b>BREAK</b>	5 minute break before relays
72	Boys 11-12 400 Medley Relay <sup>w</sup>
73	Girls 13-14 400 Medley Relay <sup>w</sup>
74	Boys 13-14 400 Medley Relay <sup>w</sup>
75	Girls 15 & Over 400 Medley Relay <sup>w</sup>
76	Boys 15 & Over 400 Medley Relay <sup>w</sup>
<b>BREAK</b>	10 minutes before Distance
77	Girls 11 & Over 1500 Freestyle <sup>y</sup>
78	Boys 11 & Over 1500 Freestyle <sup>y</sup>
<b>Sunday - Session 8 - Finals</b>	
77	Girls 11 & Over 1500 Freestyle <sup>y</sup>
78	Boys 11 & Over 1500 Freestyle <sup>y</sup>
64	Boys 11-12 50 Breaststroke
65	Girls 13 & Over 100 Breaststroke
66	Boys 13 & Over 200 Breaststroke
67	Boys 13&O 50 Breaststroke
68	Girls 13 & Over 100 Backstroke
69	Boys 13 & Over 100 Backstroke
70	Girls 13 & Over 200 Freestyle
71	Boys 11 & Over 200 Freestyle

<sup>w</sup> Timed final event.

<sup>x</sup> Timed final event for 14u. Top heat of each 11-14 age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum in prelims, fastest to slowest by event.

<sup>y</sup> Timed final event. Top heat overall will be swum at the beginning of finals. All others will be combined and swum in prelims, fastest to slowest, alternating girls and boys.

<sup>z</sup> Prelims/finals event, 1 heat in finals. Prelims heats will be swum fastest to slowest with circle seeded heats first.