



THUNDERBOLT SPRING OPEN April 30th – May 2nd, 2010

**OSI Long Course B+ Friday All Events
A/B/C 10-U Sessions and Select 11-14 Events
OSI Long Course B+ 11-14 200 Back, Breast and Fly Events and All 400 Events
OSI Long Course B+ All Senior Events**

HELD UNDER THE SANCTION OF UNITED STATES SWIMMING INC.

SANCTION No. (10-U): 10-030
SANCTION No. (11-14): 10-031
SANCTION No. Senior: 10-032

REFEREE: Joe Dahl

LOCATION Tualatin Hills Park & Recreation District Swim Center
15707 SW Walker Road
Beaverton, OR 97006
(503) 645-7454

SPONSOR Tualatin Hills Swim Club
(503) 629-5568
website: www.thunderboltswimming.org

MEET DIRECTORS Kimberly Zayas phone: 503-259-2149
Kate Donchi
meetdirector@thunderboltswimming.org

FACILITY Indoor, 50 meters x 25 yards, up to 10 lanes, 7½ foot lanes. Colorado Timing system, parking available, seating for 500 spectators. Snack bar open throughout the meet. Men's and Women's locker rooms. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers.

RESTRICTIONS Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. **Only coaches, swimmers and working volunteers will be permitted on deck.**

RULES Current US Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

SAFETY CODE Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

TIME	Date		Warm-Ups	Timed Finals
	Friday, April 30 th		4:00 p.m.	5:00 p.m.
	Saturday, May 1 st	10-U	7:00 a.m.	7:45 a.m.
		11-14	10:00 a.m.	11:00 a.m.
		Senior	3:00 p.m.	4:00 p.m.
	Sunday, May 2 nd	10-U	7:00 a.m.	7:45 a.m.
		11-14	10:00 a.m.	11:00 a.m.
		Senior	3:00 p.m.	4:00 p.m.



ELIGIBILITY	Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation, NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of April 30 th , 2010. All swimmers must be supervised by a USA swimming certified coach at the meet. If they don't have one, they must report to the meet referee prior to the start of warm-ups to be assigned to one.
QUALIFYING TIME STANDARDS	OSI Long Course B+ Friday All Events OSI Long Course B+ 11-14 200 Back, Breast and Fly Events and All 400 Events OSI Long Course B+ All Senior Events Tualatin Hills Swim Club reserves the right to swim any of its own club members who have not achieved the minimum time standards.
MEET LIMIT	10 & U – First swimmers whereby timeline maintains 2 hour limit each morning session 11 – 14 – First swimmers whereby timeline maintains 4 hour limit each session Senior – First swimmers whereby timeline maintains 3 hour limit each session
ENTRY DEADLINE	Entries must be received by 5:00 P.M. Wednesday April 14 th , 2010. Please note: This meet tends to fill earlier than the entry deadline.
ENTRY LIMIT	Swimmers may enter a maximum of THREE (3) events per day.
ENTRY FEES	\$8.00 Surcharge (\$3.00 OR Swimming Surcharge, \$5.00 Facility charge) \$2.00 Individual Event Fee Entry fees must accompany entries and be received prior to the start of the meet. Make checks payable to: TUALATIN HILLS SWIM CLUB
ENTRY ADDRESS	Kimberly Zayas 3695 SW 188 th Ave Aloha, OR 97007 meetdirector@thunderboltswimming.org Email entries preferred.
ENTRIES	<ol style="list-style-type: none"> 1. Submit LONG COURSE METER TIMES ONLY FOR SEEDING. 2. Ages and USS registration numbers must be included. 3. HY-TEK Meet Management Software will be used. Please submit entries via email. E-mail to: meetdirector@thunderboltswimming.org Please zip files, including a word team meet entry report and meet entry fee report. On your team entry report, please include the following: "I have read the meet information, and attest that all competitors entered hereon are members of United States Swimming, Inc". If you do not use HY-TEK, please contact the Meet Director. 4. Send payment to Entry Address.
SENIOR EVENTS	With the exception of the 800 and 1500 Free, Senior events are intended for swimmers ages 15 and over. If you wish to enter a 14&U swimmer, please contact the Meet Director.
CHECK IN	Friday's events will be deck seeded. 11-14 Sessions: 200 Free, 200 IM, 400 IM and 400 Free will be deck seeded. Senior Sessions: The 400IM and 400 Free will be deck seeded. Positive check-in (to be done by the coaches) is due by the conclusion of warm-ups for each session at the Clerk of Course. OSI scratch rules will be in effect.
BULLPEN	During the 10 & Under sessions, there will be a bullpen for 8 & Unders and their events.
AWARDS:	All sessions: 1 st – 10 th place ribbons. All awards must be picked up at the conclusion of the competition. They will not be mailed.
MEETINGS:	Officials' meeting will be held 45 minutes prior to the start of each session. Coaches' meeting may be held 15 minutes prior to the start of each session.
OFFICIALS:	We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Peggy Lee at officials@thunderboltswimming.org , so that your name can be added to the schedule. An Officials' Hospitality Room will be provided.
TIMERS:	Timing assignments will be listed by session in the heat sheet and will be based on the number of swimmers attending each session. Competitors in Friday's events are required to supply a timer and a lap counter for their swim.

FRIDAY, April 30th

	WARM-UPS 4:00 PM	TIMED FINALS 5:00 PM	
Women's Event #	Event Description		Men's Event #
1	12-U 400M Free		2
3*	Senior 800M/1500M Free		4*

*At the discretion of the meet referee, these events may be run at two (2) swimmers per lane.
The 800M/1500M Free will be swum fastest to slowest, alternating girls' and boys' heats.

SATURDAY, May 1st

	10-Under WARM-UPS 7:00 AM	TIMED FINALS 7:45 AM	
Women's Event #	Event Description		Men's Event #
5	10-U 100M Free		6
7	8-U 50M Breast		8
9	9-10 50M Breast		10
11	8-U 50M Fly		12
13	9-10 50M Fly		14
15	10-U 100M Back		16
17	10-U 200M IM		18

SATURDAY, May 1st

	11-14 WARM-UPS 10:00 AM	TIMED FINALS 11:00 AM	
Women's Event #	Event Description		Men's Event #
19	13-14 100M Breast		20
21	11-12 100M Breast		22
23	13-14 200M Free		24
25	11-12 200M Free		26
27	13-14 100M Fly		28
29	11-12 100M Fly		30
31	13-14 50M Free		32
33	11-12 50M Free		34
35	11-12 50M Back		36
37	11-14 200M Back		38
39	11-14 400M IM		40

SATURDAY, May 1st

	Senior WARM-UPS 3:00 PM	TIMED FINALS 4:00 PM	
Women's Event #	Event Description		Men's Event #
41	Senior 200M Free		42
43	Senior 50M Free		44
45	Senior 100M Breast		46
47	Senior 200M Back		48
49	Senior 100M Fly		50
51	Senior 400M IM		52

SUNDAY, May 2nd

10-Under WARM-UPS 7:00 AM TIMED FINALS 7:45 AM

Women's Event #	Event Description	Men's Event #
53	10-U 100M Breast	54
55	8-U 50M Back	56
57	9-10 50M Back	58
59	8-U 50M Free	60
61	9-10 50M Free	62
63	10-U 100M Fly	64
65	10-U 200M Free	66

SUNDAY, May 2nd

11-14 WARM-UPS 10:00 AM TIMED FINALS 11:00 AM

Women's Event #	Event Description	Men's Event #
67	11-12 100M Back	68
69	13-14 100M Back	70
71	11-14 200M Fly	72
73	11-12 50M Fly	74
75	11-12 50M Breast	76
77	11-14 200M Breast	78
79	11-12 100M Free	80
81	13-14 100M Free	82
83	11-12 200M IM	84
85	13-14 200M IM	86
87	13-14 400M Free	88

SUNDAY, May 2nd

Senior WARM-UPS 3:00 PM TIMED FINALS 4:00 PM

Women's Event #	Event Description	Men's Event #
89	Senior 200M Fly	90
91	Senior 100M Back	92
93	Senior 200M Breast	94
95	Senior 100M Free	96
97	Senior 200M IM	98
99	Senior 400M Free	100

The following distance event limits may be imposed at the discretion of the meet referee:

800M/1500M Free fastest 4 heats
400M Free and 400M IM fastest 3 heats

If limits are necessary, they will be posted at the Clerk of Course at the start of the session.

OSI 2009-2010 Long Course B+ Time Standards

Girls	10&U	11-12	13-14	15&O
50 Free	38.39	34.29	32.89	31.89
100 Free	1:26.29	1:15.29	1:11.39	1:09.39
200 Free	3:08.99	2:45.15	2:35.49	2:29.79
400 Free		5:50.19	5:26.59	5:16.59
800 Free			11:06.09	11:07.59
1500 Free			21:37.89	21:21.79
50 Back	45.19	40.59		
100 Back	1:41.29	1:27.69	1:21.49	1:21.19
200 Back			2:55.79	2:52.39
50 Breast	51.59	45.79		
100 Breast	1:55.79	1:38.89	1:34.39	1:32.99
200 Breast			3:22.89	3:20.39
50 Fly	44.69	39.19		
100 Fly	1:52.19	1:31.09	1:20.89	1:18.89
200 Fly			3:11.29	3:09.19
200 IM	3:33.39	3:07.39	2:56.99	2:53.59
400 IM			6:20.19	6:24.69
Boys	10&U	11-12	13-14	15&O
50 Free	38.29	34.29	31.09	28.29
100 Free	1:25.59	1:15.89	1:08.39	1:01.89
200 Free	3:07.79	2:45.89	2:28.49	2:17.09
400 Free		5:52.39	5:20.59	4:57.19
800 Free			11:01.79	10:29.99
1500 Free			21:08.69	19:32.99
50 Back	47.29	41.29		
100 Back	1:40.59	1:27.59	1:21.89	1:12.39
200 Back			2:52.59	2:39.99
50 Breast	51.09	47.19		
100 Breast	1:55.29	1:41.19	1:30.69	1:22.69
200 Breast			3:18.59	3:01.49
50 Fly	46.09	39.99		
100 Fly	1:53.09	1:33.39	1:22.59	1:10.59
200 Fly			3:01.39	2:45.09
200 IM	3:32.99	3:10.09	2:49.19	2:35.99
400 IM			6:12.69	5:45.99