

FOREST GROVE SWIM CLUB HAWAII 5-0 OPEN APRIL 17 & 18, 2010 – FOREST GROVE, OR

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction Number:** 10-028 11 & Under, 10-029 Open
- Meet Referee:** Sue Fuller, 503-636-6361, fullcourt01@comcast.net
- Sponsors:** Forest Grove Swim Club & Forest Grove Aquatic Center
- Location:** Forest Grove Aquatic Center, 2300 Sunset Drive, Forest Grove, OR 97116 503-992-3238
- Directions:** From Portland: westbound on HWY 26 to Jct HWY 6, Hwy 6 to Banks Exit – HWY 47 South, HWY 47 South to Sunset Drive. Right on Sunset Drive to pool on the West Side of Sunset in the 2300 Block.
- Parking:** Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking available east of Sunset on side streets and at Gray & Company parking lot off of 23rd, one block east of the pool.
- Facility:** Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. Daktronics timing system, horn start, finish touch-pads and dual button backup and Keifer Intrepid starting blocks. Results via Daktronics display board. Concessions will be available for snacks and food.
- All events will have a 5 ½ ft. starting depth. Adaptive access is by ladders at both ends of the pool. Open pool deck areas are available for swimmers, coaches and officials only.
- For the afternoon sessions only, the shallow end of the pool will be available for warm down.
- Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE.
- Deck Access:** Coaches and officials must display current and valid USA Swimming credentials at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.
- Rules:** Current USA Swimming And Oregon Swimming Inc. (OSI) rules will govern this meet. OSI Safety Guidelines, Warm-Up Procedures and scratch rules will apply.
- Format:** This is a timed finals meet.
- Eligibility:** Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as of April 17, 2010. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.
- Schedule:** Saturday/Sunday – AM warm-ups: 7:30-8:30 with Timed Finals starting at 8:45 AM. Warm-ups for the afternoon session will start 15 minutes after the morning session concludes. Timed finals will start 75 minutes after the conclusion of the AM session. An updated timeline will be announced April 10th.

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Entry Limit: Swimmers may enter a maximum of four individual events on each day, not to exceed 6 for the entire meet. This does not include one relay entry for each day. Positive check-in is required for all individual events 400 yd and longer. Check-in deadline will be 15 minutes after the start of the warm-up period for that session.

Entries will be limited to a maximum of 225 swimmers per session or to keep within the allowable timeline for the session. If there is not enough interest in the meet to warrant two sessions per day on Saturday and Sunday, then the sessions will be combined into a single session for each day.

Entries: Entries will be accepted in order of submission until such time as the session/meet is full or the entry deadline is reached.

Submit yard times only for seeding. Submit entries on Hy-Tek software either by email or formatted diskette. Mail a hard copy of entries with payment to the entry address.

Entry Deadline: Entries must be received by **6:00 PM Friday April 2nd, 2010** and must be accompanied by a check for the full amount of the entry fees and surcharges.

Relays: Relays will not be mixed gender, but heats may be combined at the discretion of the Meet Referee to expedite a timely meet.

Entry Fees: \$3.00 OSI surcharge per swimmer
\$2.00 facility charge per swimmer
\$2.00 per individual event entry fee
\$8.00 per relay fee
Please make checks payable to Forest Grove Swim Club (FGSC)

FEES MUST ACCOMPANY ENTRIES.

Entry Address: FGSC Attn: Meet Director, P.O. Box 242, Forest Grove, OR 97116
bohmsfamily@comcast.net fgscmeetmgr@yahoo.com

Meet Directors: Stacy & Gary Bohms 503-430-0782 (Please send email to both addresses listed for entries.)

Bull-pen: A bullpen will be available for 8&U events only. All other swimmers shall report directly to their assigned lanes entering from lane 1.

Breaks: At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

Awards: Awards or ribbons will be given to the top six finishers in individual events and to the top three relay finishers. High point awards will be given to the top male and female for 8 & under, 9-10, 11-12, 13-14, and 15 and Over age brackets.

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- Scoring:** Team scoring will be based on six individual places (7-5-4-3-2-1) in each of the following age groups 8 & under, 9-10, 11-12, 13-14, 15 and Over, for each event and three places (14,10,8) in relay events. Open events will be scored 12 & under, 13-14, 15 and Over. If you swim in the afternoon events you will be scored with those swimmers.
- Meetings:** Coaches meetings will be held at 8:30 for the Saturday and Sunday AM sessions, and 15 minutes prior to the start of finals for the PM sessions. Additional coaches meetings will be at the discretion of the Meet Referee.
- Officials meetings will be held at 7:45 AM Saturday and Sunday for the AM Sessions and at 15 minutes after the start of warm-ups for the PM session on Saturday & Sunday.
- An updated meeting schedule will be announced on April 10th, 2010.
- Timers:** Visiting clubs are encouraged to designate a Team parent to be responsible for ensuring that your club's timing responsibilities are fulfilled. This will help the meet run smoothly.
- Officials:** We NEED and APPRECIATE the help of certified officials from other clubs. Please include a list of officials who will be attending with your club's entry form or email the meet director.
- Hospitality:** Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.
- No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

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Saturday April 17th AM SESSION 1 EVENTS

Girls	Age	Event	Boys
1	9-11	200 yd Individual Medley	2
3	8 & Under	25 yd Freestyle	4
5	9-11	25 yd Freestyle	6
7	8 & Under	50 yd Butterfly	8
9	9-11	50 yd Butterfly	10
11	8 & Under	50 yd Breaststroke	12
13	9-11	50 yd Breaststroke	14
15	8 & Under	25 yd Backstroke	16
17	11 & Under	100 yd Backstroke	18
19	8 & Under	100 yd Freestyle	20
21	9-11	100 yd Freestyle	22
23	8 & Under	100 yd Freestyle Relay	24
25	11 & Under	200 yd Freestyle Relay	26

Saturday April 17th PM SESSION 2 EVENTS

Girls	Age	Event	Boys
27	Open	Mixed 25 yd Freestyle	27
28	Open	200 yd Medley Relay	29
30	Open	Mixed 100 yd Freestyle	30
31	Open	Mixed 200 yd Breaststroke	31
32	Open	Mixed 100 yd Backstroke	32
33	Open	Mixed 200 yd Butterfly	33
34	Open	Mixed 400 yd Individual Medley	34
35	Open	Mixed 500 yd Freestyle	35

Sunday April 18th

AM SESSION 3 EVENTS

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Girls	Age	Event	Boys
37	9-11	200 yd Freestyle	38
39	8 & Under	50 yd Freestyle	40
41	9-11	100 yd Individual Medley	42
43	8 & Under	100 yd Individual Medley	44
45	9-11	50yd Freestyle	46
47	8 & Under	25 yd Breaststroke	48
49	11 & Under	100 yd Breaststroke	50
51	8 & Under	50 yd Backstroke	52
53	9-11	50 yd Backstroke	54
55	8 & Under	25 yd Butterfly	56
57	9-11	100 yd Butterfly	58
59	8 & Under	100 yd Medley Relay	60
61	11 & Under	200 yd Medley Relay	62

Sunday April 18th

PM SESSION 4 EVENTS

Girls	Age	Event	Boys
63	Open	Mixed 25 yd Freestyle	63
64	Open	200 yd Free Relay	65
66	Open	Mixed 50 yd Freestyle	66
67	Open	Mixed 200 yd Freestyle	67
68	Open	Mixed 100 yd Breaststroke	68
69	Open	Mixed 200 yd Backstroke	69
70	Open	Mixed 100 yd Butterfly	70
71	Open	Mixed 200 yd Individual Medley	71
72	Open	Mixed 1000 yd Freestyle	72

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THIS ENTRY SUMMARY SHEET MUST BE RETURNED WITH ENTRY INFORMATION.

TEAM NAME: _____

ENTRY DEADLINE – 6:00 PM WEDNESDAY, April 7, 2010

	TOTALS
SWIMMER SURCHARGES	\$
INDIVIDUAL ENTRIES	\$
TOTAL FROM RELAYS	\$
GRAND TOTAL	\$

Please enclose one check payable to: Forest Grove Swim Club.
Write your team name on the check and at the top of this sheet.
If mailing by next day service, specify **“NO SIGNATURE REQUIRED”**.

Mail entries to:

Forest Grove Swim Club (FGSC)
Attn: Meet Director
P.O. Box 242
Forest Grove, OR 97116

The following statement must be signed by the coach or designated team representative:

I have read the meet information and attest that all swimmers entered hereon are members of USA Swimming Inc.

Coach/Team Representative

Date

Phone Number