

OREGON SWIMMING, INC.

2025 OSI Arena 11&O LC CHAMPIONSHIPS

July 24th – 27th, 2025

Held under the sanction of USA Swimming

It is understood and agreed that USA Swimming and Oregon Swimming Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Sanction Number: 25-076

Meet Referee: Bill Shreeve bill.shreeve1@gmail.com

Admin Referee: Judi Creech jjjccreech@comcast.net 360-909-7526

Sponsors: Mount Hood Aquatics and Oregon Swimming, Inc.

Location: Mt. Hood Community College Aquatic Center
3545 NE 17th St, Gresham, OR 97030
Facility Phone: (503) 491-7009

Facility: Outdoor pool. Pool dimensions 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The west end of the pool is 16 feet deep, the east end is 6.0 feet deep. The indoor pool (25 yards by 15 yards) will be open for continuous warm-up/cool-down for the meets entirety. Parking available and seating for 3,000 spectators. Swim venue includes: All areas enclosed in the indoor yard pool natatorium and the meter pool area. Backstroke ledges may be available. Open pool deck areas available for swimmers, coaches, and officials only. Electronic timing and matrix scoreboard. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The meet host will ensure the required course dimensions. Concessions may be available throughout the meet. No overnight camping on the campus.

Restrictions: Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the school 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. No cell phones or other recording devices are 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. Deck changing is prohibited.

Deck Access: In order to serve in their official capacity, all coaches, officials, and any other person required by sanction to be members of USA Swimming must be in good standing and provide their membership credentials at check-in. Only swimmers, credentialed coaches with participating athletes, officials, authorized volunteers, and facility employees are allowed on the pool deck, behind the blocks, or in the tented athlete area north of the pool deck. All others must remain in the designated spectator area or in public lobbies.

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. Individual preliminary events shall be combined age groups and swum slowest to fastest except where noted. Some events are timed finals where the top heat is swum in finals. **Please see order of events for further details.**

Events 200 Fly, 200 Back, 200 Breast, 400 IM are divided by these Age groups: 11-13, 14, and 15&O. The 800 FR and 1500 FR top heat overall will be swum at the beginning of finals. All others will be combined and swum fastest to slowest in prelims, alternating Girls/Boys. One heat each in finals scored by age group.

Rules: Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up Procedures will be strictly enforced.

MAAPP:	<i>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</i>
Medical:	Medical facilities available include lifeguards, AED, and community 911 EMS.
Eligibility:	Swimmers must be currently registered with USA Swimming/Oregon Swimming. Age on the first day of competition applies to the entire meet. Qualifying times must have been achieved from July 1, 2024 through the entry deadline for this meet. Oregon Swimming B+ times will be used as the entry standard for 11-14 year old athletes for the 2025 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over. All entries must be in the SWIMS database prior to entry deadline. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are posted in SWIMS. Meet Management reserves the right to request "Proof of Times" documentation at any point. Any swimmer or relay who does not attain the qualifying time for an event swum during a championship meet must submit proof of their qualifying time for that event within fourteen (14) days of the completion of the meet. Failure to do so will result in a \$100 fine for each non-qualifying time to be paid by the swimmer's club. Times from Block Party meets are NOT acceptable qualifying times for OSI Championship meets. 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 athletes must be assigned a certified coach.
Swimwear:	No technical suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed 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. Finals warm-ups will be 1 hour in length and will begin at 3:30 PM if possible. Breaks: At the discretion of the Meet Referee, and dependent on the number of entries, breaks will 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 open July 1, 2025 and must be received by Noon on WEDNESDAY, JULY 16th, 2025. NEW QUALIFYING TIMES achieved over the weekend will be accepted until noon on Monday July 21 st . Please send an email to LC11OEntries@oregonswimming.org and include Swimmer's name, ID number, birthdate, event number, and time. Previously entered times cannot be updated.
Entries:	Entries must be submitted online through USA Swimming's Online Meet Entry (OME) system www.usaswimming.org/home between 12:00 AM Pacific, July 1, 2025 and 11:59 AM Pacific, July 16, 2025. Entry times can be Long Course Meters (LCM), Short Course Meters (SCM), and Short Course Yards (SCY). With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming. • Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible. • Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have checked out. All entry modifications must be made before the entry deadline.

- Check all entries! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted. **Athletes may qualify for and enter the 800M and/or 1500M Freestyles using any of the 800M/1000Y or 1500M/1650Y time standards.**

- Once you check out NO entries may be removed from the meet; these will be processed as scratches - NO refunds

- Teams entry fees will be invoiced. Unattached athletes please contact the Oregon Swimming office at office@oregonswimming.org to arrange payment.

- If you have trouble using OME, please contact Katie Trace at USA Swimming: ktrace@usaswimming.org* (719) 866-3235.

First-Time Individual Event Qualifiers – Submitting NEW Qualifying Swims

This provision serves to allow swimmers entered in the meet to add qualifying swims achieved after the regular entries deadline and allow swimmers that achieve their first meet qualifying time after the regular entry deadline to enter the meet. New qualifying times achieved between July 16 and July 20 will be accepted until noon on Monday July 21, 2025 by sending an email which contains the swimmer's name, USA Swimming ID number, event, and entry time to lc11oentries@oregonswimming.org. Previously entered times cannot be updated. Do not convert times.

Late entries may be accepted. Late entries for athletes who had qualifying time/s prior to the entry deadline will ONLY be accepted if space is available, as determined by meet management on a case-by-case basis. **Requests for late entries may be submitted until the new qualifying times entry deadline of July 21, 2025 at 12:00 PM.** Late entry fees will be two times the current published Oregon Swimming Championship meet fees; to include surcharge fee, individual event fee, and relay fee (facility fee will remain the published rate). **Oregon Swimming B+ time standards will be used as the entry standard for 11-14 year old athletes for the 2025 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over.**

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 Meet Referee prior to the entry deadline. Swimmers with a disability shall be permitted to enter any event offered at the meet regardless of the age bracket of the event if they have a time in the SWIMS database for that event during the qualifying period for this meet.

All Team or individual members, entering an OSI Championship meet must be in good standing with no outstanding money owed to Oregon Swimming:

Any Team or member who is not in good standing may be denied entry into Championship meets.

Relays:

"Relay only" swimmers must be entered in the meet and must pay the swimmer surcharge. Names for relays can be submitted on the relay check-in reports provided at the meet. Relay entry forms are due fifteen (15) minutes after the start of warm-ups.

The 200 Medley Relay and 200 Freestyle Relay, entry times shall be accepted for teams achieving either the applicable 200 or 400 relay time 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. All relays swum fast to slow.

NOTE: SWIMMERS YOUNGER THAN 15 YEARS MAY BE AGED UP INTO 15&O RELAYS IF YOUR TEAM CANNOT FIELD A RELAY TEAM IN "13-14 or 11-12" 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:

A Hy-Tek CommLink file and an HTML file will be posted on the Oregon Swimming website in the results section.

Meet Format:

All individual events 200 meters or less will be pre-seeded.

All individual events 400 meters and longer are deck seeded and require positive check-in. Athletes deck seeded into any timed final event 400 and longer may Declare a False Start (DFS) after the positive check-in deadline during their scheduled (Prelim/Final) session.

The 400 Free Relay is pre-seeded, all other relays shall be deck seeded. All relays require positive check-in.

Positive Check-in: Individual events 400 meters and longer: Thursday, Friday and Saturday fifteen (15) minutes after the start of warm-ups for the scheduled session. Check-in for Sunday is 1 hour after the start of the final session on Saturday.

Penalty - Any athlete who fails to compete in an individual event for which positive check-in was provided is barred from participation in further individual and relay events that day. Additionally, the swimmer shall not be seeded in any individual events on succeeding days unless they declare an intent to swim with the Admin Referee prior to the check-in deadline for that day.

Relay Check-in: Thursday, Friday and Saturday fifteen (15) minutes after the start of warm-ups for the scheduled session. Check-in for relays on Sunday are due 1 hour after the start of Finals on Saturday. Relay check-in sheets shall be provided at Admin during warm-ups for changes. If there are no changes to the names or order, indicate "as submitted with original entry". Relay names are due at the time of relay check-in.
400 Free Relays that start off the Saturday session are pre-seeded.
Relay name changes can be noted with the timer behind the block before the start of the heat. If relays do not check in for deck seeded events, they will be scratched and NOT permitted to compete in the event. **No penalty** for relay No Show.

Finals: Swimmers who qualify for finals and wish to scratch or declare their intent to scratch shall do so within thirty (30) minutes after announcement of the qualifiers for that race. All "intent to scratch" athletes shall declare their final intentions within thirty (30) minutes following their last individual preliminary event or be seeded into finals.

If a swimmer is seeded into finals for a prelim/final event and is a No Show they will be barred from the remainder of competition. Sunday Finals - if a swimmer does not scratch and is a no show, OSI will levy a \$100.00 fine per event to be paid by the swimmer's club.

Entry Fees: \$15.00 surcharge per swimmer
\$25.00 facility use fee per swimmer
\$8.00 per individual event entry fee
\$16.00 per relay entry fee

Entry Address: Oregon Swimming, PO Box 449, West Linn, OR 97068.
Phone: 503-747-3702 E-mail: LC11Oentries@oregonswimming.org

Meet Director: Christine Logue christinelogue01@gmail.com

Awards: Individual events: 1st - 8th place, Medals
Relay events: 1st - 3rd place, Medals 4th -8th place, Ribbons
Combined team: 1st - 8th place, Team Award
High point: A male and female winner will be recognized in each age group.

Scoring: Individual events: 9-7-6-5-4-3-2-1.
Relay events: Double above point values.
NOTE: Relay teams not achieving the qualifying standards at the meet, will receive place awards and shall not score.

Time Trials: **25-076TT** Referee: Julie Carpenter

Time permitting, 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 may enter any time trial session offered. 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 9:15 AM – 11:30 AM

Athletes must provide their own timers.

- Meetings:** Officials Meetings: 8:00 AM and 60 minutes prior to finals.
Coaches Meeting: 7:30 PM Monday, July 21, 2025 via zoom. Please register for the coaches meeting using the following link: <https://forms.gle/ZurfX27zPWpuH5NZ9>.
- Zone Meeting: Saturday between prelims and finals.
- Timers:** Each club is requested to appoint a timers' representative, who will report to the clerk of course 30 minutes prior to the beginning of each session with a list of volunteers. Clubs will be assigned timing responsibilities based on the number of swimmers entered.
- Swimmers must provide their own timers for the preliminary 800, 1500 free and all time trials.
- Officials:** This meet is designated as a National Qualifying Meet for Officials (OQM). Officials wishing to apply for N2/N3 evaluation are required to submit an application, preferably before the meet start. Early applications are given preference; please complete the [Application to Officiate](#) indicating your request for evaluation/mentorship. For additional information contact Bill Shreeve, Oregon Officials Chair at bill.shreeve1@gmail.com. Officials uniform will be white shirt, black pants, shorts or skirt (pants or skirt for finals), and black socks and shoes.
- Hospitality:** Hospitality will be provided by MHA.

Oregon Swimming B+ time standards will be used as the entry standard for 11-14 year old athletes for the 2025 LC OSI Championship meet. Oregon Swimming A times are the entry standard for athletes aged 15 & Over. Please go to <http://www.oregonswimming.org/standards> for meet qualification times.

Session 1 Thursday Prelims	
1	Girls 11-12 200 IM
2	Boys 11-12 200 IM
3	Girls 13 & Over 200 IM
4	Boys 13 & Over 200 IM
5	Girls 11-12 50 Freestyle
6	Boys 11-12 50 Freestyle
7	Girls 13 & Over 50 Freestyle
8	Boys 13 & Over 50 Freestyle
9	Girls 11-12 50 Butterfly
10	Boys 11-12 50 Butterfly
11	Girls 13 & Over 50 Butterfly ^u
12	Boys 13 & Over 50 Butterfly ^u
13	Girls 11 & Over 200 Breaststroke
14	Boys 11 & Over 200 Breaststroke
Break: 10 Minutes	
15	11 & Over 800 Freestyle ^y
16	11 & Over 800 Freestyle ^y

Session 3 Friday Prelims	
21	Girls 11-12 100 Freestyle
22	Boys 11-12 100 Freestyle
23	Girls 13 & Over 100 Freestyle
24	Boys 13 & Over 100 Freestyle
25	Girls 11-12 50 Breaststroke
26	Boys 11-12 50 Breaststroke
27	Girls 13 & Over 50 Breaststroke ^u
28	Boys 13 & Over 50 Breaststroke ^u
29	Girls 11 & Over 200 Backstroke
30	Boys 11 & Over 200 Backstroke
31	Girls 11-12 100 Butterfly
32	Boys 11-12 100 Butterfly
33	Girls 13 & Over 100 Butterfly
34	Boys 13 & Over 100 Butterfly
Break: 10 Minutes	
35	Girls 15 & Over 400 Freestyle ^{zw}
36	Boys 15 & Over 400 Freestyle ^{zw}
37	Girls 11-14 400 Freestyle ^{xw}
38	Boys 11-14 400 Freestyle ^{xw}

Session 2 Thursday Finals	
15	Girls 11 & Over 800 Freestyle ^Y top heat
16	Boys 11 & Over 800 Freestyle ^Y top heat
1	Girls 11-12 200 IM
2	Boys 11-12 200 IM
3	Girls 13 & Over 200 IM
4	Boys 13 & Over 200 IM
5	Girls 11-12 50 Freestyle
6	Boys 11-12 50 Freestyle
7	Girls 13 & Over 50 Freestyle
8	Boys 13 & Over 50 Freestyle
9	Girls 11-12 50 Butterfly
10	Boys 11-12 50 Butterfly
11	Girls 13 & Over 50 Butterfly
12	Boys 13 & Over 50 Butterfly
13	Girls 11 & Over 200 Breaststroke
14	Boys 11 & Over 200 Breaststroke

Break: 5 Minutes

17	Girls 13-14 800 Freestyle Relay ^V
18	Boys 13-14 800 Freestyle Relay ^V
19	Girls 15 & Over 800 Freestyle Relay ^V
20	Boys 15 & Over 800 Freestyle Relay ^V

Session 5 Saturday Prelims

45	Girls 11-12 400 Freestyle Relay ^V
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46	Boys 11-12 400 Freestyle Relay ^V
47	Girls 13-14 400 Freestyle Relay ^V
48	Boys 13-14 400 Freestyle Relay ^V
49	Girls 15 & Over 400 Freestyle Relay ^V
50	Boys 15 & Over 400 Freestyle Relay ^V
51	Girls 11-12 50 Backstroke
52	Boys 11-12 50 Backstroke
53	Girls 13 & Over 50 Backstroke ^U
54	Boys 13 & Over 50 Backstroke ^U
55	Girls 11 & Over 200 Butterfly
56	Boys 11 & Over 200 Butterfly
57	Girls 11-12 100 Breaststroke
58	Boys 11-12 100 Breaststroke
59	Girls 13 & Over 100 Breaststroke
60	Boys 13 & Over 100 Breaststroke

Break: 10 Minutes

61	Girls 15 & Over 400 IM ^{ZW}
62	Boys 15 & Over 400 IM ^{ZW}
63	Girls 11-14 400 IM ^{XW}
64	Boys 11-14 400 IM ^{XW}

Session 4 Friday Finals	
37	Girls 11-14 400 Freestyle ^X (11,12,13,14)
38	Boys 11-14 400 Freestyle ^X (11-13, 14)
35	Girls 15 & Over 400 Freestyle ^X
36	Boys 15 & Over 400 Freestyle ^X
21	Girls 11-12 100 Freestyle
22	Boys 11-12 100 Freestyle
23	Girls 13 & Over 100 Freestyle
24	Boys 13 & Over 100 Freestyle
25	Girls 11-12 50 Breaststroke
26	Boys 11-12 50 Breaststroke
27	Girls 13 & Over 50 Breaststroke
28	Girls 13 & O 50 Breaststroke
29	Girls 11 & Over 200 Backstroke
30	Boys 11 & Over 200 Backstroke
31	Girls 11-12 100 Butterfly
32	Boys 11-12 100 Butterfly
33	Girls 13 & Over 100 Butterfly
34	Boys 13 & Over 100 Butterfly

Break: 5 Minutes

39	Girls 11-12 200 Medley Relay ^V
40	Boys 11-12 200 Medley Relay ^V
41	Girls 13-14 200 Medley Relay ^V
42	Boys 13-14 200 Medley Relay ^V
43	Girls 15 & Over 200 Medley Relay ^V
44	Boys 15 & Over 200 Medley Relay ^V

Session 7 Sunday Prelims

71	Girls 11-12 100 Backstroke
72	Boys 11-12 100 Backstroke
73	Girls 13 & Over 100 Backstroke
74	Boys 13 & Over 100 Backstroke
75	Girls 11-12 200 Freestyle
76	Boys 11-12 200 Freestyle
77	Girls 13 & Over 200 Freestyle
78	Boys 13 & Over 200 Freestyle

Break: 5 Minutes

79	Girls 11-12 400 Medley Relay ^V
80	Boys 11-12 400 Medley Relay ^V
81	Girls 13-14 400 Medley Relay ^V
82	Boys 13-14 400 Medley Relay ^V
83	Girls 15 & Over 400 Medley Relay ^V
84	Boys 15 & Over 400 Medley Relay ^V

Break: 10 Minutes

85	Girls 11 & Over 1500 Freestyle ^Y
86	Boys 11 & Over 1500 Freestyle ^Y

	Session 6 Saturday Finals
63	Girls 11-14 400 IM (11-13, 14)
64	Boys 11-14 400 IM (11-13, 14)
61	Girls 15 & Over 400 IM
62	Boys 15 & Over 400 IM
51	Girls 11-12 50 Backstroke
52	Boys 11-12 50 Backstroke
53	Girls 13 & Over 50 Backstroke
54	Boys 13 & Over 50 Backstroke
55	Girls 11 & Over 200 Butterfly
56	Boys 11 & Over 200 Butterfly
57	Girls 11-12 100 Breaststroke
58	Boys 11-12 100 Breaststroke
59	Girls 13 & Over 100 Breaststroke
60	Boys 13 & Over 100 Breaststroke
Break: 5 Minutes	
65	Girls 11-12 200 Freestyle Relay ^v
66	Boys 11-12 200 Freestyle Relay ^v
67	Girls 13-14 200 Freestyle Relay ^v
68	Boys 13-14 200 Freestyle Relay ^v
69	Girls 15 & Over 200 Freestyle Relay ^v
70	Boys 15 & Over 200 Freestyle Relay ^v

	Session 7: Sunday Finals
85	Girls 11 & Over 1500 Freestyle ^y
86	Boys 11 & Over 1500 Freestyle ^y
71	Girls 11-12 100 Backstroke
72	Boys 11-12 100 Backstroke
73	Girls 13 & Over 100 Backstroke
74	Boys 13 & Over 100 Backstroke
75	Girls 11-12 200 Freestyle
76	Boys 11-12 200 Freestyle
77	Girls 13 & Over 200 Freestyle
78	Boys 13 & Over 200 Freestyle

^u = Must have a 100 qualifying time in this stroke.

^v=Timed final event.

^w=In Prelims swum in the following order: 31,32,33,34 and 55,56,57,58. In finals 33,34,31,32 and 57,58,55,56.

^x= Timed Final event for 14^u; 15o age bracket will be swum as Prelims/Finals. Top heat of each age group will be swum at the beginning of finals, youngest to oldest. All others will be combined and swum fastest to slowest by event alternating girls and boys. 15 & O fastest heats circle seeded, then alternating girls and boys .

^y= Timed Final event. Top heat overall will be swum at the beginning of finals. All others will be combined and swum fastest to slowest in prelims, alternating Girls/Boys.

^z= P/F event; 1 heat in finals, Will be swum fastest to slowest with Circle seeded heats first.