

Welcome

**OREGON SWIMMING, INC. 2025 OSI Arena
11&O LC CHAMPIONSHIPS**

July 24-27

Two curved teal lines, one above the other, pointing towards the right, located below the date text.

Meet Referee

**Bill Shreeve
541-740-3711
bill.shreeve1@gmail.com**

Key Officials

Administrative Referee: Judi Creech
jjjjcreech@comcast.net 360-909-7526

Team Lead CJ: Dan Hutton
DR/SR Lead: Debbie Laderoute
Time Trial Referee: Julie Carpenter

National Evaluator: Rich McMillen

Meet Jury

Coaches Representative: Franz Resseguie (THSC)
Officials Representative: Tony Ranno (CST)
Athlete Representative: Liana Schaefer (CAT)

Key People

HOST – Mt Hood Aquatics
Dennis Baker – Executive Director

Meet Director
Christine Logue
ChristineLogue01@gmail.com

MHCCAC Facilities: Aquatic Manager
Donna Ryan

Location



Mt Hood Community College
Aquatic Center 3545 NE 17th St
Gresham, OR 97030

Facility Parking

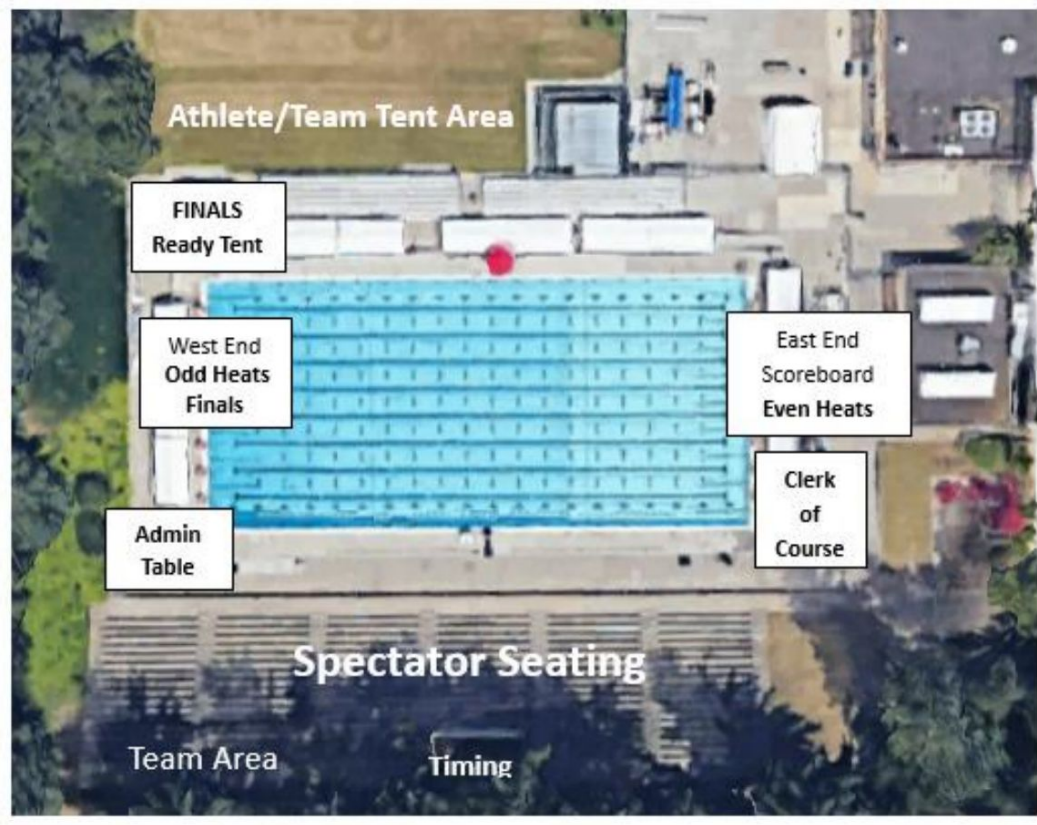


The entirety of the east lot is available for parking

The turn around is available for bus & vehicle drop off / pick up ***one-way only*** DO NOT PARK IN RESERVED SPOTS

No overnight parking is allowed





Clerk of Course -
Coach/Team check in,
packets, and Time
Trials

Admin Table -
Scratching / DFS / DQs/
Swim-offs/ Questions
West End - Prelims:
Odd heats. Finals.
East End - Prelims
Even heats. ALL 50's

Facility opens 7:00 am – pools/bathings cleared by 8:45 pm

Spectator seating opens 7:30 am. Tents and pool warmup (fee): Wed. 1-7PM

Lifeguards are first responders

- **Do not call 911** – Facility staff has an internal campus system for 911
- Lifeguard station is in the natatorium

Team Seating

- Team tents allowed in designated areas
- May set up Wednesday @ 1:00 PM

Spectators

- Tents allowed on top row only, may not block site line of Timing Office or spectators
- No animals allowed
- Apparel Vendor and concessions located South entrance spectator side
- Lost and Found: Main entrance staff desk

Coaches Registration and Check in

Thursday – Sunday 7:00AM – 8:00PM

Coaches Check in:

All coaches must check in at Clerk of Course upon arrival & present their current coaching credentials to be allowed on deck.

Athletes will not be allowed in the pool until coach/team check-in has been completed. If you have another coach supervising your athletes, athletes must be checked in prior to entering the pool

Onsite Coaches –

Please leave a cell number for Admin

Pick up team packets

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.

Timers should report to the **West End lane bleacher side 20 minutes prior to the session's** start time.

Swimmers must provide their own timers for the preliminary 800FR, 1500FR, and all time trials.

MAAPP

The use of **audio or visual recording devices**, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Changing **into or out of swimsuits** other than in locker rooms or other designated areas is prohibited.

All your interactions with swimmers should be **observable and interruptible**. If you find yourself in a situation that violates these tenants, even unintentionally, please let me know.

Warm-ups: 7:30 AM - 8:45 AM
Specific warm-up: 8:25 AM - 8:45 AM (approximately)
(starts lanes 1 & 8 both ends, pace 2 & 6 as needed)
Competition: 9:00 AM

- **CHASE STARTS** will be used for all events except Distance, Relays and 50s
- 50s will start at **East End**
- **ODD** Heats start at West End (trees), **EVEN** Heats at East End (scoreboard).
Pool ends will be labeled ODD/EVEN
- **SWIM OFFS** – do not leave facility unless you are sure you are not involved in a swim off. All swim offs will be resolved before finals are seeded.
- Results posted on Meet Mobile (not official) and Host Team Website, OSI website, and on the wall.

Distance and Timers

Swimmers must provide their own timers and counter for the preliminary 800FR and 1500FR and all time trials.

Timers should report to the West End bleacher side 10 minutes prior to distance event start.

Seeding

Seeding: LCM/SCM/SCY

All events will be seeded slowest to fastest except as noted

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.

1500FR seeding 1500/1650/800/1000

800FR seeding 800/1000/1500/1650

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.

Seeding

All relays require positive check-in in order to be seeded, except the 400FR relay will be pre-seeded.

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.

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.

Positive check in events: 400FR, 400IM, 800FR, 1500FR

All relays require positive check-in in order to be seeded, except the 400FR relay will be pre-seeded.

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.

OREGON SWIMMING, INC. 2025 OSI

Arena 11&O LC CHAMPIONSHIPS

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 200FL, 200BK, 200BR, 400IM are divided by these Age groups: 11-13, 14, and 15&O.

400IM, 400FR:

14 and Under timed finals fastest to slowest, alternating girls/boys, fastest heat each age group in finals (11-13, 14).

15&O prelims/finals circle seeded fast to slow, alternating girls/boys with 2 heats in finals

Prelims 15&O events will swim first, then 14&U

Finals: 11-13, 14 one heat each age / 15&O 2 heats. All girls then all boys

800FR and **1500FR** 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.

Finals 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.

Relay Cards

Relay entry forms are due fifteen (15) minutes after the start of warm-ups.

Relay names are due at the time of relay check-in.

Names for relays can be submitted on the relay check-in reports provided at Clerk of Course.

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.

Time Trials will be conducted on a **time-available basis** between Prelims and Finals. Events may be combined.

Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials. **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

The 800M and 1500M Freestyle Events will only be offered on one day. The Meet Referee will determine the day based on time.

Questions?