



2019 WESTERN ZONE AGE GROUP CHAMPIONSHIPS

Wednesday, August 7 – Saturday, August 10

**Mt Hood Community College Aquatic Center
Gresham, OR**

ENTRY DEADLINE: WEDNESDAY * JULY 31, 2019 * 5:00 pm (PDT)

Held Under the Sanction of Oregon Swimming, Inc. and USA Swimming, Inc.

Sanction # 19-090 Officials Qualifying Meet # PENDING

Websites: www.oregonswimming.org * www.westernzoneswimming.org

Effective 04/01/2019

**OSI Sanctioned Events Prohibit Tech Suit Use by 12U Athletes including the 2019 WZAG Championships
See Rules p. 5**

**Concussion Training Certification REQUIRED for ALL Coaches and Meet Referees
See Rules p. 5**



Hosted by Oregon Swimming, Inc.



2019 WESTERN ZONE AGE GROUP CHAMPIONSHIPS * GRESHAM, OR * AUGUST 7 - 10, 2019

Sanction

This meet has been sanctioned by Oregon Swimming and current USA Swimming rules and any relevant sections of the Oregon Swimming Policies & Procedures Manual will apply. All athletes must be currently registered for 2019 with USA Swimming. Oregon Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction it is understood and agreed that USA Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Oregon Swimming, Inc., all meet officials, and MHCC Aquatic Center shall be free and held harmless from any and all liabilities or claims for any damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Tuesday, August 6 @ 5:00 PM * Indoor 25Y Bleachers * Details, p. 8	
Opening Ceremony & Dinner	Tuesday, August 6 @ 6:30 PM * 50M Competition Deck * Details, p. 12	
Officials' Meetings	15 min after start of each session's warm-ups * Hospitality * Details, p.13	
Western Zone Business Mtg & Dinner	Thursday, August 8 @ 7:30 PM * Details, p. 11	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Wednesday - Saturday August 7 – 10 Projected Timeline TBA at General Mtg	OPEN Warm-Up @ 6:30 AM Assigned Warm-Up @ 7:00-8:15 AM Competition @ 8:30 AM Warm-Up Details p. 9	Warm-Up 1 hr prior to Finals Competition At least 2 hrs after end of Prelims

Supervised Warm-Ups Competition & warm-up pools will be available Monday & Tuesday, August 5 & 6 * Details: p. 9

Meet Referee

Mike Dilli
303-358-2197 (cell)
mdilli@g.com

Admin Referee

Don Hougardy
509-432-6431 (cell)
donhougardy@gmail.com

Meet Director

Debbie Laderoute
503-576-1328 (cell)
debbie@oregonswimming.org

Meet Director

Jody Rash
541-580-6512 (cell)
jody.rash@gmail.com

Facility

Mt Hood Community College Aquatic Center
3545 NE 17th Street, Gresham, OR 97030
Facility Phone: (509) 491-7243

Outdoor competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The west end of the competition course is 16.0 feet deep; the east end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems added during the 2007 renovation. Indoor 25-yard, 6-lane tank serves as the warmup pool, and runs from 3.5 feet deep to 13.0 feet deep. Outdoor stadium-style seating for 3,000 spectators, plus a team seating area for 800+ athletes. Parking for personal and team vehicles, including buses, located adjacent to the Aquatic Center. www.mhcc.edu/GreshamCampusParkingMap

Pool Certification

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.



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MEET FORMAT

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship heat and one consolation heat will compete in Finals, except as noted in the Order of Events, (A) below.
- **Order of seeding** will be Long Course Meters (LCM), Short Course Yards (SCY), Short Course Meters (SCM).
Bonus events will be seeded after the above, in the same order: BLCM-BSCY-BSCM.
- **Preliminary Heats of Individual Events and all Individual Timed Finals Events will be seeded and swum Fastest to Slowest.**
See Order of Events, (A) & (B) below, for additional information on Individual Timed Finals Events.
- **Circle-Seeding** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M will be circle-seeded, with the fastest athlete in heat 3 for events 200M or less, and in heat 2 for events of 400M, respectively.
- **Finals Heats of Individual Events** will be seeded and swum **Slowest to Fastest**: Consolation, Championship, except as noted in the Order of Events, (A) below.
- **ALL RELAYS** will be conducted as Timed Finals, swum **Slowest to Fastest**, in event order, **at the conclusion** of their respective **Finals** sessions.
No Relays will be swum in the Preliminary sessions. There will be a **10-min break immediately prior** to the start of the relay events.
- **Chase Starts will be used** at this meet for all **Preliminary events, except the following**: all 50M events and the 800M/1500M Freestyles.
 - **ALL 50M** events will start at the **EAST/SCOREBOARD** end for both **Prelims and Finals**.
 - **800M/1500M Freestyles** heats will start at the **WEST** end
- **Finals Events** will start from the **WEST** end, **including relays, except for 50M events**, which start at the **EAST/SCOREBOARD** end
- **Finals Ready Room** A Finals Ready Room will be used to parade the Championship heat of Finals events. The fastest seeded heat of all Timed Finals events swimming in Finals will also be paraded. Athletes must report to the Ready Room no later than five minutes prior to their event. All relays will report directly to the starting blocks.

ORDER OF EVENTS

Wednesday * August 7, 2019			Thursday * August 8, 2019		
Girls Event #		Boys Event #	Girls Event #		Boys Event #
1	11-12 400 Individual Medley (A)	2	27	10&U 100 Freestyle	28
3	10&U 50 Breaststroke	4	29	11-12 200 Freestyle	30
5	11-12 50 Breaststroke	6	31	13-14 200 Freestyle	32
7	13-14 100 Breaststroke	8	33	10&U 50 Butterfly	34
9	10&U 200 Freestyle	10	35	11-12 50 Butterfly	36
11	11-12 100 Freestyle	12	37	13-14 100 Butterfly	38
13	13-14 100 Freestyle	14	39	10&U 200 Individual Medley	40
15	10&U 100 Backstroke	16	41	11-12 200 Individual Medley	42
17	11-12 100 Backstroke	18	43	13-14 400 Individual Medley	44
19	13-14 200 Backstroke	20	45	11-12 200 Backstroke (A)	46
21	13-14 800 Freestyle (B)	22	47	10&U 200 Medley Relay	48
23	12&U 400 Freestyle Relay	24	49	12&U 200 Medley Relay	50
25	14&U 400 Freestyle Relay	26	51	14&U 200 Medley Relay	52

Friday * August 9, 2019			Saturday * August 10, 2019		
Girls Event #		Boys Event #	Girls Event #		Boys Event #
53	11-12 200 Butterfly (A)	54	75	13-14 200 Individual Medley	76
55	10&U 100 Breaststroke	56	77	10&U 50 Freestyle	78
57	11-12 100 Breaststroke	58	79	11-12 50 Freestyle	80
59	13-14 200 Breaststroke	60	81	13-14 50 Freestyle	82
61	10&U 50 Backstroke	62	83	10&U 100 Butterfly	84
63	11-12 50 Backstroke	64	85	11-12 100 Butterfly	86
65	13-14 100 Backstroke	66	87	13-14 200 Butterfly	88
67	11-12 400 Freestyle (A)	68	89	11-12 200 Breaststroke (A)	90
69	13-14 400 Freestyle	70	91	13-14 1500 Freestyle (B)	92
71	12&U 400 Medley Relay	71	93	10&U 200 Freestyle Relay	94
73	14&U 400 Medley Relay	74	95	12&U 200 Freestyle Relay	96
			97	14&U 200 Freestyle Relay	98

(A) These events will be conducted as Timed Finals, with the fastest heat swimming in Finals in event order.

(B) The 800M/1500M Freestyles will be conducted as Timed Finals, at the conclusion of their respective Preliminary sessions.

These events will be seeded and swum Fastest to Slowest, alternating girls and boys heats, unless otherwise combined by the Meet Referee.

There will be a 10-min break immediately prior to the start of these events.



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2019 Western Zone Age Group Championship Time Standards

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.79	0:31.99	0:28.89	50 Free	0:32.79	0:31.99	0:28.79
1:11.99	1:10.39	1:03.39	100 Free	1:11.69	1:10.09	1:03.09
2:36.99	2:33.79	2:18.59	200 Free	2:36.29	2:33.09	2:17.89
0:38.69	0:38.09	0:34.29	50 Back	0:38.89	0:38.29	0:34.49
1:23.49	1:22.29	1:14.09	100 Back	1:23.99	1:22.79	1:14.59
0:43.59	0:42.59	0:38.39	50 Breast	0:44.19	0:43.19	0:38.89
1:35.09	1:33.09	1:23.79	100 Breast	1:36.19	1:34.19	1:24.89
0:35.89	0:35.19	0:31.69	50 Fly	0:36.19	0:35.49	0:31.99
1:22.79	1:21.39	1:13.29	100 Fly	1:22.59	1:21.19	1:13.09
2:56.89	2:53.69	2:36.49	200 IM	2:57.59	2:54.39	2:37.09
11-12						
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.69	50 Free	0:29.39	0:28.59	0:25.69
1:04.69	1:03.09	0:56.79	100 Free	1:03.99	1:02.39	0:56.19
2:19.99	2:16.79	2:03.29	200 Free	2:19.09	2:15.89	2:02.39
4:54.99	4:48.59	5:30.59	400/500 Free	4:54.09	4:47.69	5:29.49
0:34.29	0:33.69	0:30.29	50 Back	0:34.49	0:33.89	0:30.49
1:13.59	1:12.39	1:05.19	100 Back	1:13.69	1:12.49	1:05.29
2:42.09	2:39.69	2:23.89	200 Back	2:40.39	2:37.99	2:22.39
0:38.29	0:37.29	0:33.59	50 Breast	0:37.89	0:36.89	0:33.29
1:23.69	1:21.69	1:13.59	100 Breast	1:23.29	1:21.29	1:13.19
3:03.29	2:59.29	2:41.59	200 Breast	3:02.19	2:58.19	2:40.49
0:32.09	0:31.39	0:28.29	50 Fly	0:31.89	0:31.19	0:28.19
1:11.59	1:10.19	1:03.19	100 Fly	1:11.39	1:09.99	1:03.09
2:45.89	2:43.09	2:26.89	200 Fly	2:45.39	2:42.59	2:26.49
2:38.19	2:34.99	2:19.69	200 IM	2:37.09	2:33.99	2:18.69
5:45.49	5:39.09	5:05.49	400 IM	5:39.99	5:33.59	5:00.59
13-14						
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.69	0:27.89	0:25.09	50 Free	0:26.79	0:25.99	0:23.39
1:02.09	1:00.49	0:54.49	100 Free	0:58.19	0:56.59	0:50.99
2:14.49	2:11.29	1:58.29	200 Free	2:06.59	2:03.39	1:51.09
4:41.79	4:35.39	5:15.69	400/500 Free	4:30.19	4:23.79	5:02.69
9:50.29	9:37.49	11:01.39	800/1000 Free	9:29.39	9:16.59	10:37.99
18:53.19	18:29.19	18:30.99	1500/1650 Free	18:09.39	17:45.39	17:47.99
1:10.39	1:09.19	1:02.39	100 Back	1:06.79	1:05.59	0:59.09
2:31.19	2:28.79	2:14.09	200 Back	2:23.89	2:21.49	2:07.49
1:20.29	1:18.29	1:10.49	100 Breast	1:14.89	1:12.89	1:05.69
2:53.29	2:49.29	2:32.49	200 Breast	2:43.19	2:39.19	2:23.39
1:08.59	1:07.19	1:00.49	100 Fly	1:03.99	1:02.59	0:56.39
2:33.69	2:30.89	2:15.89	200 Fly	2:24.39	2:21.59	2:07.49
2:32.29	2:29.09	2:14.29	200 IM	2:22.99	2:19.79	2:05.99
5:23.59	5:17.19	4:45.79	400 IM	5:05.79	4:59.39	4:29.69



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Rules

- Current USA Swimming rules will govern this meet. Any relevant sections of the Oregon Swimming Policies & Procedures Manual will also apply. Current Oregon Swimming Safety Guidelines and Warm Up procedures will be in effect at this meet.
- **The age of the athlete will be his/her age as of August 7, 2019, the first day of competition.**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete's responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- The Spectrum Backstroke Ledge starting device will be available at this meet, and its use is optional. LSC Coaches are responsible certifying, during Tuesday's supervised warm-ups, all athletes who wish to use the backstroke starting device who are not already certified to use it.
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules and relay confirmation procedures.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.

TECH SUITS:

Effective April 1, 2019, OSI Sanctioned Events Prohibit Tech Suit Use by 12U Athletes, including the 2019 WZAG Championships.

USA Swimming defines a Technical Suit as one that has the following components:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit with woven fabric extending past the hips.

WOVEN FABRIC – A suit with woven fabric and sewn seams that does not extend below the hips **is permitted**.

KNIT FABRIC – A suit with knit fabric and sewn seams not extending below the knees **is permitted**.

- **Current Certification in Concussion Training is REQUIRED in Oregon for ALL Coaches and Meet Referees.** Proof of current certification will be required in order to receive meet credentials. Complete information can be found at www.oregonswimming.org under "Coaches – Registration – Concussion Training Certification".

Restrictions

- **This is a CLOSED-DECK meet.**
 - **Only athletes, coaches, officials, team chaperones, and assigned meet volunteers will be permitted on the competition deck.**
 - **Only athletes, coaches, officials, team chaperones, and others with appropriate credentials will be permitted in the Athlete Village.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Service animals only allowed in the facility.

Athlete Supervision and Safety

Per Western Zone policy, each LSC is required to have at least one adult chaperone in the Athletes' Village supervising their LSC athletes whenever their athletes are in the Athletes Village. Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.

Meet Marshals will be present to assist in the monitoring of athletes in the warm-up area, and on the competition deck. Additionally, occasional sweeps of the locker rooms will be performed (women checking girls locker rooms & men checking boys locker rooms).

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated or used for any commercial purpose without the prior consent of USA Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of the 2019 Western Zone Age Group Championship under the conditions authored by USA Swimming. Event organizers are additionally granted the right to use the pictures, likeness, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions.



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Eligibility

This meet is open to athletes who:

1. Are currently registered year-round members of USA Swimming for 2019. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC of the Western Zone as of the day meet entries close, July 31, 2019.
3. Are no older than 14 years of age as of the first day of the meet, August 7, 2019.
4. Have been approved by their LSC to participate in this meet.
5. Have met the appropriate 2019 qualifying times in competition between August 8, 2018, and the entry deadline, July 31, 2019.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative by the LSC upon request. Failure to provide such proof of time will result in a \$250.00 fine to the athlete's LSC, the removal of the athlete from the meet, and all earned points (including relay points) removed from the LSC scoring. It is the responsibility of the entering LSC to verify that entry times are in SWIMS or to provide proof of times. Proof of relay entry times is not required.
7. An athlete who has, within the 18 months prior to the start of the meet, participated in one (1) individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg at this meet. An athlete who has competed in two (2) or more individual events may not compete at this meet.
8. **Athletes with disabilities:** Each LSC may bring two (2) athletes with disabilities ages 12 and under, and two (2) athletes with disabilities, ages 13-14. Athletes with disabilities are not required to meet the qualifying time standards for their age group; however, they must provide a time for each event entered. Classification of disability does not apply for this meet.
Please identify athletes with disabilities when submitting entries, as well as accommodation requests. Thank you!

ENTRIES

***** Entry Qualifying Time Period: August 8, 2018 to July 31, 2019 *****

All entries must be submitted via email by the competing LSC using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic entry file.

Entry Deadline: Wednesday * July 31, 2019 * 5:00 pm (PDT)

- All entries shall be submitted ONLY by the LSC Team Entry Representative, on behalf of the LSC.
- With the submission of entries, the Team Entry Representative attests that all athletes entered are registered with USA Swimming.
- Submitted entries must include an athlete's full legal name, age, USA Swimming ID number, and LSC team code.
- **Altitude Adjustment of Entry Times:** Meet qualifying times are stated at sea level; however, times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with current USA Swimming policies.
- **Designation of Non-Conforming & Bonus Times:**
 - Qualifying **short course times** shall be designated in the entry file with a **"Y" for short course yards and a "S" for short course meters**.
 - **Entries not meeting the qualifying time standard shall be designated with a "B" for bonus swim**, in addition to the course designation: "L" – LCM, "Y" – SCY, or "S" – SCM. Eg: 1:01.55BL * 55.55BY * 59.59BS
 - Converted times are not allowed.

Entry Limits

▪ Individual

Athletes may enter up to six (6) individual events total but may not compete in more than three (3) individual events per day.

▪ Team

- Each LSC athlete roster is limited to no more than **80 athletes total, not including athletes with disabilities**.
- **Each LSC may enter up to 400 individual events; however no more than 160 may be slower than the qualifying time standards. Entry times slower than the qualifying time standard are to be designated as "Bonus" (see Entries, above).**
- LSCs with entries exceeding 400 individual events and/or 160 "bonus" events, shall scratch down to the stated limits prior to the close of the scratch box on Tuesday, fifteen (15) minutes after the end of the General Meeting. Failure to comply shall be deemed to have given the Meet Referee the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be scratched first. Entries for athletes with disabilities are not included in the stated LSC limits.
- Each LSC is limited to **one (1) "bonus" swim per gender, per age group, for events 400M or longer**. Entries exceeding this limit must be scratched prior to the close of the scratch deadline for the event. If the LSC fails to scratch excessive entries, the Admin Referee shall have the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be scratched first. Entries for athletes with disabilities are not included in the stated LSC limits.



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Entry Limits, con't

▪ Relay Entries:

- Each LSC is limited to two (2) relays per relay event
- Entry times for relays are required when meet entries are submitted. Proof of relay entry times is not required.
- Relays must be made up of athletes entered in the meet whose age and gender meet the event description. Athletes are limited to one age group relay per session.
- Relays will be scored, awards presented, and records kept for the following age groups: 10&U, 12&U, 14&U.

- **NO REFUNDS** will be given for submitted entries that are subsequently scratched by either an LSC's coach, the Meet Referee, or the Admin Referee.

Entry Fees

- **\$9.00** per individual event entry (\$4.00 paid by Oregon Swimming to Zone Treasury)
- **\$16.50** per relay entry (\$4.00 paid by Oregon Swimming to Zone Treasury)
- **ALL PAYMENTS** due to Oregon Swimming for entry fees and other items **will be made ON-SITE at the General Meeting via CREDIT CARD or CHECK**, made payable to Oregon Swimming.
- **NO REFUNDS** will be given for submitted entries that are subsequently scratched by either an LSC's coach, the Meet Referee, or the Admin Referee

Entry Deadline **SDIF Entry File must be received via email by 5:00 PM PDT, July 31, 2019 * send to jody.rash@gmail.com**

Entry Submission

- **EMAIL** SDIF Meet Entry File to Meet Director Jody Rash: jody.rash@gmail.com * 541-580-6512
Include the following as PDF attachments * Team Staffing may be listed in the body of the email:
 - Individual and Relay Entries
 - Team Entry Fees Summary
 - LSC Team Staffing: Number of Coaches, Managers, and Chaperones attending meet
👉 Coaches Heat Sheet Fee: 0 – 6 Coaches * No Charge / 7+ Coaches * \$5.00 per coach over 6
- Receipt of entries is not considered confirmed until the LSC Team Entry Representative receives a confirmation email from Meet Director Jody Rash. If an entry confirmation email is not received within 24 hours of the meet entry deadline, contact Meet Director Jody Rash immediately.
- **PRINT** hard copies of Individual and Relay entries submitted and bring to meet as reference documents.
- **ALL PAYMENTS** due to Oregon Swimming for entry fees and other items **will be made ON-SITE at the General Meeting via CREDIT CARD or CHECK**, made payable to Oregon Swimming.

Administrative Entry Errors

Entries for an athlete that are incorrect due to administrative error may be corrected if the following requirements are met:

1. The LSC entering the athlete can prove, with documentary evidence, to the satisfaction of both the Meet Referee and the Meet Director that the administrative error is exclusively the fault of the LSC and not in any way the fault of the athlete.
2. Such documentary evidence must be submitted to the Meet Referee or the Meet Director prior to the General Meeting (NO exceptions) where it will be subject to approval. If approved, the athlete shall be seeded correctly.

Late Entries

Late entries will only be accepted in accordance with the Western Zone Swimming Championship Regulations, Section VII.9.5.10.

In summary:

An LSC whose entire entry is received no more than 24 hours late, may enter its athletes into the Western Zone Age Group Swimming Championship subject to the following:

- The late LSC shall pay to the meet host an administrative penalty equal to that LSC's total entry fees.
- The late LSC shall not score points for its individual swims but shall receive points from all its swum relays.
- The late LSC's swimmers shall be seeded correctly, shall earn individual awards and times of record.

Meet Entry Questions

Questions concerning meet entries should be directed to Meet Director Jody Rash: jody.rash@gmail.com * 541-580-6512

Email is requested and preferred.



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Registration & Team Check-In / Clerk of Course

All athletes, coaches, officials, and team managers participating in this competition must be currently registered for 2019 with USA Swimming.

- All athletes, coaches, officials and team managers should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All athletes, coaches, officials and team managers (including designated team chaperones) will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.
- **Current Certification in Concussion Training is REQUIRED in Oregon for ALL Coaches and Meet Referees.** Proof of current certification will be required in order to receive meet credentials. Complete information can be found at www.oregonswimming.org under "Coaches – Registration – Concussion Training Certification".

Tuesday, August 6: The Registration Desk will be located on the indoor deck of the 25Y pool and will open at 12:00 PM (Noon).

Registration will remain open during the General Meeting and through the end of Supervised Warm-Ups, at 6:00 pm.

- All coaches and officials will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.
- Team managers will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.
- Upon signing in and receiving their meet credential, Team Managers will also receive the meet credentials for their athletes and team chaperones.

Wednesday – Saturday, August 7 - 10: Clerk of Course will be open at 7:00 AM – 7:00 PM and will be located on the Southeast corner of the 50M pool, under the Scoreboard. **Officials arriving after Tuesday** should obtain their deck pass at their specific Officials Meeting prior to working their first session. Refer to **Important Information for Officials**, p.13-14 of this meet announcement.

General Meeting

- A General Meeting will be held on Tuesday, August 6th at 5:00 pm in the bleachers of the indoor 25Y pool.
- The Scratch Box will be available at the General Meeting and will close 15 minutes after the conclusion of the meeting.
- **Each LSC must have at least one coach and one team representative in attendance.**

Scratch Procedures

**The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.
These rules are described in the current USA Swimming Rules & Regulations 207.11.6**

In summary:

- Any athlete who fails to compete in an individual preliminary event in which the athlete is entered *and has not properly scratched* will be barred from all further individual and relay events for that day and must check in with the Admin Referee prior to the scratch deadline each day for the remainder of the meet.
- **Athletes will have 30 minutes** after the announcement of finals event qualifiers **to declare their intention to scratch** from final events and must declare their final intention to scratch or swim within 30 minutes of their last individual preliminary event of that session.
- Any athlete seeded in an individual finals event who does not properly declare their intention to scratch and fails to compete in that finals event will be barred from competition for the remainder of the meet.

SCHEDULE SUMMARY – SCRATCHES & RELAY CONFIRMATION		
EVENTS	ACTION REQUIRED	DEADLINE
Wednesday's Individual Events	Scratch	15 minutes after conclusion of Tuesday's General Meeting
Thursday – Saturday's Individual Events	Scratch	30 minutes after the start of Finals For the following day's events
All Relays	Submit relay slips w/names and order to Admin Desk	12:00 PM Noon on the day of the Relay
	Changes to relay line-up order	At the blocks
Announced finalists for championship and console heats	Declaration of intention to scratch to Admin Referee	Within 30 minutes of announcement or scoreboard scroll of qualifiers



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Scratch Procedures – Details:

Scratch Procedures for Individual Events

- Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box prior to the daily scratch deadline. Scratch cards will be available at the Admin Desk.
- The Scratch Box will be located at the Registration Desk and at the General Meeting on Tuesday, and at the Admin Desk for the duration of the meet.

Scratch Deadline for Wednesday's Individual Events

The Scratch Box will close 15 minutes after the conclusion of the Tuesday's General Meeting.

- **Athletes are considered checked in for ALL individual events on Wednesday including the 800M Freestyle events *unless scratched*.**
- In addition to physical scratches, **email scratches will be accepted for these events only**, and the above deadline applies. Check-in may be done by **emailing the Admin Referee, Don Hougardy: donhougardy@gmail.com**.

Scratch Deadline for Thursday – Saturday's Individual Events

- **Athletes are considered checked in for ALL other individual events for the rest of the meet including the 1500M Freestyle events *unless scratched*.**
- Scratch Deadline will be 30 minutes after the start of Finals for the following day's individual events.

ALL RELAYS require submission of completed relay form by 12:00 PM Noon on the day of the relay event *in order to be seeded*.

- Relay entry forms will be distributed each morning with the Preliminary session heat sheets.
- Up to eight athletes may be listed on the relay form, and the order made be changed up to the time the lead athlete is called to the blocks.
- The Meet Referee, in concurrence with the Admin Referee, may re-seed a relay with an unrealistic time to the first heat with a NT (no time) entry.

Warm-Ups

Oregon Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.

A copy of these guidelines and procedures will be emailed to the Team Entry Contact and will be posted at the facility. The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

▪ **Pre-Meet Supervised Warm-Ups**

- The MHCC Aquatic Center will be available for pre-meet supervised warm-ups on Monday, August 5th, 2:00 – 6:00 PM, and Tuesday, August 7th, 12:00 – 6:00 PM. Both the 50M competition pool and the 25Y warm-up pool will be available; however, **lane space and practice times must be scheduled in advance**.
- LSC team athletes must be supervised by one of their LSC team coaches for the entire length of the practice. The LSC team coach supervising the practice must have a current USA Swimming Coach membership.
- **To schedule lane space and practice times, contact Meet Director Jody Rash: jody.rash@gmail.com**

▪ **Meet Warm-Ups: Prelims**

- **OPEN** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday mornings, 6:30 – 7:00 AM.
- **ASSIGNED** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday mornings, 7:00 – 8:15 AM. Assignments will be made by LSC for a specific lane and warm up time, and will be distributed no later than the General Meeting.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from 8:15 AM until 30 minutes after the completion of the preliminary session. The 25Y pool will be closed between Preliminary and Finals sessions.

▪ **Meet Warm-Ups: Finals**

- **OPEN** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday at the start of the published Finals warm-up start time.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from the start of the published Finals warm-up time until 30 minutes after the completion of the nightly Finals session. The 50M competition pool will close at the completion of the Finals session each night.



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Scoring

Scoring will be on a sixteen (16) place basis. **Individual events:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. **Relays** will score double.

Results

Live results will be available via Meet Mobile. Final results will be posted to the meet websites listed on p.1 of this meet announcement.

Awards

- **Individual Events:** medals for first (1st) through eighth (8th) place; ribbons for ninth (9th) through sixteenth (16th) place
- **Relay Events:** medals for first (1st) through third (3rd) place; ribbons for fourth (4th) through eighth (8th) place
- **Team Awards:** Trophies for first (1st) through eighth (8th) place ***First Place Trophy: Scottie Aschermann Team Championship Award**
- **Adam Szmidt Team Sportsmanship Award:** Trophy awarded to the team demonstrating superior sportsmanship, total team support, consistent positive attitude throughout the entire meet and unified team appearance (uniform, shirts, suits, etc).
 - Award Selection Committee: Western Zone Director(s), Meet Director(s), One Coach and one Athlete from each LSC
 - Ballots will be distributed to each LSC team at the General Meeting on Tuesday. Ballots are to be cast daily by members of the Selection Committee prior to the start of the Relays in the Finals session.
- **Presentation:** Trophies will be presented on Saturday at the conclusion of Finals. Medal and ribbons may be picked up by a team representative at the Clerk of Course the day after the awards are earned. All awards are to be collected by teams prior to leaving the venue after Saturday Finals. Awards will not be mailed.

Time Trials **Time Trials will not be offered at this meet.**

Timers

Western Zone Policy states that each LSC is to provide two timers for one lane for the duration of the meet.

- Help Us Help You Provide Those Timers!
- Listed below are the SignUpGenius Links for Meet Volunteers, including Timers. Parents and other supporters can sign up on-line, in advance and in return will receive FREE admission for the session that they are working.

Volunteer Opportunities!

- 🚩 **Attend the meet for FREE & get the BEST seat in the venue!**
- 🚩 **Meet Volunteers receive FREE admission for the session that they are working and there are many, many options – visit the Volunteer Sign Up pages for more information:**
 - **Timers!** <https://www.signupgenius.com/go/70A0F4CA5A82CA1FD0-2019>
 - **All other positions!** <https://www.signupgenius.com/go/70A0F4CA5A82CA1FD0-20191>





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IMPORTANT INFORMATION FOR SPECTATORS

Volunteer Opportunities!

- ✚ Attend the meet for FREE & get the BEST seat in the venue!
- ✚ Meet Volunteers receive FREE admission for the session that they are working and there are many, many options – visit the Volunteer Sign Up pages for more information:
 - Timers! <https://www.signupgenius.com/go/70A0F4CA5A82CA1FD0-2019>
 - All other positions! <https://www.signupgenius.com/go/70A0F4CA5A82CA1FD0-20191>

Spectator Admission & Seating

- **Admission & Ticket Sales**
 - Admission will be charged for this event. Tickets made be pre-purchased on Eventbrite www.eventbrite.com beginning June 1, 2019. Complete information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.
- **Spectator Seating**
 - Spectator Seating will be located in the outdoor stadium bleachers on the shaded south side of the competition venue and is handicap-accessible. The bleachers are concrete and personal seating is advisable; however, personal tents and umbrellas are NOT permitted. The spectator area will be cleared and closed between each session, and ALL personal items must be removed.
 - **This is a CLOSED-DECK meet.** Only CREDENTIALLED athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck. **There will be NO admission of spectators to the competition deck.**

Concessions

Concessions will be available on-site at the Aquatic Center.

Lost & Found

Lost & Found items will be taken to the Front Desk at the primary entrance to the Aquatic Center.

Medical Assistance

The MHCC Aquatic Center Lifeguards will provide first-aid assistance on-site. Anyone in need of assistance should contact a Lifeguard, or the Front Desk Staff, who will contact a Lifeguard.

Parking at the Facility * www.mhcc.edu/GreshamCampusParkingMap

- Free public parking is available adjacent to the Aquatic Center.
- **NO RV Overnight Parking Allowed.**

Hotels

Meet-specific information on local hotels can be found on the Oregon Swimming website homepage, under the “2019 Age Group Zone Meet” tab.

Meet Souvenir Apparel

Northwest Designs Ink www.nwd.ink will be on site to provide the official souvenir t-shirts and apparel for this meet.

Meet Photographer

Zoom Photography www.MyZoomPhotos.com will be on hand as the official preferred action photography vendor. Team and Individual photos will be available.



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IMPORTANT INFORMATION FOR TEAM MANAGERS

Team Areas

▪ On Deck

- Each LSC Team will receive an assigned on-deck seating area that will include shaded coaches tables & chairs, and shaded team seating in the team bleachers located on the North side of the competition pool.
- Each team area on deck will be designated by an LSC Team Banner.

▪ Athlete Village

- The outdoor Athlete Village will be located on the North side of the competition pool, behind the on-deck team areas.
- Access to the Athlete Village will be monitored, and is strictly limited to athletes, coaches, team managers, team chaperones, and designated meet personnel with appropriate credentials.
- **Per Western Zone policy, each LSC is required to have at least one adult chaperone in the Athletes' Village supervising their LSC athletes whenever their athletes are in the Athletes Village.** Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.
- Tents for the team areas will be provided by the Meet Host. Team areas will be designated by the Meet Host.
- Tables & Chairs for team areas, if desired, will be available for rental and are the responsibility of each team. Rental Information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.

Team Box Lunches

Box lunches will be available for advance order and purchase. Complete information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.

Hospitality

A Hospitality Room will be provided by for coaches and officials only, located in the classroom building GE 201 (northeast of the Aquatic Center). Athletes are not permitted in the Hospitality room.

Parking at the Facility * www.mhcc.edu/GreshamCampusParkingMap

- Free public parking is available adjacent to the Aquatic Center.
- Coaches, Officials & Team Managers will have a designated parking area in the Aquatic Center Parking Lot.
- BUSES will be able to drop off in front of the Aquatic Center, and park nearby in Lot U.
- **NO RV Overnight Parking Allowed.**

Hotels & Buses

Meet-specific information on local hotels and buses can be found on the Oregon Swimming website homepage, under the "2019 Age Group Zone Meet" tab.

Opening Ceremonies & Welcome Dinner * Tuesday, August 6 * 6:30 PM

Opening Ceremonies will take place at the MHCC Aquatic Center on Tuesday, August 6th, at 6:30 PM. Dinner on-site will follow immediately, to conclude no later than 8:00 PM. Complete information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.

Western Zone Dinner & Business Meeting * Thursday, August 8 * 7:30 PM

The Western Zone Dinner & Business Meeting will be held on Thursday, August 8th at 7:30 pm (following Finals) Location TBD. Questions and agenda items should be sent to Zone Director Dale Ammon dcammon5@gmail.com. Complete information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.

Athlete Dinner & Social * Saturday, August 10 * 8:00 – 11:00 PM

The Athlete Dinner & Social will be held at Bullwinkle's Family Fun Center in Wilsonville, OR www.fun-center.com/wilsonville. The Park will be closed to the general public – only family members and fans associated with meet participants will be eligible to purchase tickets to attend. Complete information will be emailed to the LSC Team Managers and will be posted to the meet websites listed on p.1 of this announcement as soon as it is available.

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IMPORTANT INFORMATION FOR OFFICIALS

General Information

Each LSC is asked to provide at least one (1) deck or administrative official. Officials must be a currently registered member of USA Swimming prior to the start of the competition and at least LSC certified in the position(s) for which they apply.

Officials Briefings * 15 minutes after the start of each session's warm-ups in the Hospitality Room

Officials Dress

- **Preliminaries:** White polo shirt, khaki pants/skirts/short, white deck-friendly shoes, and white socks.
- **Finals:** White polo shirt, khaki long pants/skirts, white deck-friendly shoes, and white socks.
- **Special Request:** Please bring a white polo shirt representing your LSC to be worn on a night chosen by the Meet Referee.

Application to Officiate

- All officials intending to work this meet are asked to submit a completed application to facilitate planning. Please complete the on-line application, found at the following link: <https://form.jotform.com/82914640468160>. This link is also available on the Western Zone Age Group Championship event page, at www.teamunify.com/EventShow.jsp?id=876621&team=wzone. Walk-ins are also welcome.
- Those officials desiring to work the **assigned positions** of Chief Judge, Starter, and Deck Referee must **submit an application** no later than **June 15, 2019**. Preference will be given to those who agree to work all sessions.
- **All others** planning to attend the meet are encouraged to return their application **by August 1, 2019**.
- **Meet Shirt Deadline: July 15th**
Every effort will be made to provide a meet shirt in the requested size to those Officials who apply by the July 15th deadline. Meet shirts may not be available to Officials whose apply after the July 15th deadline.

Application for National Certification / Evaluation * National Evaluator: Pat Lunsford rplwurk@gmail.com

The Western Zone Age Group Championship has been approved as an Officials Qualifying Meet for N2/N3 certification/recertification. Please review the USA Swimming requirements for National Certification and advancement:

www.usaswimming.org/utility/landing-pages/officials/national-certification-and-evaluation

All officials are welcome to participate. Even if you do not yet qualify you are encouraged to take advantage of this mentoring opportunity. Please complete the on-line application, found at the following link: <https://form.jotform.com/82914640468160>.

This link is also available on the Western Zone Age Group Championship event page, at www.teamunify.com/EventShow.jsp?id=876621&team=wzone. Questions may be directed to the Meet Referee Mike Dilli mdilli@q.com

Officials Reimbursement Fund

This fund provides reimbursement assistance to Officials who work at least 80% of the meet sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Age Group Championships. The proceeds of this fund are shared equally across all applicants who have met the work requirements. To be eligible, officials must be registered with USA Swimming and in good standing from any LSC in the Western Zone. An application is available from the Western Zone Officials Chair, Mike Dilli mdilli@q.com

Credentials & Deck Access

- **Officials arriving on Tuesday, August 6th** may obtain their deck pass at the Registration Desk.
See **Registration**, p. 8 of this announcement.
- **Officials arriving after Tuesday, August 6th** should obtain their deck pass at their specific Officials Meeting prior to working their first session.



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IMPORTANT INFORMATION FOR OFFICIALS, con't

Officials Social

A no-host Officials Social will be held Friday, August 9th, after the conclusion of Finals. Details will be announced at the Officials Briefings.

Parking at the Facility * www.mhcc.edu/GreshamCampusParkingMap

- Free public parking is available directly adjacent to the Aquatic Center.
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