

2017 SWIM GUIDE



OREGON SWIMMING, INC.

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OUR
POWER.**

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WATER INSTINCT



Mission Statement: To build and promote the sport of competitive swimming for the benefit of all swimmers to achieve their maximum potential.

Vision Statement: Inspire excellence in the sport of swimming and in life.

Oregon Swimming, Inc.

State of Oregon: (excluding Baker, Malheur, Umatilla, Union and Wallowa County); and Clark, Cowlitz, Skamania and western portion of Klickitat counties, Washington

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Website: www.usa-swimming.org

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Order form in back of booklet.

*For Advertising Rates and Information,
Call Oregon Swimming, (503) 747-3702*

Calendar for Year 2017 (United States)

January

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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February

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This booklet is published as a guide and reference for the rules, procedures, and programs for Oregon Swimming, Inc (OSI). One copy is distributed to each club and each member of the Board of Directors at no cost. Additional copies are available for purchase (\$10) through the OSI office.

Where any conflict exists between this guide and the USA Swimming Rules & Regulations, the latter shall always govern.

Questions about the content of this guide, or any pertinent matter related to competitive swimming under this program, may be directed to the OSI office.



2017 Championship Dates

OSI SC 10&U Championships	Feb 18-19
OSI SC 11-14 Championships.....	Feb 23-26
OSI SC Senior Championships.....	Mar 2-5
NW Section SC Senior Championships	Mar 16-19
OSI LC 10&U Championships.....	Jul 15-16
NW Section LC Senior Championships	Jul 20-23
OSI LC 11&O Championships.....	Jul 27-30
Western Zones Senior Championships	Aug 2-6
Speedo Junior Nationals	Aug 8 - 12
USA Swimming Futures.....	Aug 3-6
USA Nationals	June 27 – Jul 1
Western Zone Age Group Championships	Aug 9-12
SC National Championships	Nov 29 – Dec 2
Speedo SC Junior Nationals	Dec 6 - 9

2017 Meet Calendar

2017 OREGON SWIMMING CALENDAR

(For detailed meet and contact info, see the Oregon Swimming website's calendar)

January

4	OSI Board Meeting Contact: <u>503-747-3702</u>	12655 SW Center ST Beaverton, OR	
6-8	MHA Seth Dawson Invitational (SCY)	Mt. Hood CC	ABC AG/SR
6-8	Comfort Suites CAT Open (SCY) Contact: Rhonda Soule 541-602-2683	Osborn Aquatic Center Corvallis, OR	AB AG/SR
6-8	CST Shark Chase (SCY) Contact: Michael Rubottom	McMinnville, OR	ABC AG/SR
7-8	All Star Competition Application and Selection required)	Pacific, CA	qual
13-15	WSC Winter Open (SCY) Contact: Allee Reed	Willamalane Center Springfield, OR	ABC AG/SR
14-16	Thunderbolt Round Robin Invite (SCY) Contact: Connie Lustria	Tualatin Hills Rec Center Beaverton, OR	ABC AG
20-22	LOSC Winter Challenge Open (SCY) Contact: Troy Tetsuka	Lake Oswego High School Pool Lake Oswego, OR	ABC AG/SR
20-22	2017 SCAT/Oregon BC Championships Short Course Yards	North Bend Pool North Bend, OR	BC AG
21-22	2017 OR Y State Championship (SCY) Contact: Toni Kerr	Sheldon Pool Eugene, OR	ABC AG/SR
21-22	Lebanon Winter Invitational (SCY) Contact: Lorlee Engler	Lebanon Community Pool Lebanon, OR	ABC AG
27-28	Otter Invitational (SCY) Rhonda Reed <u>541-688-4052</u>	River Road Park Aquatic Center Eugene, OR	ABC AG/SR
27-29	TTSC Winter Qualifier (SCY) Contact: Ali Hoyle	Tualatin Swim Center Tualatin, OR	ABC AG/SR

February

1	OSI Board Meeting Contact: <u>503-747-3702</u>	12655 SW Center St Beaverton, OR	
3-5	Coast Range Qualifier (SCY) Contact: Stacy Bohms	Forest Grove Aquatic Center Forest Grove, OR	ABC AG/SR
4-5	2017 OR HEAT B/C Blastoff Invite (SCY) Contact: Elaine Heasley	Shute Park Aquatic Center Hillsboro, OR	BC AG/SR
4-5	Mid Valley Open (SCY) Contact: Kirsten Holbo	Kroc Center Salem, OR	ABC AG/SR
4-5	Grants Pass Y Last Chance (SCY) Ken Adams <u>541-727-8034(H)</u>	Grants Pass YMCA Pool Grants Pass, OR	ABC AG
12	MHA Last Chance Invitational (SCY) Contact: Jody Rash	Mt. Hood Community College Gresham, OR	AB AG
12	Thunderbolt Last Chance Invite (SCY) Contact: Connie Lustria	Tualatin Hills Rec Swim Center Beaverton, OR	AB AG/SR

12	Canby Last Chance Valentine Invite (SCY)	Canby Municipal Pool Canby, OR	ABC AG/SR
14	RRSC Last Chance Invitational (SCY) Rhonda Reed 541-688-4052 (W)	River Road Park Aquatic Center Eugene, OR	ABC AG/SR
18-19	OSI 10 & Under Championships Short Course Yards	Springfield, OR	A AG
23-26	OSI 11-14 Championships Short Course Yards	Beaverton, OR	A AG

March

1	OSI BOD Meeting	TBA	
2-5	OSI - Region XII Senior Championships Short Course Yards	Gresham, OR United States	A SR
4-5	Oregon City Spring Ahead Invite (SCM) Tim Waud	Oregon City Community Pool Oregon City, OR	BC AG/SR
11-12	Pacific Crest B/C Invitational (SCY) Contact: Lorlee Engler	Lebanon Community Pool Lebanon, OR	BC AG/SR
11-12	MHA East Metro Invitational (SCY) Contact: Jody Rash	Reynolds Pool Fairview, OR	ABC AG/SR
11-12	VCSL Swim League Invitational (SCY) Contact: John Wray	Newport Pool Newport, OR	ABC AG
11-12	CAT Spring Invitational (SCY) Rhonda Soule 541-602-2683 (H)	Osborn Aquatic Center Corvallis, OR	BC AG
16-19	<u>Senior Sectionals</u>	Federal Way, WA or Dallas, TX	qual
18-19	Tall Timbers Short Course Yards	Mark Morris Natatorium Longview, WA	ABC AG/SR
18-19	Willamette Valley Season Finale (SCY) Contact: Murilo Martins	McMinnville Swim Pool McMinnville, OR	ABC AG/SR

April

1	Club Leadership & Business Management School	Albany, OR	
5	OSI BOD Meeting	TBA	
7-9	LOSC Dan Perz Memoirial Open (SCY) Contact: Troy Tetsuka	Lake Oswego High School Pool Lake Oswego, OR	ABC AG/SR
14	WSC Brandon Kroeger Dual Meet (SCY) Contact: Allee Reed	Willamalane Swim Center Springfield, OR	ABC AG/SR
21-23	MAC Long Course Invitational Long Course Meters	Multnomah Athletic Club Portland, OR	ABC AG/SR
21-23	LCSC April Invitational (SCM) Contact: Lissa Parker	Lincoln City Pool Lincoln City, OR	ABC AG/SR
22-23	John DeRoest Memorial Open Short Course Yards		ABC AG/SR

May

3	OSI BOD Meeting	TBA	
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5-7	Arauco Invitational (LCM) Contact: Jennifer Milburn	Albany Community Pool Albany, OR	ABC AG/SR
5-7	Thunderbolt Spring Open(LCM) Contact: Connie Lustria	Tualatin Hills Rec Swim Center Beaverton, OR	AB AG/SR
6-7	Bend LC Invitational (LCM) Contact: Mark Barnett	Juniper Swim & Fitness Center Bend, OR	AB AG/SR
12-13	Mother's Day Meet (SCY)	Mark Morris Natatorium Longview, WA	ABC AG/SR
13	Hood River Spring Sprinter (SCY) Contact: Shelly Rawding	Hood River Aquatic Center Hood River, OR	ABC AG/SR
13	RYST Spring Splash Invitational (SCY)	Douglas County YMCA Roseburg, OR	ABC AG/SR
19-21	Comfort Suites CAT Open (LCM) Rhonda Soule <u>541-602-2683</u> (H)	Osborn Aquatic Center Corvallis, OR	AB AG/SR
20-21	DDAC John DeRoest Memorial Sextathalon		ABC AG/SR
20-21	Madras Spring Splash Invitational (SCY) Contact: Tim Nelson	Madras Aquatic Center Madras, OR	ABC AG/SR
27-28	MVA Long Course Open (LCM) Contact: Shelly Warde	Albany Community Pool Albany, OR	ABC AG/SR
27-28	CRST Decathlon (LCM)	Gresham, OR	ABC

June

2-4	Thunderbolt June Open (LCM) Contact: Connie Lustria	Tualatin Hills Rec Swim Center Beaverton, OR	ABC AG/SR
2-4	AAA Summer Blast Invite (LCM) Contact: Jennifer Milburn	Albany Community Pool Albany, OR	ABC AG/SR
7	OSI Board Meeting Contact: <u>503-747-3702</u>	12655 SW Center ST Beaverton, OR	
9-11	Mike Morris Memorial Invt3 (LCM) Rhonda Reed <u>541-688-4052</u> (W)	Amazon Pool Eugene, OR	ABC AG/SR
16-18	Howard Jones AG Invite (LCM) Contact: Jody Rash	Mt. Hood Community College Gresham, OR	AB AG
17-18	Howard Jones Memorial C Invite (LCM) Contact: Jody Rash	Mt. Hood Community College Gresham, OR	AG
23-25	Howard Jones Senior Meet (LCM) Contact: Jody Rash	Mt. Hood Community College Gresham, OR	AB SR
23-25	Prineville Swim Team Invitational (SCM) Contact: Reed Sloss <u>541-504-5240</u> (H)	Prineville Pool Prineville, OR	ABC AG/SR
23-25	Ted Walker Invitational (LCM) Traci Waddington	North Wasco County Aquatic Center The Dalles, OR	ABC AG/SR
23-25	Sun Country Invitational (LCM) Contact: Mark Barnett	Juniper Swim & Fitness Center Bend, OR	ABC SR
27-1	Phillips 66 National Championship	Indianapolis, IN	
30-2	OR TEAM Summer Open (LCM) Contact: Toni Kerr	Amazon Pool Eugene, OR	ABC AG/SR
30-2	THSC Summer Classic (LCM) Contact: Connie Lustria	Tualatin Hills Rec Swim Center Beaverton, OR	ABC AG/SR

July

5	OSI BOD	TBD	
7-9	RACE Jay Rowan Memorial Open (SCM) Contact: Reed Sloss 541-504-5240 (H)	Cascade Swim Center Redmond, OR	ABC AG
7-9	Lakeview Lions Invitational (SCM) Contact: Teresa Decker	Lakeview Pool Lakeview, OR	ABC AG
14-16	Great Basin Open (SCY) Contact: Dan Zimmer	Ella Redkey Pool Klamath Falls, OR	ABC AG/SR
14-16	Hi Desert Invitational (SCM) Jodie Reiss 541-589-3105 (M)	High Desert Pool Burns, OR	ABC AG
15-16	OSI 10 & Under Championships Long Course Meters	Tualatin Hills Aquatic Center Beaverton, OR	A AG
20-23	Senior Sectionals	Mt. Hood Community College Gresham, OR	qual SR
21	JDST Invitational		
21-23	RYST Summer Open (SCY) Contact: Kathryn Zacher	Douglas County YMCA Roseburg, OR	ABC AG/SR
22-23	MVA End of Summer Finally (SCY) Contact: Rochelle Warde	Woodburn Aquatic Center Woodburn, OR	ABC AG/SR
27-30	OSI 11 & Over Championships (LCM) Contact: OSI Office 503-747-3702 (W)	Mt. Hood Community College Gresham, OR	A AG/SR
28-30	Cascade East District Champ (SCM) Contact: Halley Estes	Prineville Pool Prineville, OR	AG/SR

August

2	OSI Board Meeting	TBD	
3-6	Futures Championships	TBA	qual SR
4-6	GCST Big Kahuna Open (SCY) Contact: Erick Kirchner	Mingus Park Pool Coos Bay, OR	ABC AG/SR
4-6	Beat The Summer Heat (SCY) Contact: Glen Admire	Astoria Aquatic Center Astoria, OR	ABC AG/SR
8-12	USA Swimming Junior Nationals	East Meadow, NY	
9-12	Western AG Zones Championships Long Course Meters	CA United States	qual AG
11-13	Seahorse Invitational (SCY) Contact: John Wray	Newport Pool Newport, OR	ABC AG
11-13	Bend Invitational (SCY) Contact: Mark Barnett	Juniper Swim & Fitness Center Bend, OR	ABC AG/SR
11-13	GPS Whitewater Summer Open (SCY) Contact: Mike Shaw	Grants Pass, OR	
18-20	SCAT Scott Poore Memorial Open (SCY)	North Bend Municipal Pool North Bend, OR	ABC AG/SR

September

6	OSI Board Meeting	TBD
12-17	USAS National Convention	Dallas, TX
29-30	OSCA Clinic & Mini-Expo	

October

1	House of Delegates		
6-8	HEAT Fall Invitational (SCY) Deb Cabla (503-804-8525)	SHUTE Park Aquatic Center Hillsboro, OR	ABC AG/SR
7-8	FGSC Relay Open	Forest Grove Aquatic Center	
13-15	Diamond Fruit Harvest Gold Invite	Hood River Aquatic Center (SCY) Hood River	ABC AG/SR
13-15	LOSC Fall Open Troy Tetsuka	Lake Oswego HS Pool (SCY) Lake Oswego	ABC AG/SR
13-15	WSC Marie DeHoog Open Allee Reed	Willamalane Swim Center (SCY) Springfield, OR	ABC AG/SR
14-15	MHA Quad Invitational Danita Ross	David Douglas Swim Pool Portland, OR	
20-22	Thunderbolt Fall Open (SCY) Connie Lustria	Tualatin Hill Rec Center Beaverton, OR	
20-22	Autumn Stars Invite (SCY) Ali Hyde	Tualatin Swim Center Tualatin OR	
20-22	CST Harvest Open (SCY) Michael Rubottom	TBA McMinnville	

November

1	Oregon Swimming BOD Meeting	TBA
3-5	Albany Aquatics Turkey Dive (SCY) Jennifer Milburn	Albany Community Pool Albany OR
3-5	PAC Fall Invitational (SCY) Zoya Brown	Dishman Pool Portland, OR
3-5	MHA Mike Popovich Invitational (SCY) Danita Ross	Mt Hood Comm College Gresham OR
3-5	SCAT Open (SCY)	North Bend Municipal Pool North Bend OR
3-5	McSwimville Invitational (SCY)	McMinnville Swim Pool McMinnville
11	Marta Hogard Invitational (SCY)	River Road Park Aquatic Center Eugene OR
11-12	Oregon City Fall Open (SCY)	Oregon City Comm Pool Oregon City
11-12	Artman Memorial Invite (SCY)	St. Helens, OR
11-12	Madras Swim Team Fall Invite (SCY)	Madras, OR
17-19	Canby Gator IMX/IMR Challenge	Canby, OR
18	Hi Desert Classic (SCY)	Bend OR

18-19	Salem Open (SCY)	Kroc Center Salem, OR
18-19	Pumpkin Sprint Invitational (SCM) Lissa Parker	Lincoln City Pool Lincoln City, OR
19	TOP 5 Awards	TBA
23-26	THANKSGIVING WEEKEND	
29-1	AT & T USA Swimming Winter Nationals	TBD

December

1-3	Thunderbolt Winter Festival (SCY) Connie Lustria	Tualatin Hills Aquatic Center Beaverton, OR
1-3	Forest Grove Christmas Invite (SCY)	Forest Grove Aquatic Center
1-3	Comfort Suites CAT Senior Open (SCY) Rhonda Soule	Osborn Aquatic Center
2-3	Thunderbolt Holiday Classic Connie Lustria	Tualatin Hills Aquatic Center Beaverton, OR
2-3	WinterBlast (SCY) Christine Larson	Mark Morris Natatorium Longview, WA
2-3	Bend Winter Invitational (SCY) Mark Bernett	Juniper Swim & Fitness Center Bend, OR
6-9	USA Swimming Junior Nationals	TBD
8-10	HEAT Jubilee Invitational (SCY) Deb Cablaio	Shute Park Aquatic Center Hillsboro, OR
8-10	TEAM Winter Open (SCY) Toni Kerr	Sheldon Pool Eugene, OR
9-10	TTSC Holiday Invite (SCY) Ali Hoyle	Tualatin Swim Center Tualatin, OR
9-10	HEAT Winter Invitational (SCY) Deb Cablaio (503-804-8525)	Shute Park Aquatic Center Hillsboro, OR
16	Canby Animal Sr & Jr Meet (SCY) Shelly Hester	Canby Municipal Pool Canby, OR
16	IMX Challenge/Ready (SCY)	Multnomah Athletic Center Portland, OR
16-17	MVA Woodburn Open (SCY) Rochelle Warde	Woodburn Aquatic Center Salem, OR
23-25	Merry Christmas to All Contact: Santa Claus	Galaxy Aquatic Center Milky Way, UN



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Information

Glossary*

Organization

USA-Swimming – is the national governing body for competitive swimming in the United States.

LSC – A Local Swimming Committee is the governing body for swimming at the local level.

OSI – Oregon Swimming, Inc; the name of our LSC. The geographic area encompasses the State of Oregon, except for Malheur, Umatilla, Union and Wallowa County; and in the State of Washington the Counties of Clark, Cowlitz, Skamania and the western portion of Klickitat.

Time Standards

Time Standard – Performance requirements to enter a swimming competition. Standards are determined for local swim meets by the OSI Time Standard Committee.

“A” Time – a time standard calculated each year. Achieving an “A” time qualifies an athlete for the LSC championships. The 2017 “A” OSI time standards begin on page XX

“B” Time – a time standard calculated each year. Achieving a “B” time qualifies athletes for certain meets. The 2017 “B” OSI Time Standards begin on page .

Sectional Time - a time standard calculated each year. Achieving a sectional time qualifies an athlete for NW Section Championships.

Zone Time – a time standard set calculated each year. Achieving a Zone time qualifies a swimmer for the Zone Championship team.

Registration

Athlete – A competitive member of USA Swimming. Athlete registrations must be renewed at the end of every year. Seasonal registrations are valid from April 4 until August 31.

Non-Athlete - A non-competitive member of USA Swimming such as coaches, officials, board members, etc.

Attached – An affiliation with a club.

Unattached – No affiliation with a club. Athletes may register with OSI even when no affiliation with a member club is sought.

Competition

Short Course – a pool that is 25 yard or 25 meters in length. USA Swimming, Inc. conducts most of its winter competition in short course.

Long Course – A pool that is 50 meters in length. United States Swimming, Inc. conducts most of its summer competition and all of its National Championships in long course pools.

Prelims – Slang for preliminaries, also called Heats or Trials. Swimmers compete in Prelims to qualify for the championship and consolation finals in the events.

Final – The championship heat of an event in which the top six or eight swimmers from the preliminaries compete, depending on the number of lanes in the pool.

Time Trial – A time-only swim that is not part of a regular meet.

Sanctioned Meet – A meet conducted by USA Swimming and member clubs for which a sanction number has been issued. All entrants and clubs must be members of USA Swimming. For meets held within OSI boundaries, OSI rules must be in effect

Observed Swim – A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules, such as high school or college. Times made in observed swims during championship-type meets (high school state meet or Collegiate championships) may be used to qualify for USA Swimming competition.

Coach-Athlete-Parent Triangle – It has been shown that a balanced positive relationship between the coach and athlete, the coach and parent, and the parent and swimmer offers the swimmer the best opportunity for both high swimming performance and positive life experience.

Board of Director's Meetings

Board of Directors meetings are held the 1st Wednesday of January, March, May, September and November. Meetings begin at 7:00pm. Everyone is welcome to attend. For specific information about meeting locations and times, look on the OSI website (www.oregonswimming.org) or call the OSI office (503-747-3702).

Insurance Information

When participating in specified activities, USA Swimming, Oregon Swimming, USA Swimming member clubs, and USA Swimming members are provided general liability insurance, and individual and non-athlete members of USA Swimming are provided secondary accident medical insurance. For specific information concerning this coverage and the processing of claims, contact any of the persons listed below

Jeanine Serrano
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Beaverton, OR 97005
W 503-431-5455

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Western Zone LSCs

Alaska Swimming

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CENTRAL CALIFORNIA SWIMMING

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COLORADO SWIMMING

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PACIFIC SWIMMING

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SIERRA-NEVADA SWIMMING

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SNAKE RIVER SWIMMING

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WYOMING SWIMMING

Website: wyomingswimming.org

Oregon Masters Swimming
www.swimoregon.org

CHAIR

Tim Waud
timpwaud@gmail.com

MEMBERSHIP INFORMATION

Christina Fox
foxkohnert@peak.org



How to Become an Official

One thing that never seems to be missing from the deck during a swim meet is the collection of officials that surround the pool, watching the competitors during each race.

While the requirements for certification may seem daunting at first glance, the process is neither arduous nor extremely complicated.

There are several levels of training that can be attained in the certification process. To start the process, and before each new level of certification, one attends a seminar at which the various rules, their interpretation and observation are discussed. After registering with USA Swimming, the trainee is ready to "hit the deck" under the tutelage of an experienced official. One learns the subtleties of each stroke and how to spot rule violations. During this time most officials grow considerably in their understanding of the sport. After finishing the training process, the trainee is ready to take an open book examination, which tests their knowledge of the rules.

The test is graded and, once passed, the trainee becomes a certified official, joining a dedicated group of individuals without which our meets could not run.

Additional levels of certification include starter, electronic timer, and referee. The training and certification process for these positions are similar to that of the stroke and turn official.

If not for the generous gift of time and effort on the part of these individuals, our sport would not be what it is today. There are many ways one can become involved in making our sport the best it can be. Officiating is certainly one of the most enjoyable and rewarding. So come on down and get involved. Just ask one of those folks in the navy blue or white and they will show you where to start!

Information about officials training is available on the Oregon Swimming Website: www.oregonswimming.org/officials

For more information contact the OSI Office 503-747-3702 or office@oregonswimming.org.

OFFICIALS

OSI OFFICIALS COMMITTEE

Officials Chair – Julie Carpenter	503-692-9767	JMCARPENTER001@GMAIL.COM
Electronic Timing – Andrew Guyler	503-682-7832	iaguyler@gmail.com
Training Coordinator Dan Gipe	503-244-7349	gipes@earthlink.net

AREA OFFICIALS CHAIRS:

CENTRAL OREGON–REED SLOSS

RJSLOSS5@BENDCABLE.COM

Bend Swim Club	John Day Swim Team	Prineville Swim Team
Current Swimming	Lakeview Swim Team	Redmond Aquatic Club
Hi-Desert Swim Team	Madras Swim Team	The Dalles Swim Team
Hood River Swim Team		

NORTH WILLAMETTE VALLEY–BILL SHREEVE

BILL.SHREVE1@GMAIL.COM

Canby Swim Club	Farber Swim School	Sherwood Y Dragons
Chehalem Swim Team	Lake Oswego Swim Club	Tigard Tualatin Swim Club
Columbia Willamette Swimming	McMinnville Swim Club	Woodburn Barracuda S.T.

SOUTHERN OREGON – ANDREA KNUITSEN

ANDREANICOLEKNUITSEN@YAHOO.COM

Grants Pass A.C.	Rogue Sharks Swimming	Superior Stingrays
Klamath Basin Aquatic Sports	Roseburg YMCA Swim Team	Swimming
		YMCA Grants Pass
		Swimming

PORTLAND-EASTSIDE – JOE DAHL

JOE@TCSOR.COM

Columbia River Swim Team	NW Blue Crush Aquatic Club	Rose City Aquatic Club
LaCamas Head Hunters	Oregon City Swim Team	Tornadoes Swim Team
Mavericks Aquatics	Portland Aquatic Team	Vancouver Swim Club
Mount Hood Aquatic		

EUGENE/SPRINGFIELD –

Cottage Grove AquaLions	Gold Coast Swim Team	South Coast Aquatic Team
Emerald Aquatics	River Road Swim Club	Willamalane Swim Club
Team Eugene YMCA		

MID-WILLAMETTE VALLEY – JOEL SCROGGY

JOELS@E-C-CO.COM

Albany Aquatic Association	Lebanon Community Swim Club	NW Aquatics
Bearcat Swim Club		Philomath Dolphin Swim Team
Corvallis Aquatic Team	Lincoln City Swim Club	Sweet Home Swim Club
Dallas Blue Dolphins	Nehalem Swim Team	Team Y Manta Ray Sharks
	Newport Swim Team	

PORTLAND-WESTSIDE - JULIA MURPHY

MURPHYHWFLOORS@MSN.COM

Forest Grove Swim Club	North Coast Swim Club	The Dolphins
Hillsboro Swim Team	Sea Lions Swim Team	Tillamook YMCA Sharks
Killer Whales Swim Club	Seaside Swim Team	Tualatin Hills Swim Club
Multnomah Athletic Club	Stingrays Swim Team	



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OSI Administration

BOARD OF DIRECTORS

PRESIDENT/GENERAL CHAIR –

Jody Braden	206-406-8525	coachjib@comcast.net
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1ST VICE PRESIDENT/ADMINISTRATIVE CHAIR –

Christopher Plaffenroth	503-320-3729	christopher@thunderboltswimming.org
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2ND VICE-PRESIDENT/SENIOR CHAIR –

Shelly Rawding	(509) 637-4051	hrvst.coach@gmail.com
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3RD VICE PRESIDENT/AGE-GROUP CHAIR –

Emily Melina	207-874-3017	emily.melina7@gmail.com
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COACHES REPRESENTATIVE –

George Sampson	503-472-4285	sammyboathead@frontier.com
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TECHNICAL PLANNING CHAIR –

Ruth Stocks		ruth@thunderboltswimming.org
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TREASURER –

David Galbraith	503-690-0987	Plumcrazy70@gmail.com
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SECRETARY –

Sophia Stone-Holmbeck	360-609-1030	sophianerissa@gmail.com
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Officials Chair

Julie Carpenter	503-720-9610	Jmcarpenter001@gmail.com
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SAFETY –

Russ Scovel	541-450-3687	russe_l_scovel@symantec.com
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SAFE SPORT -

Joe Dahl	503-636-9035	joe@tcsor.com
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ATHLETE'S REPRESENTATIVE (SR) –

Lindsey Soule'	503-747-3702	office@oregonswimming.org
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ATHLETE'S REPRESENTATIVE (JR)

Angie Lindsay	503-747-3702	office@oregonswimming.org
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PAST GENERAL CHAIR -

Jacki Allender	541-753-5681	jacki.allender@gmail.com
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AT LARGE MEMBER

Marilyn Loitz	503-925-8202	big_chinook@msn.com
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AT-LARGE MEMBER

Jeff Gudman	503-697-7150	jgudman7150@msn.com
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At-Large Member

Nathan Tempelman	503-502-0047	nathan@canby.com
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At-Large Athlete Rep

Caitlyn Wilson	503-747-3702	office@oregonswimming.org
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At-Large Athlete Rep

Trey Fincher	503-747-3702	office@oregonswimming.org
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At-Large Athlete Rep

Chloe Bowman	503-747-3702	office@oregonswimming.org
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ADMINISTRATIVE COMMITTEES
Christopher Plaffenroth - Administrative Chair

ALL-STAR HEAD COACH –

Jody Rash	coachjodymha@gmail.com
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ALL-STAR TEAM MANAGER –

Debbie Lateroute	Debbie.laderoute@gmail.com
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BUDGET –

David Galbraith	503-690-0987	plumcrazy70@gmail.com
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CAMP COORDINATOR –

George Sampson	503-472-4285	sammyboathead@frontier.com
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DISABILITY- TBA

RECORDS/TOP 16 –

Greg Bolstrom	records@oregonswimming.org
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REGISTRATION CHAIR –

OSI Office	503-747-3702	office@oregonswimming.org
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SAFETY COORDINATOR -

Russ Scovel	541-450-3687	russel_scovel@symantec.com
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SAFE SPORT –

Joe Dahl	503-803-0551	joe@tcsor.com
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SANCTIONS –

Reed Sloss	541-504-5240	rjsloss5@bendcable.com
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SWIM-A-THON – USA SWIMMING

Colorado Springs CO	719-866-4578	
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TIME STANDARDS –

Alex Nikitin	503-517-7502	anikitin@themac.com
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WEB SITE –

Greg Bolstrom	webmaster@oregonswimming.org
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SWIMS CHAIR -

Jacki Allender	541-753-5681	Jacki.allender@gmail.com
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REVIEW COMMITTEE

Franz Resseque	franz@thunderboltswimming.org
Gary Leach	
Doug Heymann	office@oregonswimming.org
Patricia Hatzikos	Hatzikos@comcast.net
Justin Patterson	matthewp_lynott@yahoo.com

Nominating Committee

Jacki Allender	jacki.allender@gmail.com
Quinn LaFond	office@oregonswimming.org
Martha Pagel	martha.pagel@frontier.com
George Sampson	sammyboathead@frontier.net
Jim Knaup	



About our Office

We welcome your visit. The Oregon Swimming Office is normally open Monday through Friday from 10 am to 3:00 pm. Please call before visiting because there are errands and other responsibilities that may cause the office to be closed. Also, the office may be closed for holidays; swim meets, or related activities.

Officials shirts, DQ slips, relay entry forms, and other publications are available at the office. See the order form near the back of this booklet.

Contacting the Office

12655 SW Center Street, Suite 330
Beaverton, OR 97005
503-747-3702
503-297-8498 (fax)
office@oregonswimming.org

Volunteering for Oregon Swimming

Assistance is always needed in the office and on the many committees that are the heart of our organization. Your help is always needed and appreciated.

If you have 1-2 hours per week to volunteer, please call the office or any of the committee chairs. Expenses related to volunteer work and contributions are deductible for Federal Income Tax purposes.

Office Information



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OSI Awards

THE OREGON SWIMMING/JAMES J. RICHARDSON AWARD

James J. Richardson was a reporter for the San Francisco Examiner who came to Oregon, managed the Multnomah Athletic Club, and was one of the original founders of the Oregon AAU in 1935. He also served as chairman of the board of OAAU and was active in all sports - boxing, swimming, etc.

The award was presented to the Swim Committee in 1966 by the Boxing Committee in his memory. The award has been presented almost every year. It is given to the outstanding long term contributor to the sport of Aquatics in Oregon Swimming. The person receiving the award may be Athlete, Coach, Official, Teacher, Instructor, Parent, Volunteer, Writer, or Athletic/Recreational personnel.

1967 Marvin Newman	Oregon Association AAU Swim Chair
1968 Olive Mucha	Oregon Association AAU Age Group Chair
1969 Larry Kruger	Oregon Association AAU Officials Chair
1970 Don Jacklin	David Douglas Swim Coach
1971 Bill Dendurent.....	Oregon Association AAU Swim Chair
1972 Don McGavern	Oregon Association AAU Diving Chair
1973 John Fewel	Oregon Assn. AAU Officials & Age-Group Chair
1974 Miriam Courtney.....	AAU Synchronized Chair
1975 Kim Marie Peyton	AAU Swimmer
1976 No Award Presented	
1977 Connie Wilson	Oregon Association AAU Master Swim Chair
1978 Libby Fewel	Oregon Association AAU Swim Chair
1979 Mike Popovich	Mt. Hood Community College Swim Coach
1980 Virginia Shea	Treasurer, Oregon Swimming, Inc.
1981 Rich Sherrell	Area Officials Chair - Eastern Oregon
1982 Dick Parker	Administrative Chair, Oregon Swimming, Inc.
1983 Tom Thomas	Board of Directors, Oregon Swimming, Inc.
1984 Ron Pemberton	Area Officials Chair - Southern Oregon
1985 Ken Lyons.....	Board of Directors, Oregon Swimming, Inc.
1986 Leo Poulin.....	Technical Planning Committee Chair, OSI
1987 Nancy Morgan	Secretary, Oregon Swimming, Inc.
1988 Robert Brown.....	Officials Chair, Oregon Swimming, Inc.
1989 Coco Helzer	Administrative Chair, Oregon Swimming, Inc.
1990 Robert Brown.....	Administrative Chair, Oregon Swimming, Inc.
1991 Bud Taylor	Bohemia Swim Association Coach
1992 Helen Brown	Official & Sanctions Chair, Oregon Swimming, Inc.
1993 Mark Hyder.....	Administrative Chair, Oregon Swimming, Inc.
1994 Vicki Taylor.....	Coach, Mt. Hood Swim Team
1995 Jeanine Jaramillo.....	Zone Team Manager, Mini-Expo Organizer
1996 Jeff Gudman.....	General Chairman, 1992-1996
1997 Jim & Cecile Doyle	JD Pence Aquatic Supply
1998 Stan Benson	Officials Chair, Oregon Swimming, Inc.
1999 Gary Leach.....	Coach, Tualatin Hills Swim Team
2000 Christi McCauley	OVC Chair, Awards Ceremony, Official
2001 Coby van Andel	OSI Office Manager
2002 Andy Carlisle	OSI Time Standards/Coach
2003 Jacki Allender	Star Chair, official
2004 Dick Moody	Coach
2005 Tim Stevenson	OSI General Chair, official
2006 DawnMarie Woodward	Willamalane Swim Club Meet Director, General Chair
2007 Gene Mielke.....	OSI Disability Chair, Official
2008 Howard Jones.....	OSI Official
2009 Scott Kerr, Mark Maxwell.....	OSI Camp Committee, Coach
2010 Al Smith.....	Official
2011 Stan Benson	Official
2012 Julie Greenaway.....	Meet Director MHA
2013 Marilyn Loitz	Volunteer
2014 Gene Mielke.....	Official, Board Member
2015 Sarah and Dan Brazier.....	Volunteers
2016 Stan Benson.....	Official

COACHES EXCELLENCE AWARD

2007 Al Stephenson	BRSC	2013 PAC Coaching Staff	PAC
2008 Lissa Parker	LCSC	2014 Gary Leach	MAC
2009 Shelly Rawding	HRST	2015 Chris Richmond	SCAT
2010 Tom McLaughlin	PAC	2016 Vicki Gordon	VSC
2011 Matt Crum	OCST		
2012 Junia Calhoon	SHSC		

OREGON SWIMMING OUTSTANDING FEMALE SWIMMER

1970 Bobbie Pickell.....	Eastmont	1994 Rachel Joseph	ECSC
1971 Kim Peyton	DDSC	1995 Lauren Thies	MAC
1972 Jane Levings	BSA	1996 Lauren Thies	MAC
1973 Irene Arden	DDSC	1997 Alisa Schuknecht	BEND
1974 Karen Andrus	DDSC	1998 Alisa Schuknecht	BEND
1975 Heidi Weissert.....	WSC	1999 Alisa Schuknecht	BEND
1976 No Award Presented		2000 Co-Recipients - Melissa Greene	THSC
1977 Susan Habernigg	DDSC	- Inge de Bruijn.....	THSC
1978 Ellen Ferguson	WSC	2001 Marisa Kozak	BEND
1979 Susan Habernigg	MAC	2002 Christina Kinney	MHST
1980 Kim Nicholson		2003 Caitlyn Shortt	MHST
1981 Kerry Riddle	WSC	2004 Morgan Scroggy.....	THSC
1982 Linda Bell	WSC	2005 Kimberly Jasmer	SCAT
1983 Michelle Donahue & Jenny Shannon	MAC	2006 Hannah Points	TTSC
1984 Michelle Donahue	MAC	2007 Lauren Thies	MAC
1985 Michelle Donahue	MAC	2008 Laura Miller	DDSC
1986 Cara Hafner.....	CAT	2009 Kaylin Bing	RST
1987 Jody Smith	PAC	2010 Tori Simenec.....	BRSC
1988 Maureen Haslach	MAC	2011 Peggy Liang	CRST
1989 Tammy Shannon	MAC	2012 Michelle Cefal.....	THSC
1990 Co-Recipients - Becky Gumpert.....	BEND	2013 Michelle Cefal.....	THSC
- Tammy Shannon.....	MAC	2014MacKenzie Rumrill.....	BRSC
1991 Tammy Shannon	MAC	2015 MacKenzie Rumrill.....	MVA
1992 Becky Gumpert	BEND	2016 Keaton Blovard.....	THSC
1993 Rachel Joseph	ECSC		

OREGON SWIMMING OUTSTANDING MALE SWIMMER

1970 Mike Dirksen	DDSC	1994 Ryan Lowe.....	MHST
1971 Co-Recipients - David Bahler	MAC	1995 Christopher Thompson.....	RST
- Bob MacDonald	DDSC	1996 Christopher Thompson.....	RST
1972 Stan Carper	DDSC	1997 Paul Ely	THSC
1973 Co-Recipients - Doug Ainsle	DDSC	1998 Ben Brink.....	ECSC
- Mike Ainsle	DDSC	1999 Matt Sorlein	TTSC
1974-75-76 No Award Presented		2000 Trent Staley.....	THSC
1977 George Koch	DDSC	2001 Tyler Storie	CAT
1978 Toby Weissert	WSC	2002 Dennis Baker.....	DDSC
1979 Dennis Baker	DDSC	2003 John Rasmussen	MHST
1980 James Lorys		2004 Logan Madson	BEND
1981 Sean Taylor	BSA	2005 Logan Storie.....	CAT
1982 Gary Squires	MSC	2006 Logan Storie.....	CAT
1983 Co-Recipients - Tyler Jourdonnais ...	DDSC	2007 Logan Storie.....	CAT
- Alex Stiles	MAC	2008 Brett Nagle.....	DDSC
1984 Matt Rankin	MAC	2009 Neil O'Halloran	THSC
1985 Matt Rankin	MAC	2010 Jacob Pebley	CAT
1986 Brent Lang	THSC	2011 Jacob Pebley	CAT
1987 Mark Henke	GCST	2012 Jacob Pebley	CAT
1988 Matt Brown	THSC	2013 Thomas Brewer	CURR
1989 Brad Bachulis.....	MAC	2014 Patrick Mulcare	THSC
1990 Can Ergenekan	THSC	2015 Thomas Brewer.....	CURR
1991 John Keppeler	MAC	2016 Sid Farber.....	PAC
1992 Whitney Woolard	VSC		
1993 Jay Telford.....	MHST		

AGE GROUP COACH OF THE YEAR AWARD

1990 Milt Nelms	VSC	2003 Alex Nikitin	MAC
1991 Alan Stephenson	SAC	2004 Linck Bergen	THSC
1992 Steve Franklin	RST	2005 Kate Phifer	BRSC
1993 Scott Kerr	ECSC	2006 Ben Swinehart	THSC
1994 John DeRoest	DDSC	2007 James Resare	HEAT
1995 Rick Guenther	CAT	2008 Shane Bennett	BEND
1996 Mark Barnett	BEND	2009 Shane Bennett	BEND
1997 Suha Tokman	SA	2010 Ben Swinehart	THSC
1998 Beth Winkowski	PPST	2011 Matt Crum	OCST
1999 Rob Harvey	OCST/All Star Team	2012 Jake Salaz	MAV
2000 Co-recipients - Sean Hutchison	THSC	2013 Franz Resseguie	THSC
- Neil Romney	RST	2014 Ruth Stocks	THSC
2001 Suha Tokman	SA	2015 Gary Leach	MAC
2002 Jeanine Serrano	TTSC	2016 Gary Leach	MAC

COLLEGIATE ATHLETE OF THE YEAR

2007 Jessica Embick	MHST/ASU	2013 Andrew Heymann	MAC/Yale
2008 Morgan Scroggy	THSC/U of Georgia	2014 Michele Cefal	THSC/U of Tennessee
2009 Brett Nagle	MHA/U of Wisconsin	2015 Anton Loncar	HEAT/U of Denver
2010 Amber Boucher	BRSC/Boise State	2016 Curtis Klein	LOSC/U of Pacific
2011 Rachel Heaney	SCAT/Boise State		
2012 Tori Simenec	BRSC/U of Minnesota		

SENIOR COACH OF THE YEAR AWARD

1990 Ben Davis	THSC	2004 Bud Taylor	MHST
1991 Mark Barnett	BEND	2005 Rick Guenther	CAT
1992 Mark Barnett	BEND	2006 Andy Carlisle	TTSC
1993 Jim Puleo	MHST	2007 Linck Bergen	THSC
1994 Scott Kerr	ECSC	2008 Burt Stratton	DDSC
1995 Skip Runkle	MAC	2009 Linck Bergen	THSC
1996 Rick Guenther	CAT	2010 Rick Guenther	CAT
1997 Rick Guenther	CAT	2011 Rick Guenther	CAT
1998 Mark Barnett	BEND	2012 Rick Guenther	CAT
1999 Mark Barnett	BEND	2013 Linck Bergen	THSC
2000 Paul Bergen	THSC	2014 Kyle Kimball	MVA
2001 Bud Taylor	MHST	2015 Alex Nikitin	MAC
2002 Scott Allen	RST	2016 James Resare	HEAT
2003 Bud Taylor	MHST		

JON ARLIN ADAPTIVE SWIMMING AWARD

1989 Sheryl Forest		2004 Jennifer Butcher, Julie Crisp, Mikaela	
1990 Mark Maxwell	Coach	Rutherford, Aaron Paulson	Athletes
1991 Alan Stephenson	Coach	2005 Mark Rieniets	Official
1992 Mark Maxwell	Coach	2006 Mark Maxwell	Coach
1993 Doug Robberson	Official	2007 Megan Smith	Athlete
1994 Sarah Beth Ely	Athlete	2008 Peggy Liang	Athlete
1995 Amy Emmett	Official, Coach	2009 Mark Rieniets	Official
1996 Aaron Paulson	Athlete	2010 Alice Luo	Athlete
1997 Sarah Ely	Athlete	2011 Peggy Liang	Athlete
1998 Aaron Paulson	Athlete	2012 Mark Maxwell	Coach
1999 Mark Maxwell	Coach	2013 Cassandra Shaffer	Athlete
2000 Gene Mielke	Official	2014 Alice Luo	Athlete
2001 Gene Mielke	Official	2015 Gene Mielke	Official
2002 Mark Maxwell	Coach	2016 Cassandra Shaffer	Athlete
2003 Bryan Butcher	Coach		

DICK PARKER OFFICIALS AWARD

Unless noted, awardees served Oregon Swimming, Inc.

1984 Ron Pemberton Area Officials Chair, Southern Oregon
1985 Don Meador Officials Chair
1986 Mike Graves Official
1987 Ruth & T. D. Hughes .. Official & Area Chair
1988 Ron Davis Official
1989 Connie Miller Official
1990 Barbara & Bob Bodyfelt OVC Chair & Official
1991 Robert Brown Official
1992 Larry Snead Area Officials Chair
1993 Helen Brown Official
1994 Al Smith Official
1995 Bob Godley Official
1996 Robert & Helen Brown Officials
1997 John Weiler Area Officials Chair
1998 Stan Benson Officials Chair
1999 Gene Mielke Official

2000 Tim StevensonArea Officials Chair
2001 Al Smith Official
2002 Penny Dam Official/ET Chair
2003 Linda PostmaArea Officials Chair
2004 Mark Rieniets Official
2005 Jacki Allender Official
2006 Michael O'NeilArea Officials Chair
2007 Fran Hart Official
2008 Bruce Ludwig Officials Chair
2009 Joanne Wisniewski Official
2010 Joe DahlArea Officials Chair
2011 Julie CarpenterArea Officials Chair
2012 Julia MurphyArea Officials Chair
2013 Kym Jacobson Training Committee Chair
2013 Dan GipeArea Officials Chair
2014 Bob McMillan Officials Chair
2015 John Haring Official
2016 Jim Quisenberry Official

UNITED STATES SWIMMING OUTSTANDING SERVICE AWARD

The Outstanding Service Award was established in 1981 to recognize the invaluable contribution of volunteer service to United States Swimming, Inc. The award, sponsored by the Phillips Petroleum Company, is presented annually to an honoree named by each of the 59 Local Swimming Committees. Selection criteria considers quality, level, and years of volunteer service in elected or appointed positions from among the categories of administrator, official and coach, with emphasis on contributions made in the last year or two.

United States Swimming and Phillips Petroleum Company take great pride in honoring the role of the volunteer as an important investment in the future of all swimming athletes and the growth of the programs they represent.

Volunteers have been the heart and strength of American Swimming, and their special gifts of time, talent, and devotion to local swimming programs make United States Swimming what it is today.

1981 Olive Mucha Board of Directors
1982 Libby Fewel Board of Directors
1983 Jack Dawes Officials Chair
1984 Marlene Johnson Board of Directors
1985 Elfie Stevenin CBSL
1986 Dick & Rhobie Parker Board of Directors
1987 Robert Brown Officials Chair
1988 Nancy Morgan Board of Directors
1989 Jeff Gudman Treasurer
1990 Arlene Arlin Adaptive Chair
1991 Jeff Gudman Administrative Chair
1992 Mark Hyder Administrative Chair
1993 Elfie Stevenin Secretary, CBSL
1994 Robert & Barbara Bodyfelt Officials, OVC Chair
1995 Jon French Mt. Hood Swim Team
1996 Helen Brown Official & Sanctions Chair
1997 Gill Wolfe All Star Team Manager
1998 Bob Godley ... Area Officials Chair, Treasurer
1999 Marni Henrickson Records Chair

2000 Valarie Koss All Star Team Manager
2001 Bert Gottschalk All Star Head Coach
2002 Lissa Parker All Star Team Manager
2003 Robbert van Andel OSI Website
2004 Tim Stevenson ... OSI General Chair, Official
2005 Robbert van Andel OSI Website
2006 Rick Guenther OSI Admin Chair
2007 Jeanine Serrano All Star Team Manager
2008 Brendan Drawz Coach
2009 Shelly Rawding All Star Head Coach
2010 Heather Tomas All star Team Manager
2011 Jacki Allender Official
2012 Julia Murphy Official
2013 Heather Thomas All Star Team Manager
2014 Ken Hanson Area Officials Chair
2014 Reed Sloss Official/Sanctions Chair
2015 Debbie Laderoute Official
2016 George Sampson Coach

MEDIA AWARD FOR OUTSTANDING SUPPORT TO OREGON COMPETITIVE SWIMMING

1981 The Valley Times.....	Beaverton	2001 The Dalles Chronicle.....	The Dalles
1982 The World	Coos Bay	2002 No Award	
1983 Hermiston Herald	Hermiston	2003 Grants Pass Dailey Courier	Grants Pass
1984 The Columbian	Vancouver	Jewish Review	Portland
1985 The Oregonian	Portland	The Newberg Graphic.....	Newberg
1986 Springfield News	Springfield	2004 Co-recipients	
1987 Gresham Outlook	Gresham	Herald and News.....	Klamath Falls
1988 Newberg Graphics.....	Newberg	2004 News Register.....	McMinnville
1989 Lincoln City Newsguard	Lincoln City	2005 Co-recipients	
1990 Lake Oswego Review	Lake Oswego	Lake Oswego Review	Lake Oswego
1991 The Oregonian	Portland	The Newberg Graphic.....	Newberg
1992 Jeff Klein - Hood River News	Hood River	2006 Albany Democrat Herald	Albany
1993 The Dalles Chronicle.....	The Dalles	Hillsboro Argus	Hillsboro
1994 Gresham Outlook	Gresham	2007 Herald and News.....	Klamath Falls
1995 Corvallis Gazette.....	Corvallis	2008 White Salmon Enterprise.....	White Salmon, WA
1996 Chris Clair - Newberg Graphic.....	Newberg	Roseburg, OR
1997 Medford Mail Tribune.....	Medford	2009 The Mail Tribune	Medford OR
1998 Daily Courier	Grants Pass	2010 No Award Presented	
1999 Tri-County News	Junction City	2011 No Award Presented	
The World.....	Coos Bay/North Bend	2012 No Award Presented	
2000 Newport News-Times	Newport	2013 The New Era	Sweet Home
Herald and News.....	Klamath Falls	2014 No award presented	
Canby Herald.....	Canby	2015 No Award Presented	
		2016 No Award Presented	



The OSI By-Laws are available in the OSI Office or by going to the OSI website (www.oregonswimming.org). Prior to 1996, the By-Laws were included in this SWIM GUIDE. In 1996, OSI was required to adopt a new set of by-laws based on the format provided by USA Swimming, Inc. making it 80 pages long. Therefore, the OSI Board of Directors authorized their omission.

OSI By-Laws



OSI was incorporated in 1981.

OSI Incorporation

Certificate of Incorporation

CERTIFICATE

State of Oregon

OFFICE OF THE SECRETARY OF STATE
Corporation Division

I, *BILL BRADBURY*, Secretary of State of Oregon, and Custodian of the Seal of said State, do hereby certify:

OREGON SWIMMING, INC.

was

incorporated

under the Oregon

Nonprofit Corporation Act

on

July 1, 1981

and is active on the records of the Corporation Division as
of the date of this certificate.

*In Testimony Whereof, I have hereunto set
my hand and affixed hereto the Seal of the
State of Oregon.*

BILL BRADBURY, Secretary of State



By *Jana Breneman*
Jana Breneman
October 26, 2011

ARTICLES OF INCORPORATION OF OSI

The undersigned acting as incorporator under the Oregon Nonprofit Corporation Law, adopts the following Articles of Incorporation:

ARTICLE I

The Name of the Corporation shall be Oregon Swimming, Inc.

ARTICLE II

The period of duration of the Corporation shall be perpetual.

ARTICLE III

The Corporation is organized, and shall at all times be operated, for the purpose of fostering national and international amateur swimming competition for the benefit of swimmers of all ages and abilities, in accordance with the standards and under the rules prescribed by the Federation Internationale de Natation Amateur, United States Swimming, Inc., and the Corporation.

No part of the activities of the Corporation shall involve the provision of athletic facilities or equipment.

The assets of the Corporation are irrevocably dedicated to the purpose of fostering national and international amateur swimming competition, and no part of the net income or other assets of the Corporation shall ever inure to the benefit of any director, officer or member thereof or to the benefit of any other private person: provided, however, that the Corporation shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purpose set forth in the Article III. Upon dissolution or final liquidation of the Corporation, the assets of the Corporation shall be distributed as provided in Article VI hereof.

No substantial part of the activities of the Corporation shall consist of carrying on propaganda, or otherwise attempting to influence legislation, and the Corporation shall not participate or intervene in (including the publishing or distribution of statements) any political campaign on behalf of any candidate for public office.

It is intended that the Corporation shall have and continue to have the status of an organization which is exempt from federal income taxation under sections 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible for federal income, estate and gift tax purposes under section 170(c)(2), 2055(a)(2) thereof, respectively. These Articles of Incorporation shall be construed, and all powers and activities of the Corporation shall be limited, accordingly. Notwithstanding any provisions of these Articles of Incorporation, the Corporation shall not carry on any activities not permitted to be carried on by a corporation having such status.

ARTICLE IV

The Corporation's Bylaws shall provide two classes of members, designated as group members and individual members. The method of selection and the qualification and rights of the members of each class shall be set forth in the Bylaws; provided, however, that the group members shall consist of swim organizations which have athletes registered to represent them in the sport of swimming or which conduct a program in swimming or are composed of persons joined together in support of swimming or some aspect of it; and provided further that only group members shall have voting rights. Individual members shall not have voting rights.

ARTICLE V

The numbers of directors constituting the initial board of directors of the Corporation is five. The names and address of the persons who are to serve as the initial directors are:

Elizabeth B. Fewel	4214 S.W. Arthur Way Portland, Oregon 97221
Olive Mucha	Route 3, Box 23C Troutdale, Oregon 97060
Virginia Shea	14991 S.E. Grant Court Portland, Oregon 97223
Trond Williams	1849 S.W. Salmon Street Portland, Oregon 97205
Steven Roth	15508 S.E. Division, No. 40 Portland, Oregon 97236

ARTICLE VI

Upon dissolution or final liquidation of the Corporation, all assets, after all liabilities and obligations of the Corporation are paid, satisfied and discharged or adequate provision is made therefore, shall be distributed to United States Swimming, Inc., to be used exclusively for educational or charitable purposes; provided, however, that, if United States Swimming, Inc., is not then in existence, or is not then a corporation which is exempt under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections 1780(c)(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such a corporation, to be used exclusively for educational or charitable purposes.

ARTICLE VII

References in these Articles of Incorporation to the Internal Revenue Code are to the United States Internal Revenue Code of 1954, as amended, and shall be deemed to refer to any corresponding provisions of any subsequent federal tax laws.

ARTICLE VII

The address of the initial registered office of the Corporation is 900 S.W. Fifth Avenue, Portland, Oregon 97204, and the name of its initial registered agent at such address is David M. Munro.

ARTICLE IX

The name and address of the incorporator is David M. Munro, 900 SW Fifth Ave., Portland, Oregon

Dated: June 30, 1981	David M. Munro
STATE OF OREGON)
) SS
COUNTY OF MULTNOMAH)

I, Debra D. Diede, a notary public for Oregon, hereby certify that on the 30th day of June 1981, personally appeared before me DAVID M. MUNRO, who being by me first duly sworn, declared that he is the person who signed the foregoing document as incorporator, and the statements therein contained are true.

Debra D. Diede
Notary Public for Oregon
My commission expires: Jan. 21, 1985



OSI Policies & Procedures

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OREGON SWIMMING, INC.
POLICIES AND PROCEDURES/RULES AND REGULATIONS

(revised November 2016)

Matters not specifically covered by the Bylaws of Oregon Swimming, Inc. may be governed by the Policies and Procedures. Additions, deletions, or modifications of these Policies and Procedures may be made by simple majority vote of the Oregon Swimming, Inc (OSI) Board of Directors or the House of Delegates. In any case where a conflict exists between these Policies and Procedures and those provisions of USA Swimming, Inc Rules and Regulations, the latter shall take precedence (refer ARTICLE XIV –AMENDMENTS)

ARTICLE I – SWIM CALENDAR

Section I – Scheduling Chair

- A. The General Chair shall appoint the Scheduling Chair.

Section II – Scheduling Chair Duties

- A. The Scheduling Chair shall announce the deadline and process for the submission of meet requests and bids for championship meets at the OSI House of Delegates meeting a minimum of thirteen (13) months prior to the calendar year.
- B. The Scheduling Chair shall receive all requests for regular calendar meets in writing (on the form provided by OSI) or via the OSI website, prior to the deadline.
- C. The Scheduling Chair shall be responsible for reviewing the calendar submissions for non-OSI Championship meets and resolving any conflicts with the clubs concerned.
- D. The new OSI Meet Calendar will be posted on the website when all conflicts have been resolved.
- E. If no bids are received for an OSI Championship meet before the deadline, the Scheduling Chair shall be responsible for soliciting a bid(s) and awarding the Championship meet concerned.

Section III – Championship Meet Bids

- A. All bids to host an OSI Championship meet must be submitted in the proper manner prior to the announced deadline.
- B. Championship Meet Bids must include:
 - 1. The specific Championship to be hosted.
 - 2. Location and host team(s).
 - 3. Number of pool lanes, width, and if a separate warm-up pool is available.
 - 4. Any special charges, including but not limited to:
 - a. Equipment rental.
 - b. Spectator entry fee or surcharge to offset facility fee.
 - 5. If dive starts are possible from both ends of pool.
- C. Once the submission deadline for championship meets has passed, all bid application packets, ballots, and the date voting will be closed (normally 2 weeks following the mailing) will be made available to each club (1 vote per club).
 - 1. E-mail and/or on-line publication of the bid application packets and voting may be substituted for regular mail.
 - 2. In the event that no championship bid receives a majority (50% plus 1) the bid with the lowest number of votes will be dropped and a re-vote will occur.
- D. No single facility may host the same Championship meet more than two (2) consecutive years unless no other facility has requested the meet.
- E. See Article VIX, Section IV for required equipment.

ARTICLE II - SANCTIONS

Section I: Sanctions Chair

- A. The Sanction Chair shall be appointed by the General Chair. USA Swimming, Inc, through the OSI Sanctions Chair, issues sanctions and approvals according to the procedures listed below. All requests shall be directed to the Sanctions Chair.

Section II - Procedures

- A. All competitive swimming events must be sanctioned by USA Swimming through the OSI Sanctions Chair. AB Long Course meets are open meets, not an invitational.
- B. Time Trials shall be sanctioned separately and shall be run in conjunction with a Sanctioned Competitive swim meet.
- C. Non-competitive swimming events (Camps, Clinic, etc.) must be sanctioned, and shall be publicized one week in advance.
- D. Approvals may be granted, in lieu of sanction, to non-member clubs/organizations or member clubs hosting non-member competitors for meets conducted in accordance with USA Swimming technical rules.
- E. A maximum of one meet per season shall be sanctioned for closed inter-squad meets and all applicable rules for sanctioned meets must be observed.
- F. Sanctions requests for meets shall include the name of the designated Meet Referee approved by the OSI Officials Chair. Changes to the Meet Referee position must be sent to the Sanctions Chair.
- G. AB+ Time standards are required for AB Long Course Meets.
- H. A sanction and compliance with all relevant OSI procedures, is required to accept results for OSI Top 5, USA Swimming Top 10, all Records, and National Verifiable Times for National qualifying times.
- I. Oregon Swimming will not sanction a meet if the charge for individual or relay events, or the OSI surcharge fee exceeds the maximum published by Oregon Swimming.

Section III – Fee

- A. The Sanction fee is \$20.00 per day and is applicable for each day on which events are scheduled for the meet, regardless of the meet format.
- B. The Time Trial Sanction fee is \$25.00 per day and is applicable for each day on of the event which time trials are scheduled for the meet.
- C. The sanction fee is waived if no entry fee (OSI surcharge and splash fees) is charged. Host may charge a facility Use surcharge.
- D. The Blanket Sanction Fee, for a series of dual meets, is \$25 per season.

Section IV - Submission for Sanction:

- A. The Scheduling Committee must approve a meet before submitting a sanctions application.
- B. The Host club is responsible for obtaining the Sanction Application from the OSI website.
- C. Sanction applications must be received by the Sanctions Chair at least 45 days prior to the first day of the meet for which application is submitted. For dual meets and closed inter-squad meets, Sanction Applications must be received at least seven (7) days before the meet.
- D. Sanction applications must include:
 - 1. Completed Sanction Application including appropriate fee
 - 2. Proposed meet information, in recommended format, including schedule of events in accordance with USA Swimming Rules & Regulations.
- E. Upon approval of the Sanction, the Meet Information will be posted on the OSI website at least 30 days prior to the first day of the meet, and must bear the wording "Sanctioned by USA Swimming, Inc."

Section V – Request for Observations

- A. This procedure is used to request the observation of swims at High School, Collegiate, Masters or other association season-culminating Championship meets.

1. The meet referee must complete a Form B request for Observation (available on the OSI web site). The completed form must be received by the SWIMS chair (or designee) a minimum of ten (10) days prior to the start of competition.
 2. The number of Association officials must meet the minimum requirements as provided in USA Swimming Rules & Regulations. In addition there must be a minimum of two (2) OSI/USA Swimming certified and registered officials (one at each end of the course) who will note compliance with USA Swimming Technical Rules.
 3. The meet referee (based on the number of swims that may be requested and available officials) will determine if all individual swims will be observed, only requested swims, or only one session (i.e., finals only). This will be indicated on request form.
 4. Meet management should make an effort to encourage all teams to include USA Swimming ID numbers in the database.
 5. Meets that will observe-by-request (usually when fewer than 10 swims are expected to make such request) shall make an effort to provide a USA Swimming ID number with such request.
 6. Medley relays comprised of four (4) swimmers from the same club team must request observation prior to competition (even for meets where all individual swims are observed).
 7. The meet referee (or designee) will be responsible to collect and collate conforming/non-conforming swims information from the officials. The meet referee will (or direct meet management) to provide meet results to the SWIMS Chair within 24 hours of meet completion. These results must be a Hy-Tek meet back-up.
 8. The meet referee will communicate notice of compliance and any relay lead-off requests as well as relay results requested for entry to SWIMS Chair within five (5) days of meet completion.
- B. Results will be entered into the SWIMS database as follows.
1. For meets approved for observation of all individual swims:
 - a. Individual event results for swimmers registered for the current registration year will be entered to the best of our ability.
 - b. Any relay results that were requested, as well as relay lead-off request will be entered.
 2. For meets approved for observation by request:
 - a. Requested observation of individual events, relays, and relay lead-off swims (including freestyle) for swimmers registered for the current registration year will be entered.
 3. For meets approved for observation of all individual swims, swimmers not registered at the time of swim may request their time be entered to SWIMS once registration is complete.
 4. Any questions from coaches and/or swimmers about times must include: swimmer name, school, which meet (district/state), and USA Swimming ID number.

ARTICLE III – TIME STANDARDS

Section I -Procedures

- A. **Chair** - The Time Standards Chair shall be appointed by the OSI General Chair.
- B. **Duties** - The Chair shall formulate the time standards for "A", "B", and "B+" classes of competition.
- C. **Function** - Competition in all classes and age groups shall be regulated by time standards, and except as provided by eligibility rules, swimmers may not participate in events when their best time exceeds the maximum time standard or fails to equal the minimum time standard.

- D. **Derivation** - The "A" time standard for each gender and age-group are derived by averaging the 24th place time (18th place if Championship meet held in 6 lane pool) over the past three years, with the standard never to become slower. "B" time standards are derived by multiplying the "A" time standard by 1.1. B+ time standards are half way between "A" and "B" Time Standards.

ARTICLE IV – RECORDS

Section I - Eligibility

- A. OSI will maintain records in all recognized Senior, Age Group and Disability events for:
- 1) Swimmers currently registered with OSI and
 - 2) All relay teams composed of registered swimmers registered to the same OSI club.

Section II - Qualification Requirements - All Records

- A. Must be set in sanctioned competitions. (Records set in properly sanctioned time trials will be recognized)
- B. Must be set in the corresponding event in competition.
- C. May be set in meets outside of the OSI LSC.

Section III - Information Requirements

- A. Final results, or a completed summary sheet, with first and last names of all swimmers participating in individual events and relays, their club code and ages; signed by the Meet Referee.
- B. Final results for meets outside the OSI LSC must be submitted for record verification. Note: It is the responsibility of the swimmer, or their representative, to submit the proper documentation to verify a record performance.

Section IV - Oregon Swimming, Inc. Records

To be maintained and reported annually in this guide for the following courses: 25 yard, 25 meter and 50 meter, and the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, and Open.

Article V - OREGON SWIMMING, INC. TRAVEL FUND

Section I - Establishment of the Travel Fund

- A. A portion of monies received by OSI from swim meets held under its jurisdiction will be reserved in the OSI Operating fund and designated as the Travel Fund. Prior to 2016, excess Travel Funds were deposited into the Travel Endowment. Effective 2016, excess Travel Fund monies remain in the OSI operating fund and, under the control of the Executive Committee, shall be used for OSI initiatives.
- B. 95% of the earnings from the Travel Endowment shall be transferred for use in the budget 2 years forward. This is effective with the 2015 year-end earnings for use in the 2017 budget.
- C. Reimbursement for expenses to the USA Swimming Convention, with the exception of attending Athletes Representatives, will be paid from the General Fund.

Section II - USA Swimming National, Futures, Zone, and Disability Championships

- A. **Purpose** - To reimburse part of the travel costs of OSI swimmers and coaches competing in/attending USA Swimming Senior/Junior National, Olympic Trials, Futures, Western Zones, and Disability Championships or members of OSI clubs who are members of USA teams in international competition when said championships are outside OSI boundaries.
- B. **Allocation and Distribution of Funds**
1. **Allocation** - Funds for Championship travel shall be derived from the swimmer surcharge and a portion of individual/relay entry fee(s) collected from OSI sanctioned competitions plus any funds or donations obtained for the specific purpose of supporting authorized Championship travel. OSI may elect to allocate additional funds from other sources, including all fines collected for proof of time penalties, late reports, etc.

2. **Distribution** - The ratio of reimbursement shall be calculated so that JR meet participants receive approximately 75% of the amount allocated for SR meets, adjusted for location factors. Members of OSI clubs who are members of USA teams in international competition shall be reimbursed at the SR rate. WZ Meet participants will receive lesser amount as shown in the table below. Notwithstanding anything to the contrary in Article V, Section II, c, 6; for Relay Only swimmers each club will receive 25% of the reimbursement listed in the table following Section II, b, 2 for each relay-only swimmer, who competes at the meet, up to a maximum of four relay only swimmers for the meet.

Zone ^Z	States for each Zone	SR ^Y	JR ^A	Futures	WZ (Age Group)
1	Federal Way	\$500	\$400	\$300	\$250
2	California, Arizona, Utah	\$600	\$500	\$400	\$350
3	Texas, North Dakota, Colorado, Minnesota	\$700	\$600	\$500	\$450
4	Hawaii, Florida, Indiana, Nebraska Tennessee, New York, Alabama	\$800	\$700	\$600	\$550

^Z Except when expenses are paid by USA Swimming or some other organizations. Total reimbursement from all sources not to exceed actual costs.
^Y SR: U.S. Trial and Selection meets, Senior Nationals, U.S. Open, National Disability Championships and International Meets (i.e. World Cup, Goodwill Games, etc).
^X JR: USA Swimming Junior Nationals.
^W WZ Meet: Western Zone meet
^X 15-Over swimmers would receive 100% reimbursement money their first two years for WZ competition, but would be eligible for only 50% reimbursement money if they choose to attend the Zone meet in subsequent years.

C. Eligibility

- The swimmer/coach must be an OSI athlete member.
- The swimmer/coach must compete in an individual event at one of the following USA Swimming Sanctioned meets: Olympic Trials, Senior Nationals, US Open, National Disability Championships, USA Jr. Nationals, Futures, and Western Zone Championships. Relay only swimmers are subject to the conditions outlined elsewhere in this section.
- Clarification:
 - Funding will be available for a single meet within a given season except in Olympic years when funding will be available to athletes who compete at Trials and Nationals within the same season.
 - Members of OSI clubs who are members of USA teams in international competition may not receive payment for the international meet and any other championship meet in the same season.
 - The swimmer must represent an OSI club at the qualifying meet. If unattached in the OSI LSC, the Board of Directors shall determine eligibility for reimbursement.
- A swimmer who registers in another LSC or country and then returns to Oregon will begin the process as if they are entering Oregon Swimming for the first time. These athletes are not swimming consecutive seasons. Except: Consecutive seasons for NCAA college swimmers is considered to be the previous long course season, due to NCAA rulings.

5. For short course reimbursement, swimmers shall compete in a minimum of three (3) OSI sanctioned meets, not including dual meets, during the current short course season. For long course reimbursement, swimmers shall compete in two (2) OSI sanctioned meets during the current long course season. The long course Sectional Championships may count as one of the two long course meet requirements. An athlete must have swum at least one individual event at the meet for which reimbursement is requested. Coach must attend the meet with the athlete. One coach per club is eligible for reimbursement.
 6. Participants on the Age Group All Star Teams, Zone Teams or OSI selected Age Group teams are eligible for 100% allocation of the reimbursement amount in their first season affiliated with OSI.
- D. **Reimbursement** - is based upon the swimmer's time in the OSI LSC. The Winter (short course) season is September 1 thru April 15. The summer (long course) season is May 1 thru August 31. The reimbursement guideline listed below is applied to the dollar amounts in the Distribution table above.

Registration status: Juniors/Futures/Nationals/Olympic Trials

First Season in Oregon	No reimbursement
Second Consecutive Season	50% of allowable
Third Consecutive Season	100% of allowable

*Coach attending 100% of allowable

- E. **Allowable reimbursement dollar value** is listed in the table following Section II, b, 2.
- F. **Exceptions/Appeals** - OSI clubs, on behalf of a member athlete(s), or unattached swimmers may request an exemption to the above requirements. Requests shall be made, in writing or by personal appearance, to the OSI Board of Directors or Executive Committee. To insure a timely decision, Requests should be received 30 days before and no later than 10 days prior to the initial deadline of the meet for which reimbursement is requested.
- G. **Payment** - Requests for reimbursement shall be submitted to the OSI business office, on the official form, prior to May 15 (winter) and September 15 (summer). Reimbursement requests after the deadline must be approved by the Board of Directors. Following verification of eligibility, payment will be made to the club. Reimbursement for unattached swimmers will be made to the club with which the athlete is training.

Section III - Oregon All-Star Teams

- A. **Purpose** - To fund and pay part of travel costs and entry fees for OSI All-Star teams competing in specified meets.
- B. **Allocation of Funds** – the allocation listed in Table 1 will be subtracted from the amount each swimmer must pay (as approved by the OSI Board of Directors or the Executive Committee) to participate on an OSI All-Star team.

Section IV - Senior All-Star Camp

- A. **The OSI Senior All-Star Camp** will take place annually with OSI funding \$18,000 of the camp. The OSI Senior Chair is responsible for this camp.

Section V – Athlete Representation to the Annual USA Swimming Convention

- A. **Purpose** – To reimburse Senior and Junior Athlete Representatives for travel expense to the Annual USA Swimming convention
- B. **Eligibility** – Athlete Representative must be:
 1. An OSI athlete member
 2. On the OSI Board of Directors
- C. **Reimbursement Criterion**
 1. 100% of airfare, shared (50%) lodging and ground transportation
 2. \$100 towards non-travel expenses

Section VI - OSI Officials Travel and Education

- A. Purpose** - To promote the training and growth of OSI officials' officiating skills as well as achievement of and advancement in the National officials certification (N2/N3). The Officials education budget is to be used at the discretion of the OSI Officials Chair.
- B. Allocation of Funds** – Funds shall be used to pay the costs of bringing evaluators from other LSCs to OSI Officials Qualifying Meets (OQM), to reimburse OSI evaluators who evaluate at OSI meets, and may be used to fully or partially fund an OSI Official's travel to specified meets outside the LSC.
 - 1. Total allocation of funds available for OSI officials travel in the current fiscal year will not exceed the amount represented by 10% of the total funds distributed from the Travel Fund (excluding any amounts distributed to Officials under this section) in the period from January 1 to December 31 of the prior year.
 - 2. Additional funding for travel and accommodation expenses for the OSI Officials Chair to officiate at one USA Swimming sanctioned meet of their choice each year outside of OSI in order to educate and promote OSI within USA Swimming will also be provided, but will not be included in the above 10% limitation stated above.
- C. Eligibility for Reimbursement**
 - 1. Meets eligible for reimbursement are USA Swimming Nationals, US Open, Junior Nationals, Olympic Trials and National Disability Championships. In addition, the Officials Chair has the authority to fund reimbursement for other meets in order to provide a specific learning opportunity.
 - 2. Officials must apply to the OSI Officials Chair and receive approval for reimbursement prior to attending the meet. Eligibility will be determined by the OSI Officials Chair, subject to budget constraints. Reimbursement will be paid upon submission of receipts to the OSI office.
 - 3. Officials must have been certified for at least 3 years.
 - 4. Must be a currently registered OSI official and worked a minimum of 20 sessions (8 sessions at BC meets) at OSI meets in the last year.
- D. Reimbursement Amount** – The Officials Chair will determine the maximum amount of reimbursement to be authorized for each official prior to them attending the meet, based upon the following criteria:
 - 1. Swim meet to be attended.
 - 2. Official's current certification level.
 - 3. Training and certification needs of OSI
 - 4. Verification that the experience will advance or retain the official's current level of certification.
 - 5. The amount reimbursed to an official may vary from a specified amount to full reimbursement of travel and accommodation costs incurred.
- E. Oversight** – The Officials Chair will report to the subsequent OSI Board of Directors meeting; the official's name, the meet attended, and the level of reimbursement approved.

Section VII – OSI Championship Meets

- A. OSI shall reimburse the Meet Referee** and, if applicable, the Administrative Referee for lodging expenses incurred at meets listed in Article VIII, Section I, b. - Meets, subject to the following:
 - 1. Submission of receipts for reimbursement to the OSI office within 14 (fourteen) days of the conclusion of the meet;
 - 2. Only actual lodging expenses based upon receipts submitted shall be reimbursed;
 - 3. Maximum lodging reimbursement shall be \$150 per day per official.

Section VIII - Representatives to Meetings Outside Oregon

- A. Purpose** - To provide funds to assist those members of OSI who have received appointment or been elected to a committee or official position by USA Swimming.
- B. Distribution of Funds** - Assistance requests shall be made to the Board of Directors prior to the meeting. Approval of funding is subject to budgetary considerations, the benefit to OSI, and the nature of the activity.

Article VI – USA SWIMMING CONVENTION

Section I - Representation to the Annual USA Swimming Convention

- A. **Purpose** - To reimbursement a portion of the travel expenses, registration fees, and lodging for eligible delegates.
- B. **Eligibility** – OSI delegates must meet these criterion to receive reimbursement:
 - 1. Must be an OSI member.
 - 2. Must attend all meetings at the convention pertinent to their respective position, or as assigned by the General Chair.
 - 3. OSI Board Member(s) must attended a minimum of 2/3rds of the Board of Director meetings during the twelve-month period prior to the convention except:
 - a. For delegates whose principle residence is outside a 90 mile radius from downtown Portland, this requirement is waived contingent upon:
 - i. Attending one OSI Board of Directors meeting in the twelve month period prior to the convention, Submission of a report, if required, for each OSI Board of Directors and Executive Committee meeting in said twelve month period
 - ii. Attendance at the OSI House of Delegates meeting immediately following the USA Swimming Convention.
 - 4. Attend scheduled pre-convention delegate meetings and take active part in OSI activities and caucuses at the convention.
 - 5. The General Chair may choose to appoint a substitute delegate should a voting OSI delegate be unable to attend except when the Coaches Representative cannot attend. The Coaches Representative shall appoint their own substitute or authorize the General Chair to do so.
- C. **Reimbursement Criterion**– Reimbursement (subject to budgetary consideration) is as for Travel and Shared Lodging as follows:
 - 1. 100% Reimbursement - The following positions shall receive full reimbursement for travel and shared accommodation from OSI: 1) General Chair, 2) Administrative Chair, 3) Senior Chair, 4) Age Group Chair, 5) Coaches Representative, 6) Technical Planning Chair, 7) Senior & Junior Athletes Representatives, 8) Office Manager, 9) Officials Chair, and 10) any OSI member holding a Convention vote.
 - 2. 75% Reimbursement – The following position(s) shall receive 75% reimbursement for travel and shared accommodation from OSI: 1) Treasurer.
 - 3. 50% Reimbursement - The following positions shall receive 50% reimbursement for travel and shared accommodation: 1) USA Swimming National Committee members who are OSI members.
 - 4. **NOTE:** Reimbursement for alternative transportation methods shall not exceed the average airfare cost of the other delegates
- D. **Registration Fee** - OSI will pay the Registration fee for any OSI member who attends the Convention.
- E. **Non-Coach Delegates** - Oregon Swimming non-coach delegates will receive \$200 to cover convention expenses. Delegates must be members, in good standing, of the Oregon Swimming Board of Directors.
- F. **Subject** to budget constraints, the General Chair may elect to schedule caucuses at the Convention during the lunch hour, and provide lunch, at OSI expense, for those OSI delegates present.
- G. Delegates unable to attend the convention shall reimburse OSI for expenses incurred unless waived by the OSI Board of Directors.
- H. If a delegate chooses to take alternative methods of transportation to convention other than what is arranged by the OSI office, the amount of travel reimbursement shall not exceed the amount of the average air carrier ticket purchased for the remaining delegates.

Article VII – OFFICIATING

Section I – Officials Organization

- A. **Officials Chair** - The Officials Chair is responsible for overall supervision of the OSI officiating program, shall be appointed by the General Chair, shall serve for two years, and may be appointed for a maximum of two additional consecutive two year term. A nominating committee, consisting of the Officials Committee and the General Chair, shall select up to three interested and qualified candidates for submission to all certified OSI Officials. An advisory ballot shall be held at the end of May of each election year with the ballots due in the OSI Office by the end of July. Only the General Chair and Office Manager will know the results of the election.
- B. **Officials Committee** - Members include each of the Area Officials Chairs, the Head Electronic Timer, the immediate past Officials Chair, and is chaired by the current Officials Chair. The Committee meets a minimum of two times a year.
- C. **Officials Membership** – OSI officials must be currently registered as a non-athlete member of USA Swimming and have current Athlete Protection and Background Checks. Includes USA Swimming Rules & Regulations.
- D. **Clinics** – A preliminary requirement for training in a given officiating position is attending attendance at the appropriate clinic. Clinics are held at each annual House of Delegates meeting, and at such times as may be requested by clubs or individuals. Clinics may be conducted by the Officials Chair, by Area Officials Chairs, or by appropriate individuals listed on the Trainers List.
- E. **Certification as an OSI Official** - Procedures, requirements and documentation for certification are established by the Officials Committee, and shall be consistent with guidelines established by the USA Swimming Officials Committee. Certification and USA Swimming membership are required for deck officials (Timers not included).
- F. **National and National Championship Certification** - Following certification as an OSI official, persons officiating at LSC Championship, Regional Championship, or Zone Championship competition may be eligible for certification as a National level official. Fulfilling the minimum requirements by officiating at a National Championship meet entitles an official to certification at the National Championship level. For additional information, contact the OSI Officials Chair.

Section II - Swim Meet Officials

- A. **Deck Officials** - The certification levels and number of officials shall follow USA Swimming Rules and Regulations, and shall follow additional requirements set by OSI.
- B. **Uniform** - Recommended for deck officials: white shirt or blouse, navy blue pants or skirt, white shoes. For the meet referee, a navy blue shirt or blouse with white pants is recommended for ease of identification, however white shirt over blue pants or skirts are acceptable. At the discretion of the meet referee, special uniform requirements for championship level meets may be specified.

Section III - Officiating Procedures

- A. **Enforcement** - all sanctioned meets shall be officiated in accordance with current USA Swimming Rules & Regulations. Such procedures not specifically regulated by USA Swimming shall be established by OSI, published in this guide, and enforced accordingly.

ARTICLE VIII – Competitive Swim Program

Section I – Introduction:

- A. **General** - The OSI competitive swimming program provides a variety of meet formats, distances, classification, age-group events, etc. to fulfill the needs of every swimmer.
- B. **Strokes** - Breaststroke, Butterfly, Backstroke, Freestyle, and Individual Medley are the competitive swimming strokes/events. The rules and definitions are described in USA Swimming Rules and Regulations.
- C. **Seasons** - The swimming year is generally divided into two seasons. The short-course (winter) season, October through April, normally consists of competition in 25-yard or 25-meter courses. The long-course (summer) season, mid-April through August, normally consists of competition in 50-meter courses. These designations are general

and meets might not be held in the indicated pool lengths.

- D. **Age of Swimmer** - A participant's age group is determined by their age on the first day of the meet and shall normally govern for the full meet. Participants must swim in their respective age group except as noted in USA Swimming Rules and Regulations. A contestant may participate in only one age group, corresponding to the swimmer's age. For more detailed information, see USA Swimming Rules and Regulations.
- E. **Qualifying Swimmers** - A swimmer will qualify for a given event when the swimmer he has met or bettered the time standard for that event. Swimmers may qualify in any sanctioned, approved or observed competition.
- F. **Time Limits**
 - 1. **Eight Hour Rule** – A meet day length may not exceed eight hours of competition, which is determined from the beginning of the first heat of the first event to the conclusion last heat of the last event. This applies to actual competition. The scheduling committee will evaluate those meets exceeding the eight- hour rule.
 - 2. **Four Hour Rule** - In any competition, a session (defined as a group of events) with swimmers 12 years old and younger shall be planned to finish within four hours. This shall not apply to championship meets.
- G. **Inclusion of Swimmers with Disabilities**
 - 1. Swimmers with a disability shall be permitted to enter any meet sanctioned by Oregon Swimming, Inc.
 - 2. When time standards are used, the time standard for a swimmer with a disability shall be the published meet time standard multiplied by a factor determined by dividing the National Disability Championship time standard for the applicable disability class for the event by the National Championship time standard for the event.
 - 3. The meet referee shall determine an appropriate method of seeding the athlete into events that does not negatively affect the meet timeline.
- H) To qualify for outreach membership registration fees in OSI, a swimmer's family must meets the Oregon/Washington eligibility requirements for free and reduced lunch.

Section II – Types of Competition

- A. **General** – A competition may consist of any combination of meet categories, types of meets, and classification of swimmers.
- B. **Meet Categories**
 - 1. **Open** - All registered swimmers may enter. (LCMAB meets are open meets)
 - 2. **Invitational** - Only those swimmers or teams specifically invited may submit entries. (Long Course BC or ABC.)
 - 3. **Dual Meet** - Normally consisting of two teams. Variations include double duals (three teams competing, with each team being scored against one another), or three-way duals (four teams).
 - 4. **Closed Meet** - Open only to members of one team.
- C. **Types of Meets**
 - 1. **Age Group Competition** - Age group swimmers compete in groupings of similar capability with each age group defined; see USA Swimming Rules & Regulations Article 205.
 - 2. **Senior Competition** - The senior program is composed of senior classifications and has no age restriction.
 - 3. **Special Competitions.**
 - a. **Each year** - These may include relay, sprint, distance, pentathlon, sextathlon, etc. and may involve unlimited combination by age and gender.

- b. **Conditions** - These meets are generally conducted in accordance with this manual, although special meets with distinctive, selected, or limited formats, may be held and awards may vary. Special rules for entry, awards and participation shall be included in the Meet Information.
- 4. **Out of LSC Competitions**
 - a. **General** - Athletes are encouraged to participate in competitions outside the OSI LSC to further their progress in the sport.
 - b. **Sanctions/Results** – When competing outside the OSI LSC, it is the team/athlete responsibility to ensure all events are properly sanctioned and arrange for full electronic meet results to be sent to OSI.
- D. **Classification of Swimmers**
 - 1. **Introduction** - Age group swimmers are classified by gender, age, stroke, and ability.
 - 2. **Definition** - Within each gender/age group, classifications are defined, by time, for four divisions; "A", "B", "B+" & "C" for each stroke. Classifications are defined by establishing time standards for each stroke, distance, and pool size.
 - 3. **Classification requirements**
 - a. **General** - a swimmer is classified as an A, B, or C swimmer in each stroke according to their fastest time in that event, compared to the time standards for their age group. A swimmer making a B time remains a B swimmer in that event until equaling or bettering the A time standard. Upon changing age groups, classification is determined by the time standards for the new age group.
 - b. **Reclassification** - A swimmer must swim in the class they have qualified for. Once the swimmer has achieved the time standard for the next higher class in an event, the swimmer must compete in the new class in that event at successive meets. If entries have been submitted for a future meet, the entry time must be revised. The swimmer shall notify the meet director prior to the meet. If heat sheets have already been prepared, the swimmer shall be placed in the first heat of the proper event. Entry fees shall be refunded to any swimmer who no longer qualifies for a meet due to their new classification, provided the request is made in writing to the Meet Director.
 - c. **Failure to reclassify** - Any swimmer who has not been properly reclassified and places in an event will be denied their award and placing, and swimmers placing below will move up to fill the vacancy. The time will be official.
- E. **Events Offered**
 - 1. **Senior "A" Meets** - Senior "A" meets shall offer, at a minimum, all events, which are included in the schedule of events for USA Swimming National Championships
 - 2. **Age Group "A" Meets** - Age Group "A" meets shall include all events for which USA Swimming National Age Group times are maintained. (See USA Swimming Rules & Regulations, Article 102.1.2)
 - 3. **The following events (as a minimum should be offered):** 8/U Short Course: 25 yards each stroke, 50 yards freestyle, 100 yards individual medley and 100 yards freestyle and medley relays. 8/U Long Course: 50 meters each stroke, 100 meters freestyle, 200 meters individual medley and 200 meters free and medley relays. For all other age groups, see Article 204.4, USA Swimming Rules & Regulations.
- F. **Time Standards** – The appropriate "A", "B", "B+" or "C" time standards shall apply.
 - 1. **Senior Meets** - The OSI 15-18 age group time standards shall be used.
 - 2. **Age Group Meets** - OSI age group time standards shall be used.
- G. **Meet Format**
 - 1. **Senior Meets** - may consist of preliminaries and finals or timed finals, and are subject to the eight-hour rule.

2. **Age Group Meets** – may consist of preliminaries and finals which are subject to the eight-hour rule. 13 & Over Time Finals events are subject to the eight-hour rule. 12 & Under timed finals events are subject to the four-hour rule. All relay, 800/1000 freestyle and 1500/1650 freestyle events shall be timed finals.
- H. **Entry Fees** - \$3.00 surcharge per swimmer, maximum of \$3.00 entry fee per individual event and \$10.00 entry fee per relay. The \$3.00 surcharge per swimmer, \$.50 of the individual entry fee, and \$2.00 of the relay entry fee are paid to Oregon Swimming and allocated to the Travel Fund.
- I. **Awards** - The award value must conform to Art 205.5 USA Swimming Rules & Regulations.

Article IX – OREGON SWIMMING CHAMPIONSHIPS

Section I – Oregon Swimming Championships

- A. **Discrepancy** - If a discrepancy exists between the Swim Guide and championship meet information, the meet information shall prevail.
- B. **Meets** – OSI shall conduct the following championship meets:
 1. Short Course 10 & Under AG Championship conducted in February.
 2. Short Course 11 - 14 AG Championships conducted in February.
 3. Short Course Senior Championships conducted in March.
 4. Long Course 10 & Under AG Championships conducted in July.
 5. Long Course 11 & Over AG Championships conducted in July
- C. **Eligibility** - Open to All OSI swimmers who qualify. Senior Championships are open to athletes registered with USA Swimming/LSC's within Region XII.
- D. **Finals No Shows** – If a swimmer is eligible for a final event on Sunday night, does not scratch, and is a no show, a \$100 fine per event is imposed on the swimmer's club.
- E. **Time Standards** - For Age Group Championships, OSI "A" standards shall apply. For Senior Championships, OSI 14 age group "A" time standards shall apply.
- F. **Qualifying Period** - The short course season qualifying period is from February 1 of the previous year through the entry deadline. The long course season qualifying period is from July 1 of the previous year through the entry deadline.
- G. **Entry Fees** – Surcharge (\$10.00 per swimmer); Individual event entry fee (\$4.00 per event); Relay entry fee (\$10.00 per relay). Facility Use Fees charged by the Aquatic Center may be added.
- H. **Sponsorship** - OSI championship meets are sponsored jointly by OSI and the hosting club. Surcharges and entry fees are the property of OSI. Upon satisfactory completion of post meet requirements, host club will be reimbursed \$1.50 per individual event entered and \$4.00 per relay event entered. Additionally, OSI reimburses host club for printing, other meet expenses, and pool use fees, if any.
- I. **Scoring** - Scoring of prelim/final events and relay events will reflect the number of lanes swum. The 10 & Under Championship will not be scored.
- J. **Course** - All available lanes shall be used for both prelim and final events.
- K. **Relays** - Relays not achieving a qualifying time will receive awards, but NO team points
- L. **Results** - Any swimmer 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.
- M. **Awards** – Value is subject to USA Swimming Rules & Regulations Article 204.6 & 205.5

N. **Events** - Shall follow the following formats:

1. **Short Course 10 & Under Age Group Championship meet format (page 44):**
 - a. Open to all 10 & Under swimmers registered in Oregon Swimming, Inc. who have achieved Oregon Swimming "A" times.
 - b. Swimmers may enter six (6) individual events for the meet, but no more than five (5) individual events per day and two (2) relays.
 - c. Medals are awarded for 1st through number of lanes swum depending upon the pool size. In a six-lane pool, ribbons for 7th through 12th and for an eight lane pool ribbons for 9th through 16th. There shall be no team awards.
2. **Short Course 11 – 14 Age Group Championship meet format (page 45):**
 - a. Open to all OSI 11 – 14 swimmers who have achieved OSI "A" times.
 - b. Swimmers may enter six (6) individual events for the meet, but no more than three (3) individual events per day including time trials.
 - c. All events 400 yards and longer and all relays will be deck seeded.
 - d. Scratches will be per Article X, Section VIII, Oregon Scratch Rule.
 - e. A patch and gold medal are awarded for each swimmer placing 1st in individual event (limit one patch per swimmer per championship meet). Medals are awarded for 2nd through the number of lanes swum, depending on pool size. Relays are awarded medals for 1st through 3rd, ribbons for 4th through the number of lanes swum, depending on pool size. High point awards for male/female in each age group will be presented. Team awards are presented for the top eight (8) teams.
3. **Short Course Senior Championships meet format (page 46):**
 - a. Open to all swimmers registered within Region XII, who have achieved Oregon Swimming "A" times for the 14 year-old age group.
 - b. Swimmers may enter six (6) individual events for the meet, but no more than three (3) individual events per day including time trials.
 - c. All events will be deck seeded.
 - d. Scratches will be per Article X, Section VIII, Oregon Scratch Rule.
 - e. A patch and gold medal are awarded for each swimmer placing 1st in individual events (limit one patch per swimmer per championship meet). Medals are awarded for 2nd and 3rd place. Ribbons are awarded for 4th through the number of lanes swum. Relays are awarded medals for 1st through 3rd. Team awards are presented for the top three (3) teams.
4. **Long Course 10 & Under Championships meet format (page 46):**
 - a. Open to all OSI 10 & Under swimmers who have achieved OSI "A" times.
 - b. Swimmers may enter six (6) individual events for the meet, but no more than five (5) individual events per day and two (2) relays.
 - c. Medals are awarded for 1st through number of lanes swum depending upon the pool size. For 9, 10 In a six-lane pool, ribbons for 7th through 12th and for an eight lane pool ribbons for 9th through 16th. No team awards.
5. **Long Course 11 & Over Championships meet format (page 47):**
 - a. Open to all OSI 11 and over swimmers who have achieved OSI "A" times.
 - b. Swimmers may enter six (6) individual events for the meet, but no more than three (3) individual events per day including time trials.
 - c. All individual events 200 meters and longer for all ages will be deck seeded and 50 and 100 meter events will be pre-seeded.
 - d. All relays will be deck seeded and are Timed Finals
 - e. Coaches must provide a positive scratch for swimmers not desiring to compete for all deck seeded events by the stated deadlines. There is a penalty for being a no show after checking in for the deck seeded events.

- f. Thursday, Friday, and Saturday scratches are due 30 minutes after start of warm-ups. Sunday 400M Free Relay scratches are due by the end of Saturday finals, 1,500M scratches are due by the end of relays.
- g. For Sunday, positive check-in must be made no later than 30 minutes following the start of Finals on Saturday.
- h. Relay Check-in: If names are submitted at time of original entry and there are no changes to the names or order, the coach only need submit a slip that says "as submitted with original entry" or "no changes from original entry".
- i. Swimmers younger than 15 years can only be entered in open relays if your team cannot field a relay team in 13-14 age groups.
- j. OSI Scratch Rules, Safety Guidelines and Warm-up Procedures will apply.
- k. A patch and gold medal are awarded for each swimmer placing 1st in individual events (limit one patch per swimmer per championship meet). Medals are awarded for 2nd through number of lanes swum depending upon the pool size: 13-14 and 15 & Over.
- l. Preliminary events will be seeded 13 & over Finals will be two heats of 13-14 and two heats 15 & Over. 400+ Events swum as timed finals.
- m. Combined team plaques will be presented for 1st through 8th place. A High point awards for male and female will be awarded in each age group.

Section II – Other Championships

- A. **A sanction** will be granted for Championship meets not sponsored by OSI if the meet:
 - 1. Is sponsored by a League currently registered with USA Swimming.
 - 2. Was added to the OSI Swim Calendar at the OSI House of Delegates.
 - 3. Is not held the same day(s) as Championship meets sponsored by OSI, unless:
 - a. A swimmer shall not compete in events in which they have Oregon A times.
 - b. A swimmer shall not compete in a relay in which they would swim a stroke and distance in which they have an Oregon A time. (Oregon A times made at the meet, prior to a relay, apply to this prohibition).

Section III – Special Meet Competition

- A. **Special Competitions or Events** - may be approved by Scheduling Committee, Sanctions Chair, and Board of Directors. Conditions, specifications and schedule of events must be included in the meet information, and conform to all applicable USA Swimming Rules & Regulations and OSI policy.
- B. **Open Water Competition** - Any USA Swimming registered athlete wishing to compete in Open Water Competition will do so at their own risk and without the benefit of USA Swimming insurance coverage unless such competition is sanctioned by USA Swimming. Open water events hosts may apply to OSI for sanction. The \$20.00 per day sanction fee applies, but no portion of any surcharges or entry fees will be collected by OSI. OSI will not pay travel reimbursement for Open Water National Championships.

Section IV – Meet Equipment

- A. **REQUIRED equipment** for OSI Championship meets.
 - 1. **Electronic Timing**
 - a. Primary cable with a pad and two (2) buttons per lane at the start/finish end of the pool.
 - b. At the turn end of 50 m pools there shall be a primary cable with a pad and a minimum of two (2) buttons. This is not required if dive starts are permitted from the turn end of the pool.
 - c. Minimum of one (1) remote strobe – This is available from the OSI Office.
 - d. Reader board with at least one line to display finish times.
 - e. Spare pads, buttons, and microphone.

2. **Speaker/PA System -**
 - a. Minimum of one (1) remote speaker connected to the starting system opposite the starter.
 - b. APA system that can be heard in all parts of the competition area.
 - c. An announcer using the OSI Championship guidelines.
 3. **Labeling**
 - a. 4" high number visible from both sides of the pool on the starting platforms.
 - b. Sign indicating the Clerk of Course.
 4. **Duplicating Equipment**
 - a. Copy machine/high-speed printer for deck seeded or prelim-finals format meets.
 5. **Radios** – For prelim/finals Championship meets, a minimum of sixteen (16) two-way radios with headsets for use by assigned officials as determined by meet referee.
- B. Recommended Equipment for OSI Championship meets.**
1. **Electronic Timing**
 - a. Reader board or display for each lane and a strip to display event and heat.
 - b. Spare starting console and meet computer.
 2. **Speaker/PA System**
 - a. Additional speaker(s) at the turn end of the pool.
 3. **Additional Equipment**
 - a. Internet access to allow on-line results.

Short Course 10 & Under Championships															
ORDER OF EVENTS															
Girls						Boys		Girls						Boys	
EV #		Event				EV #		EV #		Event				EV #	
Day One						Day Two									
1	10&U	200y	M.R.	2	33	8&U	100y	F.R.	34						
3	8&U	100y	Free	4	35	9	200y	IM	36						
5	9	200y	Free	6	37	8&U	100y	IM	38						
7	10	200y	Free	8	39	10	200y	IM	40						
9	8&U	50y	Breast	10	41	8&U	50y	Free	42						
11	9	50y	Breast	12	43	9	50y	Free	44						
13	10	50y	Breast	14	45	10	50y	Free	46						
15	8&U	50y	Fly	16	47	8&U	25y	Back	48						
17	9	100y	Fly	18	49	9	100y	Back	50						
19	10	100y	Fly	20	51	10	100y	Back	52						
21	8&U	50y	Back	22	53	8&U	25y	Fly	54						
23	9	50y	Back	24	55	9	50y	Fly	56						
25	10	50y	Back	26	57	10	50y	Fly	58						
27	9	100y	IM	28	59	8&U	25y	Breast	60						
29	10	100y	IM	30	61	9	100y	Breast	62						
						63	10	100y	Breast	64					
10 Minute Break						65	8&U	25y	Free	66					
						67	9	100y	Free	68					
31	10&U	200y	F.R.	32	69	10	100y	Free	70						
						71	8&U	100y	M.R.	72					

**11 – 14 Age Group Championship
Short Course Order of Events**

Girls Event s #	Age & Event		Boys Event #	Girls Event #	Age & Event		Boys Event #
Day One				Day Three Continued			
1	11-13	1650y Free ^{xy}	2	59	12	100y Back	60
1	14	1650y Free ^{xy}	2	61	13	100y Back	62
10 Minute Break				63	14	100y Back	64
3	13-14	800y F.R. ^z	4	65	11	200y Free	66
Day Two				67	12	200y Free	68
5	11	50y Back	6	69	13	200y Free	70
7	12	50y Back	8	71	14	200y Free	72
9	11-13	200y Back ^v	10	73	11	100y IM	74
11	14	200y Back	12	75	12	100y IM	76
13	11	200y IM	14	77	11-13	400y IM ^{vw}	78
15	12	200y IM	16	79	14	400y IM ^w	80
17	13	200 IM	18	81	11-12	200y F.R. ^z	82
19	14	200y IM	20	83	13-14	200y F.R. ^z	84
21		50y Free	22	Day Four			
23	11	50y Free	24	85	11-12	400y F.R. ^z	86
25	12	50y Free	26	87	13-14	400y F.R. ^z	88
27	13	50y Free	28	89	11	100y Breast	90
29	14	100y Fly	30	91	12	100y Breast	92
31	11	100y Fly	32	93	13	100y Breast	94
33	12	100y Fly	34	95	14	100y Breast	96
35	13	100y Fly	36	97	11	50y Fly	98
37	14	500y Free ^w	38	99	12	50y Fly	100
39	11	500y Free ^w	40	101	11-13	200y Fly ^y	102
41	12	500y Free ^w	42	103	14	200y Fly	104
43	13	500y Free ^w	44	105	11	100y Free	106
45	11-12	400y M.R. ^y	46	107	12	100y Free	108
47	13-14	400y M.R. ^y	48	109	13	100y Free	110
Day Three				111	14	100y Free	112
49	11	50y Breast	50	113	11-12	200y M.R. ^z	114
51	12	50y Breast	52	115	13-14	200y M.R. ^z	116
53	11-13	200y Breast ^y	54	10 Minute Break			
55	14	200y Breast	56	117	11-13	1000y Free ^{xv}	118
57	11	100y Back	58	117	14	1000y Free ^x	118

V 11 & 12 yr olds must enter the 13 year old time standard

W Deck seeded timed final event. Fastest heat swum in Finals

X 1650y/1000y deck seeded by gender and time (not by age group) and swum fastest to slowest, alternating women and men. Fastest heat of each gender is swum at the beginning of Finals

Y Deck seeded timed final events. Fastest heat swum at end of Finals. All other heats in prelims

Z Deck seeded timed final events – all heats swum in prelims

Short Course Senior Championships									
ORDER OF EVENTS									
Girls				Boys	Girls				Boys
EV #	Event			EV #	EV #	Event			EV #
Day One					Day Three (Continued)				
1	Senior	1000y	Free ^x	2	19	Senior	50y	Free	20
Day Two					21	Senior	100y	Breast	22
3	Senior	200y	M.R. ^x	4	23	Senior	100y	Back	24
5	Senior	200y	Breast	6	25	Senior	200y	Free	26
7	Senior	100y	Fly	8	27	Senior	400y	M.R. ^y	28
9	Senior	500y	Free	10	Day Four				
11	Senior	200y	IM	12	29	Senior	200y	Back	30
13	Senior	800y	F.R. ^y	14	31	Senior	1650y	Free ^z	32
Day Three					33	Senior	100y	Free	34
15	Senior	200y	F.R. ^x	16	35	Senior	200y	Fly	36
17	Senior	400y	IM	18	37	Senior	400y	F.R. ^x	38
x Timed final events, all heats in prelims.									
y Timed final events. Fastest two heats swum at end of finals. All other heats in prelims.									
z Timed final events. Fastest heat of women and men will be swum in finals in event order.									
All other heats will									

Long Course 10 & Under Championships									
ORDER OF EVENTS									
Girls				Boys	Girls				Boys
EV #	Event			EV #	EV #	Event			EV #
Day One					Day Two				
1	10&U	200y	M.R.	2	33	8&U	100y	F.R.	34
3	8&U	100y	Free	4	35	9	200y	IM	36
5	9	200y	Free	6	37	8&U	100y	IM	38
7	10	200y	Free	8	39	10	200y	IM	40
9	8&U	50y	Breast	10	41	8&U	50y	Free	42
11	9	50y	Breast	12	43	9	50y	Free	44
13	10	50y	Breast	14	45	10	50y	Free	46
15	8&U	50y	Fly	16	47	8&U	25y	Back	48
17	9	100y	Fly	18	49	9	100y	Back	50
19	10	100y	Fly	20	51	10	100y	Back	52
21	8&U	50y	Back	22	53	8&U	25y	Fly	54
23	9	50y	Back	24	55	9	50y	Fly	56
25	10	50y	Back	26	57	10	50y	Fly	58
27	9	100y	IM	28	59	8&U	25y	Breast	60
29	10	100y	IM	30	61	9	100y	Breast	62
					63	10	100y	Breast	64
10 Minute Break					65	8&U	25y	Free	66
					67	9	100y	Free	68
31	10&U	200y	F.R.	32	69	10	100y	Free	70
					71	8&U	100y	M.R.	72

11 & O Long Course Championship

ORDER OF EVENTS

Day 1: Session 1 - Thurs Prelims		Day 2: Session 4, Friday Prelims		Day 3: Session 7, Sat Prelims		Day 4: Session 10, Sunday Prelims	
1	G 11&O 200 IM	16	B 11-12 200 IM	33	G 11-12 400 F.R.*	55	B 11-12 50 BR
2	B 13&O 200 IM	17	G 11-12 200 Fr	34	B 11-12 400 F.R.*	56	G 13 & O 100 BR
3	G 11&O 50 Fr	18	B 11&O 200 BK	35	G 13-14 400 F.R.*	57	B 11&O 200 BR
4	B 13&O 50 Fr	19	G 11&O 200 BK	36	B 13-14 400 F.R.*	58	G 13&O 100 BK
5	G 11-12 50 Breast	20	B 11&O 100 Fly	37	G 15&O 400 F.R.*	59	B 11&O 100 BK
6	G 11&O 200 Breast	21	G 11&O 100 Fly	38	B 15&O 400 F.R. *	60	G 13&O 200 Fr
7	B 13&O 100 BR	22	B 11-12 50 Fr	39	G 11-12 50 Fly	61	B 11&O 200 Fr
8	G 11-12 100 BK	23	G 11-12 50 BK	40	B 11-12 50 Fly	5 minute break before relays	
10 Min Break before Relay		24	B 11-12 50 BK	41	G 11&O 200 Fly	62	B 11-12 400 MR*
13	G 11-12 400 MR*	10 Minutes before Session 5		42	B 11& O 200 Fly	63	G 13-14 400 MR*
10 minute break before Session 2				43	G 11-12 100 BR	64	B 13-14 400 MR*
Session 2 - Distance		Session 5: Friday		44	B 11-12 100 BR	65	G 15 & O 400 MR*
14	G 11&O 800 Fr***	25	G 11&O 400 IM**	45	G 11& O 100 Fr	66	B 15 & O 400 MR*
15	B 11&O 800 Fr ***	26	B 11&O 400 Fr****	46	B 11& O 100 Fr	10 min before Session 11	
				10 Min before Session 8			
Session 3 - Thursday Finals		Session 6: Friday Finals		Session: 8 Sat Distance Events		Session 11 Sunday Distance Events	
14	G 11&O 800 Fr***	26	B 11&O 400 Fr****	47	G 11&O 400 Fr****	67	G 11 & O 1500 Fr***
15	B 11&O 800 Fr ***	25	G 11&O 400 IM**	48	B 11&O 400 IM**	68	B 11 & O 1500 Fr***
1	G 11&O 200 IM	16	B 11-12 200 IM	Session 9 Saturday Finals		Session 12 Sunday Finals	
2	B 13&O 200 IM	17	G 11-12 200 Fr	47	G 11&O 400 Fr****		
3	G 11&O 50 Fr	18	B 11&O 200 BK	48	B 11&O 400 IM	67	G 11 & O 1500 Fr***
4	B 13&O 50 Fr	19	G 11&O 200 BK	39	G 11-12 50 Fly	68	B 11 & O 1500 Fr***
5	G 11-12 50 Breast	20	B 11&O 100 Fly	40	B 11-12 50 Fly	55	B 11-12 50 BR
5 Minute Break		21	G 11&O 100 Fly	5 Minute Break		56	G 13 & O 100 BR
6	G 11&O 200 BR	22	B 11-12 50 Fr	41	G 11&O 200 Fly	57	B 11 & O 200 Breast
7	B 13&O 100 BR	23	G 11-12 50 BK	42	B 11&O 200 Fly	58	G 13 & O 100 BK
8	G 11-12 100 BK	24	B 11-12 50 BK	43	G 11-12 100 Breast	59	B 13 & O 100 BK
5 Minute Break		5 Minute Break		44	B 11-12 100 Br	60	G 13 & O 200 Fr
9	G 13-14 800 F.R. *	27	G 11-12 200 MR*	45	G 11&O 100 Fr	61	B 11 & O 200 Fr
10	B 13-14 800 F.R.*	28	B 11-12 200 MR*	46	B 11&O 100 Fr		
11	G 15&O 800 F.R. *	29	G 13-14 200 MR*	5 Minute Break			
12	B 15&O 800 F.R. *	30	B 13-14 200 MR*	49	G 11-12 200 F.R.*		
		31	G 15&O 200 MR*	50	B 11-12 200 F.R.*		
		32	B 15&O 200 MR*	51	G 13-14 200 F.R.*		
				52	B 13-14 200 F.R.*		
				53	G 15&O 200 F.R.*		
				54	B 15&O 200 F.R.*		

11 & Over Championship Order of Events footnotes

- * Timed final event
- ** Timed Final event for 14 under, Prelim/Final for 15 over. Top heats of each event for age groups will be swum at the beginning of finals. (11-13, 14, 15o) All others will be combined and swum fastest to slowest alternating Girls/Boys
- *** Timed Final event. Top heat overall will be swum at beginning of finals.
- **** Timed Final event for 14 under, Prelim/Final for 15 over. Top heats of each event for age groups will be swum at the beginning of finals. (11, 12, 13, 14, 15o) All others will be combined and swum fastest to slowest alternating Girls/Boys.

ARTICLE X – CONDUCTING A MEET

Section I - Introduction

- A. **General** - All OSI meets shall be conducted in accordance with USA Swimming Rules & Regulations. This chapter provides details of specific OSI rules for conducting meets. It is intended as a guide to all officials, meet personnel, coaches, and parents to explain the processes involved. More complete information may be found in the USA Swimming Rules & Regulations booklet.
- B. **Spectator Fees** - Host clubs may charge a spectator fee. This charge shall not apply to any swimmer, official, or coach. The entire amount of spectator fees collected shall be the property of the host club.
- C. **Concessions** - The host club may sell food, drink, and other products (i.e. T-shirts, etc.). Host club may not prevent individuals from providing their own food and drink, so long as reasonable restrictions are observed. All receipts from such sales are the property of the host club.
- D. **Hospitality** - The host club shall normally provide the following:
 - 1. Drinks and snacks for officials
 - 2. Drinks (as a minimum) for timers.
 - 3. If possible, reserved parking for officials.
 - 4. If available, a designated rest/hospitality area for officials.
- E. **OSI Fees** - The surcharges for all meets are the property of OSI. Entry fees for OSI Championship Meets, as described in Article VIII - Section I(g) and I(h), are the property of OSI. Entry fees for other meets will be as per Article VII, Section II(h).
- F. **Restrictions** - Alcoholic beverages, tobacco products of any kind, and glass containers are prohibited in the swimming venue. No recording devices in locker rooms.
- G. **Equipment** - All equipment used in competitive swim meets shall be approved by OSI and comply with USA Swimming Rules & Regulations.
- H. **Membership Requirements**
 - 1. **Athletes**
 - a. All athletes competing in an OSI sanctioned or approved competition shall be athlete members in good standing of USA Swimming or FINA affiliated organization(s).
 - b. Athletes competing in OSI Championships must be USA Swimming athlete members registered in OSI.
 - c. Registration forms and fees must arrive in the OSI office prior to an athlete's participation in an OSI Sanctioned or Approved meet.
 - d. Athletes competing in Senior Sectional Championships, Western Zone Championships, or any USA Swimming Championship level competition shall be full year athlete members. (i.e., not Seasonal)

- e. Certification of racing starts – The meet announcement shall include the following statement: "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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

2. Non-Athletes

a. Officials

1. All officials serving in an officiating capacity (timers not included) are required to be currently certified under the provisions of the OSI officials certification program, or that of another LSC, and be current non-athlete members of USA Swimming or FINA affiliated organization.
2. Enforcement - It is the responsibility of the meet referee, or their designee, to insure that officials display their current officials identification badge (if used), and current year USA Swimming non-athlete membership cards.
3. Penalties - Officials not meeting the criteria specified above will not be assigned and/or permitted access to the portion of the deck specified for athletes, coaches, and meet management. (timers excepted)
4. Referees shall have certified concussion training (See Art XIV, Section I).

b. Meet Directors

1. All meet directors shall be non-athlete members of USA Swimming (Art. 202.3.3) to serve in this capacity during a sanctioned OSI competition.
2. Enforcement - The OSI Sanctions chair will verify membership during the sanctioning process.
3. Penalties - The host club may be fined up to \$100.00 if the meet director was not registered prior to the beginning of the competition.

c. Coaches

- 1.. **Coaches** serving in a coaching capacity at an OSI sanctioned competition are required to have current USA Swimming coach membership or FINA affiliated membership, with current acceptable certifications in CPR, First Aid, Safety Training for Swim Coaches and USA Swimming Background Screening, Athlete Protection Training and Concussion Training (see Article XIV, section 1).
2. **Enforcement**
 - a. Meet hosts shall require that each participating club prove, prior to pick-up of the team packet, that each participating coach from that club is currently registered.
 - b. To enter restricted deck areas, coaches shall display, in a visible location on their person, a current USA Swimming or FINA affiliated membership coach membership card.
 - c. It shall be the joint responsibility of the meet host and the meet referee, or their designees, to enforce these provisions.
3. **Penalties**
 - a. Coaches not able to prove current coach membership will be asked to leave the restricted deck area.
 - b. In addition to the provisions of par. a. & b. above, OSI shall impose a fine, upon each coach who is determined to be in violation of this requirement, of \$150.00 for the first offense, and up to \$300.00 for subsequent offenses. The fine is due within 30 days, or December 31, whichever is sooner.
 - c. Clubs with outstanding fines imposed under the provisions of the section will be denied club membership renewal privileges until such time that outstanding fine(s) are paid.

3. Disposition of Fines - All fines collected under the provisions of this section may be dedicated to the OSI Travel Fund
4. Appeals - Decisions made under the provisions of this section may be appealed in writing to the OSI Board of Review pursuant to the provisions of USA Swimming Rules & Regulations Article 401.

Section II – Meet Preparation

A. **Sanction** – See Article I.

B. **Meet Information/Announcement**

1. Format - Meet announcement shall constitute the invitation for qualified swimmers and/or clubs to submit entries for the meet. The form shall include the recommended configuration as shown below, with master entry forms, and an entry summary sheet, if applicable. Specific instructions regarding event entry procedures shall be included. (i.e. whether entry cards are used, etc.)

REQUIRED FORMAT OF MEET ANNOUNCEMENT

* Heading - Meet Name, Meet Type, Dates	* Facility
* Statement - Held under the Sanction of	* Restrictions
United States Swimming, Inc.	* On Deck Changing Prohibition
* Sanction Number - x-xxx	* Time Standards
* Host/Sponsor	* Rules
* Location	* Safety Procedures
* Eligibility Statement z	* Bull Pen (if applicable)
* Disability Statement	* Awards
* Entry Deadline	* Scoring (if applicable)
* Entry Limit	* Meetings
* Entry Fees	* Meet Referee w/phone
* Entry Address	* Invitation to Officials
* Entry Instruction	* Invitation/instructions for timer
* Check-in (if applicable)	* Recording devices in locker rooms
	* Photography is not allowed behind blocks during starts and relay exchanges.

z This section shall contain the statement "No on-deck registrations shall be permitted."

NOTE: Using the above form for meet announcement assists in establishing uniformity and consistency. Items not applicable may be omitted. Each sanction package contains more detailed instructions for meet information.

2. Change of Format - Any change from the approved format shall be submitted for approval to the Schedule Committee and the General Chair at least two months prior to the meet. All changes must be approved prior to issuance of sanction.
3. Mailing - Meet announcement shall be made available to invited Clubs/Swimmers and the OSI office thirty days prior to beginning of meet.
4. Officials – A certified Meet Referee is assigned to all sanctioned meets and must include their name on the sanction application. Meet Referees should be included in the review process for the meet announcement and meet planning.
5. The use of cameras and any other recording device (including cell phones) is not permitted in locker rooms at any time.
6. On-deck changing is not permitted at any time.

Section III – Entry Procedures

- A. **Entry Process** - Entry forms, provided by the host club, Hy-Tek CommLink electronic entry file, or entry cards, at the discretion of the host club, may be required to properly enter swimmers and relay teams in a meet. If Hy-Tek entry file is used, all information that would be included on the Master Entry Form and Relay Entry Form shall be included in the Hy-Tek entry file.

1. Required Information

- a. **Eligible Swimmers** - Any swimmer (including "relay only") listed on the Master Entry Form or in Hy-Tek or Team Unify entry file is eligible to compete in any relay unless prohibited by gender, age, or other limitations provided in the Meet Announcement. The swimmers' complete names, USA Swimming registration numbers, ages, and club affiliation must appear on the Master Entry Form.
 - b. **Relay Entry Forms** - When relay entries are submitted using a Relay Entry Form, the Relay Entry Form must accompany the Master Entry Form and must contain the relay team designation, affiliation, event number, distance, stroke, and correct entry time. It may also contain the name of the swimmers and alternates eligible to swim in that event. If the Relay Entry Form indicates at least four (4) swimmers eligible to compete in a relay, a Relay Entry Card will be prepared by Meet Management and delivered to the Head Lane Timer prior to the event. If the Relay Entry does not indicate at least four names, the team coach or representative must complete a Relay Entry Card, indicating the swimmers' names and order of competition, and deliver it to Meet Management prior to the stated relay entry deadline.
 - c. **Changes in the swimmers competing, or in the order in which the swimmers compete, may be made with the Head Lane Timer until the heat is called to the blocks.** Any athlete listed on the Master Entry Form may be utilized.
2. **Entry Summary** - If entry forms are used, a summary sheet, showing number of swimmers entered in each age group, the surcharge, and entry fee, and a total of relay teams entered shall accompany the entry forms, along with a check for the correct amount. Sample forms are available through the OSI office.

B. Entry Times

1. In general, Entry times shall be the best time made by the swimmer in that event in this or the preceding swim season. The purpose of Entry times is to provide a basis for seeding swimmers at their current capabilities. Therefore, the meet announcement may specify times for a pool distance other than that in which the meet is held. This sometimes occurs at the beginning of a season, when it is anticipated that best times may have occurred at the conclusion of the previous season.
2. Swimmers without times in competition. If a meet or an event has no qualifying time standards, a swimmer who has no official time for an event may enter that event with no submitted time ("NT"). Meet hosts may specify in the meet announcement that swimmers must submit estimated times if they have no official times.

c. Entry Submissions

1. Entry fees, as specified above, shall accompany the entry forms.
2. **Submission** - Entries and fees shall be hand delivered, mailed by first class postage or send electronically early enough to arrive by the entry deadline to the person designated in the meet information.
3. **Certification of Registration** – By submitting entries, With submission of entries, the coach/ team representative attests that all swimmers entered are registered with USA Swimming.
4. **Late Entries** - may be accepted or rejected, as specified in the meet information.
5. **Entry Corrections** - As a rule, administrative errors by the host club, verified by correct entry submittal, will be remedied. Entry submittal errors by the participating club may be remedied at the discretion of the Meet Referee.

d. Verification of Entries

1. **Invitational or Open meets** – Seven (7) days prior to the meet start date, the host team is required to submit a back-up of the meet to the OSI office to verify all athletes are registered with USA Swimming.

2. Dual meets—Three (3) days prior to the meet start date, the host team is required to submit a back-up of the meet to the OSI office to verify all athletes are registered with USA Swimming.
3. Teams that have entered athletes, or athletes entering alone, that are not registered will be notified and have until 24 hours prior to the start of the meet to comply with the registration requirements. Athletes that are not registered 24 hours prior to the start of the meet will not be allowed to participate in the meet and no fees will be refunded.
4. If the host team does not submit a back-up to the OSI office prior to the meet and unregistered athletes are on record as participating in the meet the host team shall be fined \$50 per offense and the offending club/athlete shall be fined \$100 per swim.
5. Coaches/Teams entering swimmers with disabilities that require accommodations shall notify the Meet Director in writing prior to the entry deadline.

Section IV – Event Preparation

A. General

1. Pre-seeded Meets/Events - The host club shall prepare a heat sheet, listing each event, with swimmers seeded as per Article 102.5, USA Swimming Rules & Regulations. Coaches shall be provided with a copy and a minimum of one copy posted on the pool deck for viewing by competitors.
 2. Deck-seeded Meets/Events - For meets or specific events which are to be deck-seeded, the host club shall prepare a "psych sheet", listing all entered swimmers by time, fastest to slowest. Competitors check-in for, or scratch from, their events according to the procedure specified in the meet information.
- B. Seeding - This process places swimmers with similar entry times in the same heat.** The swimmers with the fastest times are in the last heats of a given event. In meets/events where a prelims/finals format is used, the last three heats are "circle seeded." This process distributes the fastest swimmers equally throughout the last three heats.
- C. Prelims/Finals Format** - For Championship level meets, each day of competition consists of two sessions: a preliminaries session, in which swimmers compete for a place in the finals session and the finals session normally consists of two heats (a consolation final and the championship final). For example, in an eight-lane pool, the swimmers achieving the 9th through 16th fastest time in prelims swim in the consolation final and the swimmers achieving the 1st through 8th fastest times swim in the championship final.
- D. Timed Finals Format** - Swimmers compete once (in a given event), which ranks them, by time achieved, with all other competitors in the same event. Heats are normally arranged in order of slowest to fastest. For exception, see Article 102.5.7 USA Swimming Rules & Regulations.
- E. Scratches and No-Shows** - See Section IX – Oregon Scratch Rule (below)

Section V – Conduct of Events

- A. **Opening Ceremonies** - It is recommended that the pledge of allegiance or the national anthem be used at the beginning of each day's competition. Additional ceremonies are dependent on the nature of the meet. Acknowledgment of sponsors, advertisers, contributors, or other special recognition may be made at the beginning, or periodically during, the meet.
- B. **Schedule of Events** - As specified in the meet announcement, the schedule of events may not be changed except as specified in Article 102.8, USA Swimming Rules & Regulations. For OSI Championship meets, the meet referee shall ensure that events are not swum earlier than the published timeline.
 1. The following procedure will be utilized if the 11 & Over Long Course Championship meet schedule is too long.
 - a. Start one-half hour earlier each day.
 - b. 15 & Over 400 Free and 400 IM's are timed finals only. Put either one or two heats in finals.

- c. Eliminate 200 relays.
- d. Swimmers entered in 6 events will be scratched from 1 or more of their events if the meet has too many entries.

C. Officiating

1. The Meet Referee assumes control of the meet from the beginning of the warm-up period (as specified in the meet announcement), and assures that officials are properly briefed and in position.
2. The number of officials shall be in accordance with USA Swimming Rules and Regulations
3. Teams shall notify meet director or meet referee of the availability of officials from their team (the meet director shall forward official information to the referee) to work the meet.
4. At least one week prior to the meet, the meet director shall confirm with the referee the number of officials available for the meet. If this number is below the minimum set by USA Swimming, the meet director (or their designee) shall contact additional officials (via the OSI web site officials list, contacting the teams attending the meet, etc.).
5. In the event that there are not enough officials
 - a. The meet referee will notify the coaches at the coaches meeting.
 - b. The session will be conducted - results will be produced only for the purpose of awards for the session.
 - c. At the end of the session, the referee shall ensure that any results for the session are purged from the meet.
 - d. At the conclusion of the meet, the meet referee shall notify the OSI office and records chair that the meet contained a session that did not meet the requirements for the minimum number of officials and the results of the session were purged.

- D. **Results** – Results, which include all competitors in the event, shall be posted promptly in a location accessible to spectators and competitors.

Section VI - Awards

- A. **General** - All awards at OSI meets are subject to USA Swimming Articles 204.6 & 2.05.5

B. Meet Awards

1. **Types** - The types of awards to be presented shall be indicated on the meet information as submitted for sanction and may not be changed thereafter.
2. **Duplicate Awards** - Duplicate awards shall be presented for all ties.
3. **Places** - The number of places to be presented awards is normally determined by the number of working lanes, except that at the host clubs' option, additional places and/or "B" flight awards may be presented. See Article VIII, Section V of these Policies and procedures for awards for OSI Championship meets.
4. **Protests** - Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced, and no awards presented, or scoring points allowed until the protest is officially withdrawn.

Section VII - Post-Meet Requirements

- A. Complete final results, including names of relay swimmers, time trials, and the results of swim offs, shall be sent within 10 days. A \$25.00 fine will be levied to clubs not mailing acceptable results within 10 days.
- B. Results shall be sent to the following places:
 1. An electronic copy for each club entered in the meet.
 2. An electronic copy for inclusion in the OSI Qualifier's database, SWIMS database, records chair, and web site to Oregon Swimming.
- C. A financial report, included with the sanction package, shall be completed and mailed to the OSI office not later than 30 days after the last day of the meet. Reports not mailed within 30 days are subject to a \$10.00 fine.

- D. The meet surcharge and the OSI portion of entry fees (all and surcharges & all entry fees for designated OSI championship meets) shall be mailed to the OSI office not later than 30 days after the last day of the meet. Fees not mailed within 30 days are subject to a fine of \$10.00 or 10 percent of the amount due, whichever is greater.
- E. Meet evaluation forms (distributed to coaches, officials, swimmers, and parents) shall be collected, reviewed by the meet director, and forwarded to the OSI Office.
- F. Fines levied under a., b., or c. apply to the OSI Travel Fund. Failure to comply with provisions of these sanctioning and reporting procedures may result in withholding of future event sanctions.

Section VIII – Oregon Scratch Rule

- A. **Individual Scratch Rule**—The Oregon scratch rule shall be used for all Oregon Swimming, Inc. championship meets. Each swimmer shall inform him/herself of the meet starting time and shall report to the proper meet authorities promptly upon call.
 - 1. **Pre-Seeded Meets** - Each swimmer shall report promptly prior to the start of each race in which they are entered. Any swimmer not reporting for or competing in an individual timed final event or a preliminary heat when finals are scheduled shall not be penalized.
 - 2. **Deck Seeded Events**
 - a. Scratches prior to seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box.
 - b. The scratch deadline shall be thirty (30) minutes after the start of warm-ups for the respective day of the meet.
 - c. In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event in which the swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. Additionally, the swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
 - d. Seeding – Positive check-in is required for all in deck seeded events.
 - 1. The seeding deadline shall be thirty (30) minutes after the start of warm-up for the respective day of the meet.
 - 2. Distance events may have separate positive check-in and scratch deadline to be announced at the meet.
 - 3. Heat sheets will be published as soon as possible following the positive check-in and scratch deadline.
 - 3. **Scratching from finals**
 - a. Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete shall be barred from further competition for the remainder of the meet, except as noted in Article IX, Section, VIII, a. 4. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
 - b. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the C, B or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
 - c. Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B, and A (bonus final and consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

- d. If the C and B (bonus and consolation) finals have already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).
4. **Exceptions for failure to compete** - No penalty shall apply for failure to withdraw or compete in an individual event if:
 - a. The Referee is notified of illness or injury and accepts the proof thereof.
 - b. A swimmer qualifying for a C, B, or A (bonus or consolation final) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
 - c. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- B. **Relay Scratch Rule**
 1. **Pre-Seeded Meets** - Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.
 2. **Deck Seeded Relays** - Any relay team seeded in a deck seeded event that fails to compete in or report for that event shall not be penalized.
 - a. Relay teams that wish to be seeded in a deck seeded event shall provide a relay entry to the clerk of course by the announced deadline.

The following information will be included in the meet information for all OSI championship meets:

The Oregon scratch rule will be in effect. The Oregon scratch rule is the same as the USA Swimming scratch rule (207.12.6) except that the scratch deadline in 207.12.6, A and B, shall be thirty (30) minutes following the start of warm-ups for the respective day's events. Additionally the check-in for seeding (207.12.7) for all deck seeded events shall be thirty (30) minutes following the start of warm-ups for the respective day's events.

Section IX – Safety Guidelines and Warm-up Procedures

A. Warm-up Procedures

1. **General Warm-up (First 30-45 minutes)**
 - a. NO Head first entries or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner.
 - b. Head First entries are NOT allowed during this general warm-up session.
 - c. All lanes to be used for general warm-ups.
2. **Specific Warm-ups (last 30-45 minutes)**

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 LANE	2 & 5	1 & 6	3 & 4
8 LANE	2 & 7	1 & 8	3, 4, 5, & 6
9 LANE	2 & 8	1 & 9	3, 4, 5, 6, & 7
10 LANE	2 & 9	1 & 10	3, 4, 5, 6, 7, & 8

- a. **Push/Pace Lanes** - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- c. **Racing Starts** - Only designated lanes for dive starts racing starts from the blocks or for backstroke starts at specified times. In long course meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water before mid-pool (at the Referee's discretion).
- d. **General Warm-up Lanes** - NO Head first entries or BACKSTROKE STARTS. Circle swimming only.

3. This section may be modified at the Referee's discretion.

B. Safety Guidelines

1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers at meets and at all practices.

2. Host Team Responsibilities

a. Marshaling

1. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 2. Marshals shall wear identifying attire.
 3. Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.
 4. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if they are currently certified by Red Cross in Life-guarding, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
- b. Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-ups.
 - c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
 - d. The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up Procedures are in effect."
 - e. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 - f. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
 - g. Safety Policy: USA swimming's Reports of Accident Occurrences shall be completed for all accidents by the host team. The form shall be sent to the Oregon Swimming, Inc. office, USA Swimming, and Risk Management Services. The host team shall keep a copy in their records. The Safety Chair or his/her designee shall compile an annual report of all occurrences and submit the report at the annual House of Delegates meeting.

3. Miscellaneous

- a. Training equipment is NOT allowed during warm-ups.
- b. Backstrokers shall not start at the same time as a swimmer on the blocks. Swimmers shall not step on the block if a backstroker is waiting to start.
- c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
- d. Warm-up procedures shall be enforced during scheduled breaks.
- e. Swimmers shall not enter the pool to stop a swimmer on a recalled start.

Section X – Protests

- A. Protests against the judgment decisions of starters, stroke, turn, place, and relay take-off judges can only be considered by the Referee and the Referee's decision shall be final.
- B. The Referee may appoint a Meet Jury to consider protests lodged at the meet. The Meet Jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.
 1. Protests made prior to the race contesting the eligibility of a swimmer to compete or represent an organization shall be made to the Referee in writing. If a protest is not resolved, the Referee or the meet jury shall allow the swimmer to compete under protest and it shall be so announced before the race.

2. All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred.
3. Written protests must be accompanied by fifty dollars (\$50), which shall be refunded if the protest is upheld.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, number of swimmers, or other factors, as long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Article XI – COMMITTEES

Section I – Duties And Powers Of Standing Committees And Coordinators

- A. **Budget Committee** - The Budget Committee is authorized and obligated to consult with the officers, committee chairs and coordinators to prepare and present a proposed budget for consideration and approval by the Board of Directors and the House of Delegates. The officers, committee chairs and coordinators shall provide financial information (current and projected) and budget proposals as the Budget Committee may request. The proposed budget may contain alternatives.
- B. **Membership/Registration Chair** - The Membership/Registration Chair is authorized and obligated to conduct the registration of Group and Individual Members and supervise the transmission of registration information to USA Swimming and assist in the preparation of the reports required by Section 608.6, together with such additional reports as may be requested by USA Swimming, and the Board of Directors.
- C. **Officials Committee** - The Officials Committee is authorized and obligated to recruit, train, test, certify, evaluate, re-test, re-certify and supervise officials for OSI as may be necessary or helpful in maintaining a roster of qualified, well-trained and experienced officials of the highest caliber.
- D. **Personnel Committee** - The Personnel Committee is authorized to negotiate and set wages, compensation and other terms of employment of OSI's staff (whether employees or independent contractors) within established, budgetary guidelines and policies and to review and approve the scope of duties delegated to the staff.
- E. **Safety Coordinator** - The Safety Coordinator shall be responsible for coordinating safety enhancement and training opportunities as needed and for the dissemination of USA Swimming safety education information to all Group Members, athletes, coaches and officials of OSI. The Safety Chair shall develop safety education programs and policy for OSI and make recommendations regarding those programs and policies and their implementation to the applicable division Vice-Chairs and the Board of Directors. When approved by the Board of Directors, the Safety Chair shall be responsible for the coordination of their implementation by the Club Members. The Safety Chair shall prepare and transmit the reports required pursuant to Section 608.7.
- F. **Technical Planning Committee (TPC)** - The TPC shall be responsible for long-range planning for the swimming programs conducted by OSI and for advice regarding the technical aspects of those programs and of the sport of swimming generally.
- G. **Audit Committee** - The Audit Committee is authorized to, and it shall be its duty, to conduct the annual audit of the books of OSI pursuant to Section 608.5 and present the results thereof to the Board of Directors and the House of Delegates and make recommendations to the Board of Directors with regard thereto.
- H. **Safe Sport** -

ARTICLE XII – PRIVACY POLICY

Section I – OSIPrivacyPolicy

- A. It shall be OSIPolicy that only the following information (name, age in years, club affiliation, time and place achieved in a meet, and any awards or honors received by the athlete), shall be acceptable for publication in any form and in any publically viewed document, regarding any OSI member without the express written authorization from the athlete (if 18 years of age), the athlete's parent/guardian, (if under 18 years of age); or the non-athlete member.
- B. It shall be OSIPolicy that USA Swimming membership statistics and "trouble lists" (either registration or monetary) shall not be published in any publically viewed location.

ARTICLE XIII – HOUSE OF DELEGATES BID REQUIREMENTS

Section I – Facilities for HOD, Coaches Clinic, Officials Clinic

- A. **Friday**
 1. Room for 30-35 coaches
 2. Room for 100 (evening only)
 3. Pool for Safety Training (evening only)
- C. **Saturday:**
 1. All day: Room for 100 people (officials)
 2. All day: 4 rooms for 30 people each (officials)
 3. All day: 2 rooms for 100 people each (Coach Clinic, Athlete/Parent Program)
 4. All day: Pool (Coaches Clinic)
 5. A/V for all rooms: LCD projector (VGA and HDMI cables) and screen, power
- D. **Sunday**
 1. Room for 125 people (House of Delegates)
 2. Coffee, tea, juice
 3. LCD projector and screen, power, sound system

ARTICLE XIII - AMENDMENTS

Section I – Whistle Blower Policy

- A. Oregon Swimming, Inc forbids any form of retaliation against individuals for providing truthful information to a law enforcement official relating to actual or potential unlawful conduct.

Section II - Conflict of interest policy.

- A. In the event that any officer, or member of the Board of Directors, Executive Committee, or any other Committee has a financial interest in any contract or transaction involving the Corporation, such individual shall not participate in the Corporation's evaluation or approval of such contract or transaction unless the material facts of the relationship or interest are disclosed or known to the other Directors or Committee members. If such disclosure is made, the contracts or transaction shall not be voided if the Board or Committee in good faith authorized the contracts or transaction by the affirmative vote of the majority of the disinterested Directors or Committee members, and the contract or transaction is fair to the Corporation at the time it is authorized.

Section III. Declaration of conflict of interest. (Read at the beginning of each Board meeting).

- A. "Is any member aware of any conflict of interest (that is, of a personal interest or direct or indirect pecuniary interest) in any matter being considered by this meeting which should now be reported or disclosed or addressed under the USA Swimming Conflict of Interest Policy?"
- B. If a Board member determines there to be a conflict of interest at any point during the course of the meeting when a specific subject is being discussed and / or action is being taken, a declaration of a conflict of interest should be made at that time.

Section IV - Voting

Except as otherwise provided in these Policies and Procedures, all motions, orders and other propositions coming before the House of Delegates shall be determined by a majority vote if notification to clubs is 30 days or more. If notification to clubs is less than 30 days, motions shall require a two-thirds (2/3) vote for passage.

Section V – Document Version Control

- A. Master Documents** - The Secretary is responsible for retaining master copies of all documentation/ manuals relating to the OSI structure and operation. This includes but is not limited to the By-Laws, Policy & Procedures, and Board of Directors manuals.
- B. Updates** – The Secretary is responsible for making all updates to these master documents based on the approved minutes from OSI meetings. At the completion of each complete update, an updated version of the document will be distributed to the OSI Office and the OSI Web Master (if applicable)
- C. Distribution** -No electronic version of any master document, which is capable of being changed, will be distributed without the prior permission of the Secretary.
- D. Backups**- The Secretary shall ensure that sufficient precautions (such as permanent back-ups of all electronic copies of the master documents) are periodically secured and stored in a safe place.

Section VI – Document Retention Policy

- A.** Oregon Swimming, Inc.'s General Chair shall inform the staff and board members when document destruction (planned or otherwise) should be halted.
- B. The following records should be retained permanently:**
 - 1. Audit records.
 - 2. Bank reconciliations.
 - 3. Checks (for important payments and purchases).
 - 4. Contracts (still in effect).
 - 5. Correspondence (legal and important matters).
 - 6. Deeds, mortgages, and bills of sale.
 - 7. Depreciation schedules.
 - 8. Year-end financial statements.
 - 9. Insurance records, current accident reports, claims, policies, etc.
 - 10. Minute books, bylaws, and charter.
 - 11. Tax returns and worksheets.
 - 12. Trademark registrations and copyrights.
 - 13. Disciplinary activity.
 - 14. Board of Review proceedings.
 - 15. Potential Board of Review complaints.
 - 16. Records of volunteers (current) including dates of service and activities.
- C. The following documents should be retained for seven (7) years:**
 - 1. Accounts payable ledgers and schedules.
 - 2. Contracts, mortgages, notes, and leases (expired).
 - 3. Expense analysis/depreciation schedules.
 - 4. Invoices (to customers, from vendors).
 - 5. Payroll records and summaries.
 - 6. Personnel files (terminated employees)
 - 7. Timesheets.
 - 8. Withholding tax statements.
 - 9. Records of volunteers (inactive) including dates of service and activities.
- D. The following documents should be retained for three (3) years:**
 - 1. Bank statements.
 - 2. Employment applications.
 - 3. Insurance policies (expired).
 - 4. Internal audit reports.
- E. The following records should be retained for two (2) years:**
 - 1. Bank reconciliations.
 - 2. Correspondence (general).
 - 3. Correspondence (with customers and vendors).
 - 4. Duplicate deposit slips.

Article XIV - OTHER AGENCY COMPLIANCE

Section I – Youth athletic team safety, Oregon Senate Bill 721

- A.** All coaches (both paid and volunteer) and referees shall receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. Each coach and referee shall provide proof of completion of an approved training program to the OSI Office.
- B.** Each OSI team/club shall be responsible to provide annual concussion education materials to participants 12-17 years of age, as well as parents or legal guardians.
- C.** Each participant (12 and over) and parent or legal guardian for participants under 18 must acknowledge receipt of training materials annually.
- D.** OSI Championship Meet Hosts shall include the parent and athlete concussion training material into all heat sheets.

Anti-Recruiting Policy

Active recruiting - the solicitation of an athlete of one USA Swimming member club by another USA Swimming member club - is contrary to the best interests of Oregon Swimming, Inc. and its athlete members.

USA Swimming member clubs within Oregon Swimming, Inc. shall be prohibited from directly or indirectly soliciting or encouraging an athlete of another USA Swimming member club to leave his or her existing member club to join the soliciting club. This anti-recruiting policy shall prohibit a USA Swimming member club officer, employee, or coach from directly or indirectly initiating contact with an athlete from another USA Swimming member club in Oregon Swimming, Inc., or the athlete's family, with the intent that the athlete join the soliciting club. Inappropriate conduct includes, but is not limited to, contact on any social media site and texting between athletes in different programs suggesting a program, relay, or performance would be better if that swimmer was on it.

The intent of this anti-recruiting policy is to prevent organized and club-sanctioned efforts to persuade a member of one USA Swimming member club to leave his or her member club to joining the other member club. It is not the intent of this anti-recruiting policy to prevent athletes or parents of athletes of one member club from initiating contact with coaches, officials or athletes of another member club for the purpose of inquiring about joining the other member club. Once such contact is initiated, the restrictions of this anti-recruiting policy shall not apply to any contact with that athlete or family by that member club. Nor is it the intent of this anti-recruiting policy to prevent athletes or parents of athletes from different clubs from discussing any aspect of their respective USA Swimming member clubs, or incidental contact, such as may occur at a competition when a coach, parent, or athlete of one club offers to congratulate an athlete from another club. However, any such activities which are shown to have been promoted, encouraged or facilitated by a USA Swimming member club officer, employee or coach with the intent of recruiting shall be in violation of this anti-recruiting policy and subject the member club and/or its coach to the sanctions of this anti-recruiting policy.

Nothing in this anti-recruiting policy shall prevent a USA Swimming member club from conducting self-promotional activities such as advertising, team tryouts or camps for the purpose of recruiting athletes, as long as there is no direct solicitation of athletes of another member club.

Violation of this anti-recruiting policy shall be reported to the Oregon Swimming, Inc. Board of Review which, upon review of the complaint, shall conduct hearings under the by-laws of Oregon Swimming, Inc. Any USA Swimming member club or USA Swimming member coach found to have violated this anti-recruiting policy shall be suspended from Oregon Swimming, Inc. for up to one year for a first offense and for up to two years for a second or subsequent offense. Suspension of a member coach for a violation of this anti-recruiting policy shall prohibit that coach from being on deck for any USA Swimming competition sanctioned by Oregon Swimming, Inc. during the period of suspension. Suspension of a USA Swimming member club for a violation of this anti-recruiting policy shall not prohibit the registration of the club, athletes or coaches, but shall prohibit the member club from competing as a team in USA Swimming competition sanctioned by Oregon Swimming, Inc. including all championship competition during the period of suspension. Athletes registered with any such suspended club may compete in any USA Swimming competition sanctioned by Oregon Swimming, Inc. but may do so only as an unattached athlete.



2017 Time Standards

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|                                                  |           |
|--------------------------------------------------|-----------|
| <i>OSI Short Course A/B Time Standards .....</i> | <i>62</i> |
| <i>OSI Short Course B+ Time Standards .....</i>  | <i>66</i> |
| <i>OSI Long Course A/B Time Standards .....</i>  | <i>67</i> |
| <i>OSI Long Course B+ Time Standards .....</i>   | <i>70</i> |
| <i>US Open .....</i>                             | <i>71</i> |
| <i>WZ Age Group.....</i>                         | <i>72</i> |
| <i>Junior Nationals.....</i>                     | <i>73</i> |
| <i>Senior Nationals .....</i>                    | <i>74</i> |
| <i>Speedo Sectionals .....</i>                   | <i>74</i> |
| <i>Futures .....</i>                             | <i>75</i> |

## 2017 OSI SHORT COURSE A/B TIME STANDARDS

| Girls   |         |         |         |                   | Boys    |         |         |         |
|---------|---------|---------|---------|-------------------|---------|---------|---------|---------|
| SCY-A   | SCY-B   | SCM-A   | SCM-B   | 8 & U Events      | SCY-A   | SCY-B   | SCM-A   | SCM-B   |
| 18.09   | 19.89   | 19.89   | 21.89   | 25 Free           | 18.19   | 19.99   | 19.99   | 21.99   |
| 39.99   | 43.99   | 43.99   | 48.39   | 50 Free           | 40.99   | 45.09   | 45.09   | 49.59   |
| 1:30.99 | 1:40.09 | 1:40.09 | 1:50.09 | 100 Free          | 1:32.89 | 1:42.09 | 1:42.09 | 1:52.19 |
| 21.59   | 23.79   | 23.79   | 26.19   | 25 Back           | 21.99   | 23.79   | 23.79   | 26.19   |
| 47.69   | 52.39   | 52.39   | 57.59   | 50 Back           | 49.69   | 54.59   | 54.59   | 59.99   |
| 24.79   | 27.19   | 27.19   | 29.89   | 25 Breast         | 24.99   | 27.49   | 27.49   | 30.19   |
| 53.69   | 58.99   | 58.99   | 1:04.78 | 50 Breast         | 58.69   | 1:04.49 | 1:04.49 | 1:10.89 |
| 20.69   | 22.79   | 22.79   | 25.09   | 25 Fly            | 22.39   | 24.69   | 24.69   | 27.19   |
| 53.69   | 58.99   | 58.99   | 1:04.79 | 50 Fly            | 58.59   | 1:04.29 | 1:04.29 | 1:10.69 |
| 1:45.99 | 1:56.59 | 1:56.59 | 2:08.29 | 100 Ind Med       | 1:50.99 | 2:02.09 | 2:02.09 | 2:14.29 |
| 1:29.59 | 0.00    | 1:38.39 | 0.00    | 100 Free Relay    | 1:30.00 | 0.00    | 1:39.00 | 0.00    |
| 1:47.19 | 0.00    | 1:57.79 | 0.00    | 100 Med Relay     | 2:00.00 | 0.00    | 2:12.00 | 0.00    |
| SCY-A   | SCY-B   | SCM-A   | SCM-B   | 9 yr old Events   | SCY-A   | SCY-B   | SCM-A   | SCM-B   |
| 35.99   | 39.59   | 39.59   | 43.59   | 50 Free           | 35.99   | 39.59   | 39.59   | 43.59   |
| 1:21.69 | 1:29.79 | 1:29.79 | 1:38.69 | 100 Free          | 1:23.39 | 1:31.59 | 1:31.59 | 1:40.59 |
| 3:00.99 | 3:18.89 | 3:18.89 | 3:38.49 | 200 Free          | 3:03.89 | 3:22.09 | 3:22.09 | 3:42.09 |
| 42.39   | 46.59   | 46.59   | 51.19   | 50 Back           | 43.89   | 48.29   | 48.29   | 53.09   |
| 1:33.29 | 1:42.69 | 1:42.69 | 1:52.99 | 100 Back          | 1:36.69 | 1:46.19 | 1:46.19 | 1:56.69 |
| 47.69   | 52.49   | 52.49   | 57.69   | 50 Breast         | 49.99   | 54.99   | 54.99   | 1:00.49 |
| 1:46.39 | 1:56.59 | 1:56.59 | 2:08.49 | 100 Breast        | 1:47.99 | 1:58.79 | 1:58.79 | 2:10.69 |
| 43.29   | 47.59   | 47.59   | 52.29   | 50 Fly            | 44.59   | 48.99   | 48.99   | 53.89   |
| 1:49.99 | 2:00.99 | 2:00.99 | 2:13.09 | 100 Fly           | 1:49.99 | 2:00.99 | 2:00.99 | 2:13.09 |
| 1:31.89 | 1:40.89 | 1:40.89 | 1:50.89 | 100 Ind Med       | 1:34.19 | 1:43.49 | 1:43.49 | 1:53.69 |
| 3:20.49 | 3:40.29 | 3:40.29 | 4:02.09 | 200 Ind Med       | 3:21.99 | 3:43.19 | 3:43.19 | 4:05.49 |
| SCY-A   | SCY-B   | SCM-A   | SCM-B   | 10 yr old Events  | SCY-A   | SCY-B   | SCM-A   | SCM-B   |
| 32.49   | 35.69   | 35.69   | 39.29   | 50 Free           | 32.89   | 36.19   | 36.19   | 39.79   |
| 1:12.69 | 1:19.79 | 1:19.79 | 1:27.69 | 100 Free          | 1:13.99 | 1:21.29 | 1:21.29 | 1:29.29 |
| 2:40.59 | 2:56.69 | 2:56.69 | 3:14.39 | 200 Free          | 2:40.59 | 2:56.69 | 2:56.69 | 3:14.39 |
| 38.59   | 42.39   | 42.39   | 46.59   | 50 Back           | 39.39   | 43.29   | 43.29   | 47.59   |
| 1:23.79 | 1:32.09 | 1:32.09 | 1:41.19 | 100 Back          | 1:25.59 | 1:34.09 | 1:34.09 | 1:43.39 |
| 43.69   | 47.99   | 47.99   | 52.69   | 50 Breast         | 44.99   | 49.49   | 49.49   | 54.39   |
| 1:34.59 | 1:43.99 | 1:43.99 | 1:54.29 | 100 Breast        | 1:37.59 | 1:47.39 | 1:47.39 | 1:58.09 |
| 38.59   | 42.49   | 42.49   | 46.69   | 50 Fly            | 38.99   | 42.89   | 42.89   | 47.19   |
| 1:32.09 | 1:41.29 | 1:41.29 | 1:51.49 | 100 Fly           | 1:34.09 | 1:43.99 | 1:43.99 | 1:54.39 |
| 1:23.39 | 1:31.69 | 1:31.69 | 1:40.69 | 100 Ind Med       | 1:24.09 | 1:32.59 | 1:32.59 | 1:41.79 |
| 2:58.69 | 3:16.59 | 3:16.59 | 3:36.29 | 200 Ind Med       | 3:02.09 | 3:20.39 | 3:20.39 | 3:40.39 |
| SCY-A   | SCY-B   | SCM-A   | SCM-B   | 10 & Under Relays | SCY-A   | SCY-B   | SCM-A   | SCM-B   |
| 2:20.29 | --      | 2:41.99 | --      | 200 Free Relay    | 2:25.19 | --      | 2:41.99 | --      |
| 2:40.09 | --      | 2:55.89 | --      | 200 Med Relay     | 2:44.99 | --      | 3:01.29 | --      |

## 2017 OSI SHORT COURSE A/B TIME STANDARDS

|          |          | Girls    |          | 11 yr old events | Boys     |          |          |          |
|----------|----------|----------|----------|------------------|----------|----------|----------|----------|
| SCY-A    | SCY-B    | SCM-A    | SCM-B    |                  | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 30.09    | 33.09    | 33.09    | 36.39    | 50 Free          | 30.89    | 33.99    | 33.99    | 37.39    |
| 1:06.49  | 1:13.19  | 1:13.19  | 1:20.59  | 100 Free         | 1:07.99  | 1:14.79  | 1:14.79  | 1:22.29  |
| 2:26.09  | 2:40.69  | 2:40.69  | 3:02.19  | 200 Free         | 2:32.39  | 2:47.69  | 2:47.69  | 3:04.39  |
| 6:31.59  | 7:10.79  |          |          | 500 Free         | 6:33.69  | 7:13.09  |          |          |
|          |          | 5:43.49  | 6:17.79  | 400 Free         |          |          | 5:45.39  | 6:33.69  |
| 12:18.99 | 13:32.89 |          |          | 1000 Free        | 12:14.39 | 13:27.89 |          |          |
|          |          | 10:40.99 | 11:44.39 | 800 Free         |          |          | 10:36.99 | 11:39.99 |
| 20:56.89 | 23:02.59 |          |          | 1650 Free        | 20:44.69 | 22:48.99 |          |          |
|          |          | 21:22.59 | 23:30.89 | 1500 Free        |          |          | 20:28.79 | 22:31.49 |
| 34.89    | 38.29    | 38.29    | 42.09    | 50 Back          | 36.89    | 40.49    | 40.49    | 44.49    |
| 1:16.49  | 1:24.09  | 1:24.09  | 1:32.39  | 100 Back         | 1:20.19  | 1:28.09  | 1:28.09  | 1:36.79  |
| 2:28.19  | 2:42.89  | 2:42.89  | 2:58.99  | 200 Back         | 2:28.59  | 2:43.29  | 2:43.29  | 2:59.49  |
| 39.89    | 43.79    | 43.79    | 48.09    | 50 Breast        | 41.49    | 45.59    | 45.59    | 50.09    |
| 1:27.69  | 1:36.39  | 1:36.39  | 1:45.89  | 100 Breast       | 1:32.69  | 1:41.79  | 1:41.79  | 1:51.89  |
| 2:50.99  | 3:07.99  | 3:07.99  | 3:26.49  | 200 Breast       | 2:48.19  | 3:04.89  | 3:04.89  | 2:23.09  |
| 34.59    | 38.09    | 38.09    | 42.79    | 50 Fly           | 35.49    | 38.99    | 38.99    | 42.89    |
| 1:20.79  | 1:28.89  | 1:28.89  | 1:37.79  | 100 Fly          | 1:23.89  | 1:32.39  | 1:32.39  | 1:41.49  |
| 2:41.29  | 3:01.29  | 3:01.29  | 3:19.19  | 200 Fly          | 2:48.09  | 3:04.89  | 3:04.89  | 3:23.39  |
| 1:15.89  | 1:23.49  | 1:23.49  | 1:31.89  | 100 Ind Med      | 1:19.09  | 1:26.99  | 1:26.99  | 1:35.69  |
| 2:46.49  | 3:02.89  | 3:02.89  | 3:20.99  | 200 Ind Med      | 2:54.09  | 3:11.29  | 3:11.29  | 3:30.19  |
| 5:22.49  | 5:54.39  | 5:54.39  | 6:29.39  | 400 Ind Med      | 5:21.39  | 5:53.19  | 5:53.19  | 6:28.09  |
| SCY-A    | SCY-B    | SCM-A    | SCM-B    | 12 yr old events | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 28.59    | 31.49    | 31.49    | 34.89    | 50 Free          | 28.69    | 31.49    | 31.49    | 34.59    |
| 1:01.89  | 1:07.99  | 1:07.99  | 1:14.69  | 100 Free         | 1:01.99  | 1:08.09  | 1:08.09  | 1:14.89  |
| 2:17.19  | 2:30.79  | 2:30.79  | 2:45.69  | 200 Free         | 2:18.09  | 2:31.69  | 2:31.69  | 2:46.69  |
| 6:06.59  | 6:43.29  |          |          | 500 Free         | 6:12.19  | 6:49.39  |          |          |
|          |          | 5:21.89  | 5:54.09  | 400 Free         |          |          | 5:26.49  | 5:59.09  |
| 12:18.99 | 13:32.89 |          |          | 1000 Free        | 12:14.39 | 13:27.89 |          |          |
|          |          | 10:40.99 | 11:44.39 | 800 Free         |          |          | 10:36.99 | 11:39.99 |
| 20:56.89 | 23:02.59 |          |          | 1650 Free        | 20:44.69 | 22:48.99 |          |          |
|          |          | 21:22.59 | 23:30.89 | 1500 Free        |          |          | 50:28.79 | 22:31.49 |
| 33.59    | 36.89    | 36.89    | 40.59    | 50 Back          | 34.09    | 37.39    | 37.39    | 41.09    |
| 1:12.19  | 1:19.29  | 1:19.29  | 1:27.19  | 100 Back         | 1:13.49  | 1:20.79  | 1:20.79  | 1:28.69  |
| 2:28.19  | 2:42.89  | 2:42.89  | 2:58.99  | 200 Back         | 2:28.59  | 2:43.29  | 2:43.29  | 2:59.49  |
| 37.29    | 41.09    | 41.09    | 45.19    | 50 Breast        | 38.29    | 42.19    | 42.19    | 46.39    |
| 1:21.89  | 1:30.09  | 1:30.09  | 1:39.09  | 100 Breast       | 1:23.49  | 1:31.79  | 1:31.79  | 1:40.79  |
| 2:50.99  | 3:07.99  | 3:07.99  | 3:26.49  | 200 Breast       | 2:48.19  | 3:04.89  | 3:04.89  | 3:23.09  |
| 31.89    | 35.09    | 35.09    | 38.69    | 50 Fly           | 32.19    | 35.49    | 35.49    | 39.09    |
| 1:13.49  | 1:20.69  | 1:20.69  | 1:28.69  | 100 Fly          | 1:14.09  | 1:21.59  | 1:21.59  | 1:29.69  |
| 2:41.29  | 3:01.29  | 3:01.29  | 3:19.19  | 200 Fly          | 2:48.09  | 3:04.89  | 3:04.89  | 3:23.39  |
| 1:11.89  | 1:18.99  | 1:18.99  | 1:26.79  | 100 Ind Med      | 1:11.99  | 1:19.09  | 1:19.09  | 1:26.89  |
| 2:36.19  | 2:51.79  | 2:51.79  | 3:08.99  | 200 Ind Med      | 2:38.89  | 2:54.59  | 2:54.59  | 3:11.79  |
| 5:22.49  | 5:54.39  | 5:54.39  | 6:29.99  | 400 Ind Med      | 5:21.39  | 5:53.19  | 5:53.19  | 6:28.09  |
| SCY-A    | SCY-B    | SCM-A    | SCM-B    | 11 – 12 Relays   | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 1:57.59  | --       | 2:16.09  | --       | 200 Free Relay   | 2:00.99  | --       | 2:12.89  | --       |
| 4:22.29  | --       | 5:04.49  | --       | 400 Free Relay   | 4:28.89  | --       | 4:58.79  | --       |
| 2:13.59  | --       | 2:26.79  | --       | 200 Med Relay    | 2:18.19  | --       | 2:31.89  | --       |
| 4:55.09  | --       | 5:24.29  | --       | 400 Med Relay    | 5:01.29  | --       | 5:31.09  | --       |

## 2017 OSI SHORT COURSE A/B TIME STANDARDS

|          |          | Girls    |          | 13 yr old Events | Boys     |          |          |          |
|----------|----------|----------|----------|------------------|----------|----------|----------|----------|
| SCY-A    | SCY-B    | SCM-A    | SCM-B    |                  | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 27.49    | 30.29    | 30.29    | 33.19    | 50 Free          | 26.89    | 29.59    | 29.59    | 32.49    |
| 59.69    | 1:05.59  | 1:05.59  | 1:12.09  | 100 Free         | 57.79    | 1:03.49  | 1:03.49  | 1:09.79  |
| 2:11.29  | 2:24.19  | 2:24.19  | 2:38.49  | 200 Free         | 2:08.69  | 2:21.39  | 2:21.39  | 2:35.39  |
| 5:53.19  | 6:28.59  |          |          | 500 Free         | 5:50.69  | 6:25.39  |          |          |
|          |          | 5:10.09  | 5:41.09  | 400 Free         |          |          | 5:07.69  | 5:38.39  |
| 12:18.99 | 13:32.89 |          |          | 1000 Free        | 12:13.19 | 13:26.59 |          |          |
|          |          | 10:40.99 | 11:44.39 | 800 Free         |          |          | 10:35.89 | 11:39.99 |
| 20:56.89 | 23:02.59 |          |          | 1650 Free        | 20:44.69 | 22:48.99 |          |          |
|          |          | 21:22.59 | 23:30.89 | 1500 Free        |          |          | 20:28.79 | 22:31.49 |
| 1:08.69  | 1:15.49  | 1:15.49  | 1:22.89  | 100 Back         | 1:07.49  | 1:14.09  | 1:14.09  | 1:21.49  |
| 2:28.19  | 2:42.89  | 2:42.89  | 2:58.99  | 200 Back         | 2:28.59  | 2:43.29  | 2:43.29  | 2:59.49  |
| 1:18.69  | 1:26.49  | 1:26.49  | 1:35.09  | 100 Breast       | 1:16.89  | 1:24.49  | 1:24.49  | 1:32.79  |
| 2:50.99  | 3:07.99  | 3:07.99  | 3:26.49  | 200 Breast       | 2:48.19  | 3:04.89  | 3:04.89  | 2:23.09  |
| 1:08.89  | 1:15.69  | 1:15.69  | 1:23.19  | 100 Fly          | 1:08.69  | 1:15.49  | 1:15.49  | 1:22.89  |
| 2:41.29  | 2:57.29  | 2:57.29  | 3:14.79  | 200 Fly          | 2:48.09  | 3:04.89  | 3:04.89  | 3:23.39  |
| 2:30.09  | 2:44.99  | 2:44.99  | 3:01.29  | 200 Ind Med      | 2:27.49  | 2:41.09  | 2:41.09  | 2:58.09  |
| 5:22.49  | 5:54.39  | 5:54.39  | 6:29.39  | 400 Ind Med      | 5:18.09  | 5:49.49  | 5:49.49  | 6:24.09  |

|          |          | Girls    |          | 14 yr old Events | Boys     |          |          |          |
|----------|----------|----------|----------|------------------|----------|----------|----------|----------|
| SCY-A    | SCY-B    | SCM-A    | SCM-B    |                  | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 27.09    | 29.79    | 29.79    | 32.69    | 50 Free          | 25.69    | 28.29    | 28.29    | 31.09    |
| 58.59    | 1:04.39  | 1:04.39  | 1:10.69  | 100 Free         | 55.29    | 1:00.79  | 1:00.79  | 1:06.79  |
| 2:07.89  | 2:20.59  | 2:20.59  | 2:34.49  | 200 Free         | 2:01.69  | 2:13.79  | 2:13.79  | 2:26.99  |
| 5:50.99  | 6:26.09  |          |          | 500 Free         | 5:35.39  | 6:09.19  |          |          |
|          |          | 5:07.89  | 5:38.59  | 400 Free         |          |          | 5:01.59  | 5:31.59  |
| 12:06.59 | 13:19.29 |          |          | 1000 Free        | 11:40.89 | 12:50.99 |          |          |
|          |          | 10:30.19 | 11:32.49 | 800 Free         |          |          | 10:07.89 | 11:07.99 |
| 20:17.19 | 22:17.19 |          |          | 1650 Free        | 19:37.89 | 21:34.32 |          |          |
|          |          | 20:01.59 | 22:00.39 | 1500 Free        |          |          | 19:48.09 | 21:45.59 |
| 1:07.39  | 1:14.09  | 1:14.09  | 1:21.39  | 100 Back         | 1:04.89  | 1:11.29  | 1:11.29  | 1:18.39  |
| 2:23.89  | 2:38.09  | 2:38.09  | 2:53.79  | 200 Back         | 2:22.09  | 2:36.09  | 2:36.09  | 2:51.59  |
| 1:17.79  | 1:25.49  | 1:25.49  | 1:33.89  | 100 Breast       | 1:11.99  | 1:19.09  | 1:19.09  | 1:26.89  |
| 2:47.29  | 3:03.79  | 3:03.79  | 3:21.99  | 200 Breast       | 2:39.09  | 2:54.89  | 2:54.89  | 3:12.09  |
| 1:07.09  | 1:13.79  | 1:13.79  | 1:21.09  | 100 Fly          | 1:03.49  | 1:09.79  | 1:09.79  | 1:16.59  |
| 2:36.49  | 2:51.89  | 2:51.89  | 3:08.89  | 200 Fly          | 2:30.89  | 2:45.79  | 2:45.79  | 3:02.19  |
| 2:26.69  | 2:41.39  | 2:41.39  | 2:57.49  | 200 Ind Med      | 2:19.99  | 2:33.79  | 2:33.79  | 2:48.99  |
| 5:17.39  | 5:49.09  | 5:49.09  | 6:24.09  | 400 Ind Med      | 5:01.89  | 5:31.79  | 5:31.79  | 6:04.49  |

| SCY-A   | SCY-B | SCM-A   | SCM-B | 13-14 Relays   | SCY-A   | SCY-B | SCM-A   | SCM-B |
|---------|-------|---------|-------|----------------|---------|-------|---------|-------|
| 1:48.99 | --    | 1:59.80 | --    | 200 Free Relay | 1:43.29 | --    | 1:53.49 | --    |
| 3:59.89 | --    | 4:23.59 | --    | 400 Free Relay | 3:50.79 | --    | 4:27.09 | --    |
| 8:58.49 | --    | 9:51.69 | --    | 800 Free Relay | 8:20.89 | --    | 9:16.49 | --    |
| 2:03.69 | --    | 2:15.99 | --    | 200 Med Relay  | 1:59.29 | --    | 2:11.09 | --    |
| 4:29.99 | --    | 4:56.69 | --    | 400 Med Relay  | 4:24.69 | --    | 4:50.79 | --    |

## 2017 OSI SHORT COURSE A/B TIME STANDARDS

| Girls         |          |          |          |                | Boys     |          |          |          |
|---------------|----------|----------|----------|----------------|----------|----------|----------|----------|
| SCY-A         | SCY-B    | SCM-A    | SCM-B    | 15 & O Events  | SCY-A    | SCY-B    | SCM-A    | SCM-B    |
| 26.59         | 29.29    | 29.29    | 31.09    | 50 Free        | 23.79    | 26.29    | 26.29    | 27.99    |
| 57.49         | 1:03.49  | 1:03.49  | 1:07.79  | 100 Free       | 51.99    | 57.39    | 57.39    | 1:00.89  |
| 2:03.89       | 2:16.89  | 2:16.89  | 2:27.39  | 200 Free       | 1:53.59  | 2:05.49  | 2:05.49  | 2:15.19  |
| 5:31.69       | 6:04.89  |          |          | 500 Free       | 5:09.79  | 5:39.79  |          |          |
|               |          | 4:53.49  | 5:22.29  | 400 Free       |          |          | 4:33.39  | 5:00.19  |
| 11:53.29      | 12:43.99 |          |          | 1000 Free      | 10:50.47 | 11:50.49 |          |          |
|               |          | 10:19.89 | 11:05.39 | 800 Free       |          |          | 9:32.09  | 10:58.69 |
| 20:02.39      | 21:06.39 |          |          | 1650 Free      | 18:26.19 | 19:37.39 |          |          |
|               |          | 20:00.69 | 21:30.79 | 1500 Free      |          |          | 18:34.09 | 20:00.79 |
| 1:03.69       | 1:10.19  | 1:10.19  | 1:15.89  | 100 Back       | 58.29    | 1:05.29  | 1:05.29  | 1:10.69  |
| 2:19.99       | 2:36.59  | 2:36.59  | 2:44.69  | 200 Back       | 2:08.49  | 2:24.79  | 2:24.79  | 2:34.09  |
| 1:13.99       | 1:22.59  | 1:22.59  | 1:27.29  | 100 Breast     | 1:06.49  | 1:14.09  | 1:14.09  | 1:18.99  |
| 2:40.09       | 2:56.69  | 2:56.69  | 3:09.09  | 200 Breast     | 2:28.29  | 2:47.29  | 2:47.29  | 2:56.99  |
| 1:03.59       | 1:10.09  | 1:10.09  | 1:15.69  | 100 Fly        | 57.49    | 1:03.39  | 1:03.39  | 1:08.39  |
| 2:34.59       | 2:50.19  | 2:50.19  | 2:54.79  | 200 Fly        | 2:13.49  | 2:29.09  | 2:29.09  | 2:40.29  |
| 2:18.69       | 2:33.29  | 2:33.29  | 2:46.99  | 200 Ind Med    | 2:06.79  | 2:20.09  | 2:20.09  | 2:33.89  |
| 5:03.69       | 5:35.29  | 5:35.29  | 5:54.39  | 400 Ind Med    | 4:33.19  | 5:04.49  | 5:04.49  | 5:35.79  |
| 15 & O Relays |          |          |          |                |          |          |          |          |
| 1:47.29       | --       | 1:57.99  | --       | 200 Free Relay | 1:35.39  | --       | 1:44.79  | --       |
| 4:00.89       | --       | 4:30.09  | --       | 400 Free Relay | 3:34.99  | --       | 4:00.19  | --       |
| 9:02.29       | --       | 10:07.29 | --       | 800 Free Relay | 8:01.09  | --       | 8:54.69  | --       |
| 2:00.09       | --       | 2:17.19  | --       | 200 Med Relay  | 1:51.09  | --       | 2:02.09  | --       |
| 4:27.29       | --       | 4:53.70  | --       | 400 Med Relay  | 4:03.69  | --       | 4:27.29  | --       |

## 2017 OSI SHORT COURSE B+ TIME STANDARDS

| <b>Girls</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15 &amp; O</b> |
|--------------|-----------|-----------|-----------|-----------|-------------------|
| 50 Free      | 32.19     | 30.09     | 29.89     | 29.39     | 27.39             |
| 100 Free     | 1:10.49   | 1:05.69   | 1:04.29   | 1:02.49   | 1:00.09           |
| 200 Free     | 2:40.29   | 2:25.49   | 2:21.49   | 2:15.69   | 2:10.69           |
| 500 Free     | 6:51.16   | 6:24.99   | 6:16.59   | 6:11.49   | 5:48.59           |
| 1000 Free    | 12:55.99  | 12:55.99  | 12:55.99  | 12:42.99  | 12:09.29          |
| 1650 Free    | 21:58.79  | 21:58.79  | 21:58.79  | 21:38.39  | 20:08.79          |
| 50 Back      | 38.19     | 35.59     |           |           |                   |
| 100 Back     | 1:21.19   | 1:16.59   | 1:16.09   | 1:12.69   | 1:06.99           |
| 200 Back     | 2:41.79   | 2:41.79   | 2:41.79   | 2:33.89   | 2:23.59           |
| 50 Breast    | 42.19     | 39.19     |           |           |                   |
| 100 Breast   | 1:33.29   | 1:25.99   | 1:25.49   | 1:23.79   | 1:16.89           |
| 200 Breast   | 3:05.49   | 3:05.49   | 3:05.49   | 3:00.99   | 2:47.99           |
| 50 Fly       | 37.19     | 33.79     |           |           |                   |
| 100 Fly      | 1:24.89   | 1:17.79   | 1:17.09   | 1:12.19   | 1:07.99           |
| 200 Fly      | 2:53.09   | 2:53.09   | 2:53.09   | 2:48.99   | 2:31.69           |
| 100 Ind Med  | 1:21.99   | 1:16.29   |           |           |                   |
| 200 Ind Med  | 2:57.19   | 2:45.29   | 2:42.49   | 2:33.19   | 2:26.89           |
| 400 Ind Med  | 5:59.59   | 5:59.59   | 5:59.59   | 5:33.29   | 5:09.59           |
| <b>Boys</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15 &amp; O</b> |
| 50 Free      | 32.49     | 30.49     | 29.59     | 26.99     | 24.29             |
| 100 Free     | 1:11.39   | 1:07.39   | 1:03.59   | 59.39     | 52.89             |
| 200 Free     | 2:40.09   | 2:30.49   | 2:22.79   | 2:10.19   | 1:58.59           |
| 500 Free     | 6:53.39   | 6:30.79   | 6:08.29   | 5:52.19   | 5:24.49           |
| 1000 Free    | 12:51.19  | 12:51.19  | 12:51.19  | 12:15.99  | 11:18.19          |
| 1650 Free    | 22:13.49  | 22:13.49  | 22:13.49  | 21:03.29  | 18:43.89          |
| 50 Back      | 39.09     | 36.39     |           |           |                   |
| 100 Back     | 1:25.49   | 1:18.29   | 1:16.09   | 1:08.89   | 1:01.30           |
| 200 Back     | 2:39.29   | 2:39.29   | 2:39.29   | 2:31.39   | 2:14.39           |
| 50 Breast    | 46.89     | 40.59     |           |           |                   |
| 100 Breast   | 1:42.89   | 1:29.29   | 1:25.29   | 1:17.39   | 1:09.29           |
| 200 Breast   | 3:02.09   | 3:02.09   | 3:02.09   | 2:49.69   | 2:35.99           |
| 50 Fly       | 37.49     | 35.39     |           |           |                   |
| 100 Fly      | 1:28.89   | 1:21.09   | 1:19.19   | 1:10.09   | 1:00.59           |
| 200 Fly      | 2:56.49   | 2:56.49   | 2:56.49   | 2:45.49   | 2:21.69           |
| 100 Ind Med  | 1:22.99   | 1:17.29   |           |           |                   |
| 200 Ind Med  | 3:06.48   | 2:48.19   | 2:38.39   | 2:27.69   | 2:15.49           |
| 400 Ind Med  | 5:46.99   | 5:46.99   | 5:46.99   | 5:23.59   | 4:56.29           |

# 2017 OSI LONG COURSE A/B TIME STANDARDS

| Girls    |          |                  | Boys     |          |
|----------|----------|------------------|----------|----------|
| LCM-A    | LCM-B    | 8 & Under Events | LCM-A    | LCM-B    |
| 45.89    | 50.39    | 50 Free          | 45.19    | 49.69    |
| 1:46.69  | 1:57.29  | 100 Free         | 1:45.29  | 1:55.69  |
| 54.29    | 59.59    | 50 Back          | 53.79    | 58.99    |
| 1:01.29  | 1:07.39  | 50 Breast        | 1:03.49  | 1:09.69  |
| 58.39    | 1:04.19  | 50 Fly           | 1:01.29  | 1:07.29  |
| LC-A     | LC-B     | 9 yr old Events  | LC-A     | LC-B     |
| 41.09    | 45.19    | 50 Free          | 41.59    | 45.69    |
| 1:34.49  | 1:43.79  | 100 Free         | 1:32.89  | 1:42.09  |
| 3:20.99  | 3:40.09  | 200 Free         | 3:26.79  | 3:47.49  |
| 48.89    | 53.79    | 50 Back          | 50.09    | 54.99    |
| 1:49.99  | 2:00.99  | 100 Back         | 1:49.89  | 2:00.69  |
| 56.59    | 1:02.19  | 50 Breast        | 58.49    | 1:04.19  |
| 2:01.09  | 2:12.99  | 100 Breast       | 2:05.29  | 2:17.79  |
| 50.59    | 55.59    | 50 Fly           | 53.29    | 58.59    |
| 2:02.69  | 2:14.99  | 100 Fly          | 2:01.49  | 2:13.49  |
| 3:53.99  | 4:17.39  | 200 Ind Med      | 3:53.99  | 4:17.39  |
| LC-A     | LC-B     | 10 yr old Events | LC-A     | LC-B     |
| 36.49    | 40.19    | 50 Free          | 36.39    | 40.09    |
| 1:21.89  | 1:29.99  | 100 Free         | 1:21.49  | 1:29.69  |
| 2:58.99  | 3:16.69  | 200 Free         | 2:58.89  | 3:16.79  |
| 43.99    | 48.39    | 50 Back          | 44.99    | 49.49    |
| 1:35.89  | 1:45.49  | 100 Back         | 1:35.79  | 1:45.39  |
| 49.29    | 54.29    | 50 Breast        | 48.59    | 53.49    |
| 1:49.29  | 2:00.29  | 100 Breast       | 1:49.79  | 2:00.79  |
| 42.59    | 46.89    | 50 Fly           | 43.69    | 47.99    |
| 1:44.29  | 1:54.59  | 100 Fly          | 1:47.69  | 1:58.49  |
| 3:23.19  | 3:43.59  | 200 Ind Med      | 3:22.19  | 3:42.49  |
| 2:42.99  | --       | 200 F.R.         | 02:43.0  | --       |
| 3:09.49  | --       | 200 M. R.        | 03:08.6  | --       |
| LC-A     | LC B     | 11 yr old Events | LC A     | LC B     |
| 33.99    | 36.39    | 50 Free          | 34.49    | 37.89    |
| 1:12.59  | 1:19.79  | 100 Free         | 1:15.09  | 1:22.59  |
| 2:47.19  | 3:03.79  | 200 Free         | 2:45.39  | 3:02.29  |
| 5:59.69  | 6:35.59  | 400 Free         | 6:07.39  | 6:44.09  |
| 10:53.99 | 11:58.69 | 800 Free         | 10:58.69 | 12:03.79 |
| 21:16.09 | 23:22.29 | 1500 Free        | 21:42.59 | 23:51.49 |
| 41.09    | 45.09    | 50 Back          | 41.19    | 45.39    |
| 1:27.59  | 1:36.39  | 100 Back         | 1:29.29  | 1:38.19  |
| 2:50.99  | 3:08.09  | 200 Back         | 2:56.39  | 3:14.09  |
| 46.09    | 50.69    | 50 Breast        | 46.49    | 51.39    |
| 1:40.59  | 1:50.49  | 100 Breast       | 1:41.59  | 1:57.79  |
| 3:13.49  | 3:32.79  | 200 Breast       | 3:19.39  | 3:39.19  |
| 38.59    | 42.39    | 50 Fly           | 40.19    | 44.19    |
| 1:32.79  | 1:41.89  | 100 Fly          | 1:34.29  | 1:43.69  |
| 3:11.99  | 3:30.99  | 200 Fly          | 3:11.99  | 3:31.19  |
| 3:09.69  | 3:28.79  | 200 Ind Med      | 3:09.19  | 3:28.09  |
| 6:09.89  | 6:46.89  | 400 Ind Med      | 6:14.19  | 6:51.59  |

## 2017 OSI LONG COURSE A/B TIME STANDARDS

| Girls    |          |                  | Boys     |          |
|----------|----------|------------------|----------|----------|
| LC-A     | LC-B     | 12 yr old Events | LC-A     | LC-B     |
| 32.79    | 36.09    | 50 Free          | 32.89    | 36.19    |
| 1:11.59  | 1:18.79  | 100 Free         | 1:12.39  | 1:19.69  |
| 2:36.89  | 2:52.59  | 200 Free         | 2:37.99  | 2:53.79  |
| 5:33.49  | 6:06.89  | 400 Free         | 5:35.09  | 6:08.69  |
| 10:53.99 | 11:58.69 | 800 Free         | 10:58.69 | 12:03.79 |
| 21:16.09 | 23:22.29 | 1500 Free        | 21:42.59 | 23:51.49 |
| 38.69    | 42.59    | 50 Back          | 39.29    | 43.29    |
| 1:23.69  | 1:32.09  | 100 Back         | 1:23.29  | 1:31.59  |
| 2:50.99  | 3:08.09  | 200 Back         | 2:56.39  | 3:14.09  |
| 43.59    | 47.99    | 50 Breast        | 44.79    | 49.19    |
| 1:34.99  | 01:44.5  | 100 Breast       | 01:37.0  | 01:46.7  |
| 3:13.49  | 03:32.8  | 200 Breast       | 03:19.4  | 03:39.2  |
| 36.49    | 40.19    | 50 Fly           | 37.99    | 41.79    |
| 1:24.39  | 01:32.7  | 100 Fly          | 01:27.0  | 01:35.6  |
| 3:11.99  | 03:31.0  | 200 Fly          | 03:12.0  | 03:31.2  |
| 2:57.79  | 03:15.3  | 200 Ind Med      | 03:02.0  | 03:20.2  |
| 6:09.89  | 06:46.9  | 400 Ind Med      | 06:14.2  | 06:51.6  |
| LC-A     | LC-B     | 11- 12 Relays    | LC-A     | LC-B     |
| 2:16.59  | --       | 200 F.R.         | 2:14.89  | --       |
| 5:05.09  | --       | 400 F.R.         | 5:02.59  | --       |
| 2:34.99  | --       | 200 M. R.        | 2:37.39  | --       |
| 5:49.69  | --       | 400 M. R.        | 5:42.69  | --       |
| Girls    |          |                  | Boys     |          |
| LC-A     | LC-B     | 13 yr old Events | LC-A     | LC-B     |
| 31.49    | 34.59    | 50 Free          | 31.19    | 34.39    |
| 1:09.09  | 1:15.49  | 100 Free         | 1:08.29  | 1:15.39  |
| 2:29.09  | 2:43.99  | 200 Free         | 2:28.69  | 2:43.59  |
| 5:12.99  | 5:44.29  | 400 Free         | 5:17.99  | 5:46.79  |
| 10:53.99 | 11:58.69 | 800 Free         | 10:58.69 | 12:03.79 |
| 21:16.09 | 23:22.29 | 1500 Free        | 21:42.59 | 23:51.49 |
| 1:17.89  | 1:25.29  | 100 Back         | 1:18.99  | 1:26.89  |
| 2:50.99  | 3:08.09  | 200 Back         | 2:56.39  | 3:14.09  |
| 1:30.99  | 1:40.09  | 100 Breast       | 1:33.49  | 1:42.69  |
| 3:13.49  | 3:32.79  | 200 Breast       | 3:19.39  | 3:39.19  |
| 1:18.89  | 1:26.69  | 100 Fly          | 1:19.89  | 1:27.79  |
| 3:11.99  | 3:30.99  | 200 Fly          | 3:11.99  | 3:31.19  |
| 2:50.49  | 3:07.49  | 200 Ind Med      | 2:49.09  | 3:05.79  |
| 6:09.89  | 6:46.89  | 400 Ind Med      | 6:14.19  | 6:51.59  |



## 2017 OSI LONG COURSE A/B TIME STANDARDS

| Girls            |          |                  | Boys     |          |
|------------------|----------|------------------|----------|----------|
| LC-A             | LC-B     | 14 yr old Events | LC-A     | LC-B     |
| 30.99            | 34.09    | 50 Free          | 29.09    | 31.99    |
| 1:07.59          | 1:14.39  | 100 Free         | 1:04.19  | 1:10.49  |
| 2:25.69          | 2:40.29  | 200 Free         | 2:20.59  | 2:34.49  |
| 5:09.09          | 5:39.99  | 400 Free         | 5:01.59  | 5:31.39  |
| 10:34.69         | 11:38.19 | 800 Free         | 10:31.79 | 11:34.89 |
| 20:35.69         | 22:39.29 | 1500 Free        | 20:08.09 | 22:08.89 |
| 1:17.59          | 1:25.69  | 100 Back         | 1:17.59  | 1:25.19  |
| 2:46.19          | 3:02.79  | 200 Back         | 2:43.59  | 2:59.79  |
| 1:29.99          | 1:38.99  | 100 Breast       | 1:26.09  | 1:34.59  |
| 3:12.69          | 3:31.99  | 200 Breast       | 3:06.69  | 3:25.19  |
| 1:15.59          | 1:23.19  | 100 Fly          | 1:14.09  | 1:21.39  |
| 2:58.79          | 3:16.69  | 200 Fly          | 2:52.79  | 3:10.09  |
| 2:48.09          | 3:04.89  | 200 Ind Med      | 2:41.39  | 2:57.29  |
| 6:02.99          | 6:39.29  | 400 Ind Med      | 5:53.69  | 6:29.09  |
| LC-A             | LC-B     | 13-14 Relays     | LC-A     | LC-B     |
| 2:06.69          | --       | 200 F.R.         | 2:01.49  | --       |
| 4:40.89          | --       | 400 F.R.         | 4:30.89  | --       |
| 10:23.39         | --       | 800 F.R.         | 9:27.99  | --       |
| 2:25.59          | --       | 200 M. R.        | 2:20.39  | --       |
| 5:17.29          | --       | 400 M. R.        | 5:11.89  | --       |
| LC-A             | LC-B     | 15 & Over Events | LC-A     | LC-B     |
| 29.49            | 32.39    | 50 Free          | 26.39    | 28.99    |
| 1:04.59          | 1:10.89  | 100 Free         | 57.29    | 1:02.89  |
| 2:19.39          | 2:33.09  | 200 Free         | 2:07.99  | 2:20.59  |
| 4:56.69          | 5:26.39  | 400 Free         | 4:32.79  | 4:59.69  |
| 10:31.19         | 11:33.59 | 800 Free         | 9:43.39  | 10:40.99 |
| 20:20.69         | 22:22.79 | 1500 Free        | 18:54.49 | 20:46.69 |
| 1:13.49          | 1:21.79  | 100 Back         | 1:07.89  | 1:14.59  |
| 2:39.59          | 2:55.29  | 200 Back         | 2:27.79  | 2:42.39  |
| 1:23.59          | 1:31.79  | 100 Breast       | 1:16.79  | 1:24.39  |
| 3:00.19          | 3:17.99  | 200 Breast       | 2:50.79  | 3:07.69  |
| 1:11.19          | 1:18.29  | 100 Fly          | 1:03.79  | 1:10.09  |
| 2:53.49          | 3:10.59  | 200 Fly          | 2:32.39  | 2:47.39  |
| 2:38.79          | 2:54.49  | 200 Ind Med      | 2:24.29  | 2:38.49  |
| 5:46.59          | 6:20.89  | 400 Ind Med      | 5:15.79  | 5:46.99  |
| 15 & Over Relays |          |                  |          |          |
| 2:02.49          | --       | 200 F.R.         | 1:49.59  | --       |
| 4:33.89          | --       | 400 F.R.         | 4:03.99  | --       |
| 10:18.59         | --       | 800 F.R.         | 9:05.99  | --       |
| 2:17.49          | --       | 200 M. R.        | 2:05.69  | --       |
| 5:08.89          | --       | 400 M. R.        | 4:35.39  | --       |

## 2017 OSO LONG COURSE B+ TIME STANDARDS

| <b>Girls</b> | <b>10 &amp; U</b> | <b>11 - 12</b> | <b>13 - 14</b> | <b>15 &amp; Over</b> |
|--------------|-------------------|----------------|----------------|----------------------|
| 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 Ind Med  | 3:33.39           | 3:07.39        | 2:56.99        | 2:53.59              |
| 400 Ind Med  |                   |                | 6:20.19        | 6:24.69              |
| <b>Boys</b>  | <b>10 &amp; U</b> | <b>11 - 12</b> | <b>13 - 14</b> | <b>15 &amp; Over</b> |
| 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 Ind Med  | 3:32.99           | 3:10.09        | 2:49.19        | 2:35.99              |
| 400 Ind Med  |                   |                | 6:12.69        | 5:45.99              |

**2017 US Open Time Standards  
August 2-6, 2017**

| <b>Women</b> |            |                       | <b>Men</b> |            |
|--------------|------------|-----------------------|------------|------------|
| <b>SCY</b>   | <b>LCM</b> | <b>EVENTS</b>         | <b>LCM</b> | <b>SCY</b> |
| 22.79        | 26.49      | 50 Freestyle          | 23.69      | 20.29      |
| 49.69        | 57.19      | 100 Freestyle         | 51.49      | 44.09      |
| 1:47.69      | 2:03.59    | 200 Freestyle         | 1:53.29    | 1:37.49    |
| 4:47.09      | 4:20.09    | 400/500 Freestyle     | 4:01.19    | 4:22.79    |
| 9:55.19      | 8:55.19    | 800/1000 Freestyle    | 8:20.09    | 9:12.09    |
| 16:32.59     | 17:03.69   | 1650/1500 Freestyle   | 15:59.09   | 15:24.69   |
| 54.29        | 1:03.99    | 100 Backstroke        | 58.09      | 48.09      |
| 1:57.49      | 2:17.69    | 200 Backstroke        | 2:05.69    | 1:47.19    |
| 1:02.29      | 1:12.59    | 100 Breaststroke      | 1:05.09    | 55.09      |
| 2:14.79      | 2:36.89    | 200 Breaststroke      | 2:21.39    | 2:01.59    |
| 53.99        | 1:01.89    | 100 Butterfly         | 55.79      | 48.59      |
| 1:59.59      | 2:16.39    | 200 Butterfly         | 2:03.89    | 1:47.29    |
| 2:00.39      | 2:20.09    | 200 Individual Medley | 2:06.99    | 1:47.49    |
| 4:15.49      | 4:56.59    | 400 Individual Medley | 4:30.99    | 3:50.99    |
| x            | 3:52.69    | 4x100 Free Relay      | 3:29.29    | x          |
| x            | 8:22.19    | 4x200 Free Relay      | 7:42.79    | x          |
| x            | 4:18.29    | 4x100 Medley Relay    | 3:50.09    | x          |

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| <b>Women</b> |            |                             | <b>Men</b> |            |
|--------------|------------|-----------------------------|------------|------------|
| <b>SCY</b>   | <b>LCM</b> | <b>18 &amp; Under Bonus</b> | <b>LCM</b> | <b>SCY</b> |
| 22.99        | 27.09      | 50 Freestyle                | 24.09      | 20.59      |
| 50.19        | 58.29      | 100 Freestyle               | 52.19      | 44.59      |
| 1:48.99      | 2:04.69    | 200 Freestyle               | 1:54.69    | 1:38.79    |
| 4:49.09      | 4:22.19    | 400/500 Freestyle           | 4:03.59    | 4:29.29    |
| 9:58.79      | 9:00.29    | 800/1000 Freestyle          | 8:24.69    | 9:15.19    |
| 16:35.89     | 17:14.29   | 1650/1500 Freestyle         | 16:08.09   | 15:37.49   |
| 55.09        | 1:04.59    | 100 Backstroke              | 58.99      | 49.89      |
| 1:58.79      | 2:18.69    | 200 Backstroke              | 2:07.39    | 1:48.39    |
| 1:03.49      | 1:13.49    | 100 Breaststroke            | 1:06.29    | 55.99      |
| 2:15.89      | 2:38.69    | 200 Breaststroke            | 2:23.69    | 2:01.99    |
| 55.09        | 1:02.59    | 100 Butterfly               | 56.69      | 49.19      |
| 2:00.99      | 2:17.39    | 200 Butterfly               | 2:05.49    | 1:48.29    |
| 2:02.29      | 2:21.89    | 200 Individual Medley       | 2:08.69    | 1:49.29    |
| 4:17.99      | 4:58.09    | 400 Individual Medley       | 4:33.89    | 3:53.49    |

## 2017 Western Zone AG Time Standards (Proposed)

| Women    |          |          |                       | Men      |          |          |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM      | SCM      | SCY      | 10 & Under Event      | LCM      | SCM      | SCY      |
| 0:32.99  | 0:32.19  | 0:28.99  | <b>50 Free</b>        | 0:32.89  | 0:32.09  | 0:28.89  |
| 1:12.29  | 1:10.69  | 1:03.69  | <b>100 Free</b>       | 1:11.79  | 1:10.19  | 1:03.29  |
| 2:37.89  | 2:34.69  | 2:19.29  | <b>200 Free</b>       | 2:36.39  | 2:33.19  | 2:17.99  |
| 0:38.89  | 0:38.29  | 0:34.49  | <b>50 Back</b>        | 0:38.99  | 0:38.39  | 0:34.59  |
| 1:23.89  | 1:22.69  | 1:14.49  | <b>100 Back</b>       | 1:24.09  | 1:22.89  | 1:14.69  |
| 0:44.19  | 0:43.19  | 0:38.99  | <b>50 Breast</b>      | 0:44.39  | 0:43.39  | 0:39.09  |
| 1:35.79  | 1:33.79  | 1:24.49  | <b>100 Breast</b>     | 1:36.59  | 1:34.59  | 1:25.19  |
| 0:36.19  | 0:35.49  | 0:31.99  | <b>50 Fly</b>         | 0:36.39  | 0:35.69  | 0:32.09  |
| 1:22.79  | 1:21.39  | 1:13.39  | <b>100 Fly</b>        | 1:22.89  | 1:21.49  | 1:13.49  |
| 2:57.49  | 2:54.29  | 2:36.99  | <b>200 IM</b>         | 2:57.09  | 2:53.89  | 2:36.59  |
|          |          |          |                       |          |          |          |
| LCM      | SCM      | SCY      | 11-12 Event           | LCM      | SCM      | SCY      |
| 0:29.49  | 0:28.69  | 0:25.79  | <b>50 Free</b>        | 0:29.39  | 0:28.59  | 0:25.79  |
| 1:04.79  | 1:03.19  | 0:56.89  | <b>100 Free</b>       | 1:03.99  | 1:02.39  | 0:56.19  |
| 2:20.09  | 2:16.89  | 2:03.39  | <b>200 Free</b>       | 2:19.19  | 2:15.99  | 2:02.49  |
| 4:54.89  | 4:48.49  | 5:30.39  | <b>400/500 Free</b>   | 4:55.69  | 4:49.29  | 5:31.29  |
| 0:34.49  | 0:33.89  | 0:30.49  | <b>50 Back</b>        | 0:34.49  | 0:33.89  | 0:30.59  |
| 1:13.99  | 1:12.79  | 1:05.59  | <b>100 Back</b>       | 1:13.99  | 1:12.79  | 1:05.59  |
| 2:43.79  | 2:41.39  | 2:25.39  | <b>200 Back</b>       | 2:41.89  | 2:39.49  | 2:23.69  |
| 0:38.39  | 0:37.39  | 0:33.69  | <b>50 Breast</b>      | 0:37.99  | 0:36.99  | 0:33.29  |
| 1:23.89  | 1:21.89  | 1:13.79  | <b>100 Breast</b>     | 1:23.79  | 1:21.79  | 1:13.69  |
| 3:05.99  | 3:01.99  | 2:43.99  | <b>200 Breast</b>     | 3:02.59  | 2:58.59  | 2:40.89  |
| 0:32.29  | 0:31.59  | 0:28.49  | <b>50 Fly</b>         | 0:32.09  | 0:31.39  | 0:28.29  |
| 1:12.09  | 1:10.69  | 1:03.69  | <b>100 Fly</b>        | 1:11.79  | 1:10.39  | 1:03.49  |
| 2:47.59  | 2:44.79  | 2:28.39  | <b>200 Fly</b>        | 2:45.69  | 2:42.89  | 2:26.79  |
| 2:38.69  | 2:35.49  | 2:20.09  | <b>200 IM</b>         | 2:37.39  | 2:34.19  | 2:18.99  |
| 5:49.19  | 5:42.79  | 5:08.89  | <b>400 IM</b>         | 5:44.09  | 5:37.69  | 5:04.19  |
|          |          |          |                       |          |          |          |
| LCM      | SCM      | SCY      | 13-14 Event           | LCM      | SCM      | SCY      |
| 0:28.79  | 0:27.99  | 0:25.19  | <b>50 Free</b>        | 0:26.99  | 0:26.19  | 0:23.59  |
| 1:02.29  | 1:00.69  | 0:54.69  | <b>100 Free</b>       | 0:58.59  | 0:56.99  | 0:51.39  |
| 2:15.09  | 2:11.89  | 1:58.79  | <b>200 Free</b>       | 2:07.39  | 2:04.19  | 1:51.89  |
| 4:40.19  | 4:33.79  | 5:13.99  | <b>400/500 Free</b>   | 4:31.89  | 4:25.49  | 5:04.69  |
| 9:50.69  | 9:37.89  | 11:01.79 | <b>800/1000 Free</b>  | 9:28.69  | 9:15.89  | 10:37.19 |
| 18:52.49 | 18:28.49 | 18:30.29 | <b>1500/1650 Free</b> | 18:12.09 | 17:48.09 | 17:50.69 |
| 1:10.79  | 1:09.59  | 1:02.69  | <b>100 Back</b>       | 1:07.39  | 1:06.19  | 0:59.69  |
| 2:31.89  | 2:29.49  | 2:14.69  | <b>200 Back</b>       | 2:24.99  | 2:22.59  | 2:08.49  |
| 1:20.89  | 1:18.89  | 1:11.09  | <b>100 Breast</b>     | 1:15.29  | 1:13.29  | 1:05.99  |
| 2:53.89  | 2:49.89  | 2:32.99  | <b>200 Breast</b>     | 2:44.29  | 2:40.29  | 2:24.39  |
| 1:08.89  | 1:07.49  | 1:00.79  | <b>100 Fly</b>        | 1:04.49  | 1:03.09  | 0:56.89  |
| 2:34.59  | 2:31.79  | 2:16.79  | <b>200 Fly</b>        | 2:25.89  | 2:23.09  | 2:08.89  |
| 2:32.99  | 2:29.79  | 2:14.99  | <b>200 IM</b>         | 2:24.09  | 2:20.89  | 2:06.89  |
| 5:24.69  | 5:18.29  | 4:46.79  | <b>400 IM</b>         | 5:06.99  | 5:00.59  | 4:30.79  |

# 2017 SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

August 8 - 12, 2017

| Girls    |          | Events                | Boys     |          |
|----------|----------|-----------------------|----------|----------|
| SCY      | LCM      |                       | LCM      | SCY      |
| 22.89    | 26.69    | 50 Freestyle          | 24.09    | 20.59    |
| 49.89    | 57.79    | 100 Freestyle         | 52.19    | 44.59    |
| 1:47.79  | 2:04.69  | 200 Freestyle         | 1:54.69  | 1:38.79  |
| 4:49.09  | 4:22.19  | 400/500 Freestyle     | 4:03.59  | 4:29.29  |
| 9:58.79  | 9:00.29  | 800/1000 Freestyle    | 8:24.69  | 9:15.19  |
| 16:35.89 | 17:14.29 | 1650/1500 Freestyle   | 16:08.09 | 15:37.49 |
| 54.69    | 1:04.59  | 100 Backstroke        | 58.99    | 49.89    |
| 1:58.09  | 2:18.69  | 200 Backstroke        | 2:07.39  | 1:48.39  |
| 1:03.09  | 1:13.49  | 100 Breaststroke      | 1:06.29  | 55.99    |
| 2:15.89  | 2:38.69  | 200 Breaststroke      | 2:23.69  | 2:01.59  |
| 54.19    | 1:02.59  | 100 Butterfly         | 56.69    | 49.19    |
| 1:59.79  | 2:17.39  | 200 Butterfly         | 2:05.49  | 1:48.29  |
| 2:00.99  | 2:21.39  | 200 Individual Medley | 2:08.69  | 1:49.29  |
| 4:15.99  | 4:58.09  | 400 Individual Medley | 4:33.89  | 3:53.49  |
| X        | 3:56.49  | 4x100 Free Relay      | 3:34.89  | x        |
| X        | 8:29.99  | 4x200 Free Relay      | 7:47.69  | x        |
| X        | 4:22.69  | 4x100 Medley Relay    | 3:56.99  | x        |

| Girls    |          | BONUS                 | Boys     |          |
|----------|----------|-----------------------|----------|----------|
| SCY      | LCM      |                       | LCM      | SCY      |
| 23.49    | 27.19    | 50 Freestyle          | 24.49    | 21.19    |
| 50.79    | 58.29    | 100 Freestyle         | 52.89    | 45.39    |
| 1:49.39  | 2:05.69  | 200 Freestyle         | 1:56.49  | 1:40.09  |
| 4:52.19  | 4:23.89  | 400/500 Freestyle     | 4:05.49  | 4:30.09  |
| 10:05.19 | 9:05.09  | 800/1000 Freestyle    | 8:27.69  | 9:19.39  |
| 16:45.09 | 17:29.69 | 1650/1500 Freestyle   | 16:27.39 | 15:46.39 |
| 56.09    | 1:05.59  | 100 Backstroke        | 59.69    | 50.49    |
| 2:00.69  | 2:20.89  | 200 Backstroke        | 2:09.69  | 1:49.69  |
| 1:03.89  | 1:14.29  | 100 Breaststroke      | 1:07.09  | 56.59    |
| 2:18.89  | 2:40.49  | 200 Breaststroke      | 2:25.09  | 2:02.89  |
| 55.69    | 1:03.59  | 100 Butterfly         | 57.69    | 49.89    |
| 2:02.39  | 2:19.29  | 200 Butterfly         | 2:07.29  | 1:49.89  |
| 2:03.99  | 2:22.39  | 200 Individual Medley | 2:10.09  | 1:50.69  |
| 4:22.09  | 5:00.49  | 400 Individual Medley | 4:37.29  | 3:56.89  |

# 2017 PHILLIPS 66 NATIONAL CHAMPIONSHIPS

June 27 – July 1, 2017

| WOMEN    |          |                  | MEN      |          |
|----------|----------|------------------|----------|----------|
| SCY      | LCM      |                  | LCM      | SCY      |
| 22.49    | 26.19    | 50 Free          | 23.29    | 19.89    |
| 49.09    | 56.59    | 100 Free         | 50.79    | 43.39    |
| 1:46.49  | 2:02.39  | 200 Free         | 1:51.89  | 1:36.09  |
| 4:44.99  | 4:17.99  | 400/500 Free     | 3:58.69  | 4:20.29  |
| 9:49.99  | 8:49.99  | 800/1000 Free    | 8:15.49  | 9:07.49  |
| 16:21.89 | 16:52.99 | 1650/1500 Free   | 15:49.99 | 15:15.59 |
| 53.69    | 1:03.39  | 100 Backstroke   | 57.19    | 47.19    |
| 1:56.39  | 2:16.59  | 200 Backstroke   | 2:03.99  | 1:45.49  |
| 1:01.29  | 1:11.59  | 100 Breaststroke | 1:03.89  | 53.89    |
| 2:12.89  | 2:34.99  | 200 Breaststroke | 2:18.99  | 1:59.19  |
| 53.29    | 1:01.19  | 100 Butterfly    | 54.79    | 47.59    |
| 1:58.49  | 2:15.29  | 200 Butterfly    | 2:02.29  | 1:45.69  |
| 1:58.99  | 2:18.69  | 200 Ind Medley   | 2:05.29  | 1:45.79  |
| 4:13.89  | 4:54.99  | 400 Indl Medley  | 4:27.99  | 3:47.99  |
| X        | 3:52.69  | 4x100 Free Relay | 3:29.29  | x        |
| X        | 8:22.19  | 4x200 Free Relay | 7:42.79  | x        |
| X        | 4:18.29  | 4x100 Med Relay  | 3:50.09  | x        |

## SPEEDO SECTIONALS 2017

| WOMEN    |          |                     | MEN      |          |
|----------|----------|---------------------|----------|----------|
| LCM      | SCY      | Events              | SCY      | LCM      |
| 28.09    | 24.49    | 50 Freestyle        | 21.69    | 25.29    |
| 1:00.69  | 53.09    | 100 Freestyle       | 47.39    | 54.79    |
| 2:10.99  | 1:53.79  | 200 Freestyle       | 1:43.79  | 2:00.49  |
| 4:35.29  | 5:05.09  | 400/500 Freestyle   | 4:42.79  | 4:15.79  |
| 9:27.39  | 10:28.79 | 800/1000 Freestyle  | 9:42.99  | 8:49.99  |
| 18:06.09 | 17:25.69 | 1650/1500 Freestyle | 16:24.39 | 16:56.49 |
| 1:07.89  | 58.99    | 100 Backstroke      | 53.39    | 1:01.99  |
| 2:26.99  | 2:07.19  | 200 Backstroke      | 1:54.89  | 2:13.79  |
| 1:17.19  | 1:06.89  | 100 Breaststroke    | 59.79    | 1:09.69  |
| 2:46.69  | 2:24.69  | 200 Breaststroke    | 2:09.69  | 2:30.89  |
| 1:05.79  | 58.19    | 100 Butterfly       | 52.09    | 59.59    |
| 2:25.09  | 2:08.89  | 200 Butterfly       | 1:55.09  | 2:11.79  |
| 2:28.49  | 2:09.29  | 200 Ind Medley      | 1:57.09  | 2:15.19  |
| 5:12.99  | 4:33.39  | 400 Ind Medley      | 4:11.19  | 4:47.59  |

## **2017 USA SWIMMING FUTURES TIME STANDARDS**

| <b>WOMEN</b> |            |                      | <b>MEN</b> |            |
|--------------|------------|----------------------|------------|------------|
| <b>LCM</b>   | <b>SCY</b> | <b>EVENT</b>         | <b>SCY</b> | <b>LCM</b> |
| 27.49        | 24.39      | 50Freestyle          | 21.49      | 24.89      |
| 59.59        | 52.19      | 100Freestyle         | 46.69      | 53.79      |
| 2:08.19      | 1:52.99    | 200Freestyle         | 1:42.09    | 1:58.09    |
| 4:28.79      | 5:03.49    | 400/500Freestyle     | 4:37.09    | 4:09.99    |
| 9:13.79      | 10:20.49   | 800/1000Freestyle    | 9:34.29    | 8:40.69    |
| 17:40.19     | 17:14.39   | 1650/1500Freestyle   | 16:05.49   | 16:38.99   |
| 1:07.29      | 58.49      | 100Backstroke        | 52.49      | 1:00.79    |
| 2:24.79      | 2:05.79    | 200Backstroke        | 1:53.59    | 2:11.89    |
| 1:16.19      | 1:06.29    | 100Breaststroke      | 58.89      | 1:08.69    |
| 2:43.79      | 2:23.09    | 200Breaststroke      | 2:08.59    | 2:29.09    |
| 1:05.19      | 57.89      | 100Butterfly         | 51.59      | 58.39      |
| 2:21.89      | 2:06.19    | 200Butterfly         | 1:53.69    | 2:10.19    |
| 2:26.39      | 2:08.29    | 200Individual Medley | 1:55.09    | 2:12.79    |
| 5:07.29      | 4:30.69    | 400Individual Medley | 4:07.59    | 4:42.39    |
| 4:04.29      | 3:34.09    | 4x100 FreeRelay      | 3:12.89    | 3:40.89    |
| 8:40.89      | 7:36.39    | 4x200 FreeRelay      | 6:58.59    | 8:00.49    |
| 4:33.79      | 3:57.09    | 4x100Medley Relay    | 3:32.79    | 4:05.89    |



**Oregon Swimming Records**

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**Short Course Yard Records  
(as of December 2016)**

| 8 & Under GIRLS |                 |      |         |         | 8 & Under BOYS |      |                   |      |  |
|-----------------|-----------------|------|---------|---------|----------------|------|-------------------|------|--|
| YEAR            | NAME            | TEAM | TIME    | EVENT   | TIME           | TEAM | NAME              | YEAR |  |
| 2001            | Kaila Lee       | EY   | 13.50   | 25 FREE | 13.02          | MAC  | Matthias Kreutzer | 2013 |  |
| 1982            | Sarah Johnston  | ECSC | 29.51   | 50 FREE | 29.39          | UN   | Santo Condorelli  | 2003 |  |
| 2016            | Annemarie Vlaic | LOSC | 1:06.83 | 100 FR  | 1:04.70        | UN   | Santo Condorelli  | 2004 |  |
| 1997            | Morgan Scroggy  | CB   | 2:24.29 | 200 FR  | 2:22.00        | MAC  | Brady Childs      | 1990 |  |
| 2012            | L Bobo-Shisler  | NST  | 16.78   | 25 BK   | 15.96          | UN   | Santo Condorelli  | 2003 |  |
| 2012            | L Bobo-Shisler  | NST  | 35.24   | 50 BK   | 34.20          | DD   | David Garcia      | 1979 |  |
| 2012            | L Bobo-Shisler  | NST  | 1:19.20 | 100 BK  | 1:13.59        | DD   | David Garcia      | 1979 |  |
| 1986            | Karen Hansen    | THSC | 18.22   | 25 BR   | 17.95          | SAC  | Kyle Stinchfield  | 1983 |  |
| 1990            | Minh Nguyen     | VSC  | 39.88   | 50 BR   | 17.95          | UN   | Santo Condorelli  | 2003 |  |
| 1986            | Kelli Childs    | MAC  | 1:27.23 | 100 BR  | 38.81          | AAA  | Ryan Knoll        | 1988 |  |
| 2015            | Annemarie Vlaic | UNAT | 14.44   | 25 FLY  | 1:26.84        | SAC  | Kyle Stinchfield  | 1983 |  |
| 2016            | Annemarie Vlaic | LOSC | 33.09   | 50 FLY  | 14.04          | UN   | Santo Condorelli  | 2003 |  |
| 2016            | Annemarie Vlaic | LOSC | 1:14.21 | 100 FLY | 32.37          | SSS  | Marcus Gentry     | 2013 |  |
| 1989            | Jocelyn Weiler  | OCST | 1:16.65 | 100 IM  | 1:12.53        | UN   | Santo Condorelli  | 2004 |  |
| 1986            | Kelli Childs    | MAC  | 2:44.93 | 200 IM  | 1:16.51        | UN   | Santo Condorelli  | 2004 |  |

| 9 – 10 GIRLS |                  |      |         |         | 9 – 10 BOYS |      |                  |      |  |
|--------------|------------------|------|---------|---------|-------------|------|------------------|------|--|
| YEAR         | NAME             | TEAM | TIME    | EVENT   | TIME        | TEAM | NAME             | YEAR |  |
| 2007         | Brenda Cha       | LOSC | 26.80   | 50 FREE | 26.14       | UN   | Santo Condorelli | 2005 |  |
| 1999         | Morgan Scroggy   | LOSC | 57.96   | 100 FR  | 55.88       | UN   | Santo Condorelli | 2006 |  |
| 2005         | Karen Turner     | LOSC | 2:06.69 | 200 FR  | 2:00.65     | UN   | Santo Condorelli | 2006 |  |
| 1988         | Lonnie Nadal     | THSC | 5:35.15 | 500 FR  | 5:37.79     | UN   | Santo Condorelli | 2005 |  |
| 2006         | Cassidy Robinson | LOSC | 30.85   | 50 BACK | 29.65       | VSC  | Lee Leatherman   | 1992 |  |
| 1991         | Kristina Kora    | THSC | 1:07.80 | 100 BK  | 1:03.28     | UN   | Santo Condorelli | 2006 |  |
| 2004         | Megan McCarroll  | THSC | 34.44   | 50 BR   | 33.01       | ECSC | Dustin Sprick    | 1989 |  |
| 2004         | Megan McCarroll  | THSC | 1:13.96 | 100 BR  | 1:10.36     | UN   | Santo Condorelli | 2006 |  |
| 2016         | Adrienne Tam     | TTSC | 28.60   | 50 FLY  | 28.35       | UN   | Santo Condorelli | 2006 |  |
| 2015         | Fay Lustria      | THSC | 1:03.60 | 100 FLY | 1:03.15     | UN   | Santo Condorelli | 2005 |  |
| 2007         | Brenda Cha       | LOSC | 1:06.61 | 100 IM  | 1:03.18     | UN   | Santo Condorelli | 2006 |  |
| 2005         | Karen Turner     | LOSC | 2:22.70 | 200 IM  | 2:19.58     | UN   | Santo Conderelli | 2006 |  |

| 11-12 GIRLS |                  |      |          |         | 11-12 BOYS |      |                |      |  |
|-------------|------------------|------|----------|---------|------------|------|----------------|------|--|
| YEAR        | NAME             | TEAM | TIME     | EVENT   | TIME       | TEAM | NAME           | YEAR |  |
| 2008        | Grace Carlson    | LOSC | 23.58    | 50 FREE | 22.76      | LOSC | Daniel Chen    | 2007 |  |
| 2008        | Grace Carlson    | LOSC | 52.54    | 100 FR  | 50.02      | THSC | Trent Martinez | 2014 |  |
| 2014        | Grace Knutsen    | SCAT | 1:54.71  | 200 FR  | 1:47.84    | THSC | Trent Martinez | 2014 |  |
| 1986        | Amy Ward         | BEND | 5:04.90  | 500 FR  | 4:50.95    | THSC | Trent Martinez | 2014 |  |
| 1986        | Amy Ward         | BEND | 10:30.34 | 1000 F  | 10:01.01   | THSC | Trent Martinez | 2014 |  |
| 1986        | Amy Ward         | BEND | 17:42.73 | 1650 F  | 17:03.75   | THSC | Myron Shen     | 2012 |  |
| 2008        | Grace Carlson    | LOSC | 26.63    | 50 BK   | 26.27      | HEAT | Luke Thornbrue | 2014 |  |
| 2008        | Grace Carlson    | LOSC | 57.25    | 100 BK  | 56.16      | HEAT | Luke Thornbrue | 2014 |  |
| 2014        | Kate Laderoute   | OCST | 2:04.81  | 200 BK  | 2:01.43    | HEAT | Luke Thornbrue | 2013 |  |
| 2009        | Briana Balsbough | LOSC | 30.24    | 50 BR   | 29.31      | BRSC | Kyle Wicks     | 2006 |  |
| 2013        | Emily Brockman   | BEND | 1:06.57  | 100 BR  | 1:03.71    | THSC | Caspar Corbeau | 2014 |  |
| 2015        | Kaitlyn Dobler   | TDPS | 2:24.16  | 200 BR  | 2:16.14    | THSC | Caspar Corbeau | 2014 |  |
| 2008        | Grace Carlson    | LOSC | 25.67    | 50 FLY  | 24.89      | MSC  | Alex Lynch     | 2011 |  |
| 2003        | Jordan King      | THSC | 57.54    | 100 FLY | 54.93      | HEAT | Anton Goswitz  | 2015 |  |
| 2016        | Helen Lin        | THSC | 2:07.05  | 200 FLY | 2:02.32    | HEAT | Anton Goswitz  | 2015 |  |
| 2008        | Grace Carlson    | LOSC | 59.48    | 100 IM  | 56.90      | HEAT | Anton Goswitz  | 2015 |  |
| 2006        | Karen Turner     | LOSC | 2:08.19  | 200 IM  | 2:04.71    | HEAT | Anton Goswitz  | 2015 |  |
| 2014        | Grace Knutsen    | SCAT | 4:32.92  | 400 IM  | 4:21.82    | HEAT | Anton Goswitz  | 2015 |  |

## SHORT COURSE YARDS cont

| 13-14 GIRLS |                   |      |          |                | 13-14 BOYS |      |                  |      |
|-------------|-------------------|------|----------|----------------|------------|------|------------------|------|
| YEAR        | NAME              | TEAM | TIME     | EVENT          | TIME       | TEAM | NAME             | YEAR |
| 2008        | Karen Turner      | LOSC | 23.18    | <b>50</b>      | 21.13      | TST  | Aaron Ghiglieri  | 2008 |
|             |                   |      |          | <b>FREE</b>    |            |      |                  |      |
| 2010        | Grace Carlson     | LOSC | 50.25    | <b>100 FR</b>  | 46.28      | MAC  | Tristan Furnary  | 2012 |
| 1994        | Lauren Thies      | MAC  | 1:49.71  | <b>200 FR</b>  | 1:41.14    | THSC | Trent Martinez   | 2015 |
| 1994        | Lauren Thies      | MAC  | 4:50.02  | <b>500 FR</b>  | 4:30.86    | HEAT | Ethan Heasley    | 2016 |
| 2003        | Morgan Scroggy    | LOSC | 10:05.63 | <b>1000 F</b>  | 9:25.05    | HEAT | Ethan Heasley    | 2016 |
| 1984        | Jody Smith        | PST  | 16:47.88 | <b>1650 F</b>  | 15:35.52   | HEAT | Luke Thornbrue   | 2015 |
| 2010        | Grace Carlson     | LOSC | 53.86    | <b>100 BK</b>  | 50.57      | MAC  | Tristan Furnary  | 2012 |
| 2013        | Lainey Visscher   | OCST | 1:57.00  | <b>200 BK</b>  | 1:50.69    | CAT  | Jacob Pebley     | 2008 |
| 1995        | Denise Merk       | TAC  | 1:02.43  | <b>100 BR</b>  | 57.62      | THSC | Caspar Corbeau   | 2015 |
| 1994        | Denise Merk       | TAC  | 2:16.16  | <b>200 BR</b>  | 2:04.22    | THSC | Caspar Corbeau   | 2015 |
| 2013        | Sara Metzsch      | THSC | 54.74    | <b>100FLY</b>  | 50.54      | THSC | Garth Summers    | 2003 |
| 2005        | Jordan King       | THSC | 2:00.82  | <b>200 FLY</b> | 1:50.73    | HEAT | Ethan Heasley    | 2016 |
| 2010        | Grace Carlson     | LOSC | 2:01.21  | <b>200 IM</b>  | 1:52.16    | HEAT | Ethan Heasley    | 2016 |
| 2001        | Caitlin Summers   | THSC | 4:23.80  | <b>400 IM</b>  | 3:57.65    | HEAT | Ethan Heasley    | 2016 |
| 15-16 GIRLS |                   |      |          |                | 15-16 BOYS |      |                  |      |
| YEAR        | NAME              | TEAM | TIME     | EVENT          | TIME       | TEAM | NAME             | YEAR |
| 2009        | Kaylin Bing       | RST  | 22.85    | <b>50 FR</b>   | 20.25      | MAC  | Carson Brindle   | 2011 |
| 2015        | Keaton Blovad     | THSC | 49.01    | <b>100 FR</b>  | 44.55      | THSC | M Henderson-Kunz | 2007 |
| 2015        | Keaton Blovad     | THSC | 1:46.65  | <b>200 FR</b>  | 1:37.14    | THSC | M Henderson-Kunz | 2007 |
| 1995        | Lauren Thies      | MAC  | 4:49.07  | <b>500 FR</b>  | 4:25.38    | HEAT | L. Thornbrue     | 2016 |
| 2008        | Jessie James      | CAT  | 9:53.04  | <b>1000 F</b>  | 9:10.20    | MAC  | Alex Stiles      | 1983 |
| 2009        | Jessie James      | CAT  | 16:29.78 | <b>1650 F</b>  | 15:19.31   | HEAT | L. Thornbrue     | 2016 |
| 2015        | Keaton Blovad     | THSC | 53.51    | <b>100 BK</b>  | 48.80      | MAC  | Tristan Furnary  | 2014 |
| 2016        | Brynne O'Shea     | MAC  | 1:56.88  | <b>200 BK</b>  | 1:45.20    | CAT  | Jacob Pebley     | 2010 |
| 2015        | Keaton Blovad     | THSC | 1:01.02  | <b>100 BR</b>  | 54.32      | CURR | Thomas Brewer    | 2013 |
| 2003        | Genna Patterson   | THSC | 2:12.71  | <b>200 BR</b>  | 1:58.23    | CURR | Thomas Brewer    | 2013 |
| 2005        | Morgan Scroggy    | THSC | 53.61    | <b>100FLY</b>  | 48.42      | THSC | Neil O'Halloran  | 2010 |
| 2009        | Tori Simenec      | BRSC | 1:57.64  | <b>200 FLY</b> | 1:47.06    | THSC | Neil O'Halloran  | 2010 |
| 2015        | Keaton Blovad     | THSC | 1:58.71  | <b>200 IM</b>  | 1:47.12    | CURR | Thomas Brewer    | 2013 |
| 1995        | Lauren Thies      | MAC  | 4:20.05  | <b>400 IM</b>  | 3:55.36    | MAC  | Tristan Furnary  | 2014 |
| 17-18 GIRLS |                   |      |          |                | 17-18 BOYS |      |                  |      |
| YEAR        | NAME              | TEAM | TIME     | EVENT          | TIME       | TEAM | NAME             | YEAR |
| 2016        | Jamie Stone       | MHA  | 22.68    | <b>50 FREE</b> | 20.07      | MAC  | Carson Brindle   | 2013 |
| 2007        | Morgan Scroggy    | THSC | 49.63    | <b>100 FR</b>  | 44.48      | THSC | Patrick Mulcare  | 2015 |
| 2006        | Morgan Scroggy    | THSC | 1:46.46  | <b>200 FR</b>  | 1:36.29    | CAT  | Jacob Pebley     | 2011 |
| 1996        | Lauren Thies      | MAC  | 4:46.53  | <b>500 FR</b>  | 4:21.16    | MAC  | Alex Stiles      | 1985 |
| 2011        | Jessica James     | CAT  | 9:56.19  | <b>1000 FR</b> | 9:02.69    | MAC  | Alex Stiles      | 1985 |
| 1996        | Kristin Imwalle   | BEND | 16:31.82 | <b>1650 FR</b> | 14:59.30   | MAC  | Alex Stiles      | 1985 |
| 2016        | Sara Metzsch      | THSC | 54.34    | <b>100 BK</b>  | 47.34      | CAT  | Jacob Pebley     | 2011 |
| 2016        | Emily Cook        | THSC | 1:57.57  | <b>200 BK</b>  | 1:40.79    | CAT  | Jacob Pebley     | 2011 |
| 2016        | Robin Pinger      | OCST | 1:01.91  | <b>100 BR</b>  | 54.76      | CURR | Thomas Brewer    | 2014 |
| 2015        | Robin Pinger      | OCST | 2:13.45  | <b>200 BR</b>  | 1:57.04    | CURR | Thomas Brewer    | 2014 |
| 2014        | Mackenzie Rumrill | MVA  | 52.77    | <b>100FLY</b>  | 47.46      | THSC | Neil O'Halloran  | 2011 |
| 2013        | Michelle Cefal    | THSC | 1:55.50  | <b>200 FLY</b> | 1:45.98    | THSC | Neil O'Halloran  | 2011 |
| 2014        | Mackenzie Rumrill | MVA  | 2:00.57  | <b>200 IM</b>  | 1:46.38    | CURR | Thomas Brewer    | 2015 |
| 1996        | Lauren Thies      | MAC  | 4:16.20  | <b>400 IM</b>  | 3:48.48    | THSC | Patrick Mulcare  | 2014 |

| OPEN GIRLS |                 |      |          |         | OPEN BOYS |      |                 |      |
|------------|-----------------|------|----------|---------|-----------|------|-----------------|------|
| YEAR       | NAME            | TEAM | TIME     | EVENT   | TIME      | TEAM | NAME            | YEAR |
| 1999       | Inge de Bruijn  | THSC | 22.22    | 50 FREE | 19.71     | THSC | Brent Lang      | 1988 |
| 2004       | Inge de Bruijn  | THSC | 48.15    | 100 FR  | 42.93     | THSC | Brent Lang      | 1988 |
| 2007       | Lauren Thies    | MAC  | 1:45.37  | 200 FR  | 1:35.33   | THSC | Brent Lang      | 1988 |
| 1996       | Lauren Thies    | MAC  | 4:46.53  | 500 FR  | 4:21.16   | MAC  | Alex Stiles     | 1985 |
| 2009       | Jessie James    | CAT  | 9:53.04  | 1000 FR | 9:02.69   | MAC  | Alex Stiles     | 1985 |
| 2009       | Jessie James    | CAT  | 16:29.78 | 1650 FR | 14:59.30  | MAC  | Alex Stiles     | 1985 |
| 2015       | Keaton Blovad   | THSC | 53.51    | 100 BK  | 47.34     | CAT  | Jacob Pebley    | 2011 |
| 2016       | Brynne O'Shea   | MAC  | 1:56.88  | 200 BK  | 1:40.79   | CAT  | Jacob Pebley    | 2011 |
| 2015       | Keaton Blovad   | THSC | 1:01.02  | 100 BR  | 53.82     | MAC  | Eetu Karvonen   | 2011 |
| 2003       | Genna Patterson | THSC | 2:12.71  | 200 BR  | 1:56.33   | MAC  | Eetu Karvonen   | 2011 |
| 1999       | Inge de Bruijn  | THSC | 52.58    | 100FLY  | 47.46     | THSC | Neil O'Halloran | 2011 |
| 2013       | Michelle Cefal  | THSC | 1:55.50  | 200 FLY | 1:45.55   | THSC | Can Ergenekan   | 1992 |
| 2015       | Keaton Blovad   | THSC | 1:58.71  | 200 IM  | 1:46.38   | CURR | Thomas Brewer   | 2015 |
| 2005       | Mari Embertson  | CAT  | 4:15.17  | 400 IM  | 3:48.48   | THSC | Patrick Mulcare | 2014 |

### OSI SHORT COURSE YARDS RELAY RECORDS

| 8 & Under GIRLS |                                                           |      |         |          | 8 & Under BOYS |      |                                                               |      |
|-----------------|-----------------------------------------------------------|------|---------|----------|----------------|------|---------------------------------------------------------------|------|
| YEAR            | NAME                                                      | TEAM | TIME    | EVENT    | TIME           | TEAM | NAME                                                          | YEAR |
| 2010            | Teegan Monroe,<br>Tia Lindsay<br>Maria Wold<br>Emma Brady | BEND | 1:02.00 | 100 F.R. | 59.03          | SSS  | Steven Peng<br>Asa Frisbee<br>Antonio Orozco<br>Marcus Gentry | 2013 |
| 2010            | Teagan Monroe<br>Tia Lindsay<br>Maria Wold<br>Emma Brady  | BEND | 1:11.96 | 100 M.R. | 1:11.22        | SSS  | Asa Frisbee<br>Antonio Orozco<br>Marcus Gentry<br>Steven Peng | 2013 |

| 9 – 10 GIRLS |                                                                     |      |         |          | 9 – 10 BOYS |      |                                                               |      |
|--------------|---------------------------------------------------------------------|------|---------|----------|-------------|------|---------------------------------------------------------------|------|
| YEAR         | NAME                                                                | TEAM | TIME    | EVENT    | TIME        | TEAM | NAME                                                          | YEAR |
| 2012         | Madeleine Bachand<br>Kaitlyn Dobler<br>Angela Jiang<br>Haily Oldham | TDPS | 1:55.56 | 200 F.R. | 1:55.20     | THSC | M Collier<br>M Nadal<br>J Kline<br>C Ergenekan                | 1983 |
| 2004         | A Needham<br>M McCarroll<br>S Stocks<br>T Scroggy                   | THSC | 2:07.37 | 200 M.R. | 2:09.23     | SSS  | Asa Frisbee<br>Antonio Orozco<br>Marcus Gentry<br>Steven Peng | 2015 |

| 11 – 12 GIRLS |                                                              |      |         |          | 11-12 BOYS |      |                                                                                |      |
|---------------|--------------------------------------------------------------|------|---------|----------|------------|------|--------------------------------------------------------------------------------|------|
| YEAR          | NAME                                                         | TEAM | TIME    | EVENT    | TIME       | TEAM | NAME                                                                           | YEAR |
| 2008          | Grace Carlson<br>C Robinson<br>Brenda Cha<br>Celia Keany     | LOSC | 1:40.25 | 200 F.R. | 1:34.40    | THSC | Trent Martinez<br>David Liu<br>Caspar Corbeau<br>Nate McFaul                   | 2014 |
| 2005          | T Lakey<br>T Scroggy<br>S Cruzan<br>A Lindstrom              | THSC | 3:42.74 | 400 F.R. | 3:30.83    | THSC | Josh Yadao<br>Myron Shen<br>Anthony Nosack<br>J Martinez-Calvo                 | 2012 |
| 2008          | Grace Carlson<br>Brie Balsbough<br>Brenda Cha<br>Celia Keany | LOSC | 1:52.45 | 200 M.R. | 1:46.05    | THSC | David Liu<br>Caspar Corbeau<br>Nate McFaul                                     | 2014 |
| 2005          | S Cruzan<br>M McCarroll<br>T Lakey<br>A Lindstrom            | THSC | 4:05.77 | 400 M.R. | 3:54.00    | THSC | Trent Martinez<br>David Liu<br>Caspar Corbeau<br>Nate McFaul<br>Trent Martinez | 2014 |

## OSI SHORT COURSE YARDS RELAY RECORDS

| 13-14 GIRLS |                                                                 |      |         |                   | 13-14 BOYS |      |                                                                    |      |
|-------------|-----------------------------------------------------------------|------|---------|-------------------|------------|------|--------------------------------------------------------------------|------|
| YEAR        | NAME                                                            | TEAM | TIME    | EVENT             | TIME       | TEAM | NAME                                                               | YEAR |
| 2008        | Karen Turner<br>Amy Wiley<br>Sarah Feil<br>Kemy Lin             | LOSC | 1:35.32 | <b>200 F.R.</b>   | 1:29.81    | THSC | Trent Martinez<br>Caspar Corbeau<br>Justin Zhou<br>Noah Duyck      | 2016 |
| 2009        | Grace Carlson<br>Karen Turner<br>C Robinson<br>Celia Keany      | LOSC | 3:31.43 | <b>400 FREE</b>   | 3:15.89    | THSC | Trent Martinez<br>Caspar Corbeau<br>Justin Zhou<br>Noah Duyck      | 2016 |
| 2013        | Laura Epperson<br>Sara Metzsch<br>Emily Cook<br>Cassidy Brennan | THSC | 7:32.94 | <b>800 FREE</b>   | 7:06.87    | THSC | Caspar Corbeau<br>Marco Nosack<br>Trent Martinez<br>Noah Duyck     | 2016 |
| 2008        | Karen Turner<br>Amy Wiley<br>Sarah Feil<br>Kemy Lin             | LOSC | 1:45.11 | <b>200 MEDLEY</b> | 1:39.34    | HEAT | Ethan Heasley<br>Brett Champlin<br>Anton Goswitz<br>Luke Thornbrue | 2015 |
| 2013        | Cassidy Brennan<br>Kenna Holt<br>Sara Metzsch<br>Emily Cook     | THSC | 3:51.10 | <b>400 MEDLEY</b> | 3:34.85    | THSC | Caspar Corbeau<br>Marco Nosack<br>Noah Duyck<br>Trent Martinez     | 2016 |

| 15-16 GIRLS |                                                                   |      |         |                   | 15-16 BOYS |      |                                                                    |      |
|-------------|-------------------------------------------------------------------|------|---------|-------------------|------------|------|--------------------------------------------------------------------|------|
| YEAR        | NAME                                                              | TEAM | TIME    | EVENT             | TIME       | TEAM | NAME                                                               | YEAR |
| 2015        | Alayna Connor<br>Jordan Ashmore<br>Lindsay Swail<br>Sierra Sexton | TDPS | 1:32.47 | <b>200 FREE</b>   | 1:25.26    | HEAT | J. Duncan<br>E. Heasley<br>B. Champlin<br>L. Thornbrue             | 2016 |
| 2015        | Alayna Connor<br>Jordan Ashmore<br>Lindsay Swail<br>Sierra Sexton | TDPS | 3:25.38 | <b>400 FREE</b>   | 3:07.51    | HEAT | J. Duncan<br>E. Heasley<br>B. Champlin<br>L. Thornbrue             | 2016 |
| 2014        | Lisa Kaunitz<br>Sara Metzsch<br>Emily Cook<br>Keaton Blovad       | THSC | 7:26.38 | <b>800 FREE</b>   | 6:58.12    | THSC | B. Addleman<br>A. Brown<br>J. Arruda<br>C. Harmon                  | 1991 |
| 2015        | Cassidy Brennan<br>Keaton Blovad<br>Emily Cook<br>Sara Metzsch    | THSC | 1:42.69 | <b>200 MEDLEY</b> | 1:33.29    | MAC  | Andre Denegri<br>Kyle Dalrymple<br>Max Bley-Male<br>Carson Brindle | 2011 |
| 2003        | M Patterson<br>G Patterson<br>K Nelson<br>A Liggett               | THSC | 3:43.81 | <b>400 MEDLEY</b> | 3:27.75    | MAC  | Andre Denegri<br>Kyle Dalrymple<br>Max Bley-Male<br>Carson Brindle | 2011 |

## OSI SHORT COURSE YARDS RELAY RECORDS

| 17-18 GIRLS |                                                                      |      |         |                       | 17-18 BOYS |      |                                                                      |      |
|-------------|----------------------------------------------------------------------|------|---------|-----------------------|------------|------|----------------------------------------------------------------------|------|
| YEAR        | NAME                                                                 | TEAM | TIME    | EVENT                 | TIME       | TEAM | NAME                                                                 | YEAR |
| 2016        | Robin Pinger<br>Laura Laderoute<br>Alissa Frazier<br>Lainey Visscher | OCST | 1:35.05 | <b>200<br/>FREE</b>   | 1:23.82    | THSC | Liam Metzsch<br>Patrick Mulcare<br>Josh Noll                         | 2014 |
| 2016        | Robin Pinger<br>Laura Laderoute<br>Alissa Frazier<br>Lainey Visscher | OCST | 3:26.98 | <b>400<br/>FREE</b>   | 3:01.65    | THSC | Jonathan Zoucha<br>Patrick Mulcare<br>Jonathan Zoucha<br>Josh Noll   | 2014 |
| 2015        | Sara Metzsch<br>Lisa Kaunitz<br>Emily Cook<br>Ryan Falk              | THSC | 7:25.89 | <b>800<br/>FREE</b>   | 6:39.90    | THSC | Liam Metzsch<br>Liam Metzsch<br>Jonathan Zoucha<br>Jackson Wahl      | 2014 |
| 2016        | Laura Laderoute<br>Robin Pinger<br>Lainey Visscher<br>Alissa Frazier | OCST | 1:44.54 | <b>200<br/>MEDLEY</b> | 1:34.01    | BEND | Patrick Mulcare<br>N Morrell<br>A Larkin<br>L Madson                 | 2005 |
| 2016        | Laura Laderoute<br>Robin Pinger<br>Lainey Visscher<br>Alissa Frazier | OCST | 3:48.61 | <b>400<br/>MEDLEY</b> | 3:24.13    | BEND | B Martini<br>N Morrell<br>A Larkin<br>L Madson<br>B Martini          | 2005 |
| Open GIRLS  |                                                                      |      |         |                       | Open BOYS  |      |                                                                      |      |
| YEAR        | NAME                                                                 | TEAM | TIME    | EVENT                 | TIME       | TEAM | NAME                                                                 | YEAR |
| 2015        | Alayna Connor<br>Jordan Ashmore<br>Lindsay Swail<br>Sierra Sexton    | TDPS | 1:32.47 | <b>200<br/>FREE</b>   | 1:21.69    | LOSC | Andrew Heymann<br>Gunnar Wolfe<br>Daniel Chen<br>Brian Cha           | 2011 |
| 2015        | Keaton Blovad<br>Ryan Falk<br>Emily Cook<br>Sara Metzsch             | THSC | 3:22.30 | <b>400<br/>FREE</b>   | 3:01.51    | THSC | Aaron Young<br>Neil O'Halloran<br>M Henderson-Kunz<br>Gabriel Rooker | 2011 |
| 2015        | Keaton Blovad<br>Ryan Falk<br>Lisa Kaunitz<br>Sara Metzsch           | THSC | 7:17.77 | <b>800<br/>FREE</b>   | 6:38.15    | MAC  | Mt Rankin<br>C Veber<br>D Marshall<br>J Keppeler                     | 1990 |
| 2008        | Karen Turner<br>Mackenzie Luick<br>Grace Carlson<br>Amy Wiley        | LOSC | 1:42.63 | <b>200<br/>MEDLEY</b> | 1:32.18    | THSC | Patrick Mulcare<br>Anthony Nosack<br>Alex La Rosa<br>Liam Metzsch    | 2015 |
| 2002        | D Erickson<br>G Patterson<br>K Kilroy<br>M Miller                    | THSC | 3:41.93 | <b>400<br/>MEDLEY</b> | 3:20.86    | THSC | Sean Calkins<br>Anthony Nosack<br>Patrick Mulcare<br>Liam Metzsch    | 2015 |

## OSI SHORT COURSE METERS RECORDS

| GIRLS |                 |      |          |                  |          |      |                    |      |
|-------|-----------------|------|----------|------------------|----------|------|--------------------|------|
| YEAR  | NAME            | TEAM | TIME     | 8 & U<br>EVENT   | TIME     | TEAM | NAME               | YEAR |
| 2004  | Cassidy Bailie  | CRST | 16.17    | 25 FREE          | 16.04    | UN   | Naoki Aoyama       | 2008 |
| 2012  | L Bobo-Shisler  | NST  | 35.27    | 50 FREE          | 34.95    | CWY  | Carson Brindle     | 2003 |
| 2008  | Iseult McMahon  | THSC | 1:15.42  | 100 FR           | 1:19.46  | LCSC | Sam Cortes         | 2012 |
| 2012  | Fay Lustria     | THSC | 2:52.84  | 200 FR           | 2:55.30  | LCSC | Sam Cortes         | 2012 |
| 2004  | Cassidy Bailie  | CRST | 19.31    | 25 BK            | 19.09    | PAC  | Alexandar Hatzikos | 2010 |
| 2012  | L Bobo-Shisler  | NST  | 42.21    | 50 BK            | 41.43    | CWY  | Carson Brindle     | 2003 |
| 2008  | Iseult McMahon  | THSC | 1:30.50  | 100 BK           | 1:34.43  | THSC | Kevin Park         | 2012 |
| 2016  | Zara Vera Dodge | MVA  | 20.46    | 25 BR            | 20.58    | CRST | Tommy Beale        | 2011 |
| 2016  | Zara Vera Dodge | MVA  | 49.62    | 50 BR            | 48.08    | CRST | Tommy Beale        | 2011 |
| 2016  | Zara Vera Dodge | MVA  | 1:46.93  | 100 BR           | 1:44.37  | BEND | Baxter Halligan    | 2007 |
| 2004  | Cassidy Bailie  | CRST | 17.36    | 25 FLY           | 17.78    | HEAT | Anton Goswitz      | 2011 |
| 2012  | Fay Lustria     | THSC | 39.87    | 50 FLY           | 42.99    | LOSC | Santo Condorelli   | 2003 |
| 2012  | Fay Lustria     | THSC | 1:34.47  | 100 FLY          | 1:48.80  | THSC | Kevin Park         | 2012 |
| 2012  | Fay Lustria     | THSC | 1:30.12  | 100 IM           | 1:30.36  | MAC  | Carson Brindle     | 2003 |
| 2008  | Iseult McMahon  | THSC | 3:20.20  | 200 IM           | 3:24.32  | THSC | Diego Nosack       | 2012 |
| YEAR  | NAME            | TEAM | TIME     | 9 – 10<br>EVENT  | TIME     | TEAM | NAME               | YEAR |
| 2013  | Helen Lin       | THSC | 30.60    | 50 FREE          | 30.41    | THSC | Steven Ung         | 2003 |
| 2003  | Taylor Lakey    | THSC | 1:06.57  | 100 FREE         | 1:07.30  | PAC  | Kenneth Sugiantoro | 2014 |
| 2014  | Fay Lustria     | THSC | 2:24.81  | 200 FREE         | 2:23.97  | PAC  | Kenneth Sugiantoro | 2014 |
| 2011  | Sofia Nosack    | THSC | 5:06.67  | 400 FREE         | 5:16.26  | WBST | Noah Norris        | 2008 |
| 2013  | Helen Lin       | THSC | 35.05    | 50 BACK          | 35.51    | THSC | Steven Ung         | 2003 |
| 2013  | Helen Lin       | THSC | 1:16.69  | 100 BACK         | 1:20.39  | THSC | Samuel Donchi      | 2012 |
| 2003  | Megan McCarroll | THSC | 39.47    | 50 BR            | 39.91    | PAC  | Kenneth Sugiantoro | 2014 |
| 2003  | Megan McCarroll | THSC | 1:25.61  | 100 BR           | 1:28.87  | THSC | Angus Corbeau      | 2013 |
| 2003  | Taylor Lakey    | THSC | 32.64    | 50 FLY           | 33.34    | THSC | Steven Ung         | 2003 |
| 2014  | Fay Lustria     | THSC | 1:11.87  | 100 FLY          | 1:15.19  | THSC | Samuel Donchi      | 2012 |
| 2014  | Fay Lustria     | THSC | 1:15.41  | 100 IM           | 1:17.28  | THSC | Steven Ung         | 2003 |
| 2014  | Fay Lustria     | THSC | 2:39.46  | 200 IM           | 2:45.29  | PAC  | Kenneth Sugiantoro | 2014 |
| YEAR  | NAME            | TEAM | TIME     | 11 - 12<br>EVENT | TIME     | TEAM | NAME               | YEAR |
| 2005  | Taylor Lakey    | THSC | 27.80    | 50 FREE          | 26.42    | THSC | Nate McFaul        | 2013 |
| 2005  | Taylor Lakey    | THSC | 59.61    | 100 FREE         | 57.47    | THSC | Trent Martinez     | 2013 |
| 2015  | Fay Lustria     | THSC | 2:11.40  | 200 FREE         | 2:04.14  | THSC | Nate McFaul        | 2013 |
| 2005  | Taylor Lakey    | THSC | 4:35.87  | 400 FREE         | 4:25.00  | THSC | Trent Martinez     | 2013 |
| 2004  | Sarah Cruzan    | THSC | 9:49.90  | 800 FREE         | 9:18.05  | THSC | Trent Martinez     | 2013 |
| 2012  | Sofia Nosack    | THSC | 19:08.66 | 1500 FR          | 17:51.08 | THSC | Myron Shen         | 2011 |
| 2012  | Emma Donchi     | THSC | 31.65    | 50 BACK          | 30.69    | THSC | Myron Shen         | 2011 |
| 2016  | Helen Lin       | THSC | 1:06.44  | 100 BACK         | 1:05.51  | THSC | Connor McCarroll   | 2003 |
| 2004  | Sarah Cruzan    | THSC | 2:23.88  | 200 BACK         | 2:20.66  | THSC | Connor McCarroll   | 2003 |
| 2005  | Megan McCarroll | THSC | 34.81    | 50 BR            | 34.65    | THSC | Caspar Corbeau     | 2013 |
| 2005  | Megan McCarroll | THSC | 1:15.55  | 100 BR           | 1:14.22  | THSC | Anthony Nosack     | 2011 |
| 2005  | Megan McCarroll | THSC | 2:43.23  | 200 BR           | 2:40.04  | THSC | Caspar Corbeau     | 2013 |
| 2005  | Taylor Lakey    | THSC | 30.13    | 50 FLY           | 28.61    | THSC | Nate McFaul        | 2013 |
| 2002  | Jordan King     | THSC | 1:05.51  | 100FLY           | 1:03.94  | THSC | Nate McFaul        | 2013 |
| 2005  | Taylor Lakey    | THSC | 2:26.88  | 200 FLY          | 2:26.03  | THSC | Nate McFaul        | 2013 |
| 2012  | Emma Donchi     | THSC | 1:11.43  | 100 IM           | 1:06.37  | THSC | Myron Shen         | 2011 |
| 2004  | Sarah Cruzan    | THSC | 2:28.06  | 200 IM           | 2:22.04  | THSC | Nate McFaul        | 2013 |
| 2002  | Jordan King     | THSC | 5:14.69  | 400 IM           | 5:08.20  | THSC | Nate McFaul        | 2013 |
| GIRLS |                 |      |          |                  |          |      |                    |      |
| YEAR  | NAME            | TEAM | TIME     | 13-14<br>EVENT   | TIME     | TEAM | NAME               | YEAR |
| 2010  | Prudence Rooker | THSC | 26.87    | 50 FREE          | 25.04    | THSC | Steven Ung         | 2006 |
| 2016  | Lizzy Cook      | THSC | 58.31    | 100 FREE         | 53.78    | THSC | Caspar Corbeau     | 2016 |
| 2010  | Prudence Rooker | THSC | 2:06.25  | 200 FREE         | 1:56.40  | THSC | Trent Martinez     | 2014 |
| 2007  | Taylor Lakey    | THSC | 4:23.81  | 400 FREE         | 4:04.33  | THSC | Trent Martinez     | 2014 |
| 2014  | Lindsey Soule   | CAT  | 8:57.13  | 800 FREE         | 8:40.21  | THSC | Jonathan Zoucha    | 2010 |
| 2014  | Sofia Nosack    | THSC | 18:08.40 | 1500 FREE        | 16:07.62 | THSC | Myron Shen         | 2013 |
| 2012  | Cassidy Brennan | THSC | 1:02.14  | 100 BACK         | 59.92    | THSC | Jonathan Zoucha    | 2010 |
| 2012  | Cassidy Brennan | THSC | 2:13.25  | 200 BACK         | 2:06.99  | THSC | Myron Shen         | 2013 |
| 2011  | Tiffany Zhao    | THSC | 1:11.12  | 100 BR           | 1:05.68  | THSC | Anthony Nosack     | 2013 |
| 2005  | Mackenzie Luick | THSC | 2:33.50  | 200 BR           | 2:22.23  | THSC | Gabriel Rooker     | 2008 |
| 2016  | Lizzy Cook      | THSC | 1:02.82  | 100FLY           | 57.05    | THSC | Garth Summers      | 2002 |
| 2004  | Jordan King     | THSC | 2:14.80  | 200 FLY          | 2:05.83  | THSC | Garth Summers      | 2002 |
| 2004  | Jordan King     | THSC | 2:19.49  | 200 IM           | 2:11.55  | THSC | Anthony Nosack     | 2013 |
| 2012  | Cassidy Brennan | THSC | 4:57.07  | 400 IM           | 4:35.66  | THSC | Myron Shen         | 2013 |

## OSI SHORT COURSE METERS RECORDS

| GIRLS |                  |      |          | 15-16   |          | BOYS |                  |      |
|-------|------------------|------|----------|---------|----------|------|------------------|------|
| YEAR  | NAME             | TEAM | TIME     | EVENT   | TIME     | TEAM | NAME             | YEAR |
| 2008  | Kaylin Bing      | RST  | 25.70    | 50 FREE | 22.94    | THSC | Steven Ung       | 2008 |
| 2014  | Keaton Blovad    | THSC | 55.54    | 100 FR  | 50.65    | THSC | M Henderson-Kunz | 2006 |
| 2014  | Keaton Blovad    | THSC | 1:59.56  | 200 FR  | 1:49.89  | THSC | Jonathan Zoucha  | 2012 |
| 2004  | Morgan Scroggy   | THSC | 4:14.78  | 400 FR  | 3:55.12  | THSC | Cameron Stitt    | 2011 |
| 2006  | Jackie Leung     | MHST | 8:59.30  | 800 FR  | 8:12.71  | THSC | Cameron Stitt    | 2011 |
| 2010  | B Wittenauer-Lee | THSC | 17:47.61 | 1500 FR | 15:36.41 | THSC | Cameron Stitt    | 2011 |
| 2014  | Keaton Blovad    | THSC | 1:00.17  | 100 BK  | 56.04    | THSC | Steven Ung       | 2008 |
| 2013  | Cassidy Brennan  | THSC | 2:08.94  | 200 BK  | 2:00.96  | THSC | Connor McCarroll | 2007 |
| 2002  | Genna Patterson  | THSC | 1:09.44  | 100 BR  | 1:03.07  | THSC | Gabriel Rooker   | 2010 |
| 2007  | Mackenzie Luick  | THSC | 2:27.97  | 200 BR  | 2:16.21  | THSC | Anthony Nosack   | 2014 |
| 2004  | Morgan Scroggy   | THSC | 1:00.62  | 100FLY  | 54.47    | THSC | Neil O'Halloran  | 2009 |
| 2005  | Jordan King      | THSC | 2:12.96  | 200 FLY | 2:00.16  | THSC | Neil O'Halloran  | 2009 |
| 2014  | Keaton Blovad    | THSC | 2:12.99  | 200 IM  | 2:05.39  | THSC | Jonathan Zoucha  | 2012 |
| 2013  | Cassidy Brennan  | THSC | 4:46.95  | 400 IM  | 4:24.96  | THSC | Cameron Stitt    | 2011 |

| GIRLS |                  |      |          | 17-18   |          | BOYS |                  |      |
|-------|------------------|------|----------|---------|----------|------|------------------|------|
| YEAR  | NAME             | TEAM | TIME     | EVENT   | TIME     | TEAM | NAME             | YEAR |
| 2012  | Michelle Cefal   | THSC | 26.04    | 50 FREE | 22.65    | THSC | M Henderson-Kunz | 2008 |
| 2006  | Morgan Scroggy   | THSC | 55.07    | 100 FR  | 49.44    | THSC | M Henderson-Kunz | 2008 |
| 2006  | Morgan Scroggy   | THSC | 1:58.27  | 200 FR  | 1:48.49  | THSC | Patrick Mulcare  | 2014 |
| 2006  | Morgan Scroggy   | THSC | 4:15.19  | 400 FR  | 3:51.87  | THSC | Cameron Stitt    | 2012 |
| 2003  | Caitlin Summers  | THSC | 9:01.75  | 800 FR  | 8:27.00  | THSC | Matt Morton      | 2003 |
| 2005  | Ally Rich        | HEAT | 17:42.06 | 1500 FR | 15:37.69 | THSC | Cameron Stitt    | 2012 |
| 2012  | Grace Carlson    | THSC | 1:01.12  | 100 BK  | 52.38    | THSC | Patrick Mulcare  | 2014 |
| 2006  | Morgan Scroggy   | THSC | 2:09.90  | 200 BK  | 1:55.04  | THSC | Patrick Mulcare  | 2014 |
| 2003  | Genna Patterson  | THSC | 1:09.79  | 100 BR  | 1:02.44  | THSC | Gabriel Rooker   | 2011 |
| 2003  | Genna Patterson  | THSC | 2:29.27  | 200 BR  | 2:14.22  | THSC | Gabriel Rooker   | 2011 |
| 2012  | Michelle Cefal   | THSC | 58.29    | 100FLY  | 53.87    | THSC | Neil O'Halloran  | 2010 |
| 2012  | Michelle Cefal   | THSC | 2:08.74  | 200 FLY | 2:00.62  | THSC | Cameron Stitt    | 2012 |
| 2012  | Grace Carlson    | THSC | 2:14.33  | 200 IM  | 1:58.60  | THSC | Patrick Mulcare  | 2014 |
| 2012  | B Wittenauer-Lee | THSC | 4:52.33  | 400 IM  | 4:12.77  | THSC | Patrick Mulcare  | 2014 |

| GIRLS |                 |      |          | OPEN     |          | BOYS |                  |      |
|-------|-----------------|------|----------|----------|----------|------|------------------|------|
| YEAR  | NAME            | TEAM | TIME     | EVENT    | TIME     | TEAM | NAME             | YEAR |
| 2002  | Inge de Bruijn  | THSC | 24.21    | 50 FREE  | 22.65    | THSC | M Henderson-Kunz | 2008 |
| 2002  | Inge de Bruijn  | THSC | 53.19    | 100 FREE | 49.44    | THSC | M Henderson-Kunz | 2008 |
| 2006  | Morgan Scroggy  | THSC | 1:58.27  | 200 FREE | 1:48.49  | THSC | Patrick Mulcare  | 2014 |
| 2004  | Morgan Scroggy  | THSC | 4:14.78  | 400 FREE | 3:51.87  | THSC | Cameron Stitt    | 2012 |
| 2014  | Lindsey Soule   | CAT  | 8:57.13  | 800 FREE | 8:12.71  | THSC | Cameron Stitt    | 2011 |
| 2005  | Ally Rich       | HEAT | 17:42.06 | 1500 FR  | 15:36.41 | THSC | Cameron Stitt    | 2011 |
| 2014  | Keaton Blovad   | THSC | 1:00.17  | 100 BACK | 52.38    | THSC | Patrick Mulcare  | 2014 |
| 2013  | Cassidy Brennan | THSC | 2:08.94  | 200 BACK | 1:55.04  | THSC | Patrick Mulcare  | 2014 |
| 2002  | Genna Patterson | THSC | 1:09.44  | 100 BR   | 1:02.44  | THSC | Gabriel Rooker   | 2011 |
| 2007  | Mackenzie Luick | THSC | 2:27.97  | 200 BR   | 2:14.22  | THSC | Gabriel Rooker   | 2011 |
| 2002  | Inge de Bruijn  | THSC | 57.60    | 100FLY   | 53.87    | THSC | Neil O'Halloran  | 2010 |
| 2012  | Michelle Cefal  | THSC | 2:08.74  | 200 FLY  | 2:00.16  | THSC | Neil O'Halloran  | 2009 |
| 2014  | Keaton Blovad   | THSC | 2:12.99  | 200 IM   | 1:58.60  | THSC | Patrick Mulcare  | 2014 |
| 2013  | Cassidy Brennan | THSC | 4:46.95  | 400 IM   | 4:12.77  | THSC | Patrick Mulcare  | 2014 |

## OSI SHORT COURSE METERS RELAY RECORDS

| GIRLS |                                                             |      |         | 8 & U                       | BOYS    |      |                                                                       |      |
|-------|-------------------------------------------------------------|------|---------|-----------------------------|---------|------|-----------------------------------------------------------------------|------|
| YEAR  | NAME                                                        | TEAM | TIME    | EVENT                       | TIME    | TEAM | NAME                                                                  | YEAR |
| 2011  | Elsa Heidrich<br>Helen Lin<br>Fay Lustria<br>E Young        | THSC | 1:17.95 | <b>100</b><br><b>FREE</b>   | 1:35.12 | VALY | Justin Johnson<br>Mitchell Alley<br>Cameron Alley<br>Darrin Breshears | 2006 |
| 2011  | Helen Lin<br>E Young<br>Elsa Heidrich<br>Fay Lustria        | THSC | 1:27.02 | <b>100</b><br><b>MEDLEY</b> | 2:00.82 | LOSC | Mick Jordan<br>Tylen Gustaff<br>Anthony Wang<br>Derek Wu              | 2011 |
|       |                                                             |      |         |                             |         |      |                                                                       |      |
| GIRLS |                                                             |      |         | 9-10                        | BOYS    |      |                                                                       |      |
| YEAR  | NAME                                                        | TEAM | TIME    | EVENT                       | TIME    | TEAM | NAME                                                                  | YEAR |
| 2013  | Helen Lin<br>Fay Lustria<br>J Maeda<br>Yerin Chang          | THSC | 2:15.80 | <b>200</b><br><b>FREE</b>   | 2:16.86 | THSC | Eric Wu<br>Nate McFaul<br>Samuel Donchi<br>Riku Tanaka                | 2011 |
| 2013  | Fay Lustria<br>Yerin Chang<br>Helen Lin<br>Jessica<br>Maeda | THSC | 2:32.57 | <b>200</b><br><b>MEDLEY</b> | 2:38.89 | THSC | C Morris<br>D Martin<br>Z Ridout<br>K O'Leary                         | 2004 |
|       |                                                             |      |         |                             |         |      |                                                                       |      |
| GIRLS |                                                             |      |         | 11-12                       | BOYS    |      |                                                                       |      |
| YEAR  | NAME                                                        | TEAM | TIME    | EVENT                       | TIME    | TEAM | NAME                                                                  | YEAR |
| 2004  | A Lindstrom<br>T Lakey<br>T Scroggy<br>M Cruzan             | THSC | 1:58.84 | <b>200</b><br><b>FREE</b>   | 1:51.60 | THSC | Nate McFaul<br>Trent Martinez<br>Caspar Corbeau<br>David Liu          | 2013 |
| 2005  | T Lakey<br>A Needham<br>M McCarroll<br>T Scroggy            | THSC | 4:13.62 | <b>400</b><br><b>FREE</b>   | 4:00.34 | THSC | Nate McFaul<br>Caspar Corbeau<br>David Liu<br>Trent Martinez          | 2013 |
| 2005  | T Scroggy<br>M McCarroll<br>T Lakey<br>A Needham            | THSC | 2:08.30 | <b>200</b><br><b>MEDLEY</b> | 2:03.12 | THSC | David Liu<br>Caspar Corbeau<br>Nate McFaul<br>Trent Martinez          | 2013 |
| 2007  | C Johnson<br>C Yuan<br>K McCarroll<br>C McMahon             | THSC | 4:54.05 | <b>400</b><br><b>MEDLEY</b> | 4:31.09 | THSC | Nate McFaul<br>Caspar Corbeau<br>Samuel Donchi<br>Trent Martinez      | 2013 |



## OSI SHORT COURSE METERS RELAY RECORDS

| GIRLS |                                                                |      |         | 13-14                 |         | BOYS |                                                                        |      |
|-------|----------------------------------------------------------------|------|---------|-----------------------|---------|------|------------------------------------------------------------------------|------|
| YEAR  | NAME                                                           | TEAM | TIME    | EVENT                 | TIME    | TEAM | NAME                                                                   | YEAR |
| 2011  | Tiffany zhao<br>Emily Cheng<br>Christin Young<br>Megan Lam     | THSC | 1:52.60 | <b>200<br/>FREE</b>   | 1:42.72 | THSC | J Martinez-Calvo<br>Myron Shen<br>Avery Russell<br>Anthony Nosack      | 2013 |
| 2006  | M Cruzan<br>C Burke<br>T Lakey<br>A Lindstrom                  | THSC | 4:01.28 | <b>400<br/>FREE</b>   | 3:41.44 | THSC | Jonathan Zoucha<br>Benjamin Buchalski<br>Alex La Rosa<br>Andrew Yoon   | 2010 |
|       | <b>No Record</b>                                               |      |         | <b>800<br/>FREE</b>   |         |      | <b>No Record</b>                                                       |      |
| 2011  | Cassidy<br>Brennan<br>Tiffany Zhao<br>Megan Lam<br>Emily Cheng | THSC | 2:02.50 | <b>200<br/>MEDLEY</b> | 1:53.55 | THSC | Benjamin Settle<br>Anthony Nosack<br>J Martinez-Calvo<br>Avery Russell | 2013 |
| 2006  | M Cruzan<br>M McCarroll<br>T Scroggy<br>A Lindstrom            | THSC | 4:31.59 | <b>400<br/>MEDLEY</b> | 4:08.63 | THSC | Jonathan Zoucha<br>Andrew Yoon<br>Alex La Rosa<br>Benjamin Buchalski   | 2010 |

| GIRLS |                                                                     |      |         | 15-16                 |         | BOYS |                                                                   |      |
|-------|---------------------------------------------------------------------|------|---------|-----------------------|---------|------|-------------------------------------------------------------------|------|
| YEAR  | NAME                                                                | TEAM | TIME    | EVENT                 | TIME    | TEAM | NAME                                                              | YEAR |
| 2013  | Keaton Blovad<br>Sara Metzsch<br>Emily Cook<br>Tiffany Zhao         | THSC | 1:47.44 | <b>200<br/>FREE</b>   | 1:39.58 | THSC | Gabriel Rooker<br>Filip Kapelac<br>Aaron Young<br>Eric Chang      | 2009 |
| 2014  | Keaton Blovad<br>Sara Metzsch<br>Ryan Falk<br>Emily Cook            | THSC | 3:47.77 | <b>400<br/>FREE</b>   | 3:42.86 | HEAT | Steven Harvath<br>Gary Roberson<br>Max Royster<br>Garth Summer    | 2004 |
| 2011  | Marita Sailor<br>Michelle Cefal<br>Lotta Novotny<br>Prudence Rooker | THSC | 8:17.78 | <b>800<br/>FREE</b>   | 8:03.26 | HEAT | Steven Harvath<br>Gary Roberson<br>Max Royster<br>Garth Summer    | 2004 |
| 2013  | Keaton Blovad<br>Tiffany Zhao<br>Sara Metzsch<br>Emily Cook         | THSC | 2:02.08 | <b>200<br/>MEDLEY</b> | 1:54.34 | THSC | Sean Calkins<br>Eric Xu<br>Alex La Rosa<br>David Spurgeon         | 2013 |
| 2013  | Laura Laderoute<br>Robin Pinger<br>Lainey Visscher<br>Sarah Clyde   | OCST | 4:17.41 | <b>400<br/>MEDLEY</b> | 4:04.73 | THSC | Brendan Liu<br>Tristan Briggs<br>Daniel Rooker<br>Carlos Nunez    | 2006 |
|       |                                                                     |      |         |                       | 4:04.73 | THSC | Benjamin Settle<br>Anthony Nosack<br>Uriel Tejeda<br>Colin Aslett | 2014 |

## OSI SHORT COURSE METERS RELAY RECORDS

| GIRLS |          |      |      | 17-18   |         | BOYS |                                                                             |      |
|-------|----------|------|------|---------|---------|------|-----------------------------------------------------------------------------|------|
| YEAR  | NAME     | TEAM | TIME | EVENT   | TIME    | TEAM | NAME                                                                        | YEAR |
|       | NoRecord |      |      | 200FREE | 1:51.80 | PAC  | Daniel Volker<br>Kevin Wallin<br>Aaron Reynolds<br>Sam Donohue<br>No Record | 2012 |
|       | NoRecord |      |      | 400FREE |         |      |                                                                             |      |
|       | NoRecord |      |      | 800FREE |         |      | No Record                                                                   |      |
|       | NoRecord |      |      | 200MED  |         |      | No Record                                                                   |      |
|       | NoRecord |      |      | 400MED  |         |      | No Record                                                                   |      |

| GIRLS |                                                                        |      |         | OPEN                  |         | BOYS |                                                                                                  |      |
|-------|------------------------------------------------------------------------|------|---------|-----------------------|---------|------|--------------------------------------------------------------------------------------------------|------|
| YEAR  | NAME                                                                   | TEAM | TIME    | EVENT                 | TIME    | TEAM | NAME                                                                                             | YEAR |
| 2012  | B Wittenauer-Lee<br>Michelle Cefal<br>Prudence Rooker<br>Grace Carlson | THSC | 1:47.21 | <b>200<br/>FREE</b>   | 1:36.97 | THSC | Gabriel Rooker<br>Jonathan Zoucha<br>Byron Held<br>Cameron Stitt<br>Steven Ung                   | 2011 |
| 2012  | Michelle Cefal<br>Grace Carlson<br>Marita Sailor<br>Prudence Rooker    | THSC | 3:46.44 | <b>400<br/>FREE</b>   | 3:22.80 | THSC | Connor McCarroll<br>Neil O'Halloran<br>M Henderson-Kunz<br>Connor McCarroll<br>M Henderson-Kunz  | 2008 |
| 2012  | Michelle Cefal<br>Grace Carlson<br>Prudence Rooker<br>B Wittenauer-Lee | THSC | 8:11.62 | <b>800<br/>FREE</b>   | 7:27.84 | THSC | Jonathan Rooker<br>Steven Ung<br>Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Connor Eden | 2008 |
| 2011  | Marita Sailor<br>Prudence Rooker<br>Kara Nelson<br>Michelle Cefal      | THSC | 1:56.72 | <b>200<br/>MEDLEY</b> | 1:46.45 | THSC | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Connor Eden                                  | 2010 |
| 2006  | Morgan Scroggy<br>Mackenzie Luick<br>Jordan King<br>Natalie Walker     | THSC | 4:12.09 | <b>400<br/>MEDLEY</b> | 3:49.97 | THSC | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Steven Ung                                   | 2009 |

## OSI LONG COURSE RECORDS

| 8 & Under GIRLS |                 |      |         |         | 8 & Under BOYS |      |              |      |
|-----------------|-----------------|------|---------|---------|----------------|------|--------------|------|
| YEAR            | NAME            | TEAM | TIME    | EVENT   | TIME           | TEAM | NAME         | YEAR |
| 1982            | Sarah Johnston  | ECSC | 34.51   | 50 FREE | 32.84          | MAC  | Brady Childs | 1990 |
| 1982            | Sarah Johnston  | ECSC | 1:17.46 | 100 FR  | 1:11.88        | MAC  | Brady Childs | 1990 |
| 1997            | Morgan Scroggy  | CB   | 2:39.95 | 200 FR  | 2:41.83        | MAC  | Brady Childs | 1990 |
| 1997            | Morgan Scroggy  | CB   | 41.00   | 50 BK   | 39.97          | MAC  | Brady Childs | 1990 |
| 2004            | Cassidy Bailey  | CRST | 1:29.55 | 100 BK  | 1:26.52        | VSC  | L Leatherman | 1990 |
| 2005            | Prudence Rooker | FGSC | 45.59   | 50 BR   | 45.34          | CB   | Flurry Stone | 1989 |
| 1990            | Minh Nguyen     | VSC  | 1:41.61 | 100 BR  | 1:38.63        | VSC  | L Leatherman | 1990 |
| 2014            | Adrienne Tam    | TTSC | 37.86   | 50 FLY  | 36.07          | RSBG | Eric Swinn   | 1993 |
| 2014            | Adrienne Tam    | TTSC | 1:29.05 | 100 FLY | 1:23.68        | RSBG | Eric Swinn   | 1993 |
| 1997            | Morgan Scroggy  | CB   | 3:10.86 | 200 IM  | 3:02.14        | VSC  | L Leatherman | 1990 |

| 9 – 10 yr old GIRLS |                 |      |         |         | 9 – 10 yr old BOYS |      |                  |      |  |
|---------------------|-----------------|------|---------|---------|--------------------|------|------------------|------|--|
| YEAR                | NAME            | TEAM | TIME    | EVENT   | TIME               | TEAM | NAME             | YEAR |  |
| 1984                | Amy Ward        | BEND | 30.10   | 50 FREE | 29.45              | MAC  | Brady Childs     | 1992 |  |
| 2004                | Taylor Scroggy  | THSC | 1:05.83 | 100 FR  | 1:04.17            | MAC  | Brady Childs     | 1992 |  |
| 1994                | Capi Adams      | LC   | 2:21.80 | 200 FR  | 2:17.58            | MAC  | Brady Childs     | 1992 |  |
| 1984                | Amy Ward        | BEND | 4:57.86 | 400 FR  | 4:54.67            | MAC  | Brady Childs     | 1992 |  |
| 2016                | Adrienne Tam    | TTSC | 35.61   | 50 BK   | 34.58              | VSC  | Lee Leatherman   | 1992 |  |
| 1979                | Jody Smith      | THSC | 1:16.76 | 100 BK  | 1:14.09            | VSC  | Lee Leatherman   | 1992 |  |
| 1994                | Capi Adams      | LC   | 39.37   | 50 BR   | 39.01              | UN   | Santo Condorelli | 2005 |  |
| 1994                | Capi Adams      | LC   | 1:23.44 | 100 BR  | 1:24.05            | UN   | Santo Condorelli | 2005 |  |
| 1974                | Susan Habernigg | UN   | 32.50   | 50 FLY  | 31.68              | VSC  | Lee Leatherman   | 1992 |  |
| 1974                | Susan Habernigg | UN   | 1:11.80 | 100 FLY | 1:11.20            | DD   | Dennis Baker     | 1971 |  |
| 1994                | Capi Adams      | LC   | 2:36.52 | 200 IM  | 2:38.60            | AAA  | Nick Arzner      | 1989 |  |

| 11-12yr old GIRLS |                    |      |          |         | 11-12yr old BOYS |      |                 |      |  |
|-------------------|--------------------|------|----------|---------|------------------|------|-----------------|------|--|
| YEAR              | NAME               | TEAM | TIME     | EVENT   | TIME             | TEAM | NAME            | YEAR |  |
| 2008              | Grace Carlson      | LOSC | 26.39    | 50 FR   | 26.24            | LOSC | Daniel Chen     | 2007 |  |
| 2008              | Grace Carlson      | LOSC | 57.97    | 100 FR  | 58.41            | HEAT | Theo Wilson     | 2000 |  |
| 2008              | Grace Carlson      | LOSC | 2:09.60  | 200 FR  | 2:06.60          | HEAT | Theo Wilson     | 2000 |  |
| 1994              | Kristin Stetcher   | MAC  | 4:35.62  | 400 FR  | 4:30.41          | THSC | Garth Summers   | 2001 |  |
| 2006              | Taylor Scroggy     | THSC | 9:36.15  | 800 FR  | 9:20.72          | THSC | Myron Shen      | 2011 |  |
| 2011              | Caitlyn Wilson     | TTSC | 18:18.77 | 1500 F  | 17:50.46         | THSC | Garth Summers   | 2001 |  |
| 2011              | Keaton Blovad      | LOSC | 30.16    | 50 BK   | 30.14            | MAC  | Tristan Furnary | 2010 |  |
| 2011              | Keaton Blovad      | LOSC | 1:05.52  | 100 BK  | 1:05.04          | MAC  | Tristan Furnary | 2010 |  |
| 2014              | Grace Knutsen      | SCAT | 2:27.72  | 200 BK  | 2:24.32          | HEAT | Luke Thornbrue  | 2013 |  |
| 2011              | Cassie Dallas      | SCAT | 35.55    | 50 BR   | 34.33            | RSBG | Brian Allen     | 1992 |  |
| 1995              | Alisa Schuknecht   | BEND | 1:17.44  | 100 BR  | 1:13.86          | RSBG | Brian Allen     | 1992 |  |
| 2014              | Kaitlyn Dobler     | TDPS | 2:41.94  | 200 BR  | 2:38.44          | THSC | Regis Wang      | 2014 |  |
| 2008              | Grace Carlson      | LOSC | 29.43    | 50 FLY  | 28.17            | HEAT | Theo Wilson     | 2000 |  |
| 2005              | Tori Simenec       | BRSC | 1:05.66  | 100FLY  | 1:03.26          | HEAT | Theo Wilson     | 2000 |  |
| 2008              | Kathleen McCarroll | THSC | 2:24.69  | 200 FLY | 2:20.69          | HEAT | Anton Goswitz   | 2015 |  |
| 2008              | Grace Carlson      | LOSC | 2:27.92  | 200 IM  | 2:21.51          | MAC  | Kevin Keil      | 2014 |  |
| 2016              | Fay Lustria        | THSC | 5:16.03  | 400 IM  | 5:00.65          | MAC  | Kevin Keil      | 2014 |  |

## OSI LONG COURSE RECORDS

| 13-14 yrold GIRLS |                 |      |          |         | 13-14 yrold BOYS |      |                |      |
|-------------------|-----------------|------|----------|---------|------------------|------|----------------|------|
| YEAR              | NAME            | TEAM | TIME     | EVENT   | TIME             | TEAM | NAME           | YEAR |
| 2008              | Karen Turner    | LOSC | 26.45    | 50 FREE | 24.38            | UN   | Tommy Brewer   | 2011 |
| 2007              | Tori Simenec    | BRSC | 57.38    | 100 FR  | 53.75            | THSC | Trent Martinez | 2015 |
| 1994              | Lauren Thies    | MAC  | 2:04.08  | 200 FR  | 1:54.71          | HEAT | Luke Thornbrue | 2015 |
| 1994              | Lauren Thies    | MAC  | 4:19.78  | 400 FR  | 4:04.79          | HEAT | Luke Thornbrue | 2015 |
| 1996              | Kristin Stecher | MAC  | 9:00.89  | 800 FR  | 8:27.55          | HEAT | Luke Thornbrue | 2015 |
| 1987              | Kara Freshour   | MHST | 17:11.02 | 1500 FR | 16:04.45         | HEAT | Ethan Heasley  | 2016 |
| 2010              | Grace Carlson   | LOSC | 1:03.36  | 100 BK  | 58.98            | CAT  | Jacob Pebley   | 2008 |
| 2013              | C Brennan       | THSC | 2:14.85  | 200 BK  | 2:05.83          | CAT  | Jacob Pebley   | 2008 |
| 2016              | Kaitlyn Dobler  | TDPS | 1:11.97  | 100 BR  | 1:05.53          | THSC | Caspar Corbeau | 2016 |
| 1998              | Capi Adams      | BEND | 2:33.59  | 200 BR  | 2:20.88          | THSC | Caspar Corbeau | 2016 |
| 2016              | Lizzy Cook      | THSC | 1:02.56  | 100FLY  | 55.95            | MAC  | Van Mathias    | 2015 |
| 1995              | Kristin Stecher | MAC  | 2:17.93  | 200 FLY | 2:05.69          | THSC | Garth Summers  | 2003 |
| 2008              | Karen Turner    | LOSC | 2:20.19  | 200 IM  | 2:10.23          | HEAT | Ethan Heasley  | 2016 |
| 1998              | Capi Adams      | BEND | 4:58.50  | 400 IM  | 4:33.42          | HEAT | Ethan Heasley  | 2016 |

| 15-16 yrold GIRLS |                  |      |          |         | 15-16 yrold BOYS |      |                   |      |
|-------------------|------------------|------|----------|---------|------------------|------|-------------------|------|
| YEAR              | NAME             | TEAM | TIME     | EVENT   | TIME             | TEAM | NAME              | YEAR |
| 2015              | Jamie Stone      | MHA  | 25.76    | 50 FR   | 23.42            | MAC  | Carson Brindle    | 2011 |
| 1995              | Lauren Thies     | MAC  | 56.48    | 100 FR  | 50.84            | THSC | M Henderson-Kunz  | 2007 |
| 2009              | Kaylin Bing      | RST  | 56.48    | 100 FR  | 1:53.29          | CAT  | Logan Storie      | 2006 |
| 1995              | Lauren Thies     | MAC  | 2:01.15  | 200 FR  | 3:59.50          | THSC | Cameron Stitt     | 2012 |
| 1995              | Lauren Thies     | MAC  | 4:14.24  | 400 FR  | 8:12.63          | CAT  | Logan Storie      | 2005 |
| 1996              | Lauren Thies     | MAC  | 8:38.23  | 800 FR  | 15:43.38         | CAT  | Logan Storie      | 2005 |
| 2010              | Jessica James    | CAT  | 16:59.17 | 1500 F  | 55.61            | CAT  | Jacob Pebley      | 2010 |
| 2015              | Keaton Blovad    | THSC | 1:02.48  | 100 BK  | 1:58.96          | CAT  | Jacob Pebley      | 2010 |
| 1993              | Rachel Joseph    | ECSC | 2:13.42  | 200 BK  | 1:04.24          | CURR | Thomas Brewer     | 2013 |
| 2003              | F Castaneda      | MHST | 1:11.49  | 100 BR  | 1:04.24          | PAC  | Josh Bottelberghe | 2016 |
| 1999              | Alisa Schuknecht | BEND | 2:34.53  | 200 BR  | 2:16.68          | CURR | Thomas Brewer     | 2013 |
| 2012              | Michelle Cefal   | THSC | 59.31    | 100FLY  | 53.31            | THSC | Neil O'Halloran   | 2009 |
| 2012              | Michelle Cefal   | THSC | 2:10.35  | 200 FLY | 2:01.45          | THSC | Neil O'Halloran   | 2009 |
| 1996              | Lauren Thies     | MAC  | 2:17.83  | 200 IM  | 2:04.30          | CAT  | Jacob Pebley      | 2010 |
| 1996              | Lauren Thies     | MAC  | 4:51.24  | 400 IM  | 4:28.33          | CAT  | Jacob Pebley      | 2010 |

| 17-18 yrold GIRLS |                |      |          |         | 17-18 yrold BOYS |      |                  |      |
|-------------------|----------------|------|----------|---------|------------------|------|------------------|------|
| YEAR              | NAME           | TEAM | TIME     | EVENT   | TIME             | TEAM | NAME             | YEAR |
| 2016              | Jamie Stone    | MHA  | 25.76    | 50 FR   | 23.00            | THSC | M Henderson-Kunz | 2008 |
| 2016              | Jamie Stone    | MHA  | 55.97    | 100 FR  | 50.47            | THSC | M Henderson-Kunz | 2008 |
| 1997              | Lauren Thies   | MAC  | 2:02.20  | 200 FR  | 1:50.57          | THSC | Patrick Mulcare  | 2014 |
| 1997              | Lauren Thies   | MAC  | 4:15.97  | 400 FR  | 3:56.58          | RST  | Chris Thompson   | 1996 |
| 2016              | Ryan Falk      | THSC | 8:52.57  | 800 FR  | 8:09.89          | CAT  | Logan Storie     | 2007 |
| 2016              | Caitlyn Wilson | THSC | 17:08.27 | 1500 F  | 15:23.72         | RST  | Chris Thompson   | 1996 |
| 2016              | Keaton Blovad  | THSC | 1:01.94  | 100 BK  | 54.49            | CAT  | Jacob Pebley     | 2012 |
| 1994              | Rachel Joseph  | ECSC | 2:12.40  | 200 BK  | 1:57.57          | CAT  | Jacob Pebley     | 2012 |
| 1992              | Becky Gumpert  | BEND | 1:11.00  | 100 BR  | 1:03.49          | CURR | Thomas Brewer    | 2015 |
| 1987              | Jenny Hau      | UN   | 2:33.52  | 200 BR  | 2:17.80          | CURR | Thomas Brewer    | 2014 |
| 2013              | Michelle Cefal | THSC | 59.13    | 100 FLY | 54.94            | THSC | Neil O'Halloran  | 2012 |
| 2013              | Michelle Cefal | THSC | 2:11.13  | 200 FLY | 2:01.01          | THSC | Can Ergenekan    | 1990 |
| 2013              | Grace Carlson  | THSC | 2:17.90  | 200 IM  | 2:02.14          | CAT  | Jacob Pebley     | 2011 |
| 1997              | Lauren Thies   | MAC  | 4:52.49  | 400 IM  | 4:23.86          | MAC  | Matt Rankin      | 1985 |

## OSI LONG COURSE RECORDS

| GIRLS |                |      |          | BOYS          |          |      |                 |      |
|-------|----------------|------|----------|---------------|----------|------|-----------------|------|
| YEAR  | NAME           | TEAM | TIME     | OPEN<br>EVENT | TIME     | TEAM | NAME            | YEAR |
| 2000  | Inge de Bruijn | THSC | 24.50    | 50 FREE       | 22.94    | MHA  | Colin Eaton     | 2016 |
| 2004  | Inge de Bruijn | THSC | 54.09    | 100 FR        | 50.27    | THSC | Denis Pimankov  | 2004 |
| 2007  | Lauren Thies   | MAC  | 1:59.81  | 200 FR        | 1:49.92  | MAC  | John Keppeler   | 1991 |
| 1995  | Lauren Thies   | MAC  | 4:14.24  | 400 FR        | 3:53.98  | CAT  | Logan Storie    | 2008 |
| 1996  | Lauren Thies   | MAC  | 8:38.23  | 800 FR        | 8:05.05  | CAT  | Logan Storie    | 2008 |
| 2010  | Jessica James  | CAT  | 16:59.17 | 1500 F        | 15:23.72 | RST  | Chris Thompson  | 1996 |
| 2016  | Keaton Blovad  | THSC | 1:01.94  | 100 BK        | 54.49    | CAT  | Jacob Pebley    | 2012 |
| 2008  | Morgan Scroggy | THSC | 2:11.36  | 200 BK        | 1:57.57  | CAT  | Jacob Pebley    | 2012 |
| 2004  | Birte Steven   | UN   | 1:09.47  | 100 BR        | 1:02.69  | TS   | Judson Crawford | 1996 |
| 2004  | Birte Steven   | UN   | 2:25.95  | 200 BR        | 2:16.68  | CURR | Thomas Brewer   | 2013 |
| 2000  | Inge de Bruijn | THSC | 56.64    | 100FLY        | 53.30    | THSC | Igor Martchenko | 2004 |
| 2012  | Michelle Cefal | THSC | 2:10.35  | 200 FLY       | 1:58.72  | UN   | Chris Rives     | 1986 |
| 2008  | Morgan Scroggy | THSC | 2:16.52  | 200 IM        | 2:02.14  | CAT  | Jacob Pebley    | 2011 |
| 2008  | Jenni Stratton | DDSC | 4:50.97  | 400 IM        | 4:20.85  | MAC  | Matt Rankin     | 1988 |

## OSI LONG COURSE RELAY RECORDS

| 8 & Under GIRLS |               |      |         |               | 8 & Under BOYS |      |              |      |
|-----------------|---------------|------|---------|---------------|----------------|------|--------------|------|
| YEAR            | NAME          | TEAM | TIME    | EVENT         | TIME           | TEAM | NAME         | YEAR |
| 2010            | Maria Wold    | BEND | 2:37.17 | 200 FREE      | 2:36.41        | THSC | Q Lee        | 1997 |
|                 | Teagan Monroe |      |         |               |                |      | D Reynolds   |      |
|                 | Tia Lindsay   |      |         |               |                |      | G Roberson   |      |
|                 | Emma Brady    |      |         |               |                |      | G Summer     |      |
| 2010            | Teagan Monroe | BEND | 3:04.46 | 200<br>MEDLEY | 2:57.86        | NBAC | M Rubenstein | 1980 |
|                 | Tia Lindsay   |      |         |               |                |      | S Burles     |      |
|                 | Maria Wold    |      |         |               |                |      | D Graham     |      |
|                 | Emma Brady    |      |         |               |                |      | S Younker    |      |

| 9-10 GIRLS |                  |      |         | 9-10 BOYS     |         |      |           |      |
|------------|------------------|------|---------|---------------|---------|------|-----------|------|
| YEAR       | NAME             | TEAM | YEAR    | NAME          | TEAM    | YEAR | NAME      | TEAM |
| 2014       | Fay Lustria      | THSC | 2:10.73 | 200 FREE      | 2:10.68 | TDPS | C Hurwitz | 2005 |
|            | Ruby Burke       |      |         |               |         |      | J Hurwitz |      |
|            | Q Katayama-Stall |      |         |               |         |      | A Chan    |      |
|            | Jessica Maeda    |      |         |               |         |      | C Stitt   |      |
| 2006       | B Cha            | LOSC | 2:30.98 | 200<br>MEDLEY | 2:30.39 | TDPS | J Hurwitz | 2005 |
|            | C Keany          |      |         |               |         |      | C Hurwitz |      |
|            | B Balsbough      |      |         |               |         |      | C Stitt   |      |
|            | A Lyons          |      |         |               |         |      | A Chan    |      |

## OSI LONG COURSE RELAY RECORDS

| GIRLS |                                                              |      | 11-12   |                   |         | BOYS |                                                                 |      |
|-------|--------------------------------------------------------------|------|---------|-------------------|---------|------|-----------------------------------------------------------------|------|
| YEAR  | NAME                                                         | TEAM | YEAR    | NAME              | TEAM    | YEAR | NAME                                                            | TEAM |
| 2008  | Grace Carlson<br>Abby Lyons<br>Brie Balsbough<br>Brenda Cha  | LOSC | 1:50.95 | <b>200 FREE</b>   | 1:50.52 | THSC | Jorge Casas<br>Myron Shen<br>Joshua Yadao<br>J Martinez-Calvo   | 2011 |
| 2008  | Grace Carlson<br>Abby Lyons<br>Brenda Cha<br>Celia Keany     | LOSC | 4:05.53 | <b>400 FREE</b>   | 4:05.92 | THSC | Myron Shen<br>Paolo Casas<br>J Martinez-Calvo<br>Josh Yadao     | 2011 |
| 2008  | Grace Carlson<br>Brie Balsbough<br>Brenda Cha<br>Abby Lyons  | LOSC | 2:05.15 | <b>200 MEDLEY</b> | 2:04.89 | THSC | Myron Shen<br>Anthony Nosack<br>Jorge Casas<br>J Martinez-Calvo | 2011 |
| 2008  | Grace Carlson<br>Brie Balsbough<br>Brenda Cha<br>Celia Keany | LOSC | 4:40.46 | <b>400 MEDLEY</b> | 4:38.75 | THSC | Nate McFaul<br>Caspar Corbeau<br>Alex Young<br>Trent Martinez   | 2013 |

| 13-14 GIRLS |                                                                   |      | 13-14 BOYS |                   |         |      |                                                                    |      |
|-------------|-------------------------------------------------------------------|------|------------|-------------------|---------|------|--------------------------------------------------------------------|------|
| YEAR        | NAME                                                              | TEAM | YEAR       | NAME              | TEAM    | YEAR | NAME                                                               | TEAM |
| 2009        | Grace Carlson<br>C Robinson<br>Brenda Cha<br>Celia Keany          | LOSC | 1:48.38    | <b>200 FREE</b>   | 1:41.14 | HEAT | Brett Champlin<br>Ethan Heasley<br>Anton Goswitz<br>Luke Thornbrue | 2015 |
| 2009        | Grace Carlson<br>Celia Keany<br>Cassidy<br>Robinson<br>Brenda Cha | LOSC | 4:00.76    | <b>400 FREE</b>   | 3:44.72 | THSC | Evan Carlson<br>Nate McFaul<br>Alex Young<br>Trent Martinez        | 2014 |
| 2006        | C Kibby<br>S Mischkot<br>E Dow<br>T Simenec                       | BRSC | 8:48.56    | <b>800 FREE</b>   | 8:08.61 | THSC | Anthony Nosack<br>Myron Shen<br>J Martinez-Calvo<br>Josh Yadao     | 2013 |
| 2016        | Nina Zweifel<br>Kaitlyn Dobler<br>Lily Gardner<br>Audrey Gingras  | TDPS | 2:01.59    | <b>200 MEDLEY</b> | 1:52.42 | MAC  | Kevin Keil<br>Joshua Nguyen<br>Van Mathias<br>Nate McFaul          | 2015 |
| 2013        | Cassidy Brennan<br>Kenna Holt<br>Emma Donchi<br>Emily Cook        | THSC | 4:30.39    | <b>400 MEDLEY</b> | 4:07.54 | MAC  | Kevin Keil<br>Joshua Nguyen<br>Van Mathias<br>Nate McFaul          | 2015 |

| 15-16 GIRLS |                                                                     |      | 15-16 BOYS |                 |         |      |                                                                |      |
|-------------|---------------------------------------------------------------------|------|------------|-----------------|---------|------|----------------------------------------------------------------|------|
| YEAR        | NAME                                                                | TEAM | YEAR       | NAME            | TEAM    | YEAR | NAME                                                           | TEAM |
| 2015        | Alayna Connor<br>Jordan Ashmore<br>Lindsay Swail<br>Sierra Sexton   | TDPS | 1:46.26    | <b>200 FREE</b> | 1:37.12 | LOSC | Daniel Chen<br>Andrew Heymann<br>Nicholas Bode<br>Gunnar Wolfe | 2009 |
| 2012        | Lotta Novotny<br>Michelle Cefal<br>Marita Sailor<br>Prudence Rooker | THSC | 3:53.73    | <b>400 FREE</b> | 3:33.97 | THSC | Ethan Luc<br>Evan Carlson<br>Trent Martinez<br>Caspar Corbeau  | 2016 |
| 2012        | Prudence Rooker<br>Michelle Cefal<br>Lotta Novotny<br>Celia Keany   | THSC | 8:28.62    | <b>800 FREE</b> | 7:52.11 | THSC | Caspar Corbeau<br>Evan Carlson<br>Ethan Luc<br>Trent Martinez  | 2016 |

## OSI LONG COURSE RELAY RECORDS

|      |                                                                    |      |         |                       |         |      |                                                                |      |
|------|--------------------------------------------------------------------|------|---------|-----------------------|---------|------|----------------------------------------------------------------|------|
| 2001 | M Patterson<br>G Patterson<br>K Kilroy<br>A Liggett                | THSC | 2:00.09 | <b>200<br/>MEDLEY</b> | 1:47.25 | THSC | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Steven Ung | 2009 |
| 2012 | Marita Sailor<br>Tiffany Zhao<br>Michelle Cefal<br>Prudence Rooker | THSC | 4:20.27 | <b>400<br/>MEDLEY</b> | 3:52.66 | THSC | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Steven Ung | 2009 |

| 17 – 18 GIRLS |                                                                      |      |         |                       |         | 17 – 18 BOYS |                                                                   |      |
|---------------|----------------------------------------------------------------------|------|---------|-----------------------|---------|--------------|-------------------------------------------------------------------|------|
| YEAR          | NAME                                                                 | TEAM | YEAR    | NAME                  | TEAM    | YEAR         | NAME                                                              | TEAM |
| 2013          | Prudence Rooker<br>Michelle Cefal<br>Celia Keany<br>Grace Carlson    | THSC | 1:47.43 | <b>200<br/>FREE</b>   | 1:35.79 | THSC         | Aaron Young<br>Cameron Stitt<br>Neil O'Halloran<br>Gabriel Rooker | 2012 |
| 2013          | Celia Keany<br>Prudence Rooker<br>Michelle Cefal<br>Grace Carlson    | THSC | 3:51.50 | <b>400<br/>FREE</b>   | 3:29.75 | THSC         | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Cameron Stitt | 2012 |
| 2016          | Lisa Kaunitz<br>Ryan Falk<br>Caitlyn Wilson<br>Emily Cook            | THSC | 8:20.59 | <b>800<br/>FREE</b>   | 7:38.60 | THSC         | Gabriel Rooker<br>Aaron Young<br>Neil O'Halloran<br>Cameron Stitt | 2012 |
| 2016          | Laura Laderoute<br>Robin Pinger<br>Lainey Visscher<br>Alissa Frazier | OCST | 1:57.54 | <b>200<br/>MEDLEY</b> | 1:46.19 | THSC         | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Cameron Stitt | 2012 |
| 2003          | D. Erickson<br>G. Patterson<br>K. Kilroy<br>A. Liggett               | THSC | 4:21.87 | <b>400<br/>MEDLEY</b> | 3:52.57 | THSC         | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Cameron Stitt | 2012 |

| OPEN GIRLS |                                                                      |      |         |                       |         | OPEN BOYS |                                                                   |      |
|------------|----------------------------------------------------------------------|------|---------|-----------------------|---------|-----------|-------------------------------------------------------------------|------|
| YEAR       | NAME                                                                 | TEAM | YEAR    | NAME                  | TEAM    | YEAR      | NAME                                                              | TEAM |
| 2011       | Brenda Cha<br>Grace Carlson<br>Rowan Hauber<br>Karen Turner          | LOSC | 1:44.66 | <b>200 FREE</b>       | 1:34.67 | MHA       | Seth Dawson<br>Brett Nagle<br>Jared Maricle<br>Kyle Maese         | 2009 |
| 2004       | M Scroggy<br>E Ewing<br>A Liggett<br>I deBruijn                      | THSC | 3:49.06 | <b>400 FREE</b>       | 3:29.75 | THSC      | Aaron Young<br>Gabriel Rooker<br>Neil O'Halloran<br>Cameron Stitt | 2012 |
| 2009       | Anna Crandall<br>Brittney Iverson<br>Sloan Storie<br>Jessie James    | CAT  | 8:18.98 | <b>800 FREE</b>       | 7:38.55 | THSC      | Gabriel Rooker<br>Aaron Young<br>Jonathan Zoucha<br>Cameron Stitt | 2012 |
| 2016       | Keaton Blovad<br>Sarah Kaunitz<br>Michelle Cefal<br>Sara Metzsch     | THSC | 1:56.36 | <b>200<br/>MEDLEY</b> | 1:45.66 | HEAT      | C McDonald<br>Will Gunderson<br>T Mendez-Beck<br>Austin Ringquist | 2012 |
| 2013       | Cassidy Brennan<br>Wittenauer-Lee<br>Michelle Cefal<br>Grace Carlson | THSC | 4:13.37 | <b>400<br/>MEDLEY</b> | 3:48.48 | MAC       | G Defrang<br>B Bachulis<br>D Marshall<br>J Keppeler               | 1991 |



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**OSI Club Directory**



## OSI CLUBS

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### **Albany Aquatics Association – AAA**

1645 9<sup>th</sup> Ave SE, #199

Albany, OR 97322

[www.albanyaquaticassoc.com](http://www.albanyaquaticassoc.com)

Coach

Rex Watkins

541-928-6257 (H)

[coachrex@comcast.net](mailto:coachrex@comcast.net)

President

Carissa Farley

[president@albanyaquaticassoc.com](mailto:president@albanyaquaticassoc.com)

Meet Director

Jennifer Milburn

[meetdirector@albanyaquaticassoc.com](mailto:meetdirector@albanyaquaticassoc.com)

#### ***Pool Directions – Albany Community Pool***

2150 SE 36<sup>th</sup> Ave

Albany OR 97322

Phone # 541-967-4521

*North or South bound:* I-5 to exit 233 onto Hwy 20 (Santiam Hwy), travel West on Hwy 20 (Santiam Hwy) to Waverly. Turn left on Waverly Drive to 36<sup>th</sup> Ave. Turn Right on 36<sup>th</sup>. Pool is on the left just past the stadium.

---

### **Bend Swim Club – BEND**

PO Box 7136

Bend, OR 97708

[www.bendswimclub.com](http://www.bendswimclub.com)

Coach

Mark Barnett

541-317-8462 (W)

[aquaman@coinet.com](mailto:aquaman@coinet.com)

541-848-9259

President

Jim Ross

541-388-4439

Meet Director

Chris Brown

541-815-0736

#### ***Pool Directions – Juniper Swim & Fitness Center***

800 NE 6<sup>th</sup> St.

Bend OR 97701

phone # 541-389-7665

*From the North:* Follow Hwy 97 (3rd St.) south to Greenwood Ave. Turn left. Drive 3 blocks to 6<sup>th</sup> St. Turn right. Follow 6<sup>th</sup> St. to Juniper Park. The pool is located at the North end of Juniper Park.

---

### **Blue Dolphins Swim Team – BDST**

912 Hulet Ave

Newport, OR 97132

[www.bluedolphinsswimteam.org](http://www.bluedolphinsswimteam.org)

Coach

Mark Maxwell

503-625-9622 (W)

[familymaxwell4@yahoo.com](mailto:familymaxwell4@yahoo.com)

Club President

Matt Beasley

[bdstpresident@bluedolphinsswimteam.org](mailto:bdstpresident@bluedolphinsswimteam.org)

#### ***Pool Directions***

1005 SE LaCreole Dr.

Dallas OR 97338

Take the Dallas-Rickreall Hwy. (follow truck route) to Dallas. Dallas Rickreall Hwy. becomes Ellendale Road in the city, turn left at Lyle Elementary School (Levens St.) The pool is next to the school on the right.

---

### **Canby Swim Club – CB**

PO Box 21

Canby, OR 97013

[www.canbygators.com](http://www.canbygators.com)

Coach

Nathan Templeman

503-266-2761

[Nathan@canby.com](mailto:Nathan@canby.com)

President

Shelly Hester

503-263-8813 (H)

[hestershelly@canby.com](mailto:hestershelly@canby.com)

Meet Director

Shelly Hester

503-951-1408 (C)

[hestershelly@canby.com](mailto:hestershelly@canby.com)

#### ***Pool Directions: Canby Municipal Pool***

1150 S. Ivy St.

Canby OR 97013

Phone # 503-266-2761

*Southbound:* I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto Hwy 99E (Oregon City, Canby), continue south on 99E, turn left on Ivy (7-11 on corner), go 12 1/2 blocks, pool is on the left and shares parking lot with Adult Center.

---

### **Cascadia Swimming – CS**

2150 Ostman Rd

West Linn, OR 97068

[www.cascadiaswimming.com](http://www.cascadiaswimming.com)

Coach

Kim Hay

503-655-7939 (H)

[kim@cascadiaswimming.com](mailto:kim@cascadiaswimming.com)

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## **Chehalem Swim Team – CST**

|               |                   |                                                                                                                                                            |
|---------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PO Box 1173   | Newberg, OR 97132 | <a href="http://www.cstsharks.com">www.cstsharks.com</a>                                                                                                   |
| Coach         | George Sampson    | 503-472-4285                                                                                                                                               |
| President     | Christina Jentges | 503-554-8050                                                                                                                                               |
| Meet Director | Michael Rubuttom  | <a href="mailto:Treasurer4cst@outlook.com">Treasurer4cst@outlook.com</a><br><a href="mailto:cstmeeetdirector@hotmail.com">cstmeeetdirector@hotmail.com</a> |

### **Pool Directions: Chehalem Aquatic Center**

1802 Haworth Newberg OR 97132 Phone # 503-538-4813

Southbound: I-5 South to Exit 289. (Hwy 99W - Pacific Hwy) to Newberg. On Hwy 99W from NE (Portland, Sherwood) go to 3rd signal. Turn right (Villa Road) to Haworth. Turn right. Pool is on the right. On Hwy 99W from SW (Dayton, McMinnville) go to 4th signal (Villa Rd.) Turn left to Haworth. Turn right, pool in the right.

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## **Club Northwest Aqua Serriors – CNAS**

|                    |                       |                                                          |
|--------------------|-----------------------|----------------------------------------------------------|
| 1769 NE Beverly Dr | Grants Pass, OR 97526 | <a href="http://www.clubnw.com">www.clubnw.com</a>       |
| Coach              | Steven Maxwell        | <a href="mailto:cc4me@charter.net">cc4me@charter.net</a> |

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## **Columbia River Swim Team – CRST**

|                 |                     |                                                                                                                                      |
|-----------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 410 N Y Street, | Washougal, WA 98671 | <a href="http://www.crstwaveriders.org">www.crstwaveriders.org</a>                                                                   |
| Coach           | Darlene Lumbard     | 360-904-8100 (W)                                                                                                                     |
| Meet Director   | Mark McBride        | 360-210-6613 (H)                                                                                                                     |
|                 |                     | <a href="mailto:crstcoach@aol.com">crstcoach@aol.com</a><br><a href="mailto:Mark.mcbride@frontier.com">Mark.mcbride@frontier.com</a> |

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## **Corvallis Aquatic Team – CAT**

|                        |                     |                                                                                |
|------------------------|---------------------|--------------------------------------------------------------------------------|
| 1940 NW Highland Drive | Corvallis, OR 97330 | <a href="http://www.corvallisaquaticteam.org">www.corvallisaquaticteam.org</a> |
| Coach                  | Rick Guenther       | 541-766-6306 (W)                                                               |
|                        | Greg Bostrom        | 541-766-6306 (W)                                                               |
| President              | Michelle Seever     | 541-231-4631                                                                   |
| Meet Director          | Rhonda Soule        | 541-602-2683                                                                   |
|                        |                     | <a href="mailto:catmeetedirector@gmail.com">catmeetedirector@gmail.com</a>     |

### **Pool Directions: Osborn Aquatic Center**

1940 NW Highland Dr Corvallis OR 97330 Phone # 541-757-5854

Take I-5 to Exit 228 (Hwy. 34). Go west on Hwy. 34. Follow the signs to Corvallis or Oregon State University. Highway 34 turns left. Keep going straight, over the Willamette and through 4 traffic lights making a right on the 5<sup>th</sup> one onto 9<sup>th</sup> St. Take 9<sup>th</sup> St. to Circle Blvd. (There is a RiteAid on the left and Bi-Mart on the right), turn left, go one block to Highland Dr., turn left. Pool is on the right.

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## **Cottage Grove Aqua Lions – CGAL**

|                           |                         |                                                                                                                                                                  |
|---------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1440 S 8 <sup>th</sup> St | Cottage Grove, OR 97424 | <a href="http://www.cgaqualions.org">www.cgaqualions.org</a>                                                                                                     |
| Coach                     | Tyson Pilling           | 541-942-5533                                                                                                                                                     |
| Club Contact              | Lynne Raade             | <a href="mailto:Tyson.pilling@hotmail.com">Tyson.pilling@hotmail.com</a><br><a href="mailto:mountainviewlonghorns@gmail.com">mountainviewlonghorns@gmail.com</a> |

### **Cottage Grove Pool**

Take I-5 exit #174. Go south on Gateway to Taylor Ave. Turn right on Taylor and then left on 8<sup>th</sup>. Pool parking lot is ½ block on left.

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## **Courthouse Swim - CHSC**

|                 |                 |                                                                        |
|-----------------|-----------------|------------------------------------------------------------------------|
| 928 Creek Ct NW | Salem, OR 97304 | <a href="http://www.fitfx.com/swim">www.fitfx.com/swim</a>             |
| Coach           | Casey Lewin     | <a href="mailto:caseyl@courthousefit.com">caseyl@courthousefit.com</a> |

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## **Current Swimming – CURR**

|                           |               |                                                                        |
|---------------------------|---------------|------------------------------------------------------------------------|
| 70 SW Century Dr, 100-217 | Bend OR 97702 | <a href="http://www.csacurrent.com">www.csacurrent.com</a>             |
| Coach                     | Ann Brewer    | 210-259-1117 (C)                                                       |
|                           |               | <a href="mailto:annbrewer@csacurrent.com">annbrewer@csacurrent.com</a> |

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## **David Douglas Aquatic Club – DDAC**

13463 SE Kanne Rd      Happy Valley, OR 97086      [www.teamunify.com/Home.jsp?team=orddsc](http://www.teamunify.com/Home.jsp?team=orddsc)  
Coach: James Bowe      503-709-8628      jim.bowe70@gmail.com

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## **Emerald Aquatics – EA**

PO Box 42056      Eugene, OR 97404      [www.emeraldaquatics.org](http://www.emeraldaquatics.org)  
Coach      Gina Dhom      541-513-5299 (H)      ginadhom@earthlink.net  
President      Todd Lipkin      toddlipkin@gmail.com

### **Pool Directions: Echo Hollow Pool**

1655 Echo Hollow Rd      Eugene OR 97402      Phone# 541-687-5525

I-5 N & S, Exit 195B to Beltline Road West. Continue to Barger Road (1st stoplight), left on Barger Road, right on Echo Hollow Road, proceed to pool.

### **Pool Directions: Amazon Pool**

2700 Hilyard,      Eugene, Oregon 97401.      Phone (541) 682-5350

From North: Take I-5 South to exit 194B, I-105 W/OR 126, toward Eugene. Take the Coburg Rd exit towards downtown. Turn left onto Coburg Rd. Coburg Rd becomes a ramp. Keep left at the fork in the ramp. Go straight onto Mill St. Turn right onto Mill St/OR 99S/OR 126 BR E. Turn left onto E Broadway/OR 99 S/OR 99 BR E. Turn right onto Patterson St. Turn left onto 23<sup>rd</sup> Ave. Turn right onto Hilyard Street.

From South: I-5 North to the 30<sup>th</sup> Ave exit (#189), towards South Eugene. Turn left onto E 30<sup>th</sup> Ave. Turn right onto Hilyard Street.

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## **Farber Swim School Penguins – FSSP**

9470 SW Beaverton Hillsdale Hwy,      Beaverton, OR 97005      [www.fsspenguins.com](http://www.fsspenguins.com)  
Coach      Adam Farber      503-292-1255      penguins@farberswimschool.com

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## **Forest Grove Swim Club – FGSC**

PO Box 242      Forest Grove, OR 97116      [www.fgdragons.com](http://www.fgdragons.com)  
Coach      Summer Valls      sumswimcoach@gmail.com  
President      Crystal Wood      503-359-3755 (H)      fgscpres@gmail.com  
Meet Director      Stacy Bohms      503-430-0782 (H)      fgscmeetmgr@yahoo.com

### **Pool Directions: - Forest Grove Aquatic Center**

2300 Sunset Way      Forest Grove OR 97116      Phone # 503-359-3238

FROM Portland: Take Highway 26 (Sunset Hwy) westbound. Exit at North Plains, turn left over overpass and follow signs into Forest Grove, you will be on Sunset Dr. Pool is on the right.

FROM McMinnville: Take Highway 47 into Forest Grove. At first traffic light, turn left. At second traffic light (just past Safeway), turn right onto Hawthorne St.; drive north to 23rd Ave, turn left, follow street to stop sign. Pool will be directly ahead of you.

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## **Gold Coast Swim Team – GCST**

PO Box 1480      Coos Bay OR 97420      [www.orgcst.com](http://www.orgcst.com)  
Coach      Kathe McNutt      541-297-3093 (H)      kmcnutt@outlook.com  
541-267-1360 (W)  
President      Tom Holt      541-297-1549 (H)      drholt@charter.net  
Meet Director      Erick Kirchner      541-217-9187 (H)      ejkirchner@hotmail.com

### **Pool Directions: Mingus Park Pool**

Mingus Park      Coos Bay OR 97420      Phone # 541-267-1360

From Hwy 101 in Coos Bay, take Commercial St. West approx. 1 mi. to 10<sup>th</sup> St. Go South approx. 1/2 mi. to pool in the park.

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## **Grants Pass Aquatic Club – GPAC**

PO Box 1074

Grants Pass, OR 97526

Coach

Steve Maxwell

541-659-7246 (H)

cc4me@charter.net

Club President

Mike Sears

541-471-8072 (H)

Meet Director

Steve Maxwell

### ***Pool Directions: Caveman Pool***

811 NE 9th St.

Grants Pass OR 97526

FROM I-5 N & S take Exit 58. On 6th St., go 5 lights to "A" St., Turn left. Go 5 blocks and turn left on 9th St. Caveman Pool is at 9th and Wharton across from Grants Pass High School.

FROM THE COAST on 199, take 99 North (Grants Pass Exit) down 10 lights, turn right on "A" St, go 4 blocks, turn left on 9th St.

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## **Grants Pass Swimming – GPS**

1000 Redwood Ave

Grants Pass, OR 97527

Coach

Marlo Manzanara

541-660-8884 (H)

marlomanzan@hotmail.com

Meet Director

Ken Adams

541-727-8034 (H)

Kena216@gmail.com

### ***Pool Directions: Grants Pass YMCA***

1000 Redwood Avenue

Grants Pass OR

From I-5 N&S take exit 58. On 6th Street, continue 2.6 miles, across bridge. At highway 199 (Rogue C. College, Crescent City) turn right onto highway. Continue past 1st light, and then bear right onto Redwood Avenue. The YMCA is on the right.

From the coast on 199, make a U-turn at the forth light (the Fairgrounds), then continue onto Redwood Avenue. YMCA is on the right.

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## **Hi-Desert Swim Team – HDST**

PO Box 801

Hines, OR 97738

Coach

Bailey Johnston

541-589-0716

R3boys@centurytel.net

President

Meet Director

Dorey Cooley

541-573-2504 (H)

### ***Pool Directions***

1000 Oregon Ave.

Burns OR 97738

Phone # 541-573-2413

Traveling east on Hwy 20, go through Hines. The pool is located on the west side of Hwy 20 directly north of Burns High School.

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## **Hillsboro Swim Team – HEAT**

1005 SW Albertine Street

Hillsboro, OR 97123

www.hillsboroheat.org

Coach

James Resare

503-318-5656

james@hillsboroheat.org

Club President

Glen Champlin

president@hillsboroheat.org

Meet Director

Ellaine Heasley

meetchief@hillsboroheat.org

### ***Pool Directions: Hillsboro Aquatic Center***

953 SE Maple

Hillsboro OR 97123

Phone # 503-681-6127

Westbound from Portland: Take Highway 26 to Exit 62 (Cornelius Pass-Hillsboro). Go south 1 mile to Cornell Rd. Turn right at light heading west. Go 5 1/2 miles into Hillsboro. Turn right at the corner of Maple and 10<sup>th</sup> (Cornell turns into 10<sup>th</sup>). On you right is the Hillsboro Aquatic Center across from the library.

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## **Hood River Valley Swim Team – HRST**

1603 May Street

Hood River, OR 97031

[www.hrvst.org](http://www.hrvst.org)

Coach Shelly Rawding

509-493-4679 (H)

[Hrvst.coach@gmail.com](mailto:Hrvst.coach@gmail.com)

President Carolyn Fick

541-387-3370 (H)

[cwelytfick@gmail.com](mailto:cwelytfick@gmail.com)

Meet Director Shelly Rawding

509-393-4679 (H)

[Hrvst.coach@gmail.com](mailto:Hrvst.coach@gmail.com)

### ***Pool Directions: Hood River Aquatic Center***

1601 May Street

Hood River OR 97031

EASTBOUND from Portland: Take I-84 East to first Hood River Exit #62. This exit becomes Cascade. Follow Cascade St. to Rand Rd., turn right. Go to May St., turn left. Go through first stop sign (at 22<sup>nd</sup>), continue on May St. Pool is at 18<sup>th</sup> and May, on SE corner of intersection.

WESTBOUND: Take I-84 West to Exit #63. Turn left at top of exit. Follow Second St. to Oak St (Flashing traffic light). Turn right onto Oak Street. Follow Oak to traffic signal at intersection of 13<sup>th</sup> and Oak. Turn left from turn lane. Continue up 13<sup>th</sup> to May St., turn right on May St. The pool is on the south side of the street, at the corner of 18<sup>th</sup> and May.

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## **John Day Swim Team – JDST**

PO Box 132

John Day, OR 97845

Coach

Sabrina Howard

President

Erin Hodge

541-805-8996

[Lorin\\_erinhodge@hotmail.com](mailto:Lorin_erinhodge@hotmail.com)

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## **Killer Whales Swim Club – KWSC**

PO Box 964

Kelso, WA 98626

[www.killerwhalesswimclub.com](http://www.killerwhalesswimclub.com)

Coach

Kelly Hill

President

Brenda Davis

360-578-3791

[treasurer@killerwhalesswimclub.com](mailto:treasurer@killerwhalesswimclub.com)

Meet Director

Christine Larson

360-423-0267

[cdlarson@msn.com](mailto:cdlarson@msn.com)

### ***Pool Directions: Gaither Pool***

1904 Allen St.

Kelso WA 98626

Phone # 360-501-1855

I-5 Exit 39 Kelso-Longview. Take Allen St. East. Cross Kelso Dr. Continue up hill to Kelso High School on right. Look for Gaither Pool at South end of parking lot to the right of Schroder Sports Field.

### ***Pool Directions: Mark Morris Natatorium***

1602 Mark Morris Ct.

Longview, WA 98632

360-575-7709

I-5 Exit 36, cross over the freeway following Hwy 432 into Longview. At 3<sup>rd</sup> light turn right onto 15<sup>th</sup> Ave. Travel approx. 1 mile on 15<sup>th</sup> into the Mark Morris High School parking lot at the yellow flashing light. The pool is on the back left corner of the school as you face the main entrance.

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## **Klamath Basin Aquatic Sports – BASN**

PO Box 778

Keno, OR 97627

Coach

Dan Zimmer

541-883-1413 (H)

[dzim2007@msn.com](mailto:dzim2007@msn.com)

### ***Pool Directions: Ella Redkey Pool:***

From Hwy 97 south, exit hwy 140 east/39 south which is Kit Carson Way. The 3rd stop light is Main Street. Turn right. Ella Redkey Pool is on the right.

From Hwy 140 east, exit hwy 97 north. Exit to downtown Klamath Falls. Continue on Klamath Avenue until it intersects with Main and Esplanade. Turn right on Main Street. Go under the railroad viaduct. Ella Redkey Pool is on the left.

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## **Krakens Swim Club – KSC**

15670 NW Central Drive

Portland, OR 97229

[www.krakensswimclub.com](http://www.krakensswimclub.com)

Coach:

Nick Benvenuti

814-671-1518

[nick@krakensswimclub.com](mailto:nick@krakensswimclub.com)

President:

Nick Benvenuti

971-371-7600

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## **LaCamas Head Hunters – LHST**

2950 NW 38<sup>th</sup> Ave

Camas WA 98607

[www.lacamassport.com](http://www.lacamassport.com)

Coach  
President

David Crippen  
Denise Croucher

503-260-4787  
360-834-8506 (W)

[headhunterswimcoach@gmail.com](mailto:headhunterswimcoach@gmail.com)  
[Croucher.denise@gmail.com](mailto:Croucher.denise@gmail.com)

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## **Lake Oswego Swim Club – LOSC**

PO Box 1103

Lake Oswego, OR 97035

[www.lakeoswegoswimclub.org](http://www.lakeoswegoswimclub.org)

Coach  
President  
Meet Director

Emily Melina  
Lea Sturges  
Troy Tetsuka

208-874-3017

[Emily.melina@gmail.com](mailto:Emily.melina@gmail.com)  
[loscmembers@gmail.com](mailto:loscmembers@gmail.com)  
[ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com)

### **Pool Directions: - Lake Oswego High School Pool**

2300 Hazel Road

Lake Oswego OR

Phone # 503-635-0330

Take I-5 to exit 292. (Hwy 217-Kruse Way). Turn east toward Lake Oswego. Turn left on Boones Ferry Rd. Turn right on Country Club Rd., turn left at Lake Oswego High School (Hazel Rd. is on school property). Pool is on the right.

### **Pool Directions: - Lewis and Clark College**

0615 SW Palatine Hill Road

Portland OR 97219

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## **Lakeview Swim Team – LST**

PO Box 1064

Lakeview, OR 97630

Coach  
President

McKenna Albertson  
Wendy Conley

541-417-1585  
541-219-2299

[conleyjw@centurytel.net](mailto:conleyjw@centurytel.net)

### **Pool Directions**

East Center St.

Lakeview OR 97630

NORTHBOUND on Hwy 395, follow 395 to Center St., turn left. Go two blocks, pool on the left.

SOUTHBOUND on Hwy 395, follow 395 to Center St., turn right. Go two blocks, pool on the left.

From Hwy 140 west, turn right at blinking yellow light onto Hwy 395. Follow directions above.

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## **Lebanon Community Swim Club – LSC**

1800 S 5<sup>th</sup> St

Lebanon OR 97355

[www.lebanoncommunityswimclub.com](http://www.lebanoncommunityswimclub.com)

Coach  
President  
Meet Director

Lorlee Engler  
Tina Breshears  
Lorlee Engler

541-905-6983  
541-990-2465 (C)  
541-905-6983

[ldengler@centurytel.net](mailto:ldengler@centurytel.net)  
[kbreshears@comcast.net](mailto:kbreshears@comcast.net)  
1

### **Pool Directions**

1800 S 5<sup>th</sup> St.

Lebanon OR 97355

Phone#

NORTH & SOUTHBOUND From I-5, Exit 228(Lebanon, Corvallis.) East on Hwy 34. Approx. 7 miles then right on Denny School Road. Sweeping left hand corner becomes Airport Road. First left past football stadium on 5<sup>th</sup> Street. Pool is on the south end of the school.

EASTBOUND. East on Hwy 34, over I-5, follow directions above.

WESTBOUND - Hwy 20 into Lebanon. Turn left at Airport Rd. (Between Ford dealership and Shop & Kart). straight through light then right at 5<sup>th</sup> Street.

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## **Lincoln City Swim Club – LCSC**

PO Box 7

Neotsu, OR 97364

[www.angelfire.com/on/lcscswim/index.html](http://www.angelfire.com/on/lcscswim/index.html)

Coach

Lissa Parker

541-921-0455 (H)  
541-996-7399 (W)

[lippyb@hotmail.com](mailto:lippyb@hotmail.com)

President  
Meet Director

Charlie Lunstedt  
Charlie Lunstedt

541-557-2328 (H)

[riverknote@yahoo.com](mailto:riverknote@yahoo.com)

### **Pool Directions**

2150 NE Oar Place

Lincoln City OR 97367

Phone# 541-994-2131

Take Hwy 101 toward Lincoln City, turn east on 22<sup>nd</sup>, go one block to Oar Place. Turn right. The pool is next to the Elks Center on the left.

---

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## **Madras Swim Team – MST**

1195 SE Kemper Way Madras, OR 97741

[www.macaquatic.com](http://www.macaquatic.com)

Coach Tim Nelson

541-706-0521

[tdanelson@gmail.com](mailto:tdanelson@gmail.com)

Meet Director Tim Nelson

### ***Pool Directions: Madras Aquatic Center***

35 SE C Street #A Madras OR 97741

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## **Maverick Aquatics – MAV**

PO Box 1533 Gresham, OR 97060

[www.maverick-aquatics.com](http://www.maverick-aquatics.com)

Coach Shane Dye 503-757-3919

Contact Sean Taylor 503-946-0242

[Taylor54@gresham.k12.or.us](mailto:Taylor54@gresham.k12.or.us)

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## **McMinnville Swim Club – MSC**

3662 NW Harvest Dr McMinnville, OR 97128

[www.mcminnvilleswimming.com](http://www.mcminnvilleswimming.com)

Coach Murilo Martins 503-858-8772

[murilousa@hotmail.com](mailto:murilousa@hotmail.com)

President David Hayes 503-472-8137 (H)

[davidjchayes@yahoo.com](mailto:davidjchayes@yahoo.com)

Meet Director

### ***Pool Directions: McMinnville Swim Pool***

Corner of 4<sup>th</sup> and Park McMinnville OR 97128

Phone # 503-434-7309

Southbound: Take I-5 South to Exit 289. Turn right onto Tualatin-Sherwood. Continue on to Sherwood-Newberg on the SW Tualatin-Sherwood Rd for approx 4.6 miles to Hwy 99W (Pacific Hwy). Turn left onto Pacific Hwy. Pacific Hwy becomes Adams in McMinnville. Go to 4<sup>th</sup>, turn right onto Park Drive. The pool is immediately on the left to the Chamber of Commerce.

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## **Mid Valley Aquatics – MVA**

4742 Liberty Rd S Salem, OR 97302

[www.mvavipers.com](http://www.mvavipers.com)

Coach Kimberly Phillips

Albany Coach

Club President Geoff Tiffany 503-302-7659 ©

[tiffanygp@ao.com](mailto:tiffanygp@ao.com)

Meet Director Kirsten Holbo

[kirsten@ironwater.com](mailto:kirsten@ironwater.com)

### ***Pool Directions Salem Tennis and Swim Club***

4318 Lone Oak Rd S Salem OR 97302

### ***Pool Directions Albany Community Pool***

2150 SE 36th Ave Albany OR 97321

### ***Pool Directions Olinger Aquatics Fitness Center***

1310 A Street NE Salem OR 97301

### ***Pool Directions Willamette University Sparks Center***

900 State Street S Salem OR 97301

### ***Pool Directions Kroc Center***

1865 Bill Frey Dr Salem OR 97303

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## **MJCC Stingrays – STRY**

6651 SW Capitol Hwy

Portland, OR 97219

[www.oregonjcc.org](http://www.oregonjcc.org)

Coach: Jennifer Condon

503-244-0111

[jcondon@oregonjcc.org](mailto:jcondon@oregonjcc.org)

President: Jennifer Condon

503-244-0111

[jcondon@oregonjcc.org](mailto:jcondon@oregonjcc.org)

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## **Mt. Hood Aquatics – MHA**

4754 SE Antelope Hills Dr

Gresham, OR 97080

[www.mthoodaquatics.org](http://www.mthoodaquatics.org)

Coach Skip Runkle

971-212-3804 (C)

[skiprunkle@msn.com](mailto:skiprunkle@msn.com)

President Brian Fryer

503-209-6197 (H)

[bjfryer@msn.com](mailto:bjfryer@msn.com)

Meet Director Jody Rash

[coachjodymha@gmail.com](mailto:coachjodymha@gmail.com)

### ***Pool Directions: Mt. Hood Community College Pool***

26000 SE Stark

Gresham OR

Phone # 503-667-7243

EASTBOUND: Take I-84 to exit 17 (Troutdale). Continue on past the fast food restaurants, turn right at light onto 257<sup>th</sup>. Continue on up the hill approx. 2.6 miles. Turn left onto 17<sup>th</sup> St. Take first left, into parking lot. Pool is on the left behind the soccerfield.

WESTBOUND: Take I-84 to exit 17 (Troutdale). Go south onto 257<sup>th</sup>. Continue on up the hill approx. 2.6 miles. Turn left onto 17<sup>th</sup> St. Take first left, into parking lot. Pool is on the left behind the soccer field.

### ***Pool Directions: Reynolds Swim Center***

1200 NE 201<sup>st</sup> Ave

Fairview OR 97024

Take I-84 east to exit 13 – 181<sup>st</sup> Ave toward Gresham. Turn right on 181<sup>st</sup> Ave, turn left on Halsey ST. The Reynolds pool is just past 201<sup>st</sup> Ave on the right side of the road.

### ***Pool Directions: David Douglas High School***

SE 130<sup>th</sup> and Taylor Court

Portland OR, 97233

Southbound: Take I-205 to Glisan-Stark exit. Stay on the off ramp until you can turn onto Washington.

Washington goes one way to the east and joins with Stark after the fast food restaurants. Continue on Stark, turn right on SE 130<sup>th</sup> Ave, turn left on Taylor Ct. (Looks like a driveway).

### ***Pool Directions: Sam Barlow High School Aquatic Center***

5105 SE 302<sup>nd</sup> Ave.

Gresham OR

Phone # 503-663-5950

FROM PORTLAND - I-84 east to the Wood Village exit. Turn right at the stop sign. Follow that street to Division (about 5<sup>th</sup> traffic signal). Turn left on Division and go about two miles to Troutdale Rd. (4-way stop). Turn right and proceed about a mile to Lusted Rd.(blinking yellow light). Turn left and go about a mile. Swimming pool is at the back of the parking lot behind the main school building.

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## **Multnomah Athletic Club – MAC**

1849 SW Salmon St

Portland, OR 97205

[www.macswimteam.org](http://www.macswimteam.org)

Coach

Alex Nikitin

503-517-7502 (W)

[anikitin@themac.com](mailto:anikitin@themac.com)

Booster Club President

Dick Keil

503-284-7464

[dickkeil@comcast.net](mailto:dickkeil@comcast.net)

Meet Director

Gary Leach

503-517-7501 (W)

[gleach@themac.com](mailto:gleach@themac.com)

### ***Pool Directions***

1849 SW Salmon

Portland OR

Phone # 503-223-8370

SOUTHBOUND: Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15<sup>th</sup>) to Salmon, turn right, go trough stoplight at 18<sup>th</sup>. MAC club is on the right, and parking garage is on the left.

NORTHBOUND: Take I-5 to I-405 North. Take the Salmon St. Exit. Merge onto 14<sup>th</sup> St. Go one block and turn left onto Taylor. Turn left onto 17<sup>th</sup>. Proceed on 17<sup>th</sup> to Salmon. Turn right onto Salmon.

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## **Nehalem Swim Team – NCRD**

9525 NE 17<sup>th</sup> Avenue

Rockaway Beach, OR 97136

Coach

Kiley Konruff

503-368-7121 (W)

[kkonruff@gmail.com](mailto:kkonruff@gmail.com)

### ***Pool Directions – North County Recreation District/Nehalem***

36155 9<sup>th</sup> St

Nehalem OR 97131

Phone # 503-368-7121



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## **Newport Swim Team – NST**

|            |                    |                                   |
|------------|--------------------|-----------------------------------|
| PO Box 451 | Newport, OR 97365  | www.newportswimteam.org           |
| Coach      | John Wray          |                                   |
| President  | Jennie Scarborough | 541-401-2228 swimnewport@live.com |

### ***Pool Directions***

1212 NE Fogarty Newport OR 97365 Phone # 541-265-7770

FROM Hwy 101 NORTH OR SOUTH. Turn east on 12<sup>th</sup>, go 5 blocks. The pool is on the left.

FROM Hwy 20 from Corvallis, turn right on Eads. Turn right on NE 12<sup>th</sup>.

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## **North Clackamas Piranhas – NCPS**

|                     |                    |                        |
|---------------------|--------------------|------------------------|
| 7300 SE Harmony Rd  | Portland, OR 97222 |                        |
| Coach: Kyle Branche | 503-475-8954       |                        |
| President: Kandi Ho | 503-794-8080       | kandih@clackamas.or.us |

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## **North Coast Swim Club – NCSC**

|               |                   |                                                                         |
|---------------|-------------------|-------------------------------------------------------------------------|
| PO Box 1191   | Astoria, OR 97103 | www.swimnorthcoast.org/                                                 |
| Coach         | Kathryn Zacher    | 541-440-9622                                                            |
| President     | Patrick Wingard   | 5037173995 <a href="mailto:Ncsc97103@uahoo.com">Ncsc97103@uahoo.com</a> |
| Meet Director | Jo Christie       |                                                                         |

### ***Pool Directions: Astoria Aquatic Center***

1997 E Marine Dr Astoria OR Phone # 503-325-7027

From west on Highway 30. Upon entering Astoria it becomes Marine Drive. The pool will be on the left on the corner of 20th and Marine Dr.

From north on Highway 101 into Astoria. Upon entering Astoria it becomes W. Marine Drive and then becomes Marine Drive. Follow the road through downtown and continue east. The pool will be on the right at the corner of 20th and Marine Dr.

From south on Highway 101 (across the Astoria-Megler bridge). Turn left onto W. Marine Drive. Follow the road through downtown and continue east. The pool will be on the right at the corner of 20th and Marine Dr.

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## **North West Blue Crush Aquatic Club – BCAC**

|                |                    |                                            |
|----------------|--------------------|--------------------------------------------|
| PO Box 301164  | Portland, OR 97294 | www.nwbac.com                              |
| Coach          | Gary Muzzy         | 971-275-5394 (H) Bcac12@gmail.com          |
| Club President | Charlotte Evans    | 503-780-4062 (c)                           |
| Meet Director  | Michele Straub     | 503-680-3484 (C) Michele.straub5@gmail.com |

### ***Pool Directions***

11717 NE Shaver Portland OR

From I-205 North or South, take I-84 East and first Exit 122<sup>nd</sup> Ave. Turn right on 122<sup>nd</sup>, left on Shaver (2<sup>nd</sup> light). Turn right on 115<sup>th</sup>, right into pool area of High School.

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## **Oregon City Swim Team – OCST**

|               |                       |                                        |
|---------------|-----------------------|----------------------------------------|
| PO Box 724    | Oregon City, OR 97045 | www.ocst.net                           |
| Coach         | Matt Crum             | 503-653-9656 Ocst.coach@gmail.com      |
| President     | Kevin Visscher        | 503-889-6210 (C) Visscher7@hotmail.com |
| Meet Director | Matt Crum             |                                        |

### ***Pool Directions***

1211 Jackson St. Oregon City OR 97045 Phone # 503-655-4169

Take I-205 to exit 9 (99E, Oregon City, Gladstone). Go east onto 99E (Oregon City, Canby). Turn left at 14<sup>th</sup> St. Turn right on Main, turn left on 12<sup>th</sup> St. Turn left on Jackson.

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## **Portland Aquatic Club – PAC**

1824 N. Alberta Str

Portland, OR 97217

[www.swimpac.org](http://www.swimpac.org)

Coach

Jody Braden

360-825-8853

[coachjib@comcast.net](mailto:coachjib@comcast.net)

President

Mary McLaughlin

503-283-8148

[Marymclaughlin503@gmail.com](mailto:Marymclaughlin503@gmail.com)

Meet Director

Nancy Fogel

425-280-7141 (H)

[n.fogel1210@gmail.com](mailto:n.fogel1210@gmail.com)

### ***Pool Directions: Dishman Pool***

77 NE Knott St.

Portland OR 97232

Phone # 503-823-3673

**Directions from North:** Take I-5 South to exit 302A toward City Center. Take a slight right onto Broadway. Turn right onto N Flint Ave. Turn right onto Russell. Turn left onto N Williams. Turn right onto Knott St. The pool is on your left.

**Directions from South:** Take I-5 North to exit 302A (Weidler St- toward Rose Quarter/ Broadway). Stay straight onto NE Victoria. Turn left onto Broadway. Turn right onto N Williams. Turn right onto Knott St. The pool is on your left.

### ***Pool Directions: Columbia Pool***

7701 N Chautauqua Blvd

Portland OR 97217

**Directions from North:** Take I-5 South to exit 306 N Interstate (toward PIR). Turn right onto N Argyle Way. N Argyle becomes N Delaware Ave. Turn left onto N Columbia Blvd. Turn left onto N Chautauqua Blvd. The pool will be on your right.

**Directions from South:** Take I-5 North to exit 302C toward Swan Island. Turn left onto N Portland Blvd. N Portland becomes N Willamette Blvd. Turn right onto N Chautauqua Blvd. The pool will be on your left.

### ***Pool Directions: Mt. Scott Community Center and Pool***

5530 SE Powell

Portland, OR 97206

**Directions from North:** Take I-205 South toward Salem. Take the Foster Rd exit- 17. Take the Foster Rd Westbound ramp. Take a slight right onto SE Foster Road. Turn left onto SE Harold St. Turn left onto SE 72nd Ave. The pool is on your left.

**Directions from the South:** Take I-5 North toward Portland. Take OR-43 onto SW Macadam Ave. Take a slight left onto SW Hood Ave. Turn right onto SW Whitaker St. Turn right onto SW Kelly Ave. Turn slight left to take the ramp toward US-26E/ Ross Island Bridge/ Mt. Hood. Turn slight right onto US-26. Turn slight right onto SE Foster Rd. Turn right onto SE 72nd. Pool is on your left.

### ***Pool Directions: Southwest Community Center and Pool***

6820 SW 45th Ave

Portland, OR 97219

**Directions from the North:** Take I-5 South to Multnomah Blvd. exit 298. Turn a slight right onto SW Multnomah Blvd. Turn Right onto SW 45th Ave. The pool is on your right.

**Directions from the South:** Take I-5 North to Barbur Blvd- exit 294. Stay straight to go onto SW Barbur Blvd/ Pacific Hwy W. Turn left onto SW Taylors Ferry Rd. Turn right onto SW 48th Ave. SW 48th Ave becomes SW 45th Dr. SW. 45th Dr becomes SW 45th Ave. The pool is on your right.

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## **Prineville Swim Team – PST**

585 SW 4<sup>th</sup> Str

Prineville, OR 97754

Coach

Halley Estes

541-728-7581

[Halleyestes23@gmail.com](mailto:Halleyestes23@gmail.com)

President

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## **Rainier Aquatic Club – RAIN**

12454 River Front Rd

Clatskanie, OR 97016

Coach:

Monica Feigert

503-791-1667

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## **Redmond Aquatic Club – RACE**

|                   |                   |                                                                                    |
|-------------------|-------------------|------------------------------------------------------------------------------------|
| 465 SW Rimrock Dr | Redmond, OR 97756 | <a href="http://www.cascadeaquaticclub.org">www.cascadeaquaticclub.org</a>         |
| Coach             | Heather Thomas    | 503-869-9585 (H)<br>541-548-6066 (W)                                               |
| Coach             |                   | <a href="mailto:Coach.heather@hotmail.com">Coach.heather@hotmail.com</a>           |
| President         |                   |                                                                                    |
| Meet Director     | Reed Sloss        | 541-504-5240<br><a href="mailto:rjsloss5@bendcable.com">rjsloss5@bendcable.com</a> |

### **Pool Directions: Cascade Swim Center**

465 SW Rimrock Redmond, OR 97756

From north or south Redmond, proceed along US 97 to Highway 126 (near center of town) and follow the signs for Sisters. Go west on Hwy 126 (Highland Ave) to Rimrock Way. Turn right at the light on Rimrock. You will be passing the Redmond High School on your left. Go about a quarter mile to the swim center which is a separate building directly north of the high school. Coming from the west (on Hwy 126), watch for the high school and turn left at the light.

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## **River Road Swim Club – RRSC**

|                 |                  |                                                                            |
|-----------------|------------------|----------------------------------------------------------------------------|
| 1400 Lake Drive | Eugene, OR 97404 |                                                                            |
| Coach           | Bill Kuzmer      | <a href="mailto:Bkuz1594@comcast.net">Bkuz1594@comcast.net</a>             |
| President       | Rhonda Reed      | 541-688-4052<br><a href="mailto:rreed@rrpark.org">rreed@rrpark.org</a>     |
| Meet Director   | Rhonda Reed      | 541-688-4052 (W)<br><a href="mailto:rreed@rrpark.org">rreed@rrpark.org</a> |

### **Pool Directions: Emerald Park Swim Center**

1400 Park Way Eugene, OR 97404

Take I-5 to the Beltline/Airport/Junction City exit. Go west on Beltline to the River Road exit. Go south (left) on River Road to Howard Avenue. Go west (right) on Howard Avenue. Go left on Lake Drive. Pool is on the right

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## **Rogue Sharks Swimming – SHRK**

|                 |                   |                                                                                                  |
|-----------------|-------------------|--------------------------------------------------------------------------------------------------|
| 4395 Pioneer Rd | Medford, OR 97501 | <a href="http://www.teamroguesharks.org">www.teamroguesharks.org</a>                             |
| Coach           | Tom Higgins       | 541-535-8955<br><a href="mailto:Roguesharksswimming@gmail.com">Roguesharksswimming@gmail.com</a> |

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## **Rose City Aquatic Club – RCAC**

|                |                    |                                                                                          |
|----------------|--------------------|------------------------------------------------------------------------------------------|
| Box 90118      | Portland, OR 97290 |                                                                                          |
| Coach          | Aaron Monteith     | 503-515-1278 (H)<br><a href="mailto:Mrmonteith001@yahoo.com">Mrmonteith001@yahoo.com</a> |
| Club President | Kim Ogawa          | 503-772-1950 (H)                                                                         |
| Meet Director  | Joe, Sandi DePaepe | 503-698-5301 (H)<br><a href="mailto:joedepaepe@frontier.com">joedepaepe@frontier.com</a> |

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## **Roseburg YMCA Swim Team – RYST**

|                      |                    |                                                                                                        |
|----------------------|--------------------|--------------------------------------------------------------------------------------------------------|
| 1151 NW Stewart Pkwy | Roseburg, OR 97471 | <a href="http://www.teamunify.com/home.jsp?team=orryst">www.teamunify.com/home.jsp?team=orryst</a>     |
| Coach                | Luan Le            | 541-530-0263                                                                                           |
| Meet Director        | Christy Todd       | 541-440-9622<br><a href="mailto:swimteam@ymcaofdouglascounty.org">swimteam@ymcaofdouglascounty.org</a> |

### **Pool Directions: Central Douglas County Family YMCA**

1151 NW Stewart Pkwy Roseburg OR 97471

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## **Salem Oregon Sharks – SOS**

|                 |                 |                                                                                      |
|-----------------|-----------------|--------------------------------------------------------------------------------------|
| 685 CourtStr NE | Salem, OR 97301 | <a href="http://www.teamunify.com/orty">www.teamunify.com/orty</a>                   |
| Coach:          | Brennan Todd    | 503-399-2792                                                                         |
| President:      | Elena Piexoto   | 503-399-2792<br><a href="mailto:epiexoto@theyonline.org">epiexoto@theyonline.org</a> |

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## **Sea Lions Swim Team – SLST**

|                |                     |                                                                                         |
|----------------|---------------------|-----------------------------------------------------------------------------------------|
| PO Box 902     | St Helens, OR 97051 | www.slst.biz                                                                            |
| Coach          | Lori Mason          | 503-809-1350 <a href="mailto:Slst.lori.mason@gmail.com">Slst.lori.mason@gmail.com</a>   |
| Club President |                     | Slstpresident@hotmail.com                                                               |
| Meet Director  | Cheryl Hopkins      | 503-369-1667 (H) <a href="mailto:Cherlyhopkins7@gmail.com">Cherlyhopkins7@gmail.com</a> |

### ***Pool Directions: Eisenschmidt Pool***

1070 Eisenschmidt Lane, St. Helens OR Phone # 503-397-2283

From Portland: take Hwy 30 (west) for about 30 mi. to St Helens. Turn right on Columbia Blvd., go about 1/2 mi on Columbia Blvd., turn right on 12<sup>th</sup> St. Go one block on 12<sup>th</sup>, turn left on Eisenschmidt Lane.

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## **Seaside Swim Team – SST**

|            |                   |                                                                                         |
|------------|-------------------|-----------------------------------------------------------------------------------------|
| PO Box 195 | Seaside, OR 97138 |                                                                                         |
| Coach      | Meghan McKeown    | 503-738-3311 (W) <a href="mailto:lifesavermck@hotmail.com">lifesavermck@hotmail.com</a> |
| President  | Sande Brown       | 503-738-3311 (H)                                                                        |

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## **Sherwood Y Dragons – SYD**

|                      |                    |                          |
|----------------------|--------------------|--------------------------|
| 23000 SW Pacific Hwy | Sherwood, OR 97140 | www.ymcacw.org/swim-team |
|----------------------|--------------------|--------------------------|

|            |                |                                                                         |
|------------|----------------|-------------------------------------------------------------------------|
| Coach:     | Lalayna Fisher | 503-538-1974 <a href="mailto:lfisher@ymcacw.org">lfisher@ymcacw.org</a> |
| President: | Lalayna Fisher | 503-862-4012 <a href="mailto:lfisher@ymcacw.org">lfisher@ymcacw.org</a> |

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## **Silver Falls Rapids – SFR**

|                         |                     |
|-------------------------|---------------------|
| 3570 Victor Point Rd NE | Silverton, OR 97381 |
|-------------------------|---------------------|

|                      |              |                                                                    |
|----------------------|--------------|--------------------------------------------------------------------|
| Coach: Brandi Teeney | 503-991-3810 | <a href="mailto:bteeney@theyonline.org">bteeney@theyonline.org</a> |
|----------------------|--------------|--------------------------------------------------------------------|

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## **South Coast Aquatic Team – SCAT**

|               |                      |                                                                                                   |
|---------------|----------------------|---------------------------------------------------------------------------------------------------|
| PO Box 648    | North Bend, OR 97459 | www.southcoastaquaticteam.com                                                                     |
| Coach         | Sasha Trichler       | 541-404-3499 <a href="mailto:Scat.coachsasha@gmail.com">Scat.coachsasha@gmail.com</a>             |
| President     |                      |                                                                                                   |
| Meet Director | Peter Perez          | 541-756-4340 (H) <a href="mailto:peterandshellbell@hotmail.com">peterandshellbell@hotmail.com</a> |

### ***Pool Directions: North Bend Municipal Pool***

2455 Pacific Ave. North Bend OR 97459 Phone # 541-756-4915

From Hwy 101 in North Bend take Virginia St west approx. 1mi., to Pony Creek Rd. Go South approx 1/2 mi. to Crowel St. Turn West. Go 1/4 mi. to Pacific Ave. Turn South 1/4 mi. to pool, between the Junior High and High School.

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## **Stayton YMCA Manta Rays – SYM**

|                        |                     |                         |
|------------------------|---------------------|-------------------------|
| 10583 Mill Creek Rd SE | Aumsville, OR 97325 | www.staytonmantaray.com |
|------------------------|---------------------|-------------------------|

|            |                |                                                                |
|------------|----------------|----------------------------------------------------------------|
| Coach:     | Shane Parlette |                                                                |
| President: | Jack Burnett   | <a href="mailto:jhacjack@comcast.net">jhacjack@comcast.net</a> |

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## **Stingrays Swim Team – STRY**

|                     |                   |                                                                                   |
|---------------------|-------------------|-----------------------------------------------------------------------------------|
| 6651 SW Capitol Hwy | Portland OR 97219 | www.oregonjcc.org/aquatics                                                        |
| Coach               | Anthony Markey    | 503-425-3433 (W) <a href="mailto:amarkey@oregonjcc.org">amarkey@oregonjcc.org</a> |

### ***Pool Directions: Mittleman Jewish Community Center***

6651 SW Capitol Hwy Portland OR 97219

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## **Superior Stingrays Swimming – SSS**

727 Cardley Ave

Medford, OR 97504

[www.superiorstingray.org](http://www.superiorstingray.org)

Coach

Siouxha Tokman

541-227-9007

[siouxha@yahoo.com](mailto:siouxha@yahoo.com)

President

### ***Pool Directions: Southern Oregon University (McNeal Hall)***

Take I-5 to exit 14, turn right (west) onto Ashland Street. Proceed 1 mile to Stadium way and turn right. Go 2 blocks to Webster Street and turn left. Pool is directly ahead.

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## **Sweet Home Swim Club – SHSC**

526 Nandina Street

Sweet Home, OR 97386

[www.teamunify.com/home.jsp?team=0rshsc](http://www.teamunify.com/home.jsp?team=0rshsc)

Coach

Bruce David

541-967-3907

President

Angie Yon

[Angieyon7@gmail.com](mailto:Angieyon7@gmail.com)

Meet Director

### ***Pool Directions: Sweet Home Pool***

Highway 20 to Sweet Home. Turn on 15<sup>th</sup> Ave. Take 15<sup>th</sup> Ave straight into pool parking lot.

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## **Team Eugene Aquatics – TEAM**

Box 50404

Eugene, OR 97404

[www.teameugene.org](http://www.teameugene.org)

Coach

Scott Kerr

541-686-9622 (H)

[swim@teameugene.org](mailto:swim@teameugene.org)

President

Britta Wyatt

[britta@teameugene.org](mailto:britta@teameugene.org)

Meet Director

Sarah Braziel

541-520-0235 (H)

[meetdirector@teameugene.org](mailto:meetdirector@teameugene.org)

### ***Pool Directions: Amazon Pool***

2700 Hilyard,

Eugene, Oregon 97401.

Phone (541) 682-5350

From North: Take I-5 South to exit 194B, I-105 W/OR 126, toward Eugene. Take the Coburg Rd exit towards downtown. Turn left onto Coburg Rd. Coburg Rd becomes a ramp. Keep left at the fork in the ramp. Go straight onto Mill St. Turn right onto Mill St/OR 99S/OR 126 BR E. Turn left onto E Broadway/OR 99 S/OR 99 BR E. Turn right onto Patterson St. Turn left onto 23<sup>rd</sup> Ave. Turn right onto Hilyard Street.

From South: I-5 North to the 30<sup>th</sup> Ave exit (#189), towards South Eugene. Turn left onto E 30<sup>th</sup> Ave. Turn right onto Hilyard Street.

### ***Pool Directions: Sheldon Pool***

2445 Willakenzie Rd.

Eugene OR 97401

I-5 N & S, Exit 195B to Beltline Road West. Take Coburg Road exit, left on Coburg Road to Willakenzie Road, right on Willakenzie Road to Sheldon Pool.

### ***Pool Directions: Echo Hollow Pool***

1655 Echo Hollow Rd

Eugene OR 97402

Phone# 541-687-5525

I-5 N & S, Exit 195B to Beltline Road West. Continue to Barger Road (1st stoplight), left on Barger Road, right on Echo Hollow Road, proceed to pool.

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## **Team Y Sharks – TMY**

685 Court St NE

Salem, OR 97301

Coach Salem

Taylor Rash

503-399-2767 (W)

Coach Silver Falls

Jennifer Evans

Contact

Myron McCoy

503-399-2792

[mmccoy@youry.org](mailto:mmccoy@youry.org)

### ***Pool Directions: Silver Falls YMCA***

601 Miller St.

Silverton OR 97381

### ***Pool Directions: Salem Family Memorial Pool***

685 Court St NE

Salem, OR 97301

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## ***The Dalles Swim Team – TDST***

PO Box 157

The Dalles, OR 97058

[www.tdswimteam.org](http://www.tdswimteam.org)

Coach

Robert McKay

541-980-4645

President

Jodi Mitchell

541-993-2049

[mitchellj@nwasco.k12.or.us](mailto:mitchellj@nwasco.k12.or.us)

Meet Director

### ***Pool Directions: Ted Walker Pool***

Take I-84 to The Dalles. Take exit #84, go straight approx. 500 feet, pool is on the right.

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## ***The Dolphins Portland Swimming – TDPS***

PO Box 19357

Portland OR 97280

[www.dolphinsswimteam.org](http://www.dolphinsswimteam.org)

Coach

Nacim Bouferrache

503-449-8779 (H)

[nazfly@yahoo.com](mailto:nazfly@yahoo.com)

Club Contact

Lise Brackbill

503-231-8176

[brackbillbarber@gmail.com](mailto:brackbillbarber@gmail.com)

### ***Pool Directions: West Hills Racquet and Fitness Club***

2200 SW Cedar Hills Blvd

Portland OR 97225

503-646-4106

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## ***Tornadoes Swim Team – TOR***

22512 NE 224th Ct

Battle Ground, WA 98604

[www.tornadoesswim.org](http://www.tornadoesswim.org)

Coach

Sophia Stone-Holmbeck

[sophianerissa@gmail.com](mailto:sophianerissa@gmail.com)

President

Judi Creech

[jjjcreech@comcast.net](mailto:jjjcreech@comcast.net)

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## ***Tigard Tualatin Swim Club – TTSC***

P O Box 230583

Tigard, OR 97281

[www.ttsc.org](http://www.ttsc.org)

Coach

Brad Robbins

[Brad.robbs81@gmail.com](mailto:Brad.robbs81@gmail.com)

President

Meet Director

Ali Hoyle

[alihoyle@gmail.com](mailto:alihoyle@gmail.com)

### ***Pool Directions: Tigard Swim Center***

8680 SW Durham Road

Tigard OR

Phone # 503-431-5455

Take I-5 to exit #291 (Carmen Drive). Go west towards Tigard, go down the hill to the stop light (gas station on your left). Turn left, veer to the right 'til you come to a stop sign, turn right on Durham Rd. Cross Ball St., the pool is immediately on the left.

### ***Pool Directions: Tualatin Swim Center***

22300 SW Boones Ferry Road

Tualatin, OR

Phone # 503-431-5655

From I-5, take exit #286, turn west, and head north on Boones Ferry Road. Tualatin High School will be on your right, approximately 1.3 miles from I-5.

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## ***Tillamook YMCA Sharks – TY***

610 Stillwell Ave.

Tillamook, OR 97141

Contact

Katie Tohl

503-801-1113

[tohlkatie@gmail.com](mailto:tohlkatie@gmail.com)

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## ***Tornadoes Swim Team – TOR***

13118NE26<sup>th</sup> Str

Vancouver, WA 98684

[www.tornadoesswim.org](http://www.tornadoesswim.org)

Coach:

Sophia Stone-Holmbeck

360-609-1030

[sophianerissa@gmail.com](mailto:sophianerissa@gmail.com)

Contact:

Sophia Stone-Holmbeck

360-609-1030

[sophianerissa@gmail.com](mailto:sophianerissa@gmail.com)

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## **Tualatin Hills Swim Club – THSC**

16055 SW Walker Road, #152      Beaverton, OR 97006      [www.thunderboltswimming.org](http://www.thunderboltswimming.org)  
Coach: Franz Resseguie      503-629-5568      [franz@thunderboltswimming.org](mailto:franz@thunderboltswimming.org)  
Contact: Ruth Stocks      503-629-5568      [ruth@thunderboltswimming.org](mailto:ruth@thunderboltswimming.org)  
Meet Director: Connie Lustria      [meetdirector@thunderboltswimming.org](mailto:meetdirector@thunderboltswimming.org)

### **Pool Directions: Tualatin Hills Rec. Swim Center**

15707 SW Walker Road      Beaverton OR      Phone # 503-645-7454

Take Hwy 26 to exit #65 (Cornell Rd). Turn south (right if traveling eastbound, left if traveling westbound).  
Turn left onto NW 158<sup>th</sup>, go approx 1-2 mile to Schendel Ave. Turn left into parking lot.

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## **YMCA Grants Pass Swimming**

Box 5439      Grants Pass, OR 97527      [www.teamunify.com/orygps](http://www.teamunify.com/orygps)  
Coach: Mike Shaw      541-218-7558      [mikeshaw@charter.net](mailto:mikeshaw@charter.net)

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## **Vancouver Swim Club – VSC**

PO Box 2604      Vancouver, WA 98668      [www.vancouverwimclub.org](http://www.vancouverwimclub.org)  
Coach: Vicki Gordon      360-750-4550 (H)      [swimcoachv@gmail.com](mailto:swimcoachv@gmail.com)  
President: Jeff Walker      360-571-0248 (H)      [Cheryl1101@comcast.net](mailto:Cheryl1101@comcast.net)  
Meet Director: John Marsh      360-601-7265 (H)      [j\\_marsh04@comcast.net](mailto:j_marsh04@comcast.net)

### **Pool Directions: Marshall Center Pool**

1009 E McLoughlin Blvd.      Vancouver WA

Take I-5 to Vancouver, WA, take exit 1-C (Mill Plain Blvd.) Go east, turn left at first intersection onto Vancouver Way, turn left again at first intersection onto McLoughlin Blvd. The pool is on the left.

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## **Villasport Swim Team – VSST**

13900 SW Meridian Str      Beaverton, OR 97005  
Coach: Jacob von Weller      503-502-0307  
President: Maisie Vultaggio      971-317-2600      [swimteam\\_bv@villasport.com](mailto:swimteam_bv@villasport.com)

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## **Willamalane Swim Club – WSC**

PO Box 633      Springfield, OR 97477      [www.willamalaneswimclub.org](http://www.willamalaneswimclub.org)  
Coach: Dan Cole      541-520-9459 (C)      [Dancole1@mac.com](mailto:Dancole1@mac.com)  
President: Katie Galloway      [Kgalloway0507@gmail.com](mailto:Kgalloway0507@gmail.com)  
Meet Director: Allee Reed      [wscmeetdirector1276@gmail.com](mailto:wscmeetdirector1276@gmail.com)

### **Pool Directions: Willamalane Pool**

1472 G Street      Springfield OR

Take I-5 to Springfield-Eugene, take Hwy 126. (Exit 194A) and head East. Take Mohawk Blvd. exit. Turn right onto Mohawk, turn right on G Street. The pool is on the right.

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## **YMCA Tiger Sharks – YTS**

3311 Pacific Blvd SW      Albany, OR 97321      [www.teamunify.com/orayts](http://www.teamunify.com/orayts)  
Coach: Russ Scovel      541-450-3687  
Contact: Joe Andrews      541-926-4488      [aquatics@ymcaalbany.org](mailto:aquatics@ymcaalbany.org)

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## MISCELLANEOUS POOL DIRECTIONS

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### ***West Family YMCA Pool, Boise, ID***

5959 N Discovery Pl

Boise ID 83713

Phone# (208)377-4886, ext 429

From I-84, take Eagle Rd Exit and follow Eagle Rd north to Chinden. Turn right, take Chinden ¾ mile to Discovery Place, turn right.

From downtown Boise, take City Connector (I-84) to Garden City Exit going west (Chinden Blvd). Take Chinden 8 miles to Discovery Place, turn left (approximately 1 mile past Hewlett Packard).

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### ***King County Weyerhaeuser Aquatic Center***

650 SW Campus Drive

Federal Way WA 98006

Phone # (253)296-4444

Take I-5 north to exit 142B. Go west on 348th, which becomes Campus Way after crossing 1st Ave. S. The pool is on the right about 1 1/4 miles from I-5.



## 2017 OSI Fee Schedule

### FEE CATEGORY

#### MEMBERSHIP

|                                                                    |          |
|--------------------------------------------------------------------|----------|
| REGULAR ATHLETE .....                                              | \$66.00  |
| SEASONAL ATHLETE                                                   |          |
| April 4, 2017 - August 31, 2017 .....                              | \$40.00  |
| NON-ATHLETE - OTHER .....                                          | \$61.00  |
| NON-ATHLETE - OFFICIAL .....                                       | \$66.00  |
| NON-ATHLETE - COACH (Includes OSCA Dues) .....                     | \$86.00  |
| CLUB (Includes Oregon Swimming Swim Guide).....                    | \$150.00 |
| SEASONAL CLUB (2/3 or more seasonal members in previous year)..... | \$110.00 |
| ORGANIZATION .....                                                 | \$100.00 |

#### MEET RELATED

|                                                         |          |
|---------------------------------------------------------|----------|
| SANCTION (Per Day) .....                                | \$20.00  |
| TIME TRIAL (per day).....                               | \$25.00  |
| LATE MEET DATE APPLICATION .....                        | \$50.00  |
| LATE MEET RESULTS (14 Days) .....                       | \$25.00  |
| LATE SWIM MEET FINANCIAL REPORT.....                    | \$15.00  |
| LATE FEES - SURCHARGES, ETC, .....                      | \$15.00  |
| OR 10% WHICHEVER GREATER                                |          |
| PROOF OF TIMES FINE.....                                | \$100.00 |
| UN-REGISTERED SWIMMER COMPETING IN SANCTIONED MEET..... | \$100.00 |

#### MISCELLANEOUS

|                                                                   |         |
|-------------------------------------------------------------------|---------|
| NON-REPRESENTATION (by a club at House of Delegates meeting)..... | \$50.00 |
| RETURNED CHECK (Club responsibility) .....                        | \$25.00 |
| OREGON SWIM GUIDE* .....                                          | \$10.00 |
| DQ SLIPS (Per package of 250 duplicate slips)* .....              | \$18.00 |
| RELAY ENTRY FORMS (Per 250 quadruplicate forms)* .....            | \$18.00 |

\*Price Includes postage

**FOR RATES AND INFORMATION REGARDING ADVERTISING  
IN THE OREGON SWIM GUIDE  
PLEASE CALL OREGON SWIMMING 503 297-6027**

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## PUBLICATIONS & SUPPLIES ORDER FORM

Please copy this form as required, indicating the quantities of each item requested. Send to address listed below. Prices include shipping and handling.

**PAYMENT IN FULL MUST ACCOMPANY YOUR ORDER.**

|                   |
|-------------------|
| Name:             |
| Address:          |
| City, State, Zip: |
| Phone Number:     |

| Quantity          | Description                                                                       | Price   | Amount |
|-------------------|-----------------------------------------------------------------------------------|---------|--------|
|                   | Oregon Swim Guide (Published in December)                                         | \$10.00 |        |
|                   | Disqualification Slips (Per pack of 250 duplicate slips)                          | \$18.00 |        |
|                   | Relay Entry Forms (Per pack of 250 quadruplicate sets)                            | \$18.00 |        |
|                   | Officials Shirts embroidered logo - Circle as required<br>Blue White S M L XL XXL | \$25.00 |        |
|                   |                                                                                   |         |        |
|                   |                                                                                   |         |        |
|                   |                                                                                   |         |        |
|                   |                                                                                   |         |        |
| TOTAL AMOUNT DUE: |                                                                                   |         |        |

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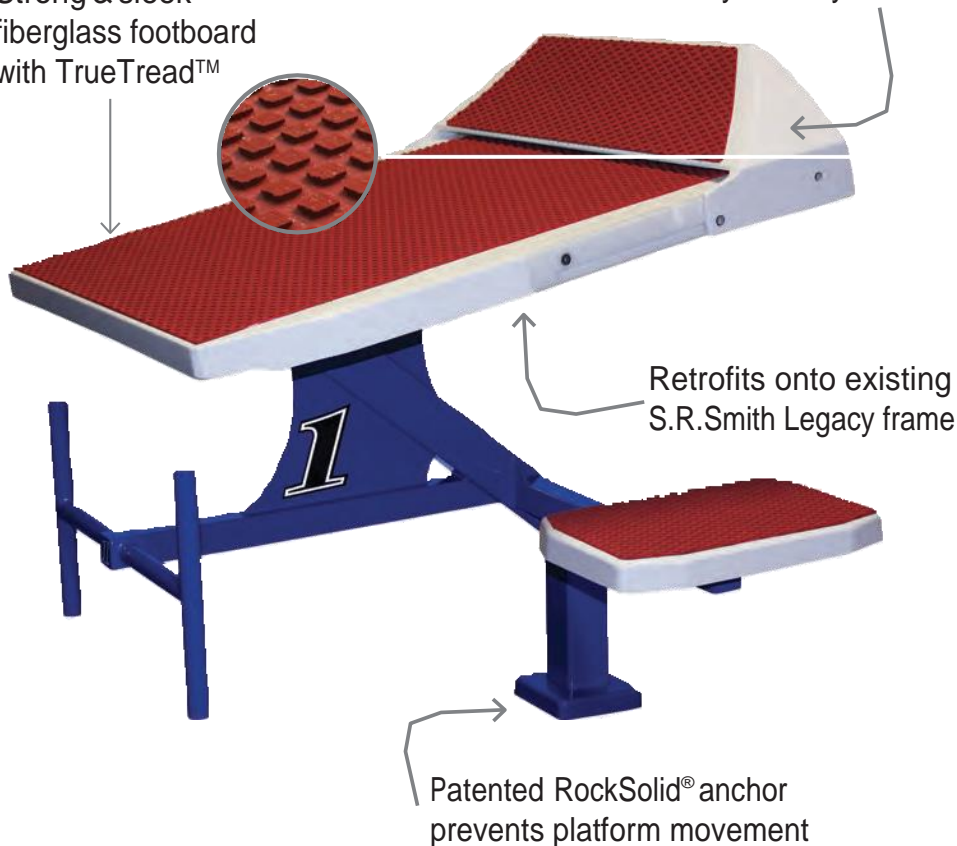
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