

2010 Parkrose Swim Club

East Metro Invitational

MARCH 6 – 7, 2010

HELD UNDER THE SANCTION OF USA SWIMMING, INC.

Sanction Number: 10-015 10&U
10-016 11&O
Sponsor: Parkrose Swim Club

Meet Referee: Chris Cook
Christine.m.cook@comcast.net

Location: Reynolds Pool & Community Center. 1200 NE 201st, Fairview Oregon, 97024.
Take I-84 East to Exit 13 – 181st Ave. Toward Gresham. Turn Right on 181st, Turn left on Halsey, and the Reynolds Pool is just past 201st Ave on the Right hand side of the Street.

Facility: Indoor 25 yard, 6 lanes with three-inch non-turbulent lane lines. Depth is 3-1/2 feet to 10 feet. Starting blocks at deep end only. Parking available, seating for 300 spectators. Concessions will be available Saturday and Sunday. Swim venue includes Men and Women's locker rooms with access onto the pool deck. Open pool deck areas available for swimmers, coaches and officials only. Facility is accessible to adaptive swimmers.

Restrictions: ALCOHOLIC BEVERAGES, TOBACCO PRODUCTS OF ANY KIND, AND GLASS CONTAINERS ARE **NOT** ALLOWED IN THE SWIMMING VENUE, ON THE GROUNDS, OR IN THE PARKING AREAS. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE. CAMERA PHONES ARE NOT ALLOWED IN THE LOCKERS ROOMS.

Deck Access: Coaches and officials must display appropriate 2010 USA Swimming membership cards at all times while on deck. Spectators and parents are restricted to the designated areas and are not allowed on deck.

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

Format: Timed finals contested over 6-lane course.

Schedule:

| <u>DATE</u> | <u>WARM-UPS</u> | <u>Timed Finals</u> |
|---|----------------------------------|---------------------|
| Saturday, Mar 6 ^h | AM 7:30-8:15 PM approx. 12:00 | 8:30 1:15 |
| Coaches note – 30 min 10&U, 30 min 11&O, 15 min Starts / periodic cool down times may be inserted into schedule | | |
| <u>DATE</u> | <u>WARM-UPS</u> | <u>Timed Finals</u> |
| Sunday, Mar 7 th | AM 7:30-8:15 PM approx. 12:00 | 8:30 1:15 |

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on the first day of the meet applies. NO ON DECK REGISTRATION WILL BE AVAILABLE. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

Entry Limit: 10 & Under swimmers may enter a maximum of three events per day and one relay per day
11 & Over swimmers may enter a maximum of three events per day and one relay per day.

Entry Deadline: Entries must be received by 5 p.m. Thursday, February 25th, 2010.

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- Entries:** Teams with Hy-tek capability are strongly encouraged to submit a Commlink entry file (cfile01.c12) or by zipped e-mail file. E-mail entries to: johnbills@comcast.net. Submit short course yard times only. **NON-QUALIFYING TIMES AND LATE ENTRIES WILL NOT BE ACCEPTED.** Hy-tek Meet Manager software will be used.
- Entry Fees:** \$6.50 (\$3.00 Oregon Swimming surcharge per swimmer, \$3.50 to facility usage.)
\$2.00 Individual event fee
\$8.00 per relay
Make checks payable to **Parkrose Swim Club P.O. Box 301605 Portland, OR 97294-9605.**
- Entry Address:** E-mail johnbills@comcast.net
- Meet Director:** Danita Ross danita.ross@providence.org 360-608-0773
- Awards:** Individual events: 1-8 Place Ribbons
Relay events: 1-8 Place Ribbons
- Scoring:** Individual: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2
- Meetings:** Coaches' meeting will be held 15 minutes prior to the start of each session.
Officials' meeting will be held at 7:30am & 12:15pm Saturday and at 7:30am & 12:15pm Sunday.
- Timers:** Each team will be given lane-timing assignments. Please designate a parent representative to report to the Head Timer 15 minutes prior to the meet start. Timing sign up sheets will be located behind the starting blocks.
- Officials:** We always appreciate the help of certified officials from other clubs. Without the proper amount of officials volunteering their time, meets are subject to sanction ineligibility.
- Hospitality:** Hospitality will be provided for Coaches and Officials.
- Concessions:** An ample assortment of refreshments will be available throughout Saturday and Sunday.

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Sign and send back this page.

I have read the meet information and attest that all swimmers entered hereon are registered with USA Swimming, Inc.

Coach/Team Representative

Date

Phone No.

Order of Events

SATURDAY AM 10 AND UNDER SESSION

March 6, 2010

Warm Up: 7:30 AM Finals: 8:30 AM

| Girls | Event | Boys |
|-------|-----------------------|------|
| 1 | 10-U 200 Free | 2 |
| 3 | 8-U 100 Medley Relay | 4 |
| 5 | 10-U 200 Medley Relay | 6 |
| 7 | 10-U 100 IM | 8 |
| 9 | 10-U 50 Back | 10 |
| 11 | 8-U 25 Free | 12 |
| 13 | 10-U 100 Free | 14 |
| 15 | 10-U 50 Fly | 16 |
| 17 | 8-U 25 Breast | 18 |
| 19 | 10-U 100 Breast | 20 |

SATURDAY PM 11 AND OVER SESSION

March 6, 2010

Warm Up: 12:00 (Approx) Finals: 1:15 PM

| Girls | Event | Boys |
|-------|-----------------------|------|
| 21 | 11-12 200 IM | 22 |
| 23 | 11-O 400 IM | 24 |
| 25 | 11-O 200 Medley Relay | 26 |
| 27 | 11-12 100 Free | 28 |
| 29 | 13-O 100 Free | 30 |
| 31 | 11-12 100 Breast | 32 |
| 33 | 13-O 100 Breast | 34 |
| 35 | 11-12 50 Fly | 36 |
| 37 | 11-O 200 Fly | 38 |
| 39 | 11-12 200 Free | 40 |
| 41 | 13-O 200 Free | 42 |
| 43 | 11-12 50 Back | 44 |
| 45 | 11-O 200 Back | 46 |

Order of Events

SUNDAY AM 10 AND UNDER SESSION

March 7, 2010

Warm Up: 7:30 AM Finals: 8:30 AM

| Girls | Event | Boys |
|-------|---------------------|------|
| 47 | 10-U 200 IM | 48 |
| 49 | 8-U 100 Free Relay | 50 |
| 51 | 10-U 200 Free Relay | 52 |
| 53 | 8-U 25 Back | 54 |
| 55 | 10-U 100 Back | 56 |
| 57 | 10-U 50 Free | 58 |
| 59 | 8-U 25 Fly | 60 |
| 61 | 10-U 100 Fly | 62 |
| 63 | 10-U 50 Breast | 64 |

SUNDAY PM 11 AND OVER/ OPEN SESSION

March 7, 2010

Warm Up: 12:00 (Approx) Finals: 1:15 PM

| Girls | Event | Boys |
|-------|---------------------|------|
| 65 | 11-12 100 Back | 66 |
| 67 | 13-O 100 Back | 68 |
| 69 | 11-O 200 Free Relay | 70 |
| 71 | 11-12 100 IM | 72 |
| 73 | 13-O 200 IM | 74 |
| 75 | 11-12 50 Free | 76 |
| 77 | 13-O 50 Free | 78 |
| 79 | 11-12 100 Fly | 80 |
| 81 | 13-O 100 Fly | 82 |
| 83 | 11-12 50 Breast | 84 |
| 85 | 11-O 200 Breast | 86 |
| 87 | OPEN 500 Free | 88 |

*Check in required for events 87,88