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## Oregon Senior Games

MEMBER OF NATIONAL SENIOR GAMES ASSOCIATION

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## Oregon Senior Games: Swimming

## Date/Time

Aug. 21, 2022

- 7:30 a.m. - Check-In Time
- 8 a.m. - Warmup
- 9 a.m. - Competition Begins
- Swim Order of Events


## Tournament Director

- Rhonda Soule (email)


## Events (A/I distances shown in yards.)

- Backstroke - 25,50, 100, 200
- Breaststroke - 25,50, 100, 200
- Butterfly - 25,50, 100, 200
- Freestyle - 25, 50, 100, 200, 500
- Individual Medley - 100, 200,400


## Fees

- Registration Fee: \$40 (\$30 if registered prior to June 12th)
- Event Fee: \$10 per event


## Registration Rules

- Registration Deadline: Aug. 14, 2022
- No on-site registration is authorized.
- Participants may enter a maximum of 5 events.
- Swimmer's age division for competition will be determined by their age as of December 31, 2022.
- Swimmers must provide their own suits, caps, goggles, towels, etc.
- USMS Masters ID number requested, but not required.
- If available, please indicate seed times on your application form. If none are available, seeding will be by age group, oldest to youngest and slow to fast.


## Qualifying Information

- All 1st, 2nd, 3rd, and 4th place winners or athletes meeting this sport's NSGA minimum performance standards in competition at the 2022 Oregon Senior Games will qualify for the 2023 National Senior Games.
- For full qualifying information, see Rule H of Sport Rules, Regulations \& Format
- For minimum performance standards, please click the NSGA Rulebook link under Format/Rules.


## Format/Rules

- The meet will be conducted in accordance with the USMS rules as modified by the National Senior Games Association (NSGA) rules of competition.
- No equipment, i.e. fins, paddles, etc., will be allowed at any time.
- All swimming events will be timed finals.
- Warm-up time will be available.
- NSGA Rulebook - Swimming


Visit NSGA.com and sign up for their newsletter.



National
Senior Games
Association ${ }^{\circ}$
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Association.

| - Corvallis, Oregon - Theme By Kaira |  |  |  |  |  |  |  |  |
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## Oregon Senior Games 2022 Swim Meet Order of Events

| Women | Men | Event |
| :---: | :---: | :---: |
| \#1 | \#2 | 400 yd. Individual Medley (IM) |
| \#3 | \#4 | 100 yd. Freestyle |
| \#5 | \#6 | 25 yd. Breaststroke |
| \#7 | \#8 | 200 yd. Backstroke |
| \#9 | \#10 | 50 yd. Butterfly |
| 5 minute break* |  |  |
| \#11 | \#12 | 100 yd. Breaststroke |
| \#13 | \#14 | 50 yd. Backstroke |
| \#15 | \#16 | 200 yd. Butterfly |
| \#17 | \#18 | 25 yd. Freestyle |
| 5 minute break* |  |  |
| \#19 | \#20 | 500 yd. Freestyle |
| 5 minute break* |  |  |
| \#21 | \#22 | 100 yd. Backstroke |
| \#23 | \#24 | 25 yd. Butterfly |
| \#25 | \#26 | 200 yd. Freestyle |
| \#27 | \#28 | 50 yd. Breaststroke |
| \#29 | \#30 | 200 yd. Individual Medley (IM) |
| 5 minute break* |  |  |
| \#31 | \#32 | 100 yd. Butterfly |
| \#33 | \#34 | 50 yd. Freestyle |
| \#35 | \#36 | 200 yd. Breaststroke |
| \#37 | \#38 | 25 yd. Backstroke |
| \#39 | \#40 | 100 yd. Individual Medley (IM) |

*Breaks may be increased at the discretion of the meet referee*

