

**2024 OREGON MASTERS SCY ASSOCIATION CHAMPIONSHIP**  
**APRIL 26-27-28, 2024**  
**OSBORN AQUATIC CENTER (CORVALLIS, OR)**

**Sanctioned by:** Oregon Masters Swimming, Inc. for USMS, Inc. (#374-S005)

**Hosted by:** Oregon Masters Swim Club and Oregon Masters Swimming

**Meet Director:** Christina Fox, [foxkohnert@peak.org](mailto:foxkohnert@peak.org)

**Meet Referee:** Jacki Allender, [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

**Rules & Regulations:** Current USMS rules and OMS policies will govern all aspects of the meet.

**Eligibility:** To be eligible for competition, including participation in warm-ups, individuals must be 18 years of age or over and current USMS members or foreign equivalents. Non-member swimmers may become USMS members by joining online at [www.usms.org/reg/](http://www.usms.org/reg/). USMS One-Event Registration is not available. Foreign swimmers may participate upon presenting proof of current registration with their country's Masters Swimming governing body. Foreign swimmers are not eligible for USMS Top 10, National Records, nor All-American awards.

**Age groups:** 18-24, 25-29, 30-34, etc. Relay age groups: 18+, 25+, 35+, 45+, etc. Your competition age will be your age on April 28, 2024.

**Location:** Osborn Aquatic Center, 1940 NW Highland Dr, Corvallis, OR (541) 766-7946

- 8-lane indoor 50-meter pool with a movable bulkhead pool
- 8 lane 25-yard competition course with electronic timing & scoreboard
- Shallow end will be available for warm-up/warm-down

**Directions to the pool:**

From North or South, take I-5 to Exit 228 (Hwy. 34, Corvallis/Lebanon). Go west on Hwy 34 about 10 miles to Corvallis. Turn right on 3<sup>rd</sup> St/Highway 99 for about 1.5 miles to Circle Blvd. Turn left on Circle to Highland Dr. (second light). Turn left; pool is on the right.

**Hotels:** There are no special arrangements for accommodations. Google "Hotels in Corvallis, Oregon" to see a list of accommodations.

**Pool Length Compliance:** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but, as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

**Timing System:** The primary timing system will be automatic timing with button and stopwatch back-up. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

**Entries:** Online entries [www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=18044](http://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=18044)

**Entry Fee:** \$50.00. Online registration required, paid by credit card to "Oregon Masters".

**Entry Deadline:** Online registration must be completed by 11:59 PM PDT on Sunday, April 14, 2024. No late entries nor deck entries will be accepted.

**Entry Limit:** Six (6) individual events maximum with no more than 5 individual events in a single day. One (1) relay (same sex or mixed) per relay event for a maximum of 4 relay entries.

**Relays:** Enter relays at the meet. Only 200-yard relays will be available. Each competitor is allowed to swim only one same-sex freestyle relay, one same-sex medley relay, one mixed freestyle relay, and one mixed medley relay.

**Heat Sheets:** Heat Sheets and specific meet information will be emailed to participants several days before the meet. Heat sheets will also be posted in the pool area.

**Results:** Results will be posted at the meet and on [www.swimoregon.org](http://www.swimoregon.org).

**Awards:** OMS ribbons for places 1-3 in individual & relay events.

**Cameras, Video Equipment, and Drones:** The use of cameras, including cell phone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races including relay starts. The use of audio and/or visual recording devices, including cell phone cameras, is prohibited in changing areas, restrooms, and locker rooms. Operation of drones, or any other flying apparatus, is prohibited over the venues (pool, athlete/coach areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

**Tobacco Products:** Smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating and standing areas, and in all areas used by swimmers during the meet and during the warm-up periods in connection with the meet.

**Split Requests:** Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, or semiautomatic if automatic fails). The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim. The swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet.

#### **Warmup & Start Times:**

| <b>Day</b> | <b>Warm-up</b> | <b>Competition</b> |
|------------|----------------|--------------------|
| Friday     | 2:00 pm        | 3:00 pm            |
| Saturday   | 8:00 am        | 9:00 am            |
| Sunday     | 8:00 am        | 9:00 am            |

**Warm-up Procedures:** Swimmers are required to enter the water feet first in a safe and cautious manner. In accordance with OMS policies, training equipment (paddles, snorkels, fins, pull buoys, kick boards, etc.) is not allowed in warm-up and warm-down lanes. At an appropriate time, a one way start/sprint lane will be made available. During the competition, shallow end will be available for continuous warm-up/warm-down. Feet first entry is required. Starts (Dive or backstroke) are not permitted.

**Seeding:** All events will be seeded SLOW to FAST without regard to age nor gender

**Positive Check-in DEADLINES for Individual Events**

- Friday, April 26: 400 IM – 2:30pm/ 1650 Free – 3:00pm.
- Saturday, April 27: 1000 Free – end of 50 Breast.
- Sunday, April 28: 500 Free – 8:30am

**Positive Entry DEADLINES for Relays:**

- Saturday, April 27: 200 Free Relays – 9:30am/ Mixed 200 Medley Relay– end of 50 Breast.
- Sunday, April 27: 200 Medley Relays – end of 50 Free/ Mixed 200 Free Relay – end of 50 Fly.

**Schedule and Order of Events:**

- Friday, April 26: Warm-up at 2:00pm; Meet Starts: 3:00pm
  - 1 Mixed 400 IM
  - 2 Mixed 1650 Freestyle
- Saturday, April 27: Warm-up at 8:00am; Meet Starts: 9:00am
  - 3 Mixed 50 Back
  - 4 Mixed 200 Fly
  - 5 Mixed 100 Freestyle
  - 6 Mixed 200 IM
  - 10 min break*
  - 7 Women 200 Free Relay
  - 8 Men 200 Free Relay
  - 9 Mixed 50 Breast
  - 10 Mixed 200 Back
  - 11 Mixed 100 Fly
  - 10 min break*
  - 12 Mixed 200 Medley Relay
  - 13 Mixed 1000 Freestyle
- Sunday, April 27: Warm-up at 8:00am; Meet Starts: 9:00am
  - 14** Mixed 500 Free
  - 20 min break*
  - 15 Mixed 50 Free
  - 16 Mixed 200 Breast
  - 17 Mixed 100 Back
  - 10 min break*
  - 18 Women 200 Medley Relay
  - 19 Men 200 Medley Relay
  - 20 Mixed 100 IM
  - 21 Mixed 50 Fly
  - 22 Mixed 200 Free
  - 23 Mixed 100 Breast
  - 10 min break*
  - 24 Mixed 200 Free Relay

**Workout Group (Team) or Club Scoring:**

- Swimmers will represent the Oregon LMSC workout group or club (if other than OREG club) listed on their USMS registration. Only workout groups/clubs registered by April 7, 2024, will be able to score points. Full workout group/club names and their abbreviations are listed below. If your workout group/club is not listed or is **NOT** registered, register the Workout Group/Club before the April 7 deadline.
- When entering the Association Championship, you may only select a Workout group **IF** you are a member of Club **OREG**. Otherwise, leave the Workout group field blank.
- There will be three group categories—Small, Medium, & Large—based upon the number of swimmers entered in the meet for each workout group/club. There will be a meeting of workout group/club representatives on Saturday, April 27, 2024 at 8:45 am to place the teams into these three categories by vote.
- Cumulative team scoring will be compiled and banner awards given to the first three teams placing in all three categories.
- Swimmers from LMSCs outside of Oregon are allowed to enter the meet, but are not scored in the workout group/club competition.

**Workout Groups/Clubs (registered as of Feb 20, 2024):**

| Abbreviation | Workout Group/Club Name          | Abbreviation | Workout Group/Club Name          |
|--------------|----------------------------------|--------------|----------------------------------|
| AQDK         | Aquaduck Masters                 | OWFM         | Open Water Freestyle Masters     |
| BCOM         | Bay Club Oregon Masters          | OCT          | Oregon City Tankers              |
| BDST         | Blue Dragon Swim Team            | ORM          | Oregon Reign Masters             |
| COMA         | Central Oregon Masters Aquatics  | PDX          | Portland Timberfish              |
| CCYM         | Clark County YMCA Masters        | RVM          | Rogue Valley Masters             |
| CGM          | Columbia Gorge Masters           | KAM          | Salem Kroc Masters               |
| CATOR        | Corvallis Aquatic Team           | SOMA         | Southern Oregon Masters Aquatics |
| EA           | Emerald Aquatics                 | SHM          | St. Helens Masters               |
| GACC         | Golds Aquatic Club Camas         | SHC          | Stafford Hills Club              |
| LOSCM        | Lake Oswego Masters              | SWMTK        | SwimTrek                         |
| LTOR         | Life Time Master Swim            | TEAMM        | Team Eugene Aquatics             |
| LCMS         | Lincoln City Masters Swim        | TDCM         | The Dalles Celilo Masters        |
| MW           | McMinnville Waterdoggs           | TIDES        | Toledo Tidal Waves               |
| STRY         | MJCC Stingrays Masters           | THB          | Tualatin Hills Barracudas        |
| MACOR        | Multnomah Athletic Club          | UMPQ         | Umpquatics                       |
| NCMS1        | North Clackamas Masters Swimming |              |                                  |

**T-Shirts:** The following T-shirts will available by **PRE-ORDER ONLY** online with registration. No on-site orders or exchanges. Orders must be received by April 14th.

Unisex soft cotton, short sleeve, with a two color front print

*Design pending*

Sizes:

S-XL: \$18

XXL: \$20

**OMS Social and Awards Program:** There will be an OMS Social with appetizers, taco bar (or similar), dessert and a no host bar after the meet on Sat, Apr 27th at The Officer's Club (6097 NE Ebony Ln, Corvallis, OR 97330) from 5:00-8:00 pm; a short awards program and the OMS Annual Meeting will be held in conjunction with the social. Cost is \$20 per person (swimmer or guest) and sign-up will be online with registration (limited to first 110). Please take this opportunity to socialize with your teammates and meet your OMS board members and other Masters swimmers outside of the pool!

**Volunteer opportunities:** Our annual Association Championship requires an army of volunteers to run a timely and efficient event for all OMS members. We will primarily need timers (for the best seat in the house!). If you or any accompanying family or friends would be willing to volunteer for a couple of hours during the weekend, it would be greatly appreciated. If you are able to help, the volunteer sign-up can be found here <https://signup.com/go/XSgozxN> or scan the QR code below or email Christina Fox ([foxkohnert@peak.org](mailto:foxkohnert@peak.org)) and we can sign you up!

