

**2024 Clark YMCA Winter Championship**  
**December 15, 2024**  
**Clark County Family YMCA (Vancouver, WA)**

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

**Hosted by:** Clark County YMCA and Masters swim team

**Meet Director:** Colette Crabbe, [colettecrabbe@hotmail.com](mailto:colettecrabbe@hotmail.com),

**Meet Referee:** Evangeline Swift, [6swifts@comcast.net](mailto:6swifts@comcast.net)

**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 December 15, 2024.

**Location:** Clark County Family YMCA (11324 NE 51st Cir, Vancouver, WA 98682)

- 6 lane 25-yard competition course with electronic timing, but NO SCOREBOARD.

**Directions to the pool:**

North on I-205. Cross Columbia River bridge. Exit I-205 onto eastbound WA 500. Exit WA 500 and turn right onto NE 112<sup>th</sup> Avenue. Turn left onto NE 51<sup>st</sup> Street. Turn left at the first opportunity, go past Applebees to Clark County Family YMCA.

**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. Times will be eligible for USMS Top 10 and Nationals Records.

**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:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=18928](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=18928)

**Entry Fee:** \$35.00. Online registration required, paid by credit card to "Oregon Masters".

**Entry Deadline:** Online registration must be completed by 11:59 PM PDT on Tuesday, December 10, 2024. No late entries nor deck entries will be accepted.

**Entry Limit:** Six (6) individual events maximum. Relay entries limited to one of the Free and/or Medley Relays regardless of M, W, or Mixed.

**Refunds:** Refund requests will be accepted (less non-recoverable transaction fees) prior to the entry deadline. Refund requests after the entry deadline will be considered on a case-by-case basis.

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

- Warm-up: 9:00 am
- Start: 10:00 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. Feet first entry is required. Starts (Dive or backstroke) are not permitted.
- During the competition, 1 lane will be available for continuous warm-up and warm-down. Same rules apply to this continuous warm-up and warm-down lane as to general warm-up/warm-down.

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

**Positive Entry DEADLINES for Relays:**

- \* Medley Relay entries shall be submitted prior to Event 4 (200 Butterfly)
- \* Freestyle Relay entries shall be submitted prior to Event 16 (200 Freestyle)

**Schedule and Order of Events: Sunday, December 15, 2024 (WU: 9 am, Start: 10 am)**

- 1) Mixed 200 yard Ind Med
- 2) Mixed 50 yard Backstroke  
[Short Break while timers move]
- 3) Mixed 25 yard Freestyle  
[Short Break while timers move]
- 4) Mixed 200 yard Butterfly
- 5) Mixed 100 yard Breaststroke  
[10 minute break]
- 6) 200 yard Men's Medley Relay
- 7) 200 yard Women's Medley Relay
- 8) 200 yard Mixed Medley relay
- 9) Mixed 50 yard Freestyle
- 10) Mixed 200 yard Breaststroke  
[Short break while timers move]
- 11) Mixed 25 yard Backstroke  
[Short Break while timers move]
- 12) Mixed 100 yard Butterfly
- 13) Mixed 100 yard Individual Medley
- 14) Mixed 50 yard Breaststroke  
[Short break while timers move]
- 15) Mixed 25 yard Butterfly  
[Short Break while timers move]
- 16) Mixed 200 yard Freestyle
- 17) Mixed 100 yard Backstroke
- 18) 200 yard Women's Freestyle Relay
- 19) 200 yard Men's Freestyle Relay
- 20) 200 yard Mixed Freestyle Relay  
[Short break while timers move]
- 21) Mixed 25 yard Breaststroke  
[Short Break while timers move]
- 22) Mixed 50 yard Butterfly
- 23) Mixed 100 yard Freestyle
- 24) Mixed 200 yard Backstroke