

2025 COMA LCM NW Zone Championship and 'BEAUTIFUL LAKE JUNIPER' BUOY SWIM MEET

Juniper Swim and Fitness Center (Bend, OR)

LCM Pool Racing – May 17, 2025

'Beautiful Lake Juniper' 1200 m Buoy Swim – May 18, 2025

GENERAL INFORMATION FOR USMS SWIMMERS: BOTH DAYS

WONDERFUL WATER WEEKEND! TWO DAYS OF FUN! Double your pleasure, double your fun, by participating on both days!

- Long Course Meet on Saturday afternoon (May 17, 2025)
- Open-water Buoy Swim on Sunday morning (May 18, 2025)

Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south two blocks to pool. Park in the North Lot or adjacent streets.

Meet Director: Bob Bruce, coachbobbruce@gmail.com

Meet Referee: Jacki Allender, jacki.allender@gmail.com

ELIGIBILITY: To be eligible for competition, including participation in warm-ups, members must be 18 years of age or over. Before registering for this meet, non-USMS-member swimmers must sign up for 2025 USMS membership at www.usms.org/reg/. Foreign swimmers may enter upon verification of membership with their Masters Federation.

RULES: All applicable USMS rules and Oregon Masters Swimming policies will govern this event.

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.

CAMERAS, VIDEO EQUIPMENT, AND DRONES: The use of cameras, including cellphone 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 cellphone 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.

RESULTS: Results will be posted at the meet and at www.comaswim.org & www.swimoregon.org.

ENTRY DEADLINE—ONLINE ENTRIES ONLY: Entries must be submitted by 11:59.59 pm Pacific Time on Tuesday, May 13, 2025. Deck entries will not be accepted for either day.

ENTRY WEBSITE: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=17867

ENTRY FEE (Both days):

- \$40 - LCM Pool Competition & 'Beautiful Lake Juniper' Swim.
- \$25 - 'Beautiful Lake Juniper' Buoy Swim Only. During the entry process your credit card will be charged \$40. After the meet, you will receive a \$15 refund unless you would like to donate \$15 to the Adult-Learn-to-Swim program at Juniper Swim and Fitness.
- Online entries are paid by credit card to "Oregon Masters".

EVENT WEBSITE: www.comaswim.org

COMA NW ZONE LCM Championship Meet for USMS Swimmers

Saturday, May 17, 2025

POOL: 50 meters outdoor facility (cover will be removed by this date).

- 6-7 lanes competition (depending on registration) with Daktronics electronic timing system
- 1-2 lanes of continuous warm-up/down in outside lane(s).

POOL LENGTH: 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 World Aquatics (AQUA) and USMS records and Top 10 will be contingent on verification of bulkhead placement.

WARM-UP AND WARM-DOWN: 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(s) lane will be made available. During the competition, 1 - 2 lanes will be available for continuous warm-up/warm-down. Feet first entry in a cautious manner is required. Starts (Dive or backstroke) are not permitted except when one way sprint lanes are open.

TIMING SYSTEM: Automatic timing will be used with button and stop watch back-up. Times from this competition will be eligible for AQUA and USMS records and Top Ten.

ENTRY LIMITS: Swimmers may enter 6 individual events per day and 1 same sex and/or mixed relay per relay event.

SCHEDULE (subject to change due to conditions):

- Warm-up: 12:00 - 12:50 pm
- Meet starts: 1:00 pm
- Meet ends: 5:00 pm (projected)

RULES & DETAILS: All USMS Rules and OMS Policies shall apply.

- All events will be seeded **SLOW TO FAST** without regard to gender or age.
- Individual age groups: 18-24, 25-29, 30-34, etc.. Relay age groups: 72-99, 100-119, 120-159, etc. Age is determined by the age of the swimmer on December 31, 2025.
- Check-in deadline for the 800 free is 12:30pm.
- Check-in deadline for the 400 IM is before the 200 Back (Event 8)
- Check in deadline for the 400 free is before the 50 free (Event 12).
- Enter relays at the meet - 400 & 800 relays only (no 200 relays due to shallow water at turn end). Entry deadline for relays is before the 400 free (Event 16).

AWARDS:

- Event ribbons: NW Zone Championship ribbons will be awarded for places 1-3 in individual & relay events.
- Pentathlon Awards: We encourage structured multi-event swimming so we award commemorative cups for swimmers who complete a stroke or freestyle pentathlon as listed below

PENTATHLONS: Although the event order is not a standard pentathlon order, it is possible to swim all pentathlon formats listed below without swimming in back-to-back events. For Oregon LMSC Pentathlon Records, see https://swimoregon.org/records_pdfs/OMS_Pentathlon_LCM_records.pdf. Oregon LMSC does not keep Freestyle Pentathlon Records (yet), but swimmers can do this pentathlon anyway for an award.

- Short Stroke Pentathlon events: 50 fly, 50 back, 50 breast, 50 free, & 200 IM.
- Medium Stroke Pentathlon events: 100 fly, 100 back, 100 breast, 100 free, & 200 IM.
- Long Stroke Pentathlon events: 200 fly, 200 back, 200 breast, 200 free, & 400 IM.
- Freestyle Pentathlon events: 50, 100, 200, 400, & 800 freestyles.

LIST & ORDER OF EVENTS: All USMS individual LCM events are available except the 1500-meter Freestyle. Submit relay entries at the meet. No 200 relays due to shallow pool depth at turning end.

- (1) 800 meter Free – [deck seeded; positive check-in required before 12:30 pm](#)
[20-min break, whole pool warm-up included]
 - (2) 200 meter Fly
 - (3) 50 meter Back
 - (4) 100 meter Breast
 - (5) 200 meter Free
 - (6) 200 meter IM
[10-min break]
 - (7) 100 meter Fly
 - (8) 200 meter Back
 - (9) 50 meter Breast
 - (10) 100 meter Free
 - (11) 400 meter IM – [deck seeded; positive check-in required before start of 200 Back \(Event 8\)](#)
[10-min break]
 - (12) 50 meter Free
 - (13) 100 meter Back
 - (14) 200 meter Breast
 - (15) 50 meter Fly
 - (16) 400 meter Free – [deck seeded; positive check-in required before starts of 100 Back \(Event 13\)](#)
[10-min break]
- [Relay Entries must be completed before start of 400 Freestyle \(Event 16\)](#)
- (17, 18, 19) 400 meter Free Relay (Women's, Men's, Mixed)
 - (20, 21, 22) 400 meter Medley Relay (Women's, Men's, Mixed)
 - (23, 24, 25) 800 meter Free Relay (Women's, Men's, Mixed)

BREAKS: There will be a 20-minute warm-up break after the 800 Freestyle and 10-minute breaks after the 200 IM, 400 IM, and 400 Freestyle.

'Beautiful Lake Juniper' Buoy Swim for USMS Swimmers Sunday, May 18, 2025

SITE: Juniper Swim & Fitness Center (JSFC) 50-meter pool (a.k.a. 'Beautiful Lake Juniper' for this event). Our indoor/outdoor pool is outdoors by then; expected water temperature is 80-81 degrees F.

1200-METER SWIM: This is a pool open-water-style swim, 12 loops of a rectangular 100-meter course marked with buoys. 2025 Swim direction will be clockwise this year and reversed annually. This is the open water equivalent of short track speed skating and is planned to be an early-season open water learning experience & fun challenge for first time racers & experienced competitors alike!

SEEDING: Swimmers will be seeded into heats & waves **FAST TO SLOW** regardless of gender or age by **1000-yard** pool times. 'No Time' entries will not be accepted and seeding changes will not be allowed after the heat sheet is posted. To ensure fairness, enter an accurate time, not a predicted time!

COUNTERS: Counting 12 loops on a circular course can be surprisingly challenging. Swimmers are strongly encouraged to bring someone to count laps for them, although this is not required.

SCHEDULE (subject to change due to conditions):

6:45 am	JSFC doors open for entrants & volunteers
7:00 am	Check-in opens for Buoy Swim
7:15 am	Warm-up begins on the course
7:45 am	<u>Check-in closes!</u>
7:50 am	Warm-up closes temporarily for swimmer meeting
8:00 am	<u>Mandatory Pre-race Swimmer Meeting</u>
8:15 am	Start of Heat 1
8:45 am	Start of Heat 2; subsequent heats if needed
9:30 am	Awards

RULES & DETAILS: All applicable USMS rules and Oregon Masters policies apply.

- Individual age groups: 18-24, 25-29, 30-34, etc. Age is determined by the age of the swimmer on December 31, 2025.
- Category I open water swimwear only (refer to rule 303.4.2).
- Propulsive devices (such as fins & paddles) and flotation aids (such as pull-buoys & neoprene suits) are not allowed.

WARM-UP & WARM-DOWN: During the race, there will be a warm-up & warm-down area in the middle of the course clearly marked by traffic cones on the bottom. Swim direction will be clockwise, the same as the racing. Enter that area from the marked chute in the shallow end. When entering & exiting, take great care to cross behind those who are racing and not to interfere with them in any way; those who cross ahead or interfere may be disqualified.

START & FINISH: The swim will start in-water in seeded heats (12-20 swimmers each) & waves (3-5 swimmers each). The swim will finish with an in-water touch at poolside.

RECORDS: We have Buoy Swim records. See the event website (www.comaswim.org).

AWARDS: Finishers placing 1st to 3rd in their age group (18-24, 25-29, 30-34, and so on in five-year increments) will be awarded 'Beautiful Lake Juniper' custom race ribbons.

OREGON OPEN WATER SERIES: The swim is a featured swim for the Series (22-18-16-14-12-10-8-6-4-2 pts).