

2025 OREGON MASTERS SCY ASSOCIATION CHAMPIONSHIP
2025 NW Zone SCY Championship
APRIL 4-6, 2025
CHEHALEM AQUATIC CENTER (NEWBERG, OR)

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

Hosted by: THILLS Barracudas, Stafford Hills, Chehalem Aquatic Center, George Fox U, Oregon Masters Swimming, and other groups.

Meet Director: Paul Windrath, pwindrath1@comcast.net, 503-352-9162

Meet Referee: Jacki Allender, 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/. USMS One-Event Registration (OEV) 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 for your age group and relay age groups will be your age on April 6, 2025.

Location: Chehalem Aquatic and Fitness Center, 1802 Haworth Ave, Newberg, OR 97132

- 8-lane indoor 25-meter pool with a movable bulkhead pool
- Competition pool has a 6' 7" depth throughout
- 5 Lanes (~20 yds long, for wu/wd during the meet), 4-5' in depth
- 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.
- Automatic timing (Daktronics OmniSport) with 2 buttons and 2 watches for back-up. Times from this competition will be eligible for USMS records and Top 10 consideration.

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/warm-down lanes. At an appropriate time, one-way start/sprint lane(s) will be made available. Throughout the competition, the separate wu/wd pool will be available. Same rules apply for training equipment and cautious feet first entries. Starts (forward or backstroke) are not permitted.

Directions to the pool:

- From north: take Highway 99W south to Newberg, turn right onto N Springbrook Rd, at first stop sign turn left onto Haworth, stay on Haworth for .75 miles, Aquatic Center will be on left.
- From south: Take Highway 99W north to Newberg, turn left on Villa Rd, turn right onto Haworth, Aquatic Center is immediately on the right.
- There is ample off-street parking as well as on-street parking in and around the facility.
- There is built-in bleacher style seating for 300. There will also be on-deck bleachers. Deck chairs/camping chairs are **NOT** permitted on the pool deck. Personal belongings cannot be left on the pool deck or in the bleacher areas overnight – the deck and bleachers are power washed each night.

Concessions: On-site concessions will be limited, so plan accordingly. Of course - **NO** glass containers.

Hotels: There are no special arrangements for accommodations. Google "Hotels near Newberg, Oregon" to see a list of accommodations.

Entries: Online entries www.clubassistant.com/club/meet_information.cfm?c=1352&smid=18929

USMS Member Entry Fee: \$60.00. Online registration required, paid by credit card to "Oregon Masters".

College Club Swimmers: Entry fee for College Club Swimmers is \$25. Contact [Paul Windrath](#) for instructions. Swimmers should enter as members of their college club.

Entry Deadline: Online registration must be completed by 11:59 PM PDT on Friday, **March 28, 2025**. No late entries nor deck entries will be accepted. Refunds will be considered in accordance with OMS Policies and Procedures.

Entry Limit: Six (6) individual events maximum with no more than 5 individual events in a single day.

Relays: Enter relays at the meet. Only 200-yard relays will be scored. Each competitor is allowed one same-sex freestyle relay, one same-sex medley relay, one mixed freestyle relay, and one mixed medley relay. Relays may be combined at the discretion of the Meet Referee.

Time Trial 400/800 Relays: 400 and 800 yd relay time trials may take place at the end of Saturday and Sunday competitive session if there is enough time. Results will not be scored nor points/places awarded. All members of the relay must represent the same USMS/CCS club. Times may be eligible for USMS Top Ten and national records contingent on bulkhead placement.

Heat Sheets: Heat Sheets and meet information will be emailed to participants. Heat sheets will also be posted in the pool area and available on Meet Mobile and SwimPhone.

Results: Results will be posted at the meet and on www.swimoregon.org.

Awards: All swimmers entered in the meet may place in events (individual and relay) and be awarded NW Zone ribbons (1st thru 3rd). OMS ribbons will be awarded if the OMS swimmer specifically requests one.

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. 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.

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.

Warmup & Start Times:

Day	Warm-up	Competition
Friday	2:00 pm	3:00 pm
Saturday	8:00 am	9:00 am
Sunday	8:00 am	9:00 am

Seeding: All events will be seeded SLOW to FAST without regard to age nor gender. The Meet Referee may combine the relays (Men's, Women's, Mixed).

Positive Check-in DEADLINES for Individual Events: Check-in at the Registration Desk.

- Friday, April 4:
400 IM – prior to 2:30 pm
1650 Free – prior to 3:00 pm.
- Saturday, April 5: 1000 Free – prior to Event 9 (200 Backstroke)
- Sunday, April 6: 500 Free – prior to 8:30 am

Positive Entry DEADLINES for Relays:

- Saturday, April 5:
 - Mixed 200 Medley Relay – prior to Event 5 (50 Breaststroke)
 - Men's/Women's 200 Free Relays – prior to Event 9 (200 Back)
 - 400/800 Relays – prior to Event 13 (1000 Free)
- Sunday, April 6:
 - Mixed 200 Free Relay – prior to 9 am
 - Men's/Women's 200 Medley Relay – prior to Event 18 (200 Free)
 - 400 Relays – prior to Event 23 (200 Breaststroke)

OMS Social and Awards Program (sign-up deadline is March 23, 2025 @ midnight):

- April 5 from 5 – 8 pm
- George Fox University Canyon Commons – about .75 miles from the pool.
- Socialize with your teammates, OMS board members, and Masters swimmers.
- There will be a short awards program in conjunction with the social.
- The menu features a Pacific Rim Buffet (brown rice, garden salad, stir fried seasonal veggies, teriyaki chicken, cookie, and water/iced tea). Alcoholic beverages will not be available.
- Cost is \$20 per person.
- **Social Reservation deadline is March 23, 2025 (Sunday midnight). Sorry, once a head count is provided, refunds are NOT possible.**

The Gear Exchange: Check your closets and drawers for any usable swim items you no longer need. i.e. paddles that hurt your shoulders, the suit that rubs after 500 yards. Donate them to the Gear Exchange table at the meet (open Saturday and Sunday). Check the table for any items you can use. All FREE!

Apparel Information: The 2025 Association t-shirt will be available for purchase when you enter the meet. T-shirt is a 90/10 cotton/poly blend and available in men's sizes S-XXL. Cost is \$20 each. On-site orders may be possible. Size exchange is not possible though.

Workout Group (Team) or Club Scoring (deadline for new workout groups is March 10, 2025):

- Swimmers may represent the Oregon LMSC workout group or club (if other than **OREG** club) listed on their USMS registration. Only workout groups/clubs registered by March 10, 2025, will 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 **March 10, 2025** 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 are three Divisions—Small, Medium, & Large—based upon the number of swimmers entered from each workout group/club. A meeting of workout group/club representatives on Saturday, April 5, 2025 at 8:45 am will determine, by vote, the division for each club and workout group.
- Cumulative club/workout group scoring will determine the awards (1st thru 3rd) given in each division.

Workout Groups/Clubs (registered as of January 27, 2025):

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		

Volunteer opportunities: The OMS Association Championship requires an army of volunteers to run a timely and efficient event. In addition to timers (for the best seat in the house), there are many other positions that need to be covered. If you or any accompanying family or friends are willing to volunteer for 4 hours, it will help a lot. Go to www.signup.com/go/nsyrngm to volunteer. Thank you.

Schedule and Order of Events:

• Friday, April 4: Warm-up at 2:00 pm; Meet Starts: 3:00 pm	
1	Mixed 400 IM (check-in by 2:30 pm)
2	Mixed 1650 Freestyle (check-in by 3:00 pm)
• Saturday, April 5: Warm-up at 8:00 am; Meet Starts: 9:00 am	
3	Mixed 100 yd backstroke
4	Mixed 200 yd Butterfly
5	Mixed 50 yd Breaststroke
6	Mixed 200 yd Individual Medley
	[5 minute break]
7	Mixed 200 yd Medley Relay
8	Mixed 100 yd Freestyle
9	Mixed 200 yd Backstroke
10	Mixed 50 yd Butterfly
	[5 minute break]
11	Men's 200 yd Freestyle Relay
12	Women's 200 yd Freestyle Relay
13	Mixed 1000 yd Freestyle (check-in before Event 9)
	[5 minute break]
101	Time Trial Men's 400 yd Medley Relay
102	Time Trial Women's 400 yd Medley Relay
103	Time Trial Mixed 400 yd Medley Relay
104	Time Trial Men's 800 yd Freestyle Relay
105	Time Trial Women's 800 yd Freestyle Relay
106	Time Trial Mixed 800 yd Freestyle Relay
• Sunday, April 6: Warm-up at 8:00 am; Meet Starts: 9:00 am	
14	Mixed 500 yd Freestyle (check-in before 8:30 am)
	20 Minute break for warm-up
15	Women's 200 yd Medley Relay
16	Men's 200 Yd Medley Relay
17	Mixed 100 yd Breaststroke
18	Mixed 200 yd Freestyle
19	Mixed 50 yd Backstroke
	[5 minute break]
20	Mixed 200 yd Freestyle Relay
21	Mixed 100 yd Individual Medley
22	Mixed 100 yd Butterfly
23	Mixed 200 yd Breaststroke
24	Mixed 50 yd Freestyle
	[5 minute break]
107	Time Trial Women's 400 yd Freestyle Relay
108	Time Trial Men's 400 yd Freestyle Relay
109	Time Trial Mixed 400 yd Freestyle Relay

Note: Additional breaks may be added by the Meet Referee