

2025 OREGON MASTERS SPRING AHEAD MEET

March 8, 2025

Gold's Gym Camas (Camas, WA)

Sanctioned by Oregon Masters Swimming, Inc. for USMS Inc.

Sanction: 375-Sxxx

Hosted by: Gold's Aquatic Club

MEET DIRECTOR: Nick Benvenuti, nicholasb@goldsgym1965.com

MEET REFEREE: Joe DeRisio, jderisio@gmail.com

Location: Gold's Gym Camas, 2950 NW 38th Ave, Camas, WA 98607 (360-834-8506)

FACILITY: Gold's Gym Pool (formerly Lacamas/Grass Valley Aquatic Center) is an indoor pool, 25 meters, with 8 lanes. The length of the competition course, without a bulkhead, is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1B.

FACILITY DETAILS:

- 8 lane scoreboard display.
- 1-2 lane(s) will be available for warm-up/warm down through the meet. Training equipment of any kind is not allowed during warm-ups and warm downs.
- Locker rooms and bathrooms are located in a separate building requiring swimmers to be outdoors for a short period of time. There are showers on deck in the pool area. Swimmers and spectators are NOT allowed in Gold's Gym though.
- There are some bleachers on the pool deck and swimmers can bring their own chairs.
- Parking adjacent to the pool and changing building.

ELIGIBILITY: To be eligible for competition, including participation in warm-ups, members must be 18 years of age or older on March 8, 2025. 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, USMS Records, nor All-American awards.

RULES: Current US Masters Swimming and Oregon Masters Swimming (OMS) Policies will govern all aspects of this meet. The USMS Rules can be found at www.usms.org.

TIMING SYSTEM: The primary timing system will be automatic timing with button and watch backup. Times from this competition will be eligible for AQUA/USMS records and AQUA/USMS Top Ten.

MEET SCHEDULE:

Date	Warm-Up	Competition
March 8, 2025	8:00 am	9:00 am

ENTRY DEADLINE: USMS entries must be received by 11:59 P.M. Monday, March 3, 2025

AGE DETERMINATION: Your age is determined by your age as of December 31, 2025.

ON-LINE ENTRIES: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=18926

MEET ENTRY FEES: \$35.00 Online entries are paid by credit card to "Oregon Masters."

AGE GROUPS: 18-24, 25-29, 30-34, etc.. Relay age groups: 72-99, 100-119, 120-159, 160-199, etc.

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ENTRY LIMITS: You may enter a maximum of 5 individual events.

HEAT SHEETS: Heat sheets will be posted in several places around the pool. They will also be electronically distributed to entrants prior to the day of the meet along with other meet information. Heat Sheets will be available on Meet Mobile and SwimPhone.

MEET RESULTS: Results will be posted in the pool area and will be available on www.swimoregon.org.

AWARDS: Ribbons will be awarded to 1st-3rd Place.

[FINIS Backstroke Wedges](#) will be available during warm-up and during competition for Backstroke and Medley Relay events.

MEETINGS: Officials' meeting will be held 45 minutes prior to the start of the meet.

WARM-UP AND WARM-DOWN PROCEDURES: General warm-up in all lanes will follow Oregon Masters Policies. With approximately 30 minutes remaining in warm-up, a single one-way sprint lane will be made available for forward and backstroke starts. Oregon Masters Policies prohibit the use of training equipment (kickboards, pull buoys, paddles, snorkels, fins, etc.) in all warm-up and warm-down lanes. General Warm-up will close 10 minutes prior to the start of competition.

CONTINUOUS WARM-UP AND WARM-DOWN SPACE:

Throughout the competition, at least one lane will be available for continuous warm-up and warm-down with feet first entry. In accordance with OMS rules, training equipment of any kind is NOT permitted during warm-up or warm-down.

RESTRICTIONS: Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited.

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.

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. Other than relay leadoff and initial backstroke splits, the swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. The Meet Director should give a copy of the completed split forms to the Top 10 Recorder.

SEEDING METHOD: Events will be seeded slow to fast by time without regard to age or gender.

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ORDER OF EVENTS:

Saturday, March 8, 2025 (8:00 am warm-up, 9:00 am – Start)

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|---------------|-------|--|
| 1 | Mixed | 50 Butterfly |
| 2 | Mixed | 200 Breaststroke |
| 3 | Mixed | 100 Freestyle |
| 4 | Mixed | 200 Individual Medley |
| [Short Break] | | |
| 5 | Mixed | 400 Freestyle (Limited to 18 swimmers) |
| 6 | Mixed | 50 Backstroke |
| 7 | Mixed | 200 Butterfly |
| 8 | Mixed | 100 Breaststroke |
| [Short Break] | | |
| 9 | Mixed | 100 Individual Medley |
| 10 | Mixed | 50 Freestyle |
| 11 | Mixed | 200 Backstroke |
| 12 | Mixed | 100 Butterfly |
| [Short Break] | | |
| 13 | Mixed | 400 Individual Medley (Limited to 12 swimmers) |
| 14 | Mixed | 50 Breaststroke |
| 15 | Mixed | 200 Freestyle |
| 16 | Mixed | 100 Backstroke |