

# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS & NORTHWEST ZONE SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2007 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics  
Juniper Swim & Fitness Center  
Bend, Oregon

**DATE: Fri., Sat. & Sun. April 20-22, 2007**

25 yards  
8 lanes competition-electronic timing  
8 20 yd. lanes for continuous warm-up/down area

**FRIDAY: WARM-UPS: 5PM • MEET STARTS: 6PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

OMS souvenir/participation award for all OMS entrants

Meet director: George Thayer • Phone: 541-388-3392 • E-mail gthayer@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2007 OMS REGISTRATION FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 30, 2007**

✂ FILL IN LOWER PORTION COMPLETELY      RETURN LOWER PORTION      FILL IN LOWER PORTION COMPLETELY ✂

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2007 USMS # \_\_\_\_\_  
IF OMS, LOCAL TEAM (SEE LISTINGS ON 2007 REG. FORM) \_\_\_\_\_  
USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET?     YES     NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN NEXT AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN NEXT AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2007 IN ORDER TO SCORE POINTS.**

**Friday, April 20, 2007**

**400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1650 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Saturday, April 21, 2007**

**100 IM** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**FREE RELAYS (7-12)**

**200 BACK** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED MEDLEY RELAYS (16-17)**

**1000 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ASSOCIATION/AWARDS BANQUET - THE RESTAURANT AT AUBREY GLEN**

**Sunday, April 22, 2007**

**500 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Break- Event 20 will not begin before 10 am**

**200 BREAST** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MEDLEY RELAYS (23-26)**

**200 FLY** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED FREE RELAYS (31-33)**

Please plan  
to attend the OMS Annual Meeting at  
4:30pm at Aubrey Glen and be a part of this  
great organization.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

Association/Awards Banquet • Saturday Evening \$20.00 (all ages) \_\_\_\_\_ each @ \$20.00

**AWARDS BANQUET** \_\_\_\_\_  
**T-SHIRTS** \_\_\_\_\_ X \$ \_\_\_\_\_ = \_\_\_\_\_  
**MEET ENTRY FEE** 23.00  
**TOTAL ENCLOSED** \_\_\_\_\_

**Association Champs Shirt : Men's T-Shirts \$16.00 ea.,**      *Mens T Wmns T Sweat*  
**Wmn's T-Shirts \$16.00 ea. or Crew Neck sweatshirts \$25 ea.**      *S M L XL XXL (\$2 add.)*  
**(indicate style and size to the right)**

**MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**

**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**

# OMS Association Championship

April 20 - 22, 2007

## OFFICIAL RULES AND GUIDELINES

### DISTANCE EVENTS CHECK-IN DEADLINES/TIME PERIODS

Friday, April 20, 400 IM – 5:30 p.m., 1650 Free – 6:00 p.m.

Saturday, April 21, 1000 Free – Between the start of the 100 Breast and the start of the 50 Free

Sunday, April 22, 500 Free - 8:30 a.m.

### RELAY ENTRIES DEADLINES

Saturday, April 21, **Free Relay** – 9:30 a.m. / **Mixed Medley Relay** - By the end of the 200 Back

Sunday, April 22, **Medley Relay** – By the end of the 200 Breast / **Mixed Free Relay** - By the end of the 200Fly

*SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.*

*AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.*

*THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.*

**TEAM SCORING:** There will be three team categories (Small, Medium, and Large) based on the number of "entered" swimmers from a team. **Only teams registered by March 30, 2007, will be able to score points.** There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2007 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2007.

**The team registration form is included in this issue. Please make sure your team is registered.**

**As of January 20, there are 11 teams registered. They are:**

Central Oregon Masters Aquatics COMA	Circumnavigating Beavers Aquatics Team CBAT	Columbia Gorge Masters CGM
Grass Valley Masters GVM	Mount Hood Masters MHM	Mountain Park Masters MPM
Multnomah Athletic Club MACO	Oregon Wetmasters OWET	Rogue Valley Masters RVM
Salem YMCA SYM	Tualatin Hills Barracudas THB	

**What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2007 USMS card for scoring purposes.**

**TEAM AWARDS:** Awards for First, Second, and Third Place will be awarded for each team category

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET***

***PLEASE CONTACT Jeanne Teisher, [jteisher97007@yahoo.com](mailto:jteisher97007@yahoo.com), 503-574-4557***

**Accommodations:** The following hotel is located close to the pool. Please reference OREGON MASTERS SWIMMING when contacting the hotel directly to confirm reservations or inquire about group details.

**Hotel: Fairfield Inn & Suites by Marriott / 1626 NW Wall Street / Bend, Oregon 97701**

Phone 541-318-1747 Fax 541-318-5332; [www.marriott.com/rdmfi](http://www.marriott.com/rdmfi); [akoster@suitesdevelopment.com](mailto:akoster@suitesdevelopment.com)

**Cutoff Date:** March 20<sup>th</sup>, 2007. Guests must contact hotel directly by this date to confirm individual reservations with contact and credit card information. Any rooms [not confirmed] remaining in the group block after this date will be released to regular inventory and become available on a first-come, first-serve basis at regular rate.

### **Room Types & \*Rates and number of rooms held in block**

- \$89.00/room night - (Qty 5) Standard King one King size bed, standard amenities
- \$89.00/room night - (Qty 20) Standard Double two Double size beds, standard amenities
- \$89.00/room night - (Qty 10) King Sofa one King size bed, one Double size pull-out Sofa bed, standard amenities
- \$99.00/room night - (Qty 5) Executive King Suite - one King size bed, one Double size pull-out Sofa bed, Entertainment Center with extra TV, CD stereo, mini fridge & microwave

\*A complimentary breakfast is served each morning; warm cookies and beverages served in the early evening.

**Northwest Zone Meeting:** Jane Moore, NW Zone Chair, is planning a Zone meeting on Saturday, April 21, 2007, at 4:00 PM, at Aubrey Glen. Location is at the pool. Please plan to attend to represent your LMSC.