

**LINCOLN CITY SWIM CLUB - PUMPKIN SPRINT MEET
SHORT COURSE METERS NOVEMBER 21- 22, 2015 SR/AG ABC**

Held under the sanction of USA Swimming

Sanction # 15-167

In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.



LOCATION: Lincoln City Community Center / 2150 NE Oar Place / Lincoln City, Oregon 97367

ELIGIBILITY: Swimmers must be currently registered with USA Swimming. No on deck registration will be permitted. Swimmers must be within the listed age brackets the first day of the meet.

ENTRY DEADLINE: Wednesday November 11, 2015. No late entries please. Entry errors will be corrected after the deadline if they are the fault of the Lincoln City Swim Club. It is the responsibility of the person submitting the entries to make sure the information is complete & correct.

ENTRY LIMIT: Swimmers may enter a maximum of **3 individual events and one relay per day**. Meet entries are limited to the first 325 swimmers registered.

ENTRY FEES: Make checks payable to the Lincoln City Swim Club and mail with master entry paperwork.

1. OSI Surcharge of \$3.00 per swimmer;
2. Entry fee of \$3.00 per event;
3. Entry fee of \$10.00 per relay event.
4. Facility surcharge fee of \$6.00 per swimmer.

ENTRY ADDRESS:

- 1) Email **Zipped Hytek** file first to: lippyb@hotmail.com
- 2) Send check, entry & meet fees listed to: **Lissa Parker PO Box 7, Neotsu, OR 97364**. Include a signed statement that "I HAVE READ THE MEET INFORMATION AND ATTEST THAT ALL SWIMMERS ENTERED HEREON ARE REGISTERED WITH USA SWIMMING, INC."

ENTRIES: Submit **SCM** times. No time (NT) will be allowed.

Email a Hytek zip TM file with **a Word document with entries listed & meet fees report**. For any add on swimmers send a new, updated zip Hytek file with new Word files attached.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

FACILITY: Indoor 25 Meter pool with six 7 - foot non- turbulent racing lanes, & 30 inch tilted starting blocks. Pool depth ranges from 13.0 feet at primary starting end to 3.5 feet at the shallow end. The competition course has not been certified in accordance with 104.2.2(c) 4. An overhead balcony provides seating for 300 spectators. We will have electronic timing.

RESTRICTIONS: RESTRICTIONS: There will be NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOL, & NO GLASS CONTAINERS allowed 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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during starts and relay exchanges.

START OF MEET: 8:00 AM Saturday and Sunday. Meet starts at 9:30 AM.

RULES: Current USA Swimming and Oregon Swimming Inc. rules will govern this meet. The conduct of this event shall conform in every aspect to all technical and administrative rules of USA Swimming. All swimmers must be members as provided in Article 302. All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming

SAFETY: Current Oregon Swimming Safety Guidelines & Warm– Up procedures will be in effect & strictly enforced.

1. Jumping into the pool is not allowed
2. Diving is allowed in only designated lanes
3. Marshals assigned to supervise warm up will have the authority to remove swimmers not following safety rules from warm up or the meet.
4. Coaches are responsible for supervision during warm up and during the meet.
5. Swimmers who participate without USA Swimming certified coach present must notify the meet referee in advance; a certified coach will be assigned.

WARM UP PROCEDURES: Warm up's on Saturday & Sunday will be divided up by teams; the host team will warm up separately ahead of time to provide more room. Lane assignments will be posted ahead and given to coaches; coaches will supervise their own lane and its safety and determine their start / diving schedule.

NO DIVING OVER SWIMMERS IN WATER, BACKSTROKERS ENTER IN ROTATION

BULLPEN: A bullpen will be provided for 8 & U swimmers. All others report to assigned lanes.

AWARDS: Individual: Ribbons 1st through 12th place / Relays: 1st through 3rd ribbons

SCORING: Individual: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, and 1, for places 1–12th
Relays: 14, 10, 8, 6, 4, 2, for places 1–6th

MEETINGS: Coaches meeting will be held 15 minutes prior to start of meet each day. Officials meeting will be held at 8:15 AM each day.

MEET DIRECTOR: Charlie Lunstedt (541) 921-921-2273. Email: riverknute@yahoo.com

MEET REFEREE: Jacki Allender, CAT, 541-753-5681. Email: seewun@proaxis.com

ENTRY CHAIR: Lissa Parker (541) 921-0455 (cell) or 541- 996-7399 (work) . Email: lippyb@hotmail.com

OFFICIALS: We always appreciate & need the help of certified officials from other clubs; if you plan on attending **please notify the meet director at least two weeks before the meet, email is preferable.**

HOSPITALITY: An official's & coaches' hospitality room will be provided.

TIMERS: Each team will be assigned lanes. A parent representative will be asked to report to the head timer 30 minutes prior to the start of the meet.

CONCESSIONS: Food will be available at the concessions stand.

WEBSITE: Information and updates for the meet will be posted on the LCSC team web site. Hotel information will also be posted there. This can be accessed via the Oregon Swimming web site or at this address:

<http://www.angelfire.com/on/lcscswim/index.html>

***NONE SANCTIONED PUMPKIN RELAYS WILL BE HELD PRIOR TO THE 200 FREE EVENTS ON SATURDAY
Parents and coaches are welcome to participate!***

SATURDAY NOVEMBER 21, 2015			
GIRLS	AGE	DESCRIPTION	BOYS
5	12 & UNDER	200 FREE RELAY	6
7	OPEN	200 FREE RELAY	8
9	8 & U	25 FREE	10
11	10 & Under	50 FREE	12
13	11-12	50 FREE	14
15	13 & Over	50 FREE	16
17	8 & U	25 FLY	18
19	10 & Under	50 FLY	20
21	11-12	50 FLY	22
23	OPEN	100 FLY	24
25	8 & U	25 BACK	26
27	10 & Under	50 BACK	28
29	11-12	50 BACK	30
31	OPEN	100 BACK	32
<i>15 minute break for the Pumpkin Relays!!</i>			
33	OPEN	200 FREE ** deck seed	34

SUNDAY NOVEMBER 22, 2015			
GIRLS	AGE	DESCRIPTION	BOYS
35	12 & Under	200 MEDLEY RELAY	36
37	OPEN	200 MEDLEY RELAY	38
39	12 & Under	100 IM	40
41	OPEN	200 IM	42
43	8 & Under	25 BREAST	44
45	10 & Under	50 BREAST	46
47	11-12	50 BREAST	48
49	OPEN	100 BREAST	50
51	8 & Under	50 FREE	52
53	10 & Under	100 FREE	54
55	11-12	100 FREE	56
57	13 & Over	100 FREE	58