

# COMA LCM Meet – Information

## Saturday, May 19, 2018

**Sanctioned by: Oregon Masters Swimming, Inc. for USMS, Inc. •**

**DATE:** Saturday, May 19, 2018

**HOSTED BY:** Central Oregon Masters Aquatics (COMA) as part of 'Wonderful Water Weekend'.

**LOCATION:** Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR.

**POOL:** 50 meters. Pool should be outdoors by that time, and will be measured to comply with USMS pool length standards.

6-7 lanes competition with Daktronics electronic timing system  
1-2 lanes of continuous warm-up/down

**DIRECTIONS TO 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 two blocks to pool. Park in the North Lot or adjacent streets.

**SCHEDULE:** Saturday, May 19, 2018

Warm-up: 12:00-12:50pm Meet Starts: 1:00pm

**ELIGIBILITY:** Currently registered USMS swimmers, 18 years and older. Before registering for this meet, unregistered swimmers must sign up for USMS 2016 membership at [www.usms.org/reg/](http://www.usms.org/reg/).

**ENTRY DEADLINE—ONLINE ENTRY ONLY.** Entries must be completed by midnight Pacific Time on May 14, 2018.

**ENTRY FEE:** \$25.00. Online entries are paid by credit card to "ClubAssistant.com Events".

**ENTRY DETAILS:** All events will be seeded SLOW TO FAST. Individual age groups: 18-24, 25-29, 30-34, etc. Relay age groups: 72-99, 100-119, 120-159, etc. You may enter 5 individual events and 1 relay (same sex or mixed) per relay event. Enter relays—400 & 800 relays only—at the meet. Entry deadline for relays is before the 400 free. Check in deadline for the 800 free is 12:30pm. Check in deadline for the 400 free is before the 50 free.

**AWARDS:** Regular OMS ribbons for places 1-3 in individual & relay events. Commemorative awards for swimmers who complete a stroke pentathlon or freestyle pentathlon as described below.

### PENTATHLONS:

Short Pentathlon events: 50 fly, 50 back, 50 breast, 50 free, & 200 IM. Medium Pentathlon events: 100's of each stroke & 200 IM. Long Pentathlon events: 200's of each stroke & 400 IM. Freestyle Pentathlon events: 50, 100, 200, 400, & 800 freestyles.

### LIST & ORDER OF EVENTS:

(1) 800 Free – deck seeded; positive check-in required  
[20-min break]

(2) 200 Fly

(3) 50 Back

(4) 100 Breast

(5) 200 Free

(6) 200 IM

[10-min break]

(7) 100 Fly

(8) 200 Back

(9) 50 Breast

(10) 100 Free

(11) 400 IM

[10-min break]

- (12) 50 Free
- (13) 100 Back
- (14) 200 Breast
- (15) 50 Fly
- (16) 400 Free – deck seeded; positive check-in required  
[10-min break]
- (17, 18, 19) 400 Free Relay
- (20, 21, 22) 400 Medley Relay
- (23, 24, 25) 800 Free Relay

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

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