

2019 Oregon Short Course Association Championships

May 17-19, 2019

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-S006

Eligibility: Currently registered USMS swimmers, 18 years and older. If you are not a member of USMS, you may follow the links in this online registration to become a member of USMS.

Hosted by: Tualatin Hills Barracudas

Location: Tualatin Hills Aquatic Center, 15707 SW Walker Rd, Beaverton, OR 97006

20-lane indoor 25 yard pool

8 lanes competition-electronic timing

Shallow end will be available for warm-up/warm-down

Pool Length Compliance: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Schedule:

Friday: Warm-up: 2:00pm Meet Starts: 3:00pm

Saturday: Warm-up: 8:00am Meets Starts: 9:00am

Sunday: Warm-up: 8:00am Meets Starts: 9:00am

A 20 minute warm-up will be held after the 500 free. The second event of the day will not begin before 10:00am

Meet Director: Jim Teisher meetdirector@barracudas.org

Entry Deadline: Online registration is preferred. Online registration must be completed by 11:59 PM PDT on Wednesday, May 8, 2019..

Meet Entry Fee: \$38.00 Online entries are paid by credit card to "ClubAssistant.com Events."

Age groups: 18-24, 25-29, 30-34, etc. up to 100+. relay age groups: 18+, 25+, 35+, 45+, etc

Entry Limit: You may enter a maximum of 5 individual events per day, 6 total for the meet, plus relays. Enter relays at the meet. Only 200 yard relays will be available.

OFFICIAL RULES AND GUIDELINES

CHECK-IN DEADLINES:

Friday, May 17: 400 IM – 2:30 PM / 1650 Free – 3:00 PM.

Saturday, May 18: 1000 Free – The end of the 100 free

Sunday, May 19: 500 Free - 8:30 AM.

RELAY CHECK-IN DEADLINES:

Saturday, May 18: Free Relays – 9:30 AM / Mixed Medley Relay – the end of the 50 back

Sunday, May 19: Medley Relays – the end of the 50 free / Mixed Free Relays - The end of the 50 breast

Only 200 yard relays will be available. For team scoring each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay.

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES. SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES. THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

Order of Events

Friday May 17, 2019

1. Mixed 400 IM
2. Mixed 1650 Freestyle

Saturday May 18, 2019

3. Mixed 100 IM
4. Mixed 100 backstroke
5. Mixed 200 butterfly
6. Mixed 50 breaststroke
10 min break
7. Women's 200 freestyle relay
8. Men's 200 freestyle relay
9. Mixed 100 freestyle
10. Mixed 200 backstroke
11. Mixed 50 butterfly
10 min break
12. Mixed 200 Medley Relay
13. Mixed 1000 Freestyle

Sunday May 19, 2019

14. Mixed 500 Freestyle
20 min warm up
15. Mixed 100 breaststroke
16. Mixed 200 freestyle
17. Mixed 50 backstroke
10 min break
18. Women's 200 Medley Relay
19. Men's 200 Medley Relay
20. Mixed 200 IM
21. Mixed 100 butterfly
22. Mixed 200 breaststroke
23. Mixed 50 freestyle
10 min break
24. Mixed 200 Freestyle Relay

WORKOUT GROUP SCORING: Only workout groups registered by April 30, 2019, will be able to score points. There will be three group categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each workout group. There will be a meeting of all the group representatives on Saturday, May 18, 2019 at 8:45 AM to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the workout group competition. Registered workout groups will appear on the online entry form

Heat Sheets: Heat sheets will be available online prior to the meet. To help save resources, one heat sheet per workout group will be printed. Heat Sheets will also be posted in several locations around the natatorium.

T-Shirts:



Unisex ringspun cotton, short sleeve
Sizes S-XXL
\$15 (XXL: \$17)

Unisex performance shirt, long sleeve
Sizes S-XXL
\$18 (XXL: \$20)

OMS Social and Awards Program

There will be an OMS Social with appetizers, and a no host bar after the meet on Sat, May 18 at the Stockpot Broiler from 5:00-8:00 pm; a short awards program and the OMS Annual Meeting will be held in conjunction with the social. Cost is \$15 per person (swimmer or guest). Please take this opportunity to socialize with your teammates and meet your OMS board members and other Masters swimmers outside of the pool!

Stockpot Broiler
8200 SW Scholls Ferry Rd
Beaverton OR 97008

Lodging info

Hilton Garden Inn
15520 NW Gateway Ct
Beaverton, OR 97006
United States
(503) 439-1717
[Booking Link](#) - Group Code:0OMST \$129
[Hotel Website](#)

Homewood Suites
15525 NW Gateway Ct
Beaverton, OR 97006
United States
(503) 614-0900

Double Tree Inn
15402 NW Cornell Rd
Beaverton, OR 97006
(503) 614-8100

Fairfield Inn & Suites
15583 NW Gateway Ct
Beaverton, OR 97006
(503) 972-0048

Embassy Suites
9000 SW Washington Square Rd
Tigard, OR 97223
(15 min from pool, but close to social at Stockpot Broiler)

Restaurants (recommended by meet director)

There are many chain restaurants in the area such as McDonalds, Burger King, IHOP, and Sweet Tomatoes, but the restaurants below are local and recommended by the meet director

Golden Valley Brewery
1520 NW Bethany Blvd
Beaverton, OR 97006

Crazy Sushi Shoten
16165 SW Regatta Ln
Unit 500
Beaverton, OR 97006

Taste of Sichuan
16261 NW Cornell Rd
Beaverton, OR 97006