

**2008 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Swim Team

Mt. Hood Aquatic Center

July 15-19, 2008

Held Under the Sanction of Oregon Swimming and USA Swimming, Inc.

Sanction No.:

Time Trial Sanction No.:

- Location:** Mt. Hood Community College Aquatic Center, 26000 SE Stark, Gresham, OR; telephone (503) 491-7243; Eastbound: Take I-84 (Troutdale), continue past the fast food restaurants, turn right at light onto 257th, continue up the hill approximately 2.6 miles, turn left onto 17th Street, take first left into parking lot, the pool is on the left behind the soccer field; Westbound: Take I-84 toward Portland to exit 17, go south on 257th and follow the instructions above.
- Facility:** Outdoor pool, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The starting end of the pool is 16 feet deep. The shallow end of the pool is 6.0 feet deep. Parking available and seating for 3,000 spectators. The indoor pool (25 yards by 15 yards) will be open for warm-up/cool-down swims during the entire meet. Swim venue includes: all areas enclosed in the indoor pool natatorium and the outdoor pool area. Open pool deck areas available for swimmers, coaches and officials only. New features: Electronic timing and matrix scoreboard.
- Meet Referee:** Bruce Ludwig
2149 Cascade Ste 106A #219
Hood River, OR 97031
Work: 541-387-5257
Cell: 541-380-0857
E-mail: bludwig50@charter.net
- Admin Referee:** Gene Mielke
3926 Fairview Dr.
Hood River, OR 97031
Home: 541-386-2041
E-mail: emielke@charter.net
- Meet Director:** Julie Greenaway
1409 S.E. 207th Avenue
Gresham, Oregon 97030
503-667-4465 Email: agreena833@aol.com
- Dates:** **July 15-19, 2008: Tuesday, Wednesday, Thursday, Friday, And Saturday**
Monday, July 14, 2008, 4:30 p.m. to 7:00 p.m. and Tuesday, July 15, 2008, 1:00 p.m. to 3:00 p.m. the pool is available for supervised warm-up (no marshals), certified coaches must be on deck. Additional time may be available, contact the Meet Director for more information.
- Schedule:**
- | | | |
|--|-----------------|---------------------------|
| Tues, July 15th | Finals: | Warm-Up: 3:00 - 4:20 p.m. |
| | | Competition: 4:30 p.m. |
| Wed through Fri, July 16th-18th | Prelims: | Warm-Up: 7:30 - 8:50 a.m. |
| | | Competition: 9:00 a.m. |
| | Finals: | Warm-Up: 4:00 - 5:20 p.m. |
| | | Competition: 5:30 p.m. |
| Sat, July 19th | Prelims: | Warm-up: 7:30 - 8:50 a.m. |
| | | Competition: 9:00 a.m. |
| | Finals: | Warm-up: 3:00 - 4:20 p.m. |
| | | Competition: 4:30 p.m. |

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Rules: Current USA Swimming rules will govern this meet. Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat (8 lanes), one consolation heat (8 lanes) and one bonus heat (8 lanes) will compete in Finals except as noted in Schedule of Events. Seeding for the meet will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). Bonus events will be seeded after all of the above.

PLEASE REVIEW SCRATCH RULES AND CHECK-IN PROCEDURES LISTED ON FOLLOWING PAGES.

Eligibility: Open to all swimmers who:

1. Are currently registered with an USA Swimming LSC within the Western Region Section of the Western Zone as of the day meet entries close.
2. Are a full-year member of USA Swimming. **Note: It is the legal responsibility of each club to ensure that each swimmer listed on the Master Entry Form is USA Swimming Registered for the current year. There will be no on-deck USA Swimming registration.**
3. Have met the appropriate 2008 qualifying times in competition, between July 10, 2007 and the entry deadline.
4. Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #5 below. The psych sheet will be e-mailed to all who have requested by e-mail and will be posted on the Mt Hood Swim Team website (www.mhst.org).
5. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations. Entry times which are not in the SWIMS database must be proved to the meet director, or designated representative, prior to the scratch deadline for the event. **Failure to provide such proof of time prior to the scratch deadline for the event will result in the swimmer not being able to swim.**
6. An official time can be achieved only in USA Swimming sanctioned or USA Swimming approved competition, or in an observed swim in accordance with all applicable rules. (102.16.4A in the USA Swimming Rule Book)
7. Unattached swimmers who are not associated with a team should make every effort to identify a coach willing to take responsibility for them during warm-ups and the meet. If an unattached swimmer cannot find a coach to assist in this manner, such swimmer should notify the meet referee as soon as possible and at least one day prior to the start of the meet.

Event Limit: Each swimmer entered may participate in up to six (6) individual events and up to five (5) relays. No swimmer may participate in more than three (3) individual events per day, including time trials. All swimmers, including relay only swimmers, are limited to three (3) time trials.

Teams may enter more than two (2) relay teams in each relay event but only the top two (2) teams will be scored and placed in each relay event.

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Time Line: All preliminary events except the 50 M Freestyle and Relays will be double ended with starts from both ends of the pool. If the projected length of a preliminary session exceeds 4½ hours, the meet referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to divide the preliminary session into “A” and “B” sessions. The “A” session will consist of the fastest 7 heats (5 of the 400 meter events) with the remainder of the heats in the “B” session. The “B” session will be swum fastest to slowest.

If the projected length of Saturday’s 1500 freestyle preliminary events does not allow for the scheduled Finals start time, the meet referee reserves the right to first, reduce the warm-up time for the Finals’ session to one hour; second, to begin the Saturday warm-up period for the preliminary session one hour earlier (7:00 a.m.); and third, to swim some number of the heats two-to-a-lane.

Bonus Events: Swimmers qualifying in one or more individual events may swim one (1) bonus event.

One (1) Qualified Event	1 Bonus Event	2 Total Events
Two (2) Qualified Events	1 Bonus Event	3 Total Events
Three (3) Qualified Events	1 Bonus Event	4 Total Events
Four (4) Qualified Events	1 Bonus Event	5 Total Events
Five (5) Qualified Events	1 Bonus Event	6 Total Events
Six (6) Qualified Events	0 Bonus Event	6 Total Events

Please indicate your bonus event entries on line or by circling the time on the Hy-Tek Team Manager-Meet Entry report or on the Master Entry Forms if using paper entry.

Bonus swims should be entered using the swimmer’s best-achieved time that is not an event qualifying time. NT is not acceptable.

Entries: Entries may be submitted on line beginning on May 15, 2008 (12:00AM PST) through the USA Swimming website: www.usaswimming.org/ome . Online entries will be accepted until July 8th (11:59PM PST). You will be required to **pay for the online entries with Visa, Mastercard, American Express, or Discover.** Once you complete your online entry you will be sent a confirmation email. Bring all communications with you to the meet in case of problems with entries. You can return to your entry after you have checked out to modify entry times should they improve during the entry period. You can also add events to your entry but you **cannot delete events after you have paid for them.** If you are entering online, please DO NOT submit a paper entry to USA Swimming. For help with on line entry, please contact Larry Herr or Mike Unger at USA Swimming (719) 866-4578.

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Please enter with an accurate time achieved in the proper course. **Conversion times will not be accepted.** The meet will be seeded using the Long Course Meters times first, followed by Short Course Meters and finally Short Course Yards.

Entries must be accompanied by payment. Swimmers' current USA Swimming numbers must be on the entry form. Relay-only swimmers must be listed on the entry form. **No Faxed entries will be accepted other than those for first time swims made July 8th through 13th.**

Entries submitted via the enclosed entry form must be submitted to the 100th of a second on the enclosed entry forms. If a standard is achieved in yards or short course meters, please be sure to enter the event with that time and clearly mark that it is yards (SCY) or SCM. Entry forms must provide **all information** requested in order to be considered official. Please ensure all forms submitted are legible.

Entry Fees & Surcharge: \$15.00 Surcharge Per Swimmer
\$7.50 Individual Event Fee
\$15.00 Relay Fee
\$10.00 Time Trial fee for individual events and \$15.00 Time Trial fee for relay events
\$5.00 Paper Entry Processing Fee per team
\$5.00 Paper Entry Processing Fee per unattached swimmer
Entry fees must accompany Master Entry Form.
Please make checks payable to: **Mt Hood Swim Team.**

Entry Deadline: **Entries must be received by 11:59 p.m., Tuesday, July 8, 2008**
If mailing entries, they must be post marked by this date. Overnight mail service is recommended--**please mark "no signature required"**. Late entries, entries without fees, "no time" entries, and entries without proper payment will not be accepted. No refunds will be given.

Entries for swims from Tuesday, July 8, 2008, through Sunday July 13, 2008, that achieve a first time individual qualifying standard must be made on the FAX entry form enclosed and sent by FAX transmission. FAX entries must be received no later than 11:59 p.m. (PDT) on Sunday, July 13, 2008, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline. Updating bonus swims to a qualifying time after the entry deadline is not permitted. However, a swimmer who swims a first-time qualifying time in an event in which they had previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for additional bonus swims. Adding bonus swims for qualifying times achieved after the entry dead line is permitted.**

LATE ENTRIES WILL NOT BE ACCEPTED AND UPDATING OF TIMES IS NOT PERMITTED.

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Entry Address: On Line Entry System: www.usaswimming.org/ome or
MHST
c/o Vicky Brunelle
35 N.W. 12th Street
Gresham,OR 97030
sewmanycreations@hotmail.com

**FAX #503-667-4465—YOU MUST CALL (503-667-4465) PRIOR TO FAXING
AS SOMEONE MUST BE PRESENT FOR FAX TO GO THROUGH.**

**Questions concerning meet entries should be directed to the Meet Referee—NOT
to the Meet Entry Address.**

**Scratch
Procedures:**

The USA Swimming National Championship scratch procedure and no show rule will be used at this meet, subject to the modifications described below. These rules are described in the current USA Swimming Rules (207.12.6 in the 2008 Rule Book).

SWIMMERS MUST CHECK IN FOR THE 800 FREESTYLES AND 200 FREE RELAYS ON TUESDAY EVENING NO LATER THAN 15 MINUTES AFTER THE CONCLUSION OF THE GENERAL MEETING. SWIMMERS ARE CONSIDERED CHECKED IN FOR ALL OTHER EVENTS EXCEPT RELAYS AND THE 1500 FREESTYLES UNLESS SCRATCHED.

1. The Scratch Box will be located at the Clerk of Course for the duration of the meet.
2. Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the Clerk of Course.
3. Entrants in the 800 and 1500 Freestyles must check-in and confirm their intention to compete before the scratch deadline in order to be seeded. For the 1500-meter freestyles, seeded heat sheets will be published at the end of finals on Friday.
4. Scratch/Check-in Deadlines are as follows:
Check in for all relays and the 800 and 1500 Freestyles, or place your scratch card in the Scratch Box located at the Clerk of Course according to the following time lines:
 - A. **Tuesday July 15th** - Swimmers must check in at the Clerk of Course no later than 15 minutes after the conclusion of the general meeting for the 800 freestyles and the 200 Free Relays.
 - B. **Wednesday, July 16th** - The Scratch Box will close 30 minutes after the start of Tuesday's Finals session (5:00 p.m.).
 - C. **Thursday, July 17th** – The Scratch Box will close 30 minutes after the start of Wednesday's Finals session (6:00 p.m.).
 - D. **Friday, July 18th** – The Scratch Box will close 30 minutes after the start of Thursday's Finals session (6:00 p.m.).
 - E. **Saturday, July 19th** - The Scratch Box will close 30 minutes after the start of Friday's Finals session (6:00 p.m.). Entrants in the 1500-meter freestyles must check-in and confirm their intention to compete before the scratch deadline on Friday in order to be seeded.

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- F. **Finals** - swimmers should report to the Administrative Referee within 30 minutes of the announced qualifiers for that race that they may not intend to compete and should further declare to the Administrative Referee their final intentions within thirty (30) minutes following their last individual preliminary event.

Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

- Scoring:** Scoring will be on a sixteen (16) place basis (must meet time standard).
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events receive double these point values.
- Awards:** Medals will be provided for top 8 places for individual and 3 places for relay events
Trophies for team awards -- first through third places for men, women and combined
Women's and Men's Individual High Point Awards
Team scoring will be based on 16 places per event including relays
- Travel Fund:** Swimmers who attend both this Sectional Championship and the 2008 US Open or Jr. National Championship are eligible to receive a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the 2008 US Open and Jr. National Championship. Application for the reimbursement must be made by using the attached form within 15 days following the conclusion of the 2008 Jr. National Championship.
- Meetings:** **General Meeting:** A general meeting will be held Tuesday, July 15th at 2:00 p.m. Teams must have a coach or team representative in attendance. Coaches' packets may be picked up at the Clerk of Course. Current coaching credentials must be shown in order to pick up packet.
- Officials:** There will be an officials meeting one (1) hour prior to the beginning of each session each day.
- Section Business Meeting:** 30 minutes after the conclusion of Thursday's preliminaries in the Hospitality Room. The exact time of the meeting will be announced during the meet.
- Officials:** We appreciate the help of certified officials from other clubs; if you will be attending this meet please return the attached Application to Officiate. In order to be considered for an assigned position, applications must be received by May 31, 2008.

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National Championship

Certification: This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form, and notify Bruce Ludwig, Meet Referee, upon arrival at the meet. Instructions for Certification will be provided during the Officials' briefings.

Hospitality: A hospitality room will be provided for officials and coaches.

Warm-Up Procedures:

General Warm-up (first half) NO DIVING from the blocks or sides of pool.

Sprint and Pace Warm-up (remainder).

Lanes 1 & 8 pace lanes—push off, one or two lengths and back. No diving or racing starts. CIRCLE SWIM ONLY.

Lanes 2 & 7 sprint lanes—dive start, swim only one direction (return from adjacent lane). Backstrokers enter the water feet first in rotation. No diving over persons in the water.

Lanes 3, 4, 5, & 6 general warm-up—No Diving.

Additional sprint lanes may be made available upon request to the Referee.

****Warm-up may be modified to accommodate the number of swimmers entered at the discretion of the meet management in agreement with the Referee.**

Shaving is not permitted in this facility.

Time Trials:

Time trials will be conducted on a time available basis. Swimmers must be entered in the meet with a proven time in an individual or relay event to be eligible to participate in time trials. Each time trial swim will count toward the daily event limit, with a combination of time trials and meet events not to exceed two (2) per day. Swimmers are limited to a maximum of two time trials during the course of the meet. Entries must be turned into the Clerk of Course with the fee (\$10.00/ind. and \$15.00/relay) one hour before the projected end of preliminaries.

Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

1. First day: The 800 freestyle time trials will be offered immediately following those events.
2. Second and all subsequent days except the final day: That day's events will be swum, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
3. Final Day: That day's events will be swum, the 1500 meter freestyle events may be swum, followed by the previous day's events if time permits.
4. Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50 meter freestyle time trials will be the first event in the time trial program. On all other days, the 50 meter freestyle will be the last event of the time trial program.

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Qualifying Times

WOMEN			Event	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
25.10	27:86	28.66	50 FREE	22.49	24.96	25.79
54.23	1:00.20	1:01.64	100 FREE	49.05	54.45	56.27
1:56.84	2:09.69	2:13.07	200 FREE	1:47.20	1:58.99	2:02.79
5:12.19	4:32.23	4:39.69	500/400 FREE	4:51.69	4:13.93	4:22.79
10:46.09	9:23.84	9:42.19	1000/800 FREE	10:14.69	8:55.81	9:12.79
18:09.88	18:07.68	18:44.59	1650/1500 FREE	17:15.12	17:11.81	17:36.59
1:00.90	1:07.59	1:10.80	100 BACK	56.09	1:02.26	1:05.69
2:11.05	2:25.47	2:30.91	200 BACK	2:01.79	2:15.19	2:21.19
1:09.69	1:17.39	1:20.29	100 BREAST	1:02.19	1:09.03	1:13.19
2:30.51	2:47.07	2:53.49	200 BREAST	2:18.49	2:33.72	2:40.79
59:61	1:06.17	1:07.27	100 FLY	54.09	1:00.13	1:01.53
2:12.77	2:27.37	2:31.16	200 FLY	2:01.79	2:15.19	2:20.39
2:12.30	2:26.85	2:31.09	200 IND. MEDLEY	2:00.69	2:13.97	2:18.69
4:39.31	5:10.03	5:18.84	400 IND. MEDLEY	4:18.89	4:47.37	4:57.79
1:44.69	1:56.21	1:59.29	200 FREE RELAY	1:32.99	1:43.22	1:46.89
3:49.09	4:14.29	4:17.29	400 FREE RELAY	3:25.49	3:48.09	3:54.59
8:14.49	9:08.88	9:21.69	800 FREE RELAY	7:38.69	8:29.15	8:43.99
1:56.29	2:09.08	2:13.39	200 MEDLEY RELAY	1:44.69	1:56.21	1:59.69
4:09.49	4:36.93	4:48.39	400 MEDLEY RELAY	3:47.49	4:12.51	4:23.39

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ORDER OF EVENTS

Women's Event #	Tuesday	July 15, 2008	Men's Event #
1	800-meter (C)	Freestyle	2
3	200-meter (A)	Freestyle relay	4
Women's Event #	Wednesday	July 16, 2008	Men's Event #
5	100-meter	Freestyle	6
7	200-meter	Breaststroke	8
9	200-meter	Backstroke	10
11	200-meter	Butterfly	12
13	200-meter (B)	Medley Relay	14
Women's Event #	Thursday	July 17, 2008	Men's Event #
15	200-meter	Freestyle	16
17	400-meter	Individual Medley	18
19	400-meter (B)	Freestyle Relay	20
Women's Event #	Friday	July 18, 2008	Men's Event #
21	100-meter	Backstroke	22
23	400-meter	Freestyle	24
25	100-meter	Breaststroke	26
27	100-meter	Butterfly	28
29	800-meter (B)	Freestyle relay	30
Women's Event #	Saturday	July 19, 2008	Men's Event #
31	200-meter	Individual Medley	32
33	1500-meter (D)	Freestyle	34
35	50-meter	Freestyle	36
37	400-meter (A)	Medley Relay	38

- A. These relays will be conducted as timed finals, all heats in preliminaries.
- B. These relays events on Wednesday, Thursday and Friday will be conducted as timed finals with the two fastest heats of women and men swum at the end of finals. All slower heats will be swum as scheduled during preliminaries.
- C. The women and men's 800 freestyle will be conducted as timed finals with all heats on Tuesday evening. The heats will be swum slowest to fastest in event order.
- D. The 1500-meter freestyle will be conducted as timed finals. The fastest heat of women and men will be swum in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men's is concluded 90 minutes before the evening final's session is scheduled to begin.

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TEAM INFORMATION

TEAM NAME: _____ **CLUB CODE:** _____

CONTACT NAME: _____ **PHONE #:** _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH (ES) ATTENDING MEET:

_____ **Cell #:** _____

_____ **Cell #:** _____

_____ **Cell#:** _____

The following statement must be signed by a coach or team representative:

I have read the meet information and attest that all swimmers entered are current (2008), full-year members of USA Swimming.

Signature: _____ **Date:** _____

ENTRY SUMMARY

Total from Master Entry Form(s) = \$ _____

Total from Relay Entry Form = \$ _____

Team Total = \$ _____

(Make checks payable to Mt Hood Swim Team)

ENTRY DEADLINE – 11:59 P.M. TUESDAY, July 8, 2008

Mail team information form/disk/entry forms/check to:

**MHST
c/o Vicky Brunelle
35 N.W. 12th Street
Gresham, OR 97030**

FAX # 503-667-4465 – PLEASE NOTE YOU MUST CALL (503-667-4465) PRIOR TO FAXING. SOMEONE MUST BE PRESENT FOR FAX TO GO THROUGH.

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FAX ENTRY FORM

TEAM NAME: _____ CLUB CODE: _____
COACH NAME: _____ PHONE #: _____
COACH'S USA ID#: _____ EMAIL ADDRESS: _____
HOME ADDRESS: _____

City

State

Zip

**FAX QUALIFICATION PERIOD – July 8 - July 13, 2008
FAX DEADLINE – 11:59 p.m., Sunday, July 13, 2008 (PDT)
FAX PHONE NUMBER – 503-667-4465**

**(YOU MUST CALL (503-667-4465) BEFORE FAXING – SOMEONE MUST BE
PRESENT TO RECEIVE FAX OR THIS WILL NOT GO THROUGH)**

Only swims achieving the qualifying time standards for the first time from Tuesday, July 8, 2008 through Sunday, July 13, 2008, may be sent by FAX transmission. These faxed entries must be received no later than 11:59 p.m. (PDT) on Sunday July 13, 2008, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline. Updating bonus swims to a qualifying time after the entry deadline is not permitted. However, a swimmer who swims a first-time qualifying time in an event in which they had previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for additional bonus swims. Adding bonus swims for qualifying times achieved after the entry deadline is permitted.**

We have entered the following events on this FAX entry form:

Women: Individual Events _____ x \$7.50 = _____

Men: Individual Events _____ x \$7.50 = _____

Total Faxed Entry Fee \$ _____ FAX entries must be paid at the Registration Desk.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.

Coach Signature: _____

Swimmer Information

Print Name _____ Age _____

Team Name _____

Female _____ Male _____ Registration # _____

Swimmer previously entered in meet? Yes _____ No _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

Event # _____ Event _____ Time: _____ Date Achieved: _____

(Duplicate This Form As Necessary)

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APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2008 USA SWIMMING/SPEEDO CHAMPIONS SERIES SENIOR LONG COURSE SENIOR CHAMPIONSHIPS to be held at the Mt. Hood Aquatic Center in Gresham, Oregon. The meet will be conducted over a 4½ day period with the Prelims starting at 9:00 a.m. and Finals at 5:30 p.m. (Timed Finals at 4:30 p.m. on Tuesday and Finals at 4:30 p.m. on Saturday). A mandatory officials briefing session will be held one hour prior to each session. The Western Section Long Course Championship has been designated as a training meet for N2 and N3 National Championship Officials Certification. The dress is white shirt/blouse; blue pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than May 31, 2008 (preference will be given to those who agree to work all sessions). All other officials planning to attend the meet are encouraged to return their application by June 21, 2008. The meet referee will be Bruce Ludwig.

Name: _____ LSC: _____
Address: _____ Team: _____
City, State, Zip: _____ Phone: _____
E-Mail: _____

I will work at all sessions: _____ I can't work at all sessions. I will be able to work:
Tuesday (Competition at 4:30 p.m.) Finals _____
Wednesday Prelims _____ Finals _____
Thursday Prelims _____ Finals _____
Friday Prelims _____ Finals _____
Saturday Prelims _____ Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC Position Certified: _____ Expiration: _____

N2 Position Certified: _____ Expiration: _____

N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Bruce Ludwig
2149 Cascade Ste 106A #219
Hood River, OR 97031
Work: 541-387-5257
Cell: 541-380-0857
email: bludwig50@charter.net

Please circle polo shirt size:

Small
Medium
Large
X-Large

**2008 USA SWIMMING/SPEEDO CHAMPIONS SERIES
WESTERN REGION SECTION CHAMPIONSHIP**

Hosted by Mt Hood Swim Team

Mt. Hood Aquatic Center

July 15-19, 2008

RELAY FORM

Team Name:			
Team Code:		LSC Code:	
Coach:		Home Phone:	
Coach's USA ID#:		Office Phone:	
E-Mail Address:		Cell Phone:	

Enter the time only for each relay team in the appropriate place below. Swimmer names will be required on the relay entry forms provided at the meet. If entering with a SCY or SCM time, please indicate by placing a SCY after a yard time and SCM after a short course meter time.

Event #	Event	Team A	Team B
3	Women's 200 Freestyle Relay		
4	Men's 200 Freestyle Relay		
13	Women's 200 Medley Relay		
14	Men's 200 Medley Relay		
19	Women's 400 Freestyle Relay		
20	Men's 400 Freestyle Relay		
29	Women's 800 Freestyle Relay		
30	Men's 800 Freestyle Relay		
37	Women's 400 Medley Relay		
38	Men's 400 Medley Relay		

Total number of relay teams entered above: _____ x \$15.00 = _____
(Insert this total on the Team Information Sheet)