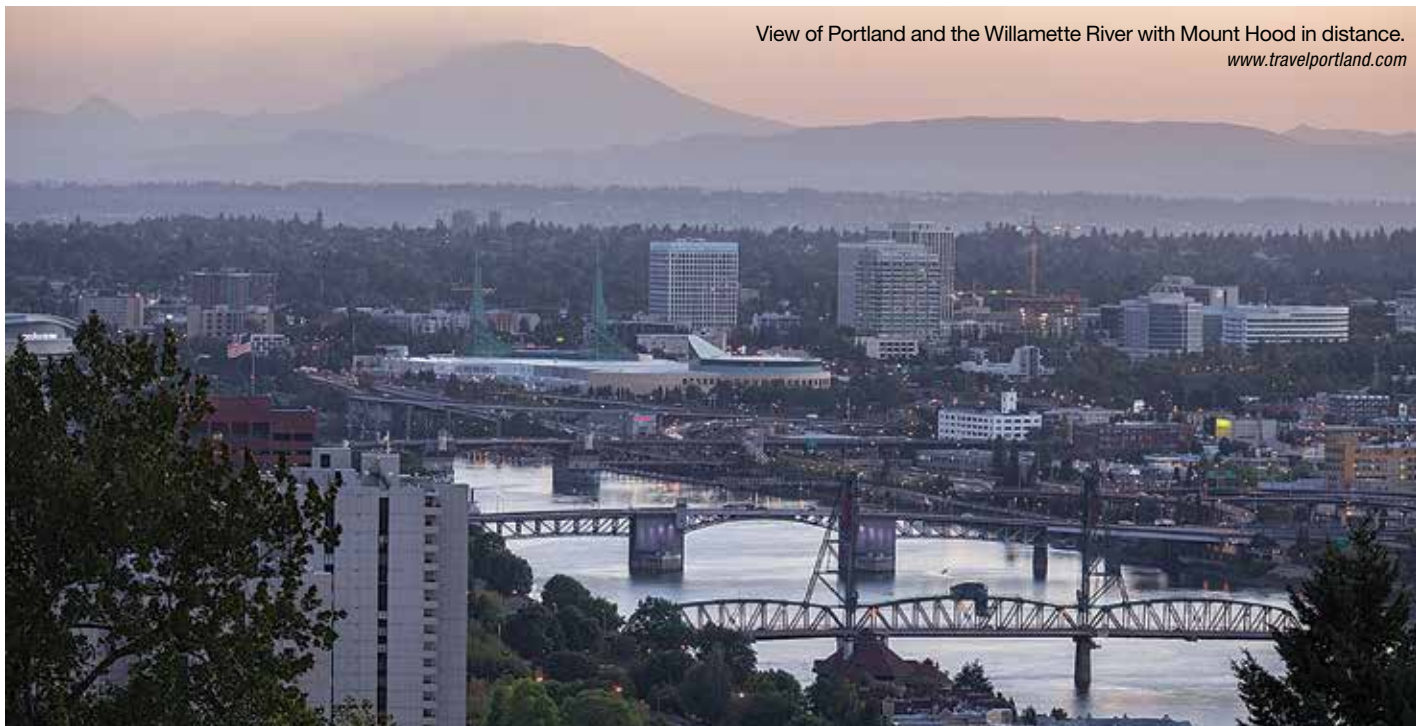


2016 Summer Nationals Preview

Olympic-year splashdown in beautiful Oregon

View of Portland and the Willamette River with Mount Hood in distance.
www.travelportland.com



This year, the 2016 U.S. Masters Swimming Summer National Championship will return to Oregon's Mt. Hood Community College Aquatic Center, where numerous Masters world records fell at this same event in 2008. Adding to the excitement this year, just as it did in 2008, swimmers will be inspired by the Olympic Games, which will be contested in Rio just before USMS's August 17 – 21 championship.

Renovated in 2007, the center is one of the premier aquatic facilities on the West Coast and has hosted numerous high school and collegiate championship events, as well as USA Swimming, U.S. Masters Swimming, and USA Water Polo competitions. MHAC has been the site of the Speedo Western Section Championship meet continuously since 2007.

Meet directors Dennis Baker and Tim Waud are prepared to wow swimmers with a spectacular swimming event at this beautiful outdoor facility in Gresham, near Portland, Ore., when sunny days and pleasant temperatures reign in the Pacific Northwest.

SCENIC, OUTDOOR COMPETITION POOL

On a clear day, the conical snow-capped volcano, Mount Hood, provides a picturesque backdrop to the outdoor eight-lane, 50-meter

competition pool at Mt. Hood Community College. Spacious cement bleachers along one side of the pool provide seating for approximately 800 participants, and 30 tents will be available for teams to rent.

An adjacent indoor, six-lane, 25-yard pool will be available for warm-up and cool-down. Locker rooms in the natatorium offer showers, a changing area, and coin-operated lockers. Two alternative changing areas for families will also be available. Restrooms are located under the bleachers and at other locations around the pool to minimize wait times.

A team of experienced massage therapists will be on deck, ready for swimmers needing bodywork, at a cost of \$1 per minute.

SUMMER NATIONALS OLYMPICS SOCIAL

Mingle with old friends and meet new ones at the Summer Nationals Olympics Social. The fun and festivities will happen Friday, August 19, at the meet headquarters hotel, the Quality Inn. Vegetarian and gluten-free menu items as well as standard fare will be offered. Swimmers can watch highlights of Olympic swimming races on two large screens in the spacious banquet hall.

SAVOR NATURE, WINERIES, AND MORE

Portland, nestled along the Columbia and Willamette Rivers and offering views of Mount Hood, is one of the most scenic cities in America. The Columbia River Gorge National Scenic Area, filled with dozens of waterfalls, hiking trails, and jaw-dropping views, is only a 20-minute drive from downtown.

ONLINE ENTRY

Visit usms.org/comp/lcnats16

PAPER ENTRY FORMS Available by calling
 1-800-550-SWIM (7946)

TRAVEL INFORMATION

Ground Transportation and Airport

Portland International Airport is located approximately six miles from the listed hotels and Mt. Hood Community College Aquatic Center. Transportation from the airport is available by taxi or hotel shuttle.

RV Options

Camper parking is available, free and unlimited, at the aquatic center parking lot during the day, but all units must be self-contained as no hook-ups are available. No overnight parking is allowed. The two closest and best RV campgrounds are Portland-Fairview RV Park, 210401 NE Sandy Blvd., Fairview OR 97024, 877-777-1047 and Sandy Riverfront RV Resort, 1097 E Historic Columbia River Highway, Troutdale, OR 97060, 503-665-6722.

SOCIALS

Summer Nationals Olympics Social

An Olympics Social at the meet headquarters hotel, the Quality Inn, will be held on Friday, August 19, from 6 to 8 p.m. Two big-screen TVs will be showing swimming from the 2016 Olympics in Rio. Menu choices include a variety of healthy entrees (including a vegetarian and gluten-free option) and associated side dishes. Cost is \$25.

Columbia River Gorge/Multnomah Falls Scenic Trip

On Thursday, August, 18, from 4 to 8:00 p.m., plan to take advantage of a beautiful 16-mile drive up the Columbia River Gorge to Multnomah Falls. The buses will be air-conditioned and will pick up swimmers from the shuttle hotels and pool. Cost is \$45 (includes boxed meal). Limited to 92 people.

Team Tents

There are 30 team tent sites available for rent on-site at the aquatic center. Rental cost is \$175 for a 10 x 10 canopy. Checks payable to Oregon Masters Swimming. First-come, first-served basis. Contact Jill Waud at jillpward@gmail.com to reserve.

Massage

Massage services will be offered at the pool for \$1 per minute.

HOTEL AND SHUTTLE INFORMATION

Here are some of the hotel options in Gresham for your stay. The meet shuttle service is at two designated hotels, the first

two listed below. Cost for the shuttle is \$25 per person if ordered when registering for the meet. For more information on shuttle service for the meet, go to nationals.swimmoregon.org.

Parking at the aquatic center is free and unlimited.

For more information on accommodations and tourist attractions, go to tripadvisor.com/Tourism-g51893-Gresham-Oregon-Vacations.html. **When making reservations, mention "USMS16" to get special rates.**

» » Quality Inn Hotel Meet Headquarters (Shuttle Service)

503-907-1777
2752 NE Hogan Dr.
Gresham, OR 97030
Double \$145, single \$139
7 minutes; 1 mile
Code: USMS16

» » Days Inn (Shuttle Service)

503-465-1515
24124 SE Stark St.
Gresham, OR 97030
\$125
5 minutes; 0.9 mile
Code: USMS16

» » Comfort Inn 800-521-2121 (toll free)

503-492-2900
1000 NW Graham Rd.
Troutdale, OR 97060
\$138
10 minutes; 2.38 miles
Code: LMAST

» » Holiday Inn

503-669-6500
477 NW Phoenix Dr.
Troutdale, OR 97060
\$162
15 minutes; 5 miles
Code: USMS16

» » Hilton Garden Inn Portland Airport

503-255-8600
12048 NE Airport Way
Portland, OR 97220
\$160
20 minutes; 8 miles
Code: USMS

» » Fairfield Inn Portland Airport

503-253-1400
11929 NE Airport Way
Portland, OR 97220
\$172
20 minutes; 8 miles
Code: USMS

» » Quality Inn Suites Portland Airport

503-255-1404
9727 NE Sandy Blvd.
Portland, OR 97220
\$115
15 minutes; 6 miles
Code: LUSMS

» » Clarion

503-665-1591
1060 NE Cleveland
Gresham, OR 97030
Double: Call for rates
10 minutes; 2.22 miles

With an abundance of parks, bridges, and bicycle paths, Portland is an outdoor enthusiast's paradise. Coffee, beer, and wine connoisseurs flock to the city, too. Kick-start the day with a hot cup of Stumptown coffee and unwind after an exciting day of races by sampling a microbrew from one of the more than 70 area breweries.

Or why not tour a nearby winery? Minutes from the pool is the McMenamins Edgefield Winery, which showcases a range

of bottled and draft wine, much of which can be sampled in the tasting room. Also on-site is a hotel, brewery, winery, distillery, spa, golf course, organic garden, and several restaurants and bars.

Swimmers wanting to take full advantage of the amazing summer weather in Oregon can travel to the meet by RV and camp out instead of staying in a hotel.

PRIVATE SIGHTSEEING TOUR FOR SWIMMERS

Competitors can enjoy a private tour Thursday, August 18 from 4 to 8 p.m. for a cost of only \$45 (limit 92 people). Air-conditioned tour buses with guides will transport swimmers from designated hotels or the pool to Multnomah Falls and Crown Point, two visitor destinations with incredible views.

After a 16-mile drive along the beautiful Columbia River Gorge, the bus will stop and swimmers will have 2 hours to explore Multnomah Falls. With an upper and lower falls, Multnomah is the tallest waterfall in Oregon and a showcase of tumbling, icy-cold water. The base is an easy walk from the parking area off of Interstate 84. Swimmers will have ample time to eat their boxed dinners by the falls and hike a trail leading to the 45-foot-long Benson Footbridge, which provides a view of the waterfall's 542-foot-tall top tier and the 69-foot drop to the base.

On the return trip, the bus will stop at Crown Point. Designated a National Natural Landmark in 1971, this perch of volcanic rock 733 feet above the Columbia River Gorge offers spectacular views of the river and surrounding countryside. Vista House, built in 1916, is an observatory at the site housing a museum, gift shop, and display of area historic and geologic points of interest.



Oregon vineyard
Jenny Hill



Multnomah Falls
Sumio Koizumi

READY, SET, GO

National championship veterans and newbies won't want to miss this event at the Mt. Hood Community College Aquatic Center. The 2016 USMS Summer National Championship offers you a rare opportunity to race some of the fastest Masters swimmers in the nation, reunite with old friends, meet new ones, and breathe in the beauty of Oregon.

ORDER OF EVENTS

Wednesday, August 17

1500 freestyle*

Thursday, August 18

400 IM

100 breaststroke

200 freestyle

50 backstroke

100 butterfly

Friday, August 19

800 freestyle

50 breaststroke

200 IM

200 freestyle relay

Saturday, August 20

400 freestyle

50 freestyle

200 butterfly

100 backstroke

200 mixed freestyle relay

200 mixed medley relay

Sunday, August 21

200 backstroke

50 butterfly

200 medley relay

200 breaststroke

100 freestyle

*You may enter either the 800 freestyle or the 1500 freestyle, but not both. Swimmers entering the 1500 must meet the NQT.

CHECK-IN DEADLINES

Positive check-in is required for the 400 IM and 400, 800, and 1500 freestyles, and all 200s. Check-in may be done in person at the registration area or via the Internet at usms.org according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Weds., August 17	1500 freestyle	Tues. 3-7 p.m.-Weds. by 7 a.m.	Mon. 7 a.m.-Weds. by 7 a.m.
Thurs., August 18	400 IM 200 freestyle	Tues. 3-7 p.m.-Thurs. by 7 a.m. Tues. 3-7 p.m.-Thurs. by 7 a.m.	Mon. 7 a.m.-Thurs. by 7 a.m. Mon. 7 a.m.-Thurs. by 7 a.m.
Fri., August 19	800 freestyle 200 IM	Tues. 3-7 p.m.-Fri. by 7 a.m. Tues. 3-7 p.m.-Fri. by 7 a.m.	Mon. 7 a.m.-Fri. by 7 a.m. Mon. 7 a.m.-Fri. by 7 a.m.
Sat., August 20	400 freestyle 200 butterfly	Tues. 3-7 p.m.-Sat. by 7 a.m. Tues. 3-7 p.m.-Sat. by 7 a.m.	Mon. 7 a.m.-Sat. by 7 a.m. Mon. 7 a.m.-Sat. by 7 a.m.
Sun., August 21	200 backstroke 200 breaststroke	Tues. 3-7 p.m.-Sun. by 7 a.m. Tues. 3-7 p.m.-Sun. by 7 a.m.	Mon. 7 a.m.-Sun. by 7 a.m. Mon. 7 a.m.-Sun. by 7 a.m.

*All times are Pacific Daylight Time. Check-in for all 200 events is 7 a.m. on the day the event is swum.

CONTACT INFORMATION

usms.org
facebook.com/usmasters
swimmingfanpage

Meet Directors:

Dennis Baker
bakeswim@yahoo.com
503-679-4601

Tim Waud
timpwaud@gmail.com
503-341-3152

USMS National Office
info@usms.org
1-800-550-SWIM (7946)

2016 U.S. MASTERS SWIMMING SUMMER NATIONAL CHAMPIONSHIP

Sanctioned by the Oregon LMSC for USMS. Sanction number 376-S002.

Location

Mt. Hood Community College, 26000 SE Stark St., Gresham, OR 97030 503-491-7243

Facilities

Mt. Hood Community College Aquatic Center includes an outdoor, 50-meter championship pool with eight 2.5-meter-wide lanes. Water depths range from 6 to 16 feet and the pool will be maintained at 79 to 81 degrees F. Parking and seating is available for 4,000 participants and spectators. The Matrix scoreboard is Daktronics and starting blocks are S.R. Smith. The center is at sea level—Mount Hood is a 45-minute drive away.

The adjacent, six-lane, 25-yard indoor pool, which will serve as the warm-up and cool-down pool, runs from 3.5 to 13 feet deep and will be kept at a temperature of 80-82 degrees F.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of August 16, 2016. Swimmers turning 18 after the meet entry deadline and by August 16, 2016, must enter the meet by the meet entry deadline and register for USMS either before or on August 16. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC." (See Paper Entries.) International entries must include a copy of the swimmer's Masters swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of December 31, 2016, except for 18-year-olds, who must be 18 by August 16, 2016. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 ... (40-year increments as high as necessary). The aggregate age of the four relay-team members shall determine the age group.

Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement, and liability release. Registration

will be held at the Mt. Hood Community College Aquatic Center on August 16 from 3 to 7 p.m., and on all other days from 6:30 a.m. through the end of competition.

Seeding

Women's heats will precede men's heats for each event, except that men's and women's heats may be seeded together for the 400, 800, and 1500 freestyles. A decision regarding this will be announced at usms.org by July 25, 2016. The 1500 and 800 freestyles will be seeded slowest to fastest by entry time, regardless of age. The 400 free and 400 IM may be seeded slowest to fastest by entry time, regardless of age. The 200-meter events will be deck seeded and may be seeded by entry time, regardless of age, for each gender, if the timeline is too long. A decision regarding this will be announced at usms.org by July 25, 2016. All 50 and 100 events will be preseeded by age group, with the oldest age groups first, slowest to fastest within each group.

Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event and the swimmer shall not be permitted to swim that event at another time.

Meet Roster

A real-time meet roster including name, age, gender, and club will be available on the meet information page at usms.org/comp/lcnats16. Please verify your information and contact meetentry@usms.org with any concerns by July 18, 2016.

Heat and Psych Sheets

Psych sheets for all individual events will be available on the usms.org website on or about July 25, 2016. Heat sheets for preseeded events will be available online around August 5, 2016. Heat sheets for deck-seeded events will be posted at various places around the pool deck and on Meet Mobile for swimmers after the check-in deadlines.

Meet Start Times

The competition will start at 8 a.m. every day unless it is determined that the timeline will go too late into the day; then competition may start as early as 7:30 a.m. on any day. Meet start times will be announced at usms.org by August 1, 2016. Warm-ups in the competition pool will be shortened if necessary to accommodate an earlier start time.

Warm-up Times

The competition pool will be open for warm-up on Tuesday, August 16, from 3 to 7 p.m. On competition days, the competition pool will be open from 6:30 until 7:50 a.m. and the warm-up pool will be available from 7:30 a.m. until the conclusion of the final event each day. The competition pool will also be open for warm-up for 30 minutes following the last heat of the 400 IM, 800 freestyle, and 400 freestyle on Thursday, Friday, and Saturday, respectively. The competition pool will be open for at least 30 minutes following the last event each day. On Wednesday, August 17, the competition pool will remain open until 5 p.m. or 30 minutes following the last heat of the 1500 freestyle, whichever is later.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the premeet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event shall be scratched from that event and shall not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches, and officials are encouraged to attend or be represented at a general meeting in the aquatic center bleachers on Tuesday, August 16, at 5 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

Hospitality

VIP hospitality, which will include breakfast, lunch, snacks, and drinks, is \$110 and the pass can be ordered on the meet entry form.

Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/lcnats16. Online registration will open no later than May 15, 2016, and will close at midnight Pacific Daylight Time on July 18, 2016. The meet surcharge increases from \$55 to \$65 on June 28, 2016. (see Entry Deadline/Variable Surcharge/Mail Entry for dates

applying to both online and paper registration).

Paper Entries

Paper entry forms can be downloaded at usms.org/comp/lcnats16 or will be mailed upon request by calling 1-800-550-SWIM (7946). Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. For 18-year-olds who will turn 18 after the meet entry deadline and before the first day of the meet, they must enter the meet by the meet entry deadline, and must register with USMS either before or on August 16, 2016. A legible copy of a foreign swimmer's Masters registration card must accompany the entry form. A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a copy of a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

Fees

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See Entry Deadline/Variable Surcharge.) Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by July 25, 2016. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "U.S. Masters Swimming."

Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight Pacific Daylight Time on July 18, 2016. If entry is received by June 27, 2016, the surcharge is \$55. If entry is received after June 27 and by July 18, 2016, the surcharge is \$65. Entries received after July 18, 2016, will be returned to sender. No telephone or email entries will be accepted. Mail paper entries early (include a self-addressed stamped envelope with entry for proof of receipt). Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and

verification. Mail paper entries to: USMS Spring Nationals, P.O. Box 185, Londonderry, NH 03053-0185.

National Qualifying Times/Number of Events/Sixth Event

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs (i.e., have swum a time equal to or better than the NQT during the past two years). Exception: Competitors entering the 1500 free must meet the NQT. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column. No refunds will be given if the sixth event is dropped. A decision on the sixth event will be announced at usms.org by July 22, 2016. If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the previous two years, the meet director may, after a discussion with the swimmer, change the seed time to a realistic time.

Distance Events (800/1500)

Swimmers may enter either the 800 or the 1500 free, but not both. Swimmers entering the 1500 free must meet the NQT.

Relay Information

Swimmers can enter relays until 3 p.m. on the day before the relay is scheduled. Relay-only swimmers (i.e., not entered in an individual event), must have entered the meet and paid the surcharge by the meet entry deadline. Each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fee is in addition to individual entry fees. Relay entry forms are available for download at usms.org.

Time Verification (Formerly OVCs)

Swimmers wishing to have times entered into SWIMS (USA Swimming times database) must complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

Service Animals

Please contact the meet director by July 18, 2016, if you require the use of a service animal. Animals other than service animals will not be permitted on deck at the venue.