

2026 GACC Summer Sunshine SCM MEET
August 29, 2026 (Saturday)
Gold's Gym Camas (Camas, WA)

Sanctioned by Oregon Masters Swimming, Inc. for USMS Inc.

Sanction: 376-Sxxx

Hosted by: Gold's Aquatic Club Camas

MEET DIRECTOR: Nick Benvenuti, nicholasb@goldsgym1965.com

MEET REFEREE: Jacki Allender, jacki.allender@gmail.com

Location: Gold's Gym Camas, 2950 NW 38th Ave, Camas, WA 98607 (360-834-8506)

FACILITY: Gold's Gym Pool (formerly Lacamas/Grass Valley Aquatic Center) is an indoor pool, 25 meters, with 8 lanes. The length of the competition course, without a bulkhead, is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1B.

FACILITY DETAILS:

- 8 lane scoreboard display.
- Locker rooms and bathrooms are located in a separate building requiring swimmers to be outdoors for a short period of time. There are showers on deck in the pool area. Swimmers and spectators are NOT allowed in Gold's Gym.
- The primary timing system will be automatic timing with button(s) and watch(s) backup. Times from this competition are eligible for AQUA/USMS Top Ten and records.
- There are bleachers on the pool deck and swimmers can bring their own chairs.
- Parking adjacent to the pool and changing building.
- Backstroke wedges will be set to conform with USMS and World Aquatics standards.

ELIGIBILITY: To be eligible for competition, including participation in warm-ups, members must be 18 years of age or older on August 29, 2026. Non-member swimmers may become USMS members by joining online at www.usms.org/reg/. USMS One-Event Registration (OEV) is not available. Foreign swimmers may participate upon presenting proof of current registration with their country's Masters Swimming governing body. Foreign swimmers are not eligible for USMS Top 10, USMS Records, nor All-American awards.

RULES: Current US Masters Swimming and Oregon Masters Swimming (OMS) Policies will govern all aspects of this meet. The USMS Rules can be found at www.usms.org.

MEET SCHEDULE:

Date	Warm-Up	Competition
August 29, 2026	8:00 – 8:50 am	9:00 am

ENTRY DEADLINE: USMS entries must be received by 11:59 P.M. Monday, August 24, 2026

AGE DETERMINATION: Your age is determined by your age as of December 31, 2026.

ON-LINE ENTRIES: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=22152

MEET ENTRY FEES: \$40.00 Online entries are paid by credit card to "Oregon Masters."

AGE GROUPS: 18-24, 25-29, 30-34, etc. Relay age groups: 72-99, 100-119, 120-159, 160-199, etc.

ENTRY LIMITS: Swimmer may enter a maximum of 5 individual events and 3 relays (one per block)

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HEAT SHEETS: Heat sheets will be posted in several places around the pool. They will also be electronically distributed to entrants prior to the day of the meet along with other meet information. Heat Sheets will be available on Meet Mobile and SwimPhone.

MEET RESULTS: Results will be posted in the pool area, on Meet Mobile, and will be available on www.swimoregon.org.

AWARDS: Ribbons will be awarded to 1st - 3rd places.

MEETINGS: Officials' meeting will be held 45 minutes prior to the start of the meet.

WARM-UP AND WARM-DOWN PROCEDURES: General warm-up in all lanes will follow Oregon Masters Policies. Step-in Feet First entries in a safe and cautious manner – do not jump up or out. With approximately 30 minutes remaining in warm-up, a single one-way sprint lane will be made available for forward and backstroke starts. Oregon Masters Policies prohibit the use of training equipment (kickboards, pull buoys, paddles, snorkels, fins, etc.) during warm-up and warm-down. General Warm-up will close 10 minutes prior to the start of competition.

CONTINUOUS WARM-UP AND WARM-DOWN SPACE: Throughout the competition, at least one lane will be available for continuous warm-up and warm-down. Feet First entries are required. In accordance with OMS rules, training equipment of any kind is NOT permitted during warm-up or warm-down.

RESTRICTIONS: Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted 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. Deck changing is prohibited.

CAMERAS, VIDEO EQUIPMENT, AND DRONES: The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races including relay starts. The use of audio and/or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms. Operation of drones, or any other flying apparatus, is prohibited over the venues (pool, athlete/coach areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

SPLIT REQUESTS: Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, or semiautomatic if automatic fails). The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim. Other than relay leadoff and initial backstroke splits, the swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. Split Request Forms may be obtained at the Clerk of Course table.

SEEDING METHOD: Events will be seeded slow to fast by time without regard to age or gender.

RELAYS: The 400 Free, 400 Medley, and 800 Free Relays will be offered if time permits. Relay members should be prepared to provide their own timers. Swimmers may enter only one 400 Free Relay, one 400 Medley Relay, and one 800 Freestyle relay. Meet Administration may combine Relays to save time.

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Check-in Deadlines:

- **400 Individual Medley** – prior to Event 3 (200 Freestyle)
- **400 Freestyle** – prior to Event 13 (100 Freestyle)
- **400 Free, 400 Medley, and 800 Free Relays** – Prior to event 15 (50 Backstroke)

ORDER OF EVENTS:

Saturday, August 29, 2026 (8:00 – 8:50 am warm-up, 9:00 am – Start)

- | | | |
|-------------------------------------|---------|--|
| 1 | Mixed | 200 Individual Medley |
| 2 | Mixed | 50 Breaststroke |
| 3 | Mixed | 200 Freestyle |
| 4 | Mixed | 100 Butterfly |
| [Short Break] | | |
| 5 | Mixed | 400 Individual Medley (limited to 12 swimmers – no waitlist) |
| 6 | Mixed | 100 Backstroke |
| 7 | Mixed | 200 Breaststroke |
| 8 | Mixed | 50 Freestyle |
| [Short Break] | | |
| 9 | Mixed | 100 Individual Medley |
| 10 | Mixed | 50 Butterfly |
| 11 | Mixed | 200 Backstroke |
| 12 | Mixed | 200 Butterfly |
| [Short Break] | | |
| 13 | Mixed | 100 Freestyle |
| 14 | Mixed | 100 Breaststroke |
| 15 | Mixed | 50 Backstroke |
| 16 | Mixed | 400 Freestyle (limited to 24 swimmers – no waitlist) |
| [Short Break] | | |
| Relays will be run if time permits. | | |
| 17 | Men's | 400 Free Relay |
| 18 | Women's | 400 Free Relay |
| 19 | Mixed | 400 Free Relay |
| 20 | Men's | 400 Medley Relay |
| 21 | Women's | 400 Medley Relay |
| 22 | Mixed | 400 Medley Relay |
| 23 | Men's | 800 Free Relay |
| 24 | Women's | 800 Free Relay |
| 25 | Mixed | 800 Free Relay |