



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

- Sanction No:** **Meet Sanction #: Pending.**
Time Trial Sanction #: Pending.
- Sponsor:** Mt. Hood Aquatics
P.O. Box 129
Gresham, Oregon 97030
Website: www.mthoodaquatics.org
- Location:** Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030
Pool Phone: 503-491-7243
- Directions:** Take I-84 to the Troutdale Exit (Eastbound) or Exit 17 (Westbound). Continue past fast food restaurants, turn right at light on 257th. Continue up 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.
- Facility:** Outdoor pool, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. Parking available and seating for 3,000 spectators. The indoor pool (25 yards by 15 yards) will be available for warm-up/cool down swims during the afternoon sessions. Swim venue includes: All areas enclosed in the indoor pool natatorium and the outdoor pool area. Daktronic electronic timing system. Facilities are accessible for swimmers with disabilities and they are encouraged to participate.
Open pool deck areas available for swimmers, coaches, and officials only.
- Meet Referee(s):** Al Smith & Stan Benson
- Meet Director(s):** Cherie Strand and Dawn Main
21508 S.E. Salmon Street
Gresham, Oregon 97030
(503) 667-1907
lunyone@yahoo.com



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

- Eligibility:** This meet is open to all swimmers who are currently registered with USA Swimming or registered with a USA Swimming recognized foreign federation, who have achieved the entry qualifying time standard or above in their respective age group on the events entered. Swimmers may enter a maximum of 3 individual events per day, 10 total individual events for the meet. Swimmers must not be entered in the Howard Jones Memorial C Meet Invitational. No on deck registration will be permitted. All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the Clerk of Course or Meet Director prior to warm-ups to be assigned one.
- Qualifying Time Standards:** 12 & U Sessions: Relaxed OSI LCM B Standard
13 & Over Sessions: OSI LCM B Time Standard
MHA reserves the right to enter a limited number of swimmers who have not achieved the minimum time standards.
- Meet Limit:** 12 & Under session is limited to the first 350 swimmers.
13 & Over session is limited to 3,000 splashes.
- Entry Limit:** Swimmers may enter a maximum of three (3) individual events per day (total of ten (10) individual events) and up to three (3) relays for the meet.
Relay entries are limited to A, B, and C for each team per relay event.
- Entry Fees:** \$6.00 Swimming Surcharge per swimmer (\$3.00 facility fee/\$3.00 OSI surcharge).
\$2.00 Individual Event Fee
\$8.00 Relay Fee
FEES MUST ACCOMPANY MEET ENTRY FORM
Make check payable to: **Mt. Hood Aquatics**
- Entries:** **Entry acceptance period begins: Noon, Wednesday, May 13th, 2009. NO EARLIER PLEASE! Early entries will not be accepted!**
Team Manager Event file will be available for download on MHA website (www.mthoodaquatics.org) by April 25th, 2009. Events will be filled on a first-come, first-serve basis.
- Teams with Hy-Tek capability are strongly encouraged to submit a Commlink entry File (cfile01.cl2) or by zipped e-mail file.**
Entries that require manual entry by MHA must be clearly legible. MHA will make every effort to correctly enter manual times, but are not responsible for data entry errors due to illegible entries. Hy-Tek Meet Manager Software will be used for the meet. Swimmers' ages as of 6/18/2009 and USA Swimming registration numbers must be included.



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

The following must be received by the Meet Entry Address on or before Entry Deadline:

- a.) For Hy-Tek Entries:
 - 1. Hardcopy of the Hy-Tek TM "Meet Entries Report."
 - 2. Hardcopy of the Hy-Tek TM "Meet Entry Fee Report."
 - 3. Disk with Team's entries.
 - 4. Full Payment (indicate which team if writing a personal check).
 - 5. Master Entry Fee Summary (signed).
- b.) If using the Meet Entries form (not using Hy-Tek), a hardcopy of the meet entry form legibly filled out and full payment (indicate which team if writing a personal check). Include the Master Entry Fee Summary (signed).
- c.) Please send Howard Jones Memorial C Meet Invitational entries separately.

Entry times should be Long Course Meters (LCM) only. Short Course Yards (SCY) and Short Course Meters (SCM) qualifying times are to be entered at the LCM qualifying standard.

Entry Deadline: Full payment with all required items listed in the above Entries Section must be received at Entry Address as follows:

Please note that this meet tends to fill earlier than the entry deadline.

- a.) E-mail Entries: Email with attached Hy-Tek Commlink Entry File (cfile01.cl2) and Meet Entry Report in Word or PDF format on or before Monday, June 8, 2009 by 6 p.m. (Pacific). Full payment **with all required items listed in the above Entries Section must be received on or before June 12, 2009.**
- b.) Mail/Courier Entries: Full payment with all required items listed in the above Entries Section must be received on or before Monday, June 8, 2009.

Please mark any courier delivered packages: "NO SIGNATURE REQUIRED".

Entries received after the Entry Deadline will not be accepted.

Updates of entry times will not be accepted.

Phone entries will not be accepted.

DO NOT LEAVE ENTRIES AT THE POOL.

Entry Address: MHST
c/o Vicky Brunelle
mhaentries@gmail.com
35 N.W. 12th Street
Gresham, Oregon 97030



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

**Check-In and
Scratches:**

12 & UNDER/MORNING SESSIONS: All events in 12 & under morning sessions will be heat seeded.

13 & OVER/AFTERNOON SESSIONS: All events in the 13 & over session will be deck seeded. **Positive check-in is required for all events for all swimmers for seeding purposes in the 13 and over sessions.** Swimmer(s) not positively checked in by the required time stated below will not be seeded. Failure to scratch 30 minutes prior to the start of an event, and not swimming the event, will result in the swimmer being barred from the next individual event entered on that day or the next meet day, whichever is first.

THURSDAY, JUNE 18, 2009

For seeding purposes, positive check-in is required one hour prior to start of this session. Scratches will be accepted up to 30 minutes prior to the start of the event without penalty.

FRIDAY/SATURDAY/SUNDAY, JUNE 19 – 21, 2009

For seeding purposes, teams present in the prior day's meet are required to positively check in at least 1-1/2 hours before the conclusion of the previous day's session for events occurring the following day, e.g. check-in for events scheduled on Friday 1-1/2 hours before the end of the session on Thursday.

For teams not present in the prior day's meet, positive check-in is required one (1) hour prior to the start of a respective session. Scratches will be accepted up to 30 minutes prior to the start of an event without penalty.

Restrictions:

TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SKATEBOARDS OR DOGS are allowed on the MHCC campus. Shaving is NOT permitted in the facility. **Only coaches, swimmers, and work volunteers will be permitted on the deck.**

Rules:

Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

Timeline:

If the projected length of a session exceeds 4-1/2 hours, the Meet Referee, in consultation with Mt. Hood Aquatics, reserves the right to "double end" the meet (starts from both ends of the pool).

Scoring:

Individual: 9-7-6-5-4-3-2-1 with ribbons to 8th place.
(Open 1500 Free: Event 1 & 2 and Open 800 Free-Event 69 & 70 will be scored as 12 & Under, 13-14 and 15 & over)
Relay: 18-14-12-10-8-6-4-2 with ribbons to 8th place.
Awards will be given for 1st, 2nd, and 3rd place Teams and Individual High Point.



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

- Times:**
- | | |
|----------------------|--|
| 12 & Under Warm-ups: | 7:00 a.m. |
| Times Finals: | 8:00 a.m. |
| 13 & Over Warm-ups: | Immediately following the completion of the morning session. |
| Times Finals: | 1-1/2 hours after warm-ups start (time will be announced). |
- Safety:** Current Oregon Swimming safety guidelines and warm-up procedures will be strictly enforced.
- Timers:** Each team will be given timing assignments. Please encourage timers to report to the head timing area prior to the start of the meet. Swimmers/clubs are responsible for providing their own timers and counters for the 800 Freestyle and 1500 Freestyle events. Lanes for these events with no timers will go unprotected.
- Time Trials:** **Time trial swimmers must be entered in the meet database to participate in time trials.** Time trials will be held upon time permitting immediately following each session. Swimmers may enter a maximum of one (1) time trial per day per swimmer, not to exceed the total three (3) individual events per day limit. Each swimmer will provide timers and counter if needed. Lanes with no timers will go unprotected. Entries must be turned into the Clerk of Course with fee (\$5.00/Individual) one hour before the projected end of the session.



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

THURSDAY – JUNE 18, 2009

- SESSION 1 -

Warm-ups start at 4:00 p.m. Timed finals start at 5:00 p.m.

Girls		Boys
Event #	Event Name	Event #
1	Open 1500 Freestyle	2
22:39.29		22:08.89

Event 1 & 2: 1500 FREESTYLE: Heats will be swum fastest to slowest alternating boys and girls.
 May be limited to the fastest 8 heats depending on the meet timeline.
 Some or all of the heats may be swum 2 per lane.
 Swimmers/clubs are responsible for providing their own timers and counters.
 Scored as 12 & Under, 13-14 and 15 & Over

FRIDAY – JUNE 19, 2009

- SESSION 2 – 12 & UNDER -

Warm-ups start at 7:00 a.m. Timed finals start at 8:00 a.m.

Girls		Boys
Event #/Qualifying Time	Event Name	Event #/Qualifying Time
3	12 & Under 400 Freestyle	4
6:35.59		6:44.09
5	10 & Under 100 Butterfly	6
2:14.99		2:18.59
7	11-12 100 Butterfly	8
1:43.99		1:43.69
9	10 & Under 50 Freestyle	10
45.99		47.29
11	11-12 50 Freestyle	12
36.39		37.89
13	10 & Under 200 IM	14
4:17.39		4:17.39
15	11-12 200 IM	16
3:32.59		3:28.09

Event 3 & 4: 400 FREESTYLE: May be limited to the fastest 8 heats depending on the meet timeline



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

FRIDAY, JUNE 19, 2009
- SESSION 3 – 13 & OVER -
Starts 90 minutes after end of morning session.

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
17	11:20.49	Open 800 Free Relay	18	10:04.09
19	1:23.19	13-14 100 Butterfly	20	1:23.49
21	3:16.59	Open 200 Butterfly	22	2:53.39
23	34.09	13-14 50 Freestyle	24	32.59
25	33.09	Open 50 Freestyle	26	29.59
27	1:25.69	13-14 100 Backstroke	28	1:25.79
29	3:00.59	Open 200 Backstroke	30	2:47.39
31	3:31.99	13-14 200 Breaststroke	32	3:27.89
33	1:36.79	Open 100 Breaststroke	34	1:26.69
35	6:03.39	13-14 400 Medley Relay	36	5:54.39
37	5:26.39	Open 400 Freestyle	38	5:08.29

Event 37 & 38: 400 FREESTYLE: May be limited to the fastest 8 heats depending on the meet timeline

SATURDAY – JUNE 20, 2009
- SESSION 4 – 12 & UNDER -
Warm-ups start at 7:00 a.m. Timed finals start at 8:00 a.m.

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
39	3:40.09	10 & Under 200 Freestyle	40	3:47.49
41	3:04.59	11-12 200 Freestyle	42	3:02.29
43	55.19	10 & Under 50 Backstroke	44	57.19
45	45.39	11-12 50 Backstroke	46	45.39
47	2:15.59	10 & Under 100 Breaststroke	48	2:17.79
49	1:57.19	11-12 100 Breaststroke	50	1:57.79
51	5:46.49	12 & Under 400 Free Relay	52	5:32.89



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

SATURDAY – JUNE 20, 2009

- SESSION 5 – 13 & OVER -

Starts 90 minutes after the end of the morning session.

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
53	5:59.59	Open 400 Medley Relay	54	5:15.69
55	2:40.29	13-14 200 Freestyle	56	2:35.59
57	1:12.79	Open 100 Freestyle	58	1:04.69
59	6:39.29	13-14 400 IM	60	6:29.09
61	3:00.29	Open 200 IM	62	2:43.39
63	1:38.99	13-14 100 Breaststroke	64	1:35.69
65	3:24.99	Open 200 Breaststroke	66	3:09.79
67	5:20.39	13-14 400 Freestyle Relay	68	4:57.99
69	11:39.99	Open 800 Freestyle	70	10:59.99

Event 59 & 60: 400 IM:

Event 69 & 70: 800 FREESTYLE:

May be limited to the fastest 8 heats depending on the meet timeline.

Heats will be swum fastest to slowest alternating boys and girls.

May be limited to the fastest 8 heats depending on the meet timeline.

Some or all of the heats may be swum 2 per lane.

Swimmers/clubs are responsible for providing their own timers and counters.

Scored as 12 & Under, 13-14 and 15 & Over.

SUNDAY – JUNE 21, 2009

- SESSION 6 – 12 & UNDER -

Warm-ups start at 7:00 a.m. Timed finals start at 8:00 a.m.

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
71	6:32.59	12 & Under 400 Medley Relay	72	6:16.89
73	57.07	10 & Under 50 Butterfly	74	58.59
75	42.39	11-12 50 Butterfly	76	44.19
77	2:00.99	10 & Under 100 Backstroke	78	2:02.09
79	1:36.49	11-12 100 Backstroke	80	1:38.19
81	1:45.49	10 & Under 100 Freestyle	82	1:46.69
83	1:23.29	11-12 100 Freestyle	84	1:22.59
85	1:03.49	10 & Under 50 Breaststroke	86	1:05.19
87	50.69	11-12 50 Breaststroke	88	51.39



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

SUNDAY – JUNE 21, 2009

- SESSION 7 – 13 & OVER -

Timed finals start 90 minutes after the end of the morning session.

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
89	5:08.39	Open 400 Freestyle Relay	90	4:35.99
91	3:16.69	13-14 200 Butterfly	92	3:10.09
93	1:20.89	Open 100 Butterfly	94	1:12.89
95	3:04.89	13-14 200 IM	96	2:58.19
97	6:28.59	Open 400 IM	98	5:55.39
99	1:14.39	13-14 100 Freestyle	100	1:11.69
101	2:34.99	Open 200 Freestyle	102	2:21.89
103	3:02.79	13-14 200 Backstroke	104	3:00.79
105	1:23.69	Open 100 Backstroke	106	1:16.39
107	5:39.99	13-14 400 Freestyle	108	5:36.59

Event 97 & 98: 400 IM:

May be limited to the fastest 8 heats depending on the meet timeline

Event 107 & 108: 400 FREESTYLE:

May be limited to the fastest 8 heats depending on the meet timeline



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

MEET ENTRY FORM

Mt. Hood Aquatics
Howard Jones Memorial Long Course Invitational
June 18-21, 2009

Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030

TEAM NAME: _____

TEAM ADDRESS: _____

COACH NAME: _____

HY-TEK ENTRY DISK : YES () NO ()

HY-TEK INDIVIDUAL MEET ENTRIES REPORT: YES () NO ()
 (If NO is checked, please fill in the following individual meet entries.)

****All handwritten entries must be legible or are subject to not being entered into the meet.**

INDIVIDUAL MEET ENTRIES (Copy this page if requires more spaces):

USS ID	NAME	AGE As of 6/18/09	EV#/ TIME	EV#/ TIME	EV#/ TIME	EV#/ TIME	EV#/ TIME	EV#/ TIME	EV#/ TIME
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

MEET ENTRY FORM

Mt. Hood Aquatics
Howard Jones Memorial Long Course Invitational
June 18-21, 2009

Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030

****All handwritten entries must be legible or are subject to not being entered into the meet.**
INDIVIDUAL MEET ENTRIES (Copy this page if requires more spaces):

RELAY MEET ENTRIES:

TEAM NAME:

TEAM ADDRESS:

COACH NAME:

TEAM	DESIGNATOR	EVENT #	ENTRY TIME
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE INVITATIONAL
(FORMERLY THE JUNE OPEN)
JUNE 18th -21st, 2009

Held under the sanction of USA Swimming, Inc.

MEET ENTRY FORM

Mt. Hood Aquatics
Howard Jones Memorial Long Course Invitational
June 18-21, 2009

Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030

ENTRY FEE SUMMARY:

Total Cost of Individual Events (\$2.00 x # of Entries): \$ _____
Total Cost of Relay Entries (\$8.00 x # of Relays): \$ _____
Total Swimmers (\$6.00 x # of Swimmers): \$ _____
Team Total: \$ _____
(Checks to Mt. Hood Aquatics)

THE FOLLOWING STATEMENT MUST BE SIGNED BY COACH OR TEAM REPRESENTATIVE:

I have read the meet information and attest that all swimmers entered from my team are members of United States Swimming, Inc.

(Signature of Coach or Meet Representative) _____

Team Name: Team Code: _____

Coach(es) Attending Meet: _____

Contact Person Phone #: (____) _____

Contact Person E-Mail: _____

****Please mark any courier delivered packages: "NO SIGNATURE REQUIRED"**

****TOTAL ENTRY FEES MUST ACCOMPANY WITH THIS FORM and Make checks payable to:
Mt. Hood Aquatics**