



MT. HOOD AQUATICS

HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL

JULY 6-8, 2018

Sanction	Meet Sanction # PENDING Time Trial Sanction #PENDING Held under the sanction of USA Swimming, Inc. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. It is further understood and agreed Oregon Swimming, and Mt. Hood Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.		
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 17 th Street. Take first left into parking lot. The pool is on the left behind the soccer field.		
Facility	The outdoor competition pool is 50 meters by 25 yards, 8 lanes, 2.5 meters per lane; the start end of the competition course is 16.0 feet deep; the turn end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems added during the 2007 renovation. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The competition course has been certified in accordance with 104.2.2C(4). and is on file with USA Swimming. Open pool deck areas available for swimmers, coaches, and officials only.		
Meet Referee	Judi Creech jjjcreech@comcast.net	Admin Official	Mike Simon simon732@msn.com
Meet Director Chair	Jody Rash coachjodymha@gmail.com	Co-Meet Directors	Christine Logue christine@ortrucking.org
Meet Host	Mt Hood Aquatics www.mthoodaquatics.org		Matt Doyle oldestdoyle@gmail.com
Meetings Schedule & Location	Officials Meetings One hour before the start of each session Coaches Meeting 1:15 pm Friday, July 6th & as needed, per the Meet Referee Coaches & Officials Meetings will be conducted in the Hospitality Room (GE 201)		
Meet Schedule	Friday PM - OPEN Session Warm-ups: 12:00 PM (Noon) Timed Finals: 1:30 PM Sat/Sun AM - 10U Sessions Warm-ups: 8:00 AM Timed Finals: 9:00 AM Sat/Sun PM - OPEN Sessions Warm-ups: Immediately after conclusion of AM 10U sessions Timed Finals: 60 Min after conclusion of AM sessions - Start Time TBA The Indoor 25Y pool will be available for warm-ups/warm-downs during the OPEN sessions of competition		



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ORDER OF EVENTS

FRIDAY AFTERNOON * JULY 6, 2018

****OPEN SESSION****

Warm Ups @ 12:00 pm (Noon) * Timed Finals @ 1:30 pm

Women's Event #	Event Name	Men's Event #
1	Open 200 Backstroke	2
3	Open 400 Freestyle Relay	4
5	Open 50 Backstroke	6
7	Open 200 Breaststroke	8
9	Open 50 Breaststroke	10
11	Open 100 Freestyle	12
13	Open 400 IM (A)	14

(A) Coaches are responsible for positive check-in of their athletes at the Clerk of Course *no later than 15 min after the start of warm ups*

SATURDAY MORNING * JULY 7, 2018

****10&U SESSION****

Warm Ups @ 8:00 am * Timed Finals @ 9:00 am

Women's Event #	Event Name	Men's Event #
15	10&U 200 Freestyle	16
17	10&U 50 Freestyle	18
19	10&U 100 Backstroke	20
21	10&U 50 Breaststroke	22
23	10&U 100 Butterfly	24
25	10&U 200 Medley Relay	26

SATURDAY AFTERNOON * JULY 7, 2018

****OPEN SESSION****

Warm-ups: Immediately after conclusion of AM sessions

Timed Finals: 60 Min after conclusion of AM sessions

Start Time TBA

Women's Event #	Event Name	Men's Event #
27	Open 200 IM	28
29	Open 400 Medley Relay	30
31	Open 50 Butterfly	32
33	Open 200 Butterfly	34
35	Open 100 Backstroke	36
37	Open 50 Freestyle	38
39	Open 400 Freestyle (B)	40

(B) Coaches are responsible for positive check-in of their athletes at the Clerk of Course *no later than 15 min after the start of warm ups*



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ORDER OF EVENTS

SUNDAY MORNING * JULY 8, 2018

****10&U SESSION****

Warm Ups @ 8:00 am

Timed Finals @ 9:00 am

Women's		Men's
Event #	Event Name	Event #
41	10&U 200 IM	42
43	10&U 50 Backstroke	44
45	10&U 100 Freestyle	46
47	10&U 50 Butterfly	48
49	10&U 100 Breaststroke	50
51	10&U 200 Freestyle Relay	52

SUNDAY AFTERNOON * JULY 8, 2018

****OPEN SESSION****

Warm-ups: Immediately after conclusion of AM sessions

Timed Finals: 60 Min after conclusion of AM sessions

Start Time TBA

Women's		Men's
Event #	Event Name	Event #
53	Open 100 Breaststroke	54
55	Open 200 Freestyle	56
57	Open 100 Butterfly	58
59	Open 1500 Freestyle (C)	60

(C) Coaches are responsible for positive check-in of their athletes at the Clerk of Course *no later than 15 min after the start of warm ups*

SUNDAY AFTERNOON * JULY 8, 2018

****TIME TRIALS****

Warm-ups: Immediately after conclusion of PM sessions

Start Time TBA



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Rules

Current USA Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines & Warm-up Procedures will be in effect and strictly enforced.

The age of the swimmer will be his/her age as of July 6, 2018, the first day of competition.

All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make these arrangements prior to the start of warm-ups and to so notify the Meet Referee.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Restrictions

ONLY COACHES, OFFICIALS, SWIMMERS, & MEET VOLUNTEERS ARE PERMITTED ON DECK.

The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, rest rooms, or locker rooms.

Photography is not allowed behind the blocks during the start of a race or relay exchange.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.

Deck changes are prohibited.

Shaving is not permitted anywhere in the facility.

Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the venue.

No skateboards allowed on the MHCC campus.

Only Service Animals permitted on the MHCC Campus.

NO overnight camping allowed on the MHCC Campus.

Format

ALL EVENTS WILL BE SEEDED AND SWUM FASTEST TO SLOWEST.

Meet format will be LCM, timed finals events for A/B/C athletes. Age-groups will be 10&U and OPEN.

All events will be pre-seeded, *with the following exceptions:*

- **Events 13/14 – OPEN 400 IM & Events 39/40 – OPEN 400 Freestyle**

These events will be deck-seeded, and positive check-in is required to be seeded into the event.

Coaches are responsible for positive check-in of their athletes at the Clerk of Course *no later than 15 min after the start of warm ups* for that session.

- **Events 59/60 – OPEN 1500 Freestyle**

These events will be deck-seeded, and positive check-in is required to be seeded into the event.

Coaches are responsible for positive check-in of their athletes at the Clerk of Course *no later than 15 min after the start of warm ups* for that session.

These events will be swum alternating girl's and boy's heats.

Combined women's/men's heats may be swum, at the discretion of meet management.

Athletes / teams must provide their own timers (2) and person to count (if desired).

Eligibility

This meet is open to all swimmers of invited teams who are currently registered with USA Swimming or registered with a USA Swimming recognized foreign federation **No on-deck registration will be permitted.**



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MEET ENTRIES

Officials	Entry into this meet implies that your team will be providing officials, and we appreciate their assistance. Please send a confirmation email with your officials' names & sessions attending to both the Meet Referee, Judi Creech: jjjcreech@comcast.net and Meet Director Chair, Jody Rash: coachjodymha@gmail.com . Trainees are welcome; please include their information also.
Entry Deadlines	Entries OPEN at 1:00 pm PST, Wednesday, May 30, 2018 and will be accepted until the meet is filled, based on the projected timelines. Entries CLOSE (must be received by) 12:00 pm (Noon) PST, Tuesday, June 12, 2018. Please note that this meet may fill prior to the entry deadline.
Payment Deadline	Friday, June 15, 2018. A signed Meet Entry Summary Form, p8 of this announcement, and payment must be received by Friday, June 15, 2018. Send payment and Meet Entry Summary Form, p8 of this announcement, to the Entry Address, below.
To Submit Entries	<ol style="list-style-type: none">1. Use Long Course Meters times for seeding. NT entries will be accepted.2. HY-TEK Meet Manager 7.0 Software will be used.3. Submit entries via email to: MHAentries@gmail.com * When emailing entries, please include a meet entry summary report (MM requested). * If you do not use HY-TEK, please contact the Meet Director.4. Ages and USA Swimming registration numbers must be included with entries.5. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.6. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director and the meet referee as to the need of any special accommodations or seeding arrangements at the time entries are submitted.
Meet Limit	10&U session entries will be limited to a projected timeline of four hours. OPEN session entries will be accepted until the meet is filled, based on the projected timeline.
Entry Limits	Each swimmer may enter up to a maximum of twelve (12) individual events, but no more than four (4) individual events per day. Each swimmer may participate in a maximum of one (1) relay per day. Teams may enter up to three (3) relay entries (A-B-C) per relay event. Sunday Time Trials Session: Individual events ONLY will be offered - swimmers may enter a maximum of two (2) individual time trial events.
Entry Fees	\$25.00 Athlete Surcharge \$3.00 Individual Event Fee \$10.00 Relay Fee \$10.00 Time Trials Fee
Meet Entry Address & Payment	MHA Meet Entries PO Box 129 Gresham, OR 97030



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- Timeline** If the projected length of an OPEN session exceeds 4 ½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust, including the use of “chase starts” and limiting the number of entries in the 400 IM, the 400 Free, and the 1500 Freestyle.
- All timeline adjustments will be announced at the initial Coaches Meeting on Day One of the meet (1:15 pm, Friday, July 6th), and/or announced & posted at Clerk of Course during the meet.**
- Time Trials** Time trials will be conducted at the discretion of the Meet Referee, time permitting, for approximately 2 hours, following the conclusion of the Sunday OPEN timed finals session.
- Time Trials will close when the maximum allowable time has been reached, or one hour before the scheduled end of the daily timed finals session, whichever comes first.**
- Individual events ONLY will be offered** - swimmers may enter a maximum of two (2) individual time trial events.
- Time Trials will be swum following the OPEN sessions event order.
- Time Trials events may be combined, such that races may be swum mixed by stroke, gender, and/or age.
- Time Trial Entry Fee: \$10.00
- Submit Time Trial entries with payment at Clerk of Course.
- Each swimmer must provide their own timers and counter.
- Time trial swimmers must be entered in the meet database and have paid the athlete surcharge to participate in time trials.**
- Timers** Teams will be assigned lanes for timing the preliminary sessions based on number of entered swimmers. After entries have been processed, timing assignments will be emailed to teams and posted on the host team’s website. Please encourage your 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 1500 Freestyle event, and for Time Trials. Lanes for these events with no timers will go unprotected.**
- Scoring** Individual: 9-7-6-5-4-3-2-1
Relays: Double of the Individual scores
- Awards** Individual events: 1st – 8th Place Ribbons
Relay events: 1st – 8th Place Ribbons
Team Awards: 1st – 3rd Place Plaques
Individual High Point Winners – Women & Men: Plaques
- Hospitality** Hospitality will be available throughout the meet for Coaches and Officials ONLY
- Concessions** Concessions are provided by the facility and are available throughout the meet.



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MEET ENTRY FORM

Submit Entries & Payment To: MHA Meet Entries
 PO Box 129
 Gresham, OR 97030
mhaentries@gmail.com

ENTRY FEE SUMMARY:

Total Cost of Individual Events (\$3.00 x # of Entries):	\$ _____
Total Cost of Relay Entries (\$10.00 x # of Relays):	\$ _____
Total Swimmers (\$25.00 x # of Swimmers):	\$ _____
Team Total:	\$ _____

TOTAL ENTRY FEES MUST ACCOMPANY THIS FORM
Make checks payable 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 _____

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