



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

- Sanction No:** **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, 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.
- Sponsor:** Mt. Hood Aquatics
PO 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 athletic fields.
- 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:** Stan Benson
bensonsandg@gorge.net
- | | | | |
|----------------------------|-----------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------------------|
| Meet Director Chair | Jody Rash
coachjodymha@gmail.com | Co-Meet Directors | Christine Logue
christine@brittlekittle.com |
| | | | Danita Ross
danitas4boys@gmail.com |
| Entry Chair | Julie Greenaway
mhaentries@gmail.com | | Kathleen Saludaes
ksaludaes@gmail.com |
| | | | Sarah Smith
sarahmorgansmith@gmail.com |
- 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. A limited number of MHA swimmers may enter the meet below the qualifying standard. **No on deck registration will be permitted.**
Swimmers must NOT be entered in the Howard Jones Memorial "C" Meet.
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.



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

- Entries** Entries may be submitted beginning Wednesday, May 11, 2016 at Noon, Pacific Time.
Entries may be submitted via email to: mhaentries@gmail.com
Entries will be accepted in the order received until the meet is filled, based on the projected timeline.
PAYMENT MUST ACCOMPANY ENTRIES.
- Entry Deadline** Wednesday, May 25, 2016 at 5:00 pm, Pacific Time.
Late entries will not be accepted.
Please note that this meet tends to fill before the entry deadline.
- Meet Limit:** **Entries will be accepted in the order received until the meet is filled, based on the projected timeline.**
- Entry Limits:** Swimmers may enter up to nine (9) individual events and up to two (2) relays, but no more than three (3) individual per day including Time Trials. Swimmers are limited to one (1) time trial per day, not to exceed the total of three (3) individual events per day. Relay entries are limited to A, B, and C for each team per relay event.
- Entry Fees:** \$20.00 Swimming Surcharge per swimmer.
\$3.00 Individual Event Fee
\$10.00 Relay Fee
\$15.00 Time Trials Fee
- To Submit Entries:** **Entries for this meet will only be accepted in the formats listed, in detail, below. Entries submitted in any other manner (telephone contact, personal delivery to the facility, etc) will NOT be accepted.**
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 is not responsible for data entry errors due to illegible entries. Hy-Tek Meet Manager Software will be used for the meet. Swimmer's age as of 6/10/16 and USA Swimming registration numbers must be included.
The followings must be received by the Meet Entry Chair on or before the 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. Full Payment (indicate which team if writing a personal check).
4. 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 entries separately.
d.) 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.

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.



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

Entry Deadlines:

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

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 **Wednesday, May 25, 2016 at 5:00 pm, Pacific Time**. Full payment and hardcopies of Hy-Tek information *previously submitted via email prior to the meet entry deadline* must be received by Friday, May 27th, 2016.

b.) **Mail/Courier Entries:** Full payment with all required items listed in the above Entries Section must be received on or before **Tuesday, May 24, 2016**.

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

**Meet Entry
Address &
Payment**

MHA Meet Entries
c/o Julie Greenaway
1409 SE 207th Ave
Gresham, OR 97030

Rules:

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

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, locker rooms, or behind the blocks.

Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited. Shaving is not permitted anywhere in the facility.

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

No skateboards allowed on the MHCC campus.

Only Service Animals permitted on the MHCC Campus.

NO overnight camping allowed on the MHCC Campus.

Safety:

Current Oregon Swimming safety guidelines and warm-up procedures will be strictly enforced.

Meet Schedule:

Friday & Sunday	Warm-ups: 8:00 AM Timed Finals: 9:00 AM	Saturday	Warm-ups: 1:30 PM Timed Finals: 2:30 PM
--------------------	--------------------------------------------	-----------------	--------------------------------------------



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

Order of Events:

FRIDAY – JUNE 10, 2016
Warm Ups 8:00 AM / Timed Finals 9:00 AM
ALL RELAYS WILL BE SWUM ON SUNDAY

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
1	6:35.59	12 & Under 400 Freestyle	2	6:44.09
3	2:14.99	10 & Under 100 Butterfly	4	2:13.49
5	1:41.89	11-12 100 Butterfly	6	1:43.69
7	45.19	10 & Under 50 Freestyle	8	45.69
9	36.39	11-12 50 Freestyle	10	37.89
11	4:17.39	10 & Under 200 IM	12	4:17.39
13	3:28.79	11-12 200 IM	14	3:28.09

SATURDAY – JUNE 11, 2016
WARM UPS 1:30 PM / TIMED FINALS 2:30 PM
ALL RELAYS WILL BE SWUM ON SUNDAY

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
15	3:40.09	10 & Under 200 Freestyle	16	3:47.49
17	3:03.79	11-12 200 Freestyle	18	3:02.29
19	53.79	10 & Under 50 Backstroke	20	54.99
21	45.09	11-12 50 Backstroke	22	45.39
23	2:12.99	10 & Under 100 Breaststroke	24	2:17.79
25	1:50.49	11-12 100 Breaststroke	26	1:57.79

SUNDAY – JUNE 12, 2016
Warm Ups 8:00 AM / Timed Finals 9:00 AM

Girls			Boys	
Event #/Qualifying Time		Event Name	Event #/Qualifying Time	
27	6:19.69	12 & Under 400 Medley Relay	28	6:12.69
29	55.59	10 & Under 50 Butterfly	30	58.59
31	42.39	11-12 50 Butterfly	32	44.19
33	2:00.99	10 & Under 100 Backstroke	34	2:00.69
35	1:36.39	11-12 100 Backstroke	36	1:38.19
37	1:43.79	10 & Under 100 Freestyle	38	1:42.09
39	1:19.79	11-12 100 Freestyle	40	1:22.59
41	1:02.19	10 & Under 50 Breaststroke	42	1:04.19
43	50.69	11-12 50 Breaststroke	44	51.39
45	5:35.79	12 & Under 400 Free Relay	46	5:32.59



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

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 (have starts from both ends of the pool).

Check-In/Scratches: All events will be heat seeded.

400 FREESTYLE: This event may be limited to the fastest 8 heats depending on the meet timeline. Heats will be swum slowest to fastest.

Time Trials: **Time trial swimmers must be entered in the meet database to participate in time trials.** Time trials will be held, time permitting, immediately following the completion of 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. Lanes with no timers will go unprotected. Entries must be turned into the Clerk of Course with fee (\$15.00/Individual) NO LATER THAN one hour before the projected end of the session.

Timers: Each team will be given lane timing assignments. Please encourage timers to report to the head timing area prior to the start of the meet.

Scoring & Awards: Individual: 9-7-6-5-4-3-2-1 with ribbons to 8th place.
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 AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

MEET ENTRY FORM

Submit Entries & Payment To: MHA Meet Entries
c/o Julie Greenaway
1409 SE 207th Ave
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 (\$20.00 x # of Swimmers): \$ _____
Team Total: \$ _____

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



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL AGE GROUP LCM INVITATIONAL
JUNE 10 - 12, 2016

This page intentionally left blank