

2016 MVA Long Course Invitational
Saturday and Sunday, May 28-29, 2016
Held under the sanction of USA Swimming, Inc.

- Sanction No:** 12 & Unders 16-080; 13 & Over 10-081
In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- Host:** **Mid-Valley Aquatics**
- Host Facility:** Albany Community Pool, 2150 SE 36th Ave, Albany Oregon 97322
- Eligibility:** Swimmers must be currently registered with USA Swimming. No on-deck registration shall be permitted. Swimmers must be within the listed age brackets as of May 28, 2016.
- Entry Deadlines:** Entry acceptance period begins at noon on Monday, May 2, 2016. NO EARLIER PLEASE! Early entries will not be accepted! A Team Manager event file will be available on MVA website under this meet in the “Meet and Events” section. Final entry deadline is midnight on Friday, May 20, 2016, and may close sooner if the meet limit is reached.
- Event Limit:** 4 individual events per day.
- Meet Limit:** A 4 hour limit, per day, will be observed from the beginning to the end of all 12 and under racing events. A maximum of 250 swimmers per session. **Teams are accepted on a first-come basis. Teams that provide officials will be given priority over teams that do not provide officials.**
- Entry Fees:** \$15.00 per swimmer surcharge (includes \$3 OSI fee and facility use fee)
\$3.00 per individual event

Entry fees must be received before the start of the meet. Please send one check per team. Make checks payable to: **Mid-Valley Aquatics**
- Payment Address:** MVA Meet Entries c/o Bobbi Dickerson
3159 SE Quail Ave.
Albany, OR 97322

YOU MAY EMAIL A COM LINK FILE TO: mvameetdirector@gmail.com
- Entries:** Please submit a Hytek entry file to mvameetdirector@gmail.com
METER TIMES only for seeding. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming.
- Meet Format:** All events will be swum FASTEST to SLOWEST and mixed boys and girls as timed finals. Relief breaks in the competition may be added at the discretion of the Meet Referee.

All 13 and over and events will be deck seeded, 12 and under will be pre-seeded. Over-the-swimmer starts may be used. Positive check-in is required for all 13 and over events

for seeding purposes. **Coaches are responsible for providing positive check-in of swimmers 45 minutes prior to the start of timed finals each day.**

Swimmers/clubs are responsible for providing their own timers (2) and a counter for the 400 Freestyle and longer events.

Facility: Competition Pool – six lanes, 7-ft lanes, 50 Meter pool, 30-in. blocks. Depth: The block end is 12 feet the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2C(4).

Seating: Only those parents who are timing are allowed in the starting area. **SWIMMERS AND COACHES ONLY PLEASE, AT THE START END OF THE POOL.**

Timing: Daktronics timing system, horn start, and finish touch pads. Results via electronic scoreboard.

Each team will be given lane timing assignments based on the number of swimmers entered, sign-ups will be on the wall behind the start area.

Pool Hours: Pool will be open to meet participants from 7:00 AM until the conclusion of the meet.

Bull Pen: A bullpen will not be provided. We will have a helper on deck to help the younger kids get to the correct block when their race is close to starting.

Awards: Individual: 1st - 6th ribbons. Separated by gender and age bracket (8 & under, 9-10, 11-12 only) No awards for 13 & over will be given.

Meetings: Officials meeting will be held approximately 45 minutes prior to start of each session. Coaches meeting will be held 15 minutes prior to start of each session.

Meet Referee: Tom Ishii Email: tbishii@wvi.com

Meet Director: Bobbi Dickerson Email: cad25@yahoo.com Phone: (541) 926-5421

Officials: We always appreciate the help of certified officials from other clubs. If you will be attending please send a confirming e-mail to the meet director. Hospitality will be provided for coaches and officials.

Schedule: **Saturday and Sunday Morning:** Warm-ups: 7:30– 8:15 AM Competition: 8:30 AM
Saturday and Sunday Afternoon: Warm-ups to start at the end of morning competition and the start times will be sent to the teams entered in the meet and posted on the MVA website under this meet in the “meet/event” tab. Competition: 1 hour after start of warm ups.
Check-In: due 45 minutes before the start of competition for the afternoon session.

Concessions: Concession items will be provided by the Albany Boosters, located outside the pool area.

Parking/Camping: Multiple parking lots are available around the Albany Community Pool. There is no camping or RV Parking.

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

Safety/Restriction: Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect. No tobacco products, alcohol, or glass containers are allowed in the facility. Shaving is not allowed in the venue. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during the start of a race.

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.

Unaccompanied swimmers must be assigned a coach BEFORE the swimmer may enter the water for warm-ups or competition. It is the swimmers responsibility to arrange, please notify the Meet Director or Referee if assistance is needed.

Order of Events for Saturday Morning:

Warm Up: 7:30 – 8:15 AM

Meet Start: 8:30 AM

	Mixed	Event
1	10 - 12	400 Freestyle
2	12 & Under	100 Backstroke
3	12 & Under	200 IM
4	12 & Under	100 Butterfly
5	10- 12	200 Breaststroke
6	12 & Under	50 Breaststroke
7	12 & Under	50 Freestyle

Order of Events for Saturday Afternoon:

Warm Up: Immediately following morning session

Competition: 1 hour after start of warm-ups

Coaches Positive Check-In Closes 45 minutes prior to start of competition

	Mixed	Event
8	13 & Over	400 Freestyle
9	13 & Over	200 IM
10	13 & Over	100 Backstroke
11	13 & Over	100 Butterfly
12	13 & Over	50 Freestyle
13	13 & Over	200 Breaststroke
14	10 & Over	800 Freestyle

Swimmers/Clubs are responsible for providing their own timers (2), and a counter for the 800 Freestyle.

Order of Events for Sunday Morning:

Warm Up: 7:30 – 8:15 AM

Meet Start: 8:30 AM

	Mixed	Event
15	10 - 12	400 IM
16	12 & Under	50 Butterfly
17	12 & Under	100 Breaststroke
18	12 & Under	200 Freestyle
19	12 & Under	50 Backstroke
20	10 – 12	200 Backstroke
21	12 & Under	100 Freestyle

Order of Events for Sunday Afternoon:

Warm Up: Immediately following morning session

Competition: 1 hour after start of warm-ups

Coaches Positive Check-In Closes 45 minutes prior to start of competition

	Mixed	Event
22	13 & Over	400 IM
23	13 & Over	100 Freestyle
24	10 & Over	200 Butterfly
25	13 & Over	200 Freestyle
26	13 & Over	100 Breaststroke
27	13 & Over	200 Backstroke
28	13 & Over	1500 Freestyle

Swimmers/Clubs are responsible for providing their own timers (2), and a counter for the 1500 freestyle.