MT. HOOD AQUATICS
2017 HOWARD JONES MEMORIAL SENIOR LCM INVITATIONAL
FRIDAY, JUNE 23 – SUNDAY, JUNE 25
MT. HOOD AQUATIC CENTER
26000 SE STARK, GRESHAM, OR 97030

Swimmers who are members of USA Swimming teams invited to this meet, and who have achieved the meet qualifying time standard in one or more events, may submit entries beginning Tuesday, May 9, 2017 at Noon, Pacific Time. The entry deadline is 11:59 pm Pacific Time on Tuesday, May 23, 2017.

Please note that this meet tends to fill before the entry deadline.
Late entries will be accepted on a case-by-case basis, at the discretion of Meet Management.

Time standards are listed on page three (p3) of this announcement.

LOCATION
Mt. Hood Community College Aquatic Center
26000 SE Stark, Gresham, OR 97030
Aquatic Center Front Desk (503) 492-7243

SANCTION
Meet Sanction #: 17-073
Time Trial Sanction #: 17-074
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.

MEET REFEREE
John Haring
johnmharing@gmail.com

ADMIN REFEREE
TBA

MEET DIRECTOR CHAIR
Jody Rash
coachjodymha@gmail.com

MEET HOST
Mt. Hood Aquatics
www.mthoodaquatics.org

CO-MEET DIRECTORS
Christine Logue
christine@brittlekittle.com
Kathleen Saluderes
ksaludares@gmail.com

MEETINGS SCHEDULE & LOCATION
Officials Meetings
One hour before the start of each session
Coaches Meeting
7:30 am Friday, June 23rd & as needed, per the Meet Referee
Coaches & Officials Meetings will be conducted in the Hospitality Room (GE 201)

COMPETITION SCHEDULE
FRI Prelims
Warm Ups: 8:00 – 9:15 am
Competition: 9:30 am
SAT & SUN Prelims
Warm Ups: 7:30 – 8:45 am
Competition: 9:00 am
FRI – SUN Finals
Warm Ups: 4:00 – 5:20 pm
Competition: 5:30 pm

1
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 June 23, 2017, 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.

- It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.

- Swimmers and coaches are responsible for being familiar with this meet’s scratch rules and check-in procedures.

RESTRICTIONS

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

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

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

- Deck Changing is prohibited.

- 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.

- Shaving is not permitted anywhere in the facility.

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

- Service animals only allowed in the facility.

- Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck.

- NO overnight camping allowed on the MHCC Campus.
# ORDER OF EVENTS

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<tr>
<th></th>
<th>13-14</th>
<th>15&amp;O</th>
<th>Women's Events</th>
<th>DAY 1 - FRIDAY, JUNE 23</th>
<th>Men's Events</th>
<th>13-14</th>
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<td>2:35.49</td>
<td>2:29.79</td>
<td>1</td>
<td>200 Freestyle</td>
<td>2</td>
<td>2:28.49</td>
<td>2:17.09</td>
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<td>1:34.39</td>
<td>1:32.99</td>
<td>3</td>
<td>100 Breaststroke</td>
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<td>1:20.89</td>
<td>1:18.89</td>
<td>5</td>
<td>100 Butterfly</td>
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<td>1:22.59</td>
<td>1:10.59</td>
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<td>6:24.69</td>
<td>6:20.19</td>
<td>7</td>
<td>400 IM (A)</td>
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<td>6:12.69</td>
<td>5:45.99</td>
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<tr>
<td>n/a</td>
<td>n/a</td>
<td>9</td>
<td>800 Free Relay (B)</td>
<td>10</td>
<td>n/a</td>
<td>n/a</td>
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</tbody>
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|        |        |      |                  |                          |             |        |      |
| 3:11.29| 3:09.19| 11   | 200 Butterfly    | 12                       | 3:01.39     | 2:45.09|
| 32.89  | 31.89  | 13   | 50 Freestyle     | 14                       | 31.09       | 28.29  |
| 5:26.59| 5:16.59| 19   | 400 Freestyle (A)| 20                      | 5:20.59     | 4:57.19|
| n/a    | n/a    | 21   | 400 Free Relay (B)| 22                      | n/a         | n/a    |

|        |        |      |                  |                          |             |        |      |
| 1:11.39| 1:09.39| 23   | 100 Freestyle    | 24                       | 1:08.39     | 1:01.89|
| 21:37.89| 21:37.89| 25   | 1500 Freestyle (C)| 26                      | 21:08.69    | 21:08.69|
| n/a    | n/a    | 31   | 400 Medley Relay (B)| 32                      | n/a         | n/a    |

**ALL PRELIMINARY EVENTS WILL BE SEEDED & SWUM FASTEST TO SLOWEST**

Additional notes are as follows:

(A) The preliminary heats of the 400 IM and the 400 Free will be swum alternating women's and men's heats, in the following order: fastest two heats of women; fastest two heats of men; then alternating remaining women's and men's heats, fastest to slowest. * If chase starts are used at this meet, all women's heats will start from the West/Finals end of the pool and all men's heats will start from the East/Scoreboard end of the pool.

(B) These relay events will be conducted as timed finals with the fastest two heats of women & the fastest two heats of men swum at the end of Finals. All other heats will be swum at the end of preliminaries, alternating women's and men’s heats, fastest to slowest.

(C) The 1500 Freestyle will be swum as timed finals. The fastest heat of each event will swim in Finals in event order. All other heats will be swum after the conclusion of preliminaries, alternating women's and men's heats, fastest to slowest.
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2017 HOWARD JONES MEMORIAL SENIOR LCM INVITATIONAL
FRIDAY, JUNE 23 – SUNDAY, JUNE 25

FORMAT
- This meet will be conducted in LCM.
- Preliminary events will be seeded and swum fastest to slowest.
- The 1500m freestyle and all relays will be timed final events.
- All other individual events will be conducted as combined preliminaries and separate age group finals (13-14, 15 & Over) with the fastest 16 swimmers in each age group from preliminaries advancing to finals.
- The order of the final events shall be B and A (consolation and championship), for each age group (13-14, 15 & Over).

SEEDING
- Events shall be seeded in LCM, and swum fastest to slowest.
- Qualifying times in SCY and SCM should be entered at the LCM B+ qualifying standard.
- Time standards are available on the Oregon Swimming website, under “Competition – Time Standards”

ELIGIBILITY
- This meet is open to all invited swimmers who are currently registered with USA Swimming or registered with a USA Swimming recognized foreign federation.
- No on-deck registration will be permitted.
- Swimmers must have achieved the entry qualifying time standard or above in their respective age group on the events entered. A limited number of the host team’s swimmers may enter the meet below the qualifying standard.
- Time standards are available on the Oregon Swimming website, under “Competition – Time Standards”

ENTRIES
- Entries may be submitted beginning Tuesday, May 9, 2017 at Noon, Pacific Time.
- Early entries will not be accepted.
- A Team Manager entry file will be available under the Events Tab on the MHA website, at www.mthoodaquatics.org, by Friday April 14, 2017.
- Entries may be submitted via email to: mhaentries@gmail.com
- Entries will be accepted until the meet is filled, based on the projected timeline.
- Late entries will be accepted on a case-by-case basis, at the discretion of Meet Management.

INDIVIDUAL ENTRY LIMIT
- Swimmers may enter up to nine (9) individual events and up to three (3) 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.
MEET LIMIT  Entries will be accepted until the meet is filled, based on the projected timeline.

ENTRY FEES  $25.00 Meet Surcharge Per Swimmer
             $3.00 Individual Event Fee
             $10.00 Relay Fee
             $10.00 Time Trials Fee

ENTRY DEADLINE  EMAIL: Tuesday, May 23, 2017 @6:00 pm Pacific Time

ENTRY FEES DEADLINE  FRIDAY, MAY 26, 2017

TO SUBMIT ENTRIES

- Submit Long Course Meters times for seeding.
- Ages and USA Swimming registration numbers must be included at time of registration.
- HY-TEK Meet Management Software will be used. Submit entries via email to: mhaentries@gmail.com.
- A Team Manager entry file will be available under the Events Tab on the MHA website, at www.mthoodaquatics.org, beginning Friday, April 14, 2017.
- When emailing entries, please include a team meet entry report and meet entry fees report (MM report preferred).
- Full payment, a signed Master Entry Fee Summary, and hardcopies of Hy-Tek information previously submitted via email prior to the meet entry deadline must be received by Friday, May 26, 2017. Submit by standard mail to the Meet Entry Address, below.
- If you do not use HY-TEK, please contact the Meet Director Chair, Jody Rash: coachjodymha@gmail.com
- 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.

MEET ENTRY  MHA Meet Entries
ADDRESS & PAYMENTS  PO Box 129
                     Gresham, OR 97030

SWIMMERS WITH DISABILITIES

- Coaches entering swimmers with disabilities that require any accommodations including the need for any personal assistants and/or registered service animals, must provide advanced notice in writing, accompanying their meet entry file, to the Meet Director Chair by the entry deadline. Failure to provide advanced notice may limit the host’s ability to accommodate requests.
TIMELINE

- If the projected length of a preliminary session exceeds 4 ½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust, including the use of double-ended “chase starts” and limiting the number of entries in the 400 IM and the 400 Free.

- If the projected length of Sunday’s 1500 Freestyle timed finals session’s heats does not allow the Finals session to start as originally scheduled, the Meet Referee, in consultation with the meet host, reserves the right to adjust, including limiting the number of entries in the 1500 Freestyle.

- All timeline adjustments will be announced at the initial Coaches Meeting on Day One of the meet (7:30 am Friday morning), and/or announced & posted at Clerk of Course during the meet.

SCRATCH PROCEDURES

- The USA Swimming National Championship scratch procedures will be used at this meet. These rules are described in USA Swimming Rule 207.11.6 in the current rulebook.

Scratch Deadlines – Individual Preliminary Events, EXCEPT for the 1500 Freestyle:

- Friday’s Events – 15 minutes after the conclusion of the Friday morning Coaches Meeting

- Saturday & Sunday’s Events – by 6:00 pm of the preceding evening

- Any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance to the above procedures will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim to the Admin Referee prior to the close of the scratch box for that day’s events.

Scratch Deadline – Finals Events:

- Declaration of scratch or intent to scratch must be made to the Admin Referee within 30 minutes of announcement of finals qualifiers. For athletes declaring their intent to scratch, declaration of final intentions must be made to the Admin Referee within thirty (30) minutes following the athlete’s last individual preliminary event.

POSITIVE CHECK-IN: All Relays & the 1500 Freestyle

- All relays, and swimmers in the 1500 Freestyle event, must check-in and confirm their intention to compete prior to the scratch deadline in order to be seeded.

Positive Check-In Deadlines – All Relays & the 1500 Freestyle:

- Friday’s Events – 15 minutes after the conclusion of the Friday morning Coaches Meeting

- Saturday & Sunday’s Events – by 6:00 pm of the preceding evening

FOR FRIDAY’S EVENTS ONLY, the option to check-in relays and/or scratch individual events via email will be accepted – ALL DEADLINES STILL APPLY. Check-in and/or scratch via email to the Meet Director Chair, Jody Rash: coachjodymha@gmail.com
TIME TRIALS

- Time trials will be conducted at the discretion of the Meet Referee, time permitting, for approximately one hour following the conclusion of the preliminary 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.
- Time Trials will close when the maximum allowable time has been reached, or one hour before the scheduled end of Prelims, whichever comes first.
- Except for the 1500 Freestyle, Time Trials will be swum in event order, with priority given to that day’s events. The Meet Referee will determine the day that the 1500 will be offered, based on the size of the meet and available time.
- **Time trial swimmers must be entered in the meet database and have paid the meet surcharge to participate in time trials.**
- **Time Trial Entry Fee: $10.00**
- Submit Time Trial entries at Clerk of Course.
- Each swimmer must provide their own timers and counter.

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.**

AWARDS

- Individual events: 1st – 8th Place
- Ribbons Relay events: 1st – 8th Place
- Team Plaques: 1st – 3rd Place
- Plaques: Individual High Point Winners – Women & Men

SCORING

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay: Double of the Individual scores
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.

FACILITY INFORMATION

- Mt. Hood Community College Aquatic Center, 26000 SE Stark, Gresham, OR 97030
  Aquatic Center Front Desk (503) 491-7243

- Renovated in 2007, Mt Hood Aquatic Center (MHAC) is one of the premiere aquatic facilities on the West Coast, hosting numerous high school and collegiate championship events, as well as USA Swimming, US Masters Swimming, and USA Water Polo competitions. MHAC was one of three sites chosen nationally to host the inaugural 2015 USA Swimming Futures Championships, and has been the site of the Speedo Western Region Section Championship meet continuously since 2007. MHAC also hosted both the 2008 and the 2016 Masters LC Nationals meets.

- 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 scoreboard end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems were added during the 2007 renovation. The competition course has been certified in accordance with 104.2.2C(4), and is on file with USA Swimming.

- The 25-yard indoor pool will serve as the warmup/down pool, and runs from 3.5 feet deep to 13.0 feet deep.

- Parking and seating available for 3,000 spectators.

- **NO OVERNIGHT CAMPING IS ALLOWED ON THE MHCC CAMPUS**

DIRECTIONS

- Take I-84 to the Troutdale Exit (Eastbound) or Exit 17 (Westbound). Continue past fast food restaurants and 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.
MEET ENTRY FORM

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

TEAM NAME

TEAM ADDRESS

COACH NAME

HY-TEK ENTRY FILE: 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 more spaces are required):

<table>
<thead>
<tr>
<th>USS ID</th>
<th>NAME</th>
<th>AGE As of 6/17/16</th>
<th>EV#/TIME</th>
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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 ($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
__________________________________________