



## 2022 PAC Fall Invitational

A/B/C Short Course Senior/Age Group November 5-6th, 2022

*Held Under the Sanction of USA Swimming, Inc*

**Sanction No.**

**#22-098**

In granting this approval, it is understood and agreed that USA Swimming, Portland Aquatic Club, Portland Parks & Recreation, and Oregon 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 the event.

**Host:**

**Portland Aquatic Club**

**Location:**

Matt Dishman Community Center and Pool  
77 NE Knott Street Portland, Oregon 97212  
503-823-3673

**Covid 19 Statement:**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, OREGON SWIMMING INC, PORTLAND AQUATIC CLUB, PORTLAND PARKS & RECREATION AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Meet Referee:**

Audrey Lungershausen [fourteentalltrees@me.com](mailto:fourteentalltrees@me.com)

**Admin Official:**

Hai Ta [hieuconhaicon@gmail.com](mailto:hieuconhaicon@gmail.com)

**Meet Director:**

Kim Coffield [Kimberly.coffield@gmail.com](mailto:Kimberly.coffield@gmail.com) 703-407-2541

**Eligibility:** Swimmers must be currently registered with USA Swimming. Per USA Swimming sanction requirements all athlete participants and clubs must be registered with OSI. **NO ON DECK REGISTRATION SHALL BE PERMITTED.**

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.

Age-up date is the first day of the meet.

**No Coach Present:** For unattached swimmers or swimmers whose coach is not attending the meet it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. Upon arrival at the meet, the swimmer must report their name and the name of the responsible coach to the Meet Referee. This must be done BEFORE the swimmer may enter the water for warm ups or competition. Please see the Meet Director or Clerk of Course if assistance is needed, upon arrival at the meet.

**Entry Deadline:** Entry Deadline is October 20th, 2022. Updated times for seeding purposes will be accepted through October 25th, 2022. **Due to the lengthy time to complete the Exceptions Report, no new athletes will be added after the deadline.** No late entries will be accepted.

If entries need to be limited based on allowed facility timeline, preference will be given to team entries received first.

Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations.

**OSI Standards:** With your entries, please provide the names of the officials committed to each session. Here is the signup link:  
<https://forms.gle/nR9EydFYbCMT7HB9>

OSI Suggested standard:  
0 – 5 Athletes entered – no requirements  
6 - 20 Athletes entered (per session) – 1 certified official  
21 or more Athletes entered (per session) – 2 certified officials

**Entry Limits:** 3 events per day and one relay. Swimmers must choose between the Open session or the 12 & U session. They cannot compete in both on the same day.

PAC reserves the right to limit the 400 IM & 500 Freestyle entries to keep the session within the designated time limit.

**Timeline:** **Timeline is an estimate** and may be adjusted up or down based on meet entries. Coaches will be advised of any changes making the timeline earlier. **\*\*November 6th is Daylight Savings.\*\***

- Meet Limits:** Entries are on a first come, first entered basis. The USA Swimming four-hour rule will be observed in the entry process. Events may be canceled by the referee to comply with the time limit, though all options to avoid this will be considered.
- Entries:** Submit YARD TIMES ONLY for seeding. This meet will be pre-seeded from slowest to fastest. **500 Freestyle and 400 IM events will be deck seeded. We will be swimming 500 Freestyle and 400 Ims fastest to slowest.** PAC reserves the right to limit the 500 Freestyle and 400 IM entries based on timeline. Swimmers entering the 500 Freestyle and 400 IM events must list an entry time in order to be seeded.
- The mixed 200 freestyle relays will be pre-seeded and swam slowest to fastest. Please submit an estimated entry time for seeding. **A relay entry must consist of two (2) male and two (2) female swimmers.** The 200 freestyle relays will be limited to three (3) entries per team. PAC reserves the right to limit the amount of heats and/or cancel the event in order to keep within the designated time limits. In the case of a cancellation the participating athletes will receive a refund of their relay fees.
- Swimmers with disabilities are encouraged to enter the meet. If accommodations are required, it is the coach's responsibility to notify the Meet Director and the Meet Referee prior to the entry deadline. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming.
- Entry Submission:** Please email your entries to:  
Hai Ta at: [hieuconhaicon@gmail.com](mailto:hieuconhaicon@gmail.com)  
and cc: [Kimberly.coffield@gmail.com](mailto:Kimberly.coffield@gmail.com)
- Submit entries using Hy-Tek, Team Unify or Meet Management format. Please attach DOC or PDF of Hy-Tek entries. Receipt of entries will be confirmed by email.
- Entry Fees:** \$3.00 Oregon Swimming Surcharge per swimmer  
\$12.00 Facility Charge per Athlete  
\$4.50 Individual Event Fee  
\$12.00 Relay Event Fee
- Entry fee must accompany master entry form. No credits or refunds will be given for entries not swum.
- Payment Address:** Portland Aquatic Club  
% Meet Entries  
3519 NE 15th St #527  
Portland, OR 97212
- Facility:** Indoor, 25 yards, 6 lanes. Starting area depth is 10 feet and at the

turn end 4 feet. A Colorado 6 Electronic Timing System will be utilized. The facility is accessible for adaptive swimmers. Parking is available in a lot on N. Knott St, across N. Williams Ave., and street parking is also available. Seating is available for 300 spectators.  
**SPECTATORS ARE NOT ALLOWED ON DECK.**

- Locker Rooms:** The facility's Women's and Men's locker rooms with access onto the pool deck are available **FOR REGISTERED ATHLETES ONLY AT ALL TIMES DURING THE SWIM MEET.**
- Restrooms:** Separate restrooms are marked and available for adults/Officials. Locker rooms are for athletes only.
- Pool Access:** **Open pool deck areas available for swimmers, coaches and officials only.** The competition course has not been certified in accordance with 104.2.2C(4). Electronic timing system. Facility accessible for adaptive swimmers.
- Concessions:** Concessions will be available at the facility by the host team.
- Rules & Safety:** Current USA Swimming rules, including the **Minor Athlete Abuse Prevention Policy (MAAPP)**, will govern this meet. All adult participants associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. **In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership available to show, on the Deck Pass app or by hard copy, if requested.** Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.
- Tech Suits:** USA Swimming Rule 102.8.1F: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Restrictions:** Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: hot tub or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited. Shallow area of the pool will be open for warm up/cool down only, no sitting, standing, walking or cheering from this area.
- Recording Devices & Media Notice:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. Operations of a drone, or any other flying

apparatus, is prohibited over the venue pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. This meet may be covered by the media, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Awards:** Individual Events: Ribbons will be awarded for 1st - 6th place in each event, by age group. **12&U Sessions:** 8&U, 9-10, 11-12. **Open Sessions:** 14&U & 15&O. **Relay Events:** No Awards. No team or individual scoring.

**Bull Pen:** A Bull Pen will be provided for the 8 & Under events.

**Officials:** Certified officials and trainees from participating teams are appreciated and needed. If you are certified and will attend this meet please complete this link to sign up: <https://forms.gle/nR9EydtFYbCMT7HB9> to confirm your availability.

Any questions, please contact Meet Referee Audrey Lungershausen at [fourteentalltrees@me.com](mailto:fourteentalltrees@me.com) If you are a trainee, please include a current copy of your training log. Portland Aquatic Club thanks you for your support and early commitment! Dress is white Polo over black pants/shorts/skirt with black shoes and socks.

**Timers:** Timing Sign up sheets will be available at Clerk of Course for positions not already filled by the host team.

**Meetings:** **Officials:** 1 hour prior to the start of the session.  
**Coaches:** 15 minutes prior to the start of the session.  
**Timers:** 10 minutes prior to the start of the session.

**Hospitality:** Food & refreshments will be available for Officials/timers.

**Covid & Facility Protocols:** Currently no Covid requirements are in place. We strongly advise those concerned to wear masks when indoors. If you are not feeling well or symptomatic, please do not come. The facility balcony can be warm so dress accordingly.

## **Timeline & Order of Events\***

**Session 1 : Saturday 11/5/2022**

**Open (3 event max)**

**Warm up: 7:10- 8:30am / Timed Finals: 8:45am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>100 Freestyle</b>	<b>2</b>
<b>3</b>	<b>200 Butterfly</b>	<b>4</b>
<b>5</b>	<b>200 IM</b>	<b>6</b>
<b>7</b>	<b>100 Breaststroke</b>	<b>8</b>
<b>9</b>	<b>100 Backstroke</b>	<b>10</b>
<b>11</b>	<b>50 Freestyle</b>	<b>12</b>
	<b>Break: 10 minutes</b>	
<b>13</b>	<b>Mixed 500 Free</b>	<b>14</b>
<b>15</b>	<b>Mixed 400 IM</b>	<b>16</b>

**Session 2 : Saturday 11/5/2022**

**12 & Under (3 event max.)**

**Warm up: 12:30 - 1:30pm / Timed Finals: 1:45pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>17</b>	<b>12 &amp; Under 100 IM</b>	<b>18</b>
<b>19</b>	<b>8 &amp; Under 25 Butterfly</b>	<b>20</b>
<b>21</b>	<b>12 &amp; Under 100 Butterfly</b>	<b>22</b>
<b>23</b>	<b>8 &amp; Under 25 Backstroke</b>	<b>24</b>
<b>25</b>	<b>12 &amp; Under 100 Backstroke</b>	<b>26</b>
<b>27</b>	<b>12 &amp; Under 50 Breaststroke</b>	<b>28</b>
<b>29</b>	<b>12 &amp; Under 100 Freestyle</b>	<b>30</b>

**Session 3 : Sunday 11/6/2022**  
**Open (3 event max & 1 relay)**  
**Warm up: 7:10 - 8:30am / Timed Finals: 08:45am**

Girls	Event	Boys
31	200 Freestyle	32
33	100 IM	34
35	100 Butterfly	36
37	200 Breaststroke	38
39	200 Backstroke	40
	Break: 3 minutes	
41	Mixed 200 Free Relay	41

**Session 4: Sunday 11/6/2022**  
**12 & Under (3 event max & 1 relay)**  
**Warm up: 11:45 - 12:45pm / Timed Finals: 1:00pm**

Girls	Event	Boys
43	12 & Under 200 IM	44
45	12 & Under 50 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	12 & Under 100 Breaststroke	50
51	12 & Under 50 Butterfly	52
53	8 & Under 25 Freestyle	54
55	12 & Under 50 Backstroke	56
57	12 & Under 200 Freestyle	58
	Break: 3 minutes	
59	Mixed 12 & Under 200 Free Relay	59

*\* Referee may adjust events including the combining of events or removing relays in the interest of the 4 hour timeline and to avoid empty lanes.*