



Howard Jones Open Hosted by Mt Hood Aquatics

June 23rd - 25th, 2023

Held under the sanction of USA Swimming Sanctioned by
Oregon Swimming Sanction 23-060 (all sessions) and #23-061 Time Trials

LOCATION:	Mt Hood Community College Aquatic Center 26000 SE Stark Street Gresham, OR 97030
	In granting this sanction it is understood and agreed that USA Swimming, Oregon Swimming Inc, 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 the event.
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 will be used. 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.
CONCESSIONS:	There may be concessions at this meet.
SPECTATORS:	Spectators will be allowed in the bleachers and outside courtyard area. Only athletes, officials, coaches and meet staff will be allowed on the pool deck.
MEET DIRECTORS:	Christine Logue Christinelogue01@gmail.com or 503-702-7845 Amanda Schmidt schmidt2131@yahoo.com or 503-407-0807
MEET REFEREE:	Judi Creech - jjjccreech@comcast.net
ADMIN OFFICIAL:	Kyle Abernethy - kyle@kabernethy.com
OFFICIALS:	We always appreciate the help of certified officials. Officials will be selected prior to this meet. Please contact Judi to indicate your availability. The officials' uniform will be white polo, black shorts/pants/skirts with black socks/shoes.
ELIGIBILITY:	Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets the first day of the meet.
HOSPITALITY:	Food and beverages will be provided throughout the meet for coaches and officials.

SWIMMERS WITH DISABILITIES:	Swimmers with disabilities are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
ENTRIES	<p>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.</p> <ul style="list-style-type: none"> • Submit LCM times ONLY, entries with NTs will not be accepted • Swimmers may enter up to a maximum of nine (9) individual events, but no more than three (3) per day. Each swimmer may participate in a maximum of (1) relay per day. Teams may enter up to two (2) relay entries per scoring relay event (10&U, 11-12, 13-14, 15&O). • Submit entries via email kyle@kabernethy.com in a Hy-Tek formatted file. <i>Please mail entry fees and a printout of Hy-Tek entries.</i> <p>With submission of entries the coach/team representative attests that all swimmers entered are registered with USA Swimming.</p>

ENTRY DEADLINE:	Entries will open 12:01 AM on May 19th, 2023 . ENTRIES MUST BE RECEIVED NO LATER THAN 11:59 PM ON JUNE 16, 2023 . <i>Please note we anticipate this meet to fill prior to the entry deadline.</i> Email entries to kyle@kabernethy.com .
ENTRY FEES:	<ul style="list-style-type: none"> • \$3 OSI per swimmer surcharge • \$40.00 per swimmer facility fee • \$6.50 per individual event • \$15 Relay Fee <p>Checks should be sent to: MHA, PO Box 129 Gresham, OR 97030</p>
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. This must be done BEFORE the swimmer may enter the water for warm-ups or competition.
WARM UPS:	<p>USA Swimming and Oregon Swimming safety procedures will be enforced throughout the meet.</p> <p>Indoor pool available for continuous warm-up and cool down.</p> <p>NOTE: Swimmers violating safety procedures may be removed from warm ups for the remainder of the session. Additional violations may cause the swimmer to be removed from the meet.</p>
START TIMES:	<p>Friday / Saturday / Sunday Sessions</p> <p>12 & Under sessions – warm up 7:30 am and competition 8:30 am</p> <p>13 & Over sessions - warm up (not before 11am)</p>

TIMELINE:	<p>The Meet Director reserves the right to change warm up times as approved by the Meet Referee. Coaches will be informed of any changes to warm-up and competition times. The timeline is an estimate.</p> <p>The 12 and under session will be limited to a projected timeline of four hours. Chase starts may be used for all sessions, depending on timeline and number of entries.</p>
FORMAT:	<p>All events will be swum fastest to slowest. Meet format will be LCM, timed finales. All events will be pre-seeded with the following exceptions:</p> <ul style="list-style-type: none"> ● 13&O events 400 IM, 400 Freestyle, 1500 Freestyle, and ALL Relays - will be deck-seeded and positive check-in is required. Positive check-in will be the responsibility of the coach or swimmer. ● All Relay Events - Positive check-in no later than 15 after warm-up start. ● 13&O events 400 IM, 400 Freestyle, 1500 Freestyle - Positive check-in no later than 1 hour after competition start. <u>Positive check-in at the west end of the pool with admin</u> ● 13&O events 400 IM, 400 Freestyle, and 1500 Freestyle will be swum alternating girl's and boy's heats (combined girls/boys heats may be swum). 400 IM, 400 Freestyle, and 1500 Freestyle events may be limited based on timeline. ● 400 IM, 400 Freestyle, and 1500 Freestyle athletes/teams must provide their own (2) timers and person to count if desired. <p style="text-align: center;">***Coaches are encouraged to report all scratches***</p>
TIME TRIALS:	<p>Time trials will be conducted at the discretion of the Meet Referee, time permitting. Individual events will only be offered, maximum of 2 time trials per day. Time trials do not count toward the daily limit. Time trials will be swum following the session in event order. Swimmers must provide their own timers and counters. Time trial swimmers must be entered in the meet to participate in time trials. Time trial entries will be taken at Clerk of Course.</p> <p>Time Trial entry fee: \$10 per event CASH ONLY.</p>
HEAT SHEETS:	<p>Heat sheets with a session report will be available on the MHA website prior to the meet and posted at the beginning of the meet at the pool. Timelines are an estimate. Information will be posted and be available on Meet Mobile.</p>
MEETINGS:	<p>Officials' meetings 1 hour prior to session start. Coaches' meetings will be held 15 minutes prior to the session start. Coaches will be notified of the location.</p>
RULES:	<p>Current USA Swimming and Oregon Swimming rules will govern this meet. All walkways around the pool and lifeguard stations must be kept clear. Any act of theft, vandalism or similar action will result in immediate ejection from the meet and premises.</p>
AWARDS:	<p>Individual events - 1st - 8th place ribbons Relay events - 1st - 3rd place ribbons</p>
SCORING:	<p>Individual events: 9-7-6-5-4-3-2-1 10&U, 11-12, 13-14, 15&O Relay events: Double of the individual scores</p>

TIMERS:	Teams will be assigned lanes for timing based on the number of entered swimmers. We will need the help of every team; if chase starts are utilized we will need 34 timers.
RESTRICTIONS:	No tech suit may be worn by any 12 and under USA swimming athlete member in competition at any sanctioned, approved or observed meet. Tobacco, non tobacco, vape products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. No shaving permitted. Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, restrooms or lockers rooms. Photography is not allowed behind the blocks at any time during the meet. Operations of drones or any other flying apparatus is prohibited over the venue.
SAFETY:	Oregon Swimming Safety Rules and Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
MEDICAL:	Medical facilities available include lifeguards, AED, and community 911 EMS.
SAFE SPORT	Safe sport guidelines will be followed at this meet.

ORDER OF EVENTS

Session #1 12&U

Friday– June 23, 2023

Warm-ups 7:30 am – Start 8:30am

Girls	Event	Boys
1	12&U 200 freestyle	2
3	12&U 200 free relay (<i>positive check-in REQUIRED</i>)	4
5	12&U 50 backstroke	6
7	12&U 100 butterfly	8
9	12&U 100 breaststroke	10

Session #2 13&O

Friday – June 23, 2023

Warm-ups

Girls	Event	Boys
11	13&O 200 backstroke	12
13	13&O 400 freestyle relay (<i>positive check-in REQUIRED</i>)	14
15	13&O 200 breaststroke	16
17	13&O 100 freestyle	18
19	13&O 400 IM (<i>positive check-in REQUIRED</i>)	20

Session #3 12&U

Saturday– June 24, 2023

Warm-ups 7:30 am – Start 8:30am

Girls	Event	Boys
21	12&U 400 free relay (<i>positive check-in REQUIRED</i>)	22
23	12&U 100 freestyle	24
25	12&U 50 fly	26
27	12&U 100 backstroke	28

Session #4 13&O

Saturday–June 24, 2023

Warm-ups

Girls	Event	Boys
29	13&O 200 IM	30
31	13&O 400 medley relay (<i>positive check-in REQUIRED</i>)	32
33	13&O 100 backstroke	34
35	13&O 200 butterfly	36
37	13&O 50 freestyle	38
39	13&O 400 freestyle (<i>positive check-in REQUIRED</i>)	40

Session #5 12&U

Sunday–June 25, 2023

Warm-ups 7:30 am – Start 8:30 am

Girls	Event	Boys
41	12&U 50 breaststroke	42
43	12&U 200 IM	44
45	12&U 50 free	46
47	12&U 200 medley relay (<i>positive check-in REQUIRED</i>)	48

Session #6 13&O

Sunday–June 25, 2023

Warm-ups

Girls	Event	Boys
49	13&O 100 breaststroke	50
51	13&O 200 freestyle	52
53	13&O 100 butterfly	54
55	13&O 200 medley relay (<i>positive check-in REQUIRED</i>)	56
57	13&O 1500 freestyle (<i>positive check-in REQUIRED</i>)	58