

MAC LONG-COURSE INVITATIONAL

April 21-23, 2023

Multnomah Athletic Club

1849 S.W. Salmon St., Portland, Oregon

Phone: 503-223-6251

Held under the sanction of USA Swimming, Inc.

Sanction: 23-032

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.

Directions: **SOUTHBOUND:** Take I-5 to I-405 South. Take Burnside exit, go straight on (15th) to Salmon, turn right, and go through stoplight at 18th. MAC Club is on the right and the parking garage is on the left.
NORTHBOUND: Take I-5 to I-405 North. Take Salmon St. exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon. There may be parking available in the parking structure next to the club. Additional parking may be available; please check with Security guards at the main parking structure.

Please plan on a \$10.00 charge to use in the club's parking structure. (Officials have reserved parking spaces in the structure.) Limited street parking is available. If overflow parking is needed, there may be an additional charge.

Meet Referee: Lee Cannon: LCannonpdx@gmail.com 503-516-1568

Admin Referee: Hai Ta : hieuconhaicon@gmail.com

Meet Directors: Tim Larkin: TLarkin@themac.com

Facility: Indoor, 50-meter pool with 4'1" depth at start and turn ends of pool and six 7'0" lanes with turbulence-controlling lane lines. Daktronics timing system with strobe & horn start and Colorado scoreboard, using Meet Manager software. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming. The facility is accessible to adaptive swimmers.

Parking: Some street parking is available if the club parking structure is not available. There are no accommodations for camping or campers. Parking may be available adjacent to the club. **Please plan on a \$10.00 charge to use in the club's parking structure. (Officials have reserved parking spaces in the structure.) Limited street parking is available. If overflow parking is needed, there may be an additional charge.**

MAC specific: The Team Training Room is available for additional seating for spectators and swimmers, located past the elevators on the scoreboard-side of the 50m Pool. Concessions are available on the B level of the Club at Joe's. There is a viewing area for spectators on the mezzanine level. Swim-meet guests' access is limited to the pool areas, the Team Training Room and concession areas only.

Swim-meet guests' access is limited to the pool areas, the Team Training Room and concession areas only. Lawn and deck chairs are not permitted, and neither are large coolers; only individual or small-sized coolers will be allowed in the club. Swim-meet guests should use the Athletic Entrance to the MAC Club.

Restrictions: Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Use of audio or visual recording devices, including cell phones, is not permitted



in the changing areas, restrooms or locker rooms. Photography is not allowed behind the blocks during the start of any races or during relay exchanges. The use of a "Go Pro" and similar photographic or video devices is not allowed in, over or near the pool during competition. The meet may be livestreamed/photographed and attendance at the meet assumes consent to have your photograph/video image used in relation to the event. Operations of a drone (or any other flying apparatus) are prohibited over the venue (pool, athlete/coach areas, spectator areas and locker rooms) when athletes, coaches, officials and/or spectators are present. Deck changing is prohibited.

- MAAPP:** 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.
- Rules/Safety:** Current USA Swimming and Oregon Swimming, Inc. rules will govern the meet. Oregon Swimming, Inc. safety guidelines and warm up procedures will be strictly enforced. All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts, or the swimmer 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.
- Tech Suits:** No technical Suit may be worn by any 12&U USA Swimming Athlete member in competition at any Sanctioned, Approved or Observed meet.
- Medical:** Medical facilities available include club staff, lifeguards and access to first responders via 911.
- Schedule:**
- | | | |
|----------------------|----------------------|--------------------------|
| Friday, April 21st | Warm ups: 4:30 pm | Timed Finals: 5:30 pm |
| Saturday, April 22nd | Warm ups: 7:30 am | Timed Finals: 8:30 am |
| | Warm ups: 11:30 pm** | Timed Finals: 12:45 pm** |
| Sunday, April 23rd | Warm ups: 7:30 am | Timed Finals: 8:30 am |
| | Warm ups: 11:30 pm** | Timed Finals: 12:45 pm** |
- ** Teams will be notified by Thursday, April 20th, if there are any changes to the afternoon sessions' warm-up and/or start times. Team warmup will be divided into two 30 minute sessions with assignments sent after entries are received. The Referee reserves the right to adjust session start times as needed. ****
- Eligibility:** Open to all swimmers who are registered USA swimmers and members of an invited team. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as the first day of the meet: April 21, 2023.
- Entries:** Swimmers may enter a maximum of three (3) individual events per day. Morning sessions will be limited to 225 swimmers and the four-hour rule. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. Please submit entries via a Hy-Tek zip file and follow entry instructions below.
- Entry Deadline:** Entries must be received by noon on Monday, April 10th, 2023. Session caps based on order of entries received. No late entries accepted. Please email entries to LCannonpdx@gmail.com
- Officials:** **Priority for entries will be given to those teams committing to provide officials based on the following recommendations. With your entries, please provide the names of the officials committing to each session.**
- OSI-recommended standards:**
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

We greatly appreciate the help of certified officials from visiting clubs. Please notify the meet referee, [Lee Cannon via the following Google forms link: https://forms.gle/FtcJ3okTnx8UD4JS9](https://forms.gle/FtcJ3okTnx8UD4JS9) if you will be attending this meet.

ENTRY SUBMITTAL INFORMATION:

Entries will be accepted until noon on Monday, April 10th , 2023:

1. Entry File from Team Manager or equivalent, ideally a Hy-tek meet team manager zip file.
2. Meet Entry Reports for individual (sorted by swimmer) and if applicable, relay (sorted by event) events, from Team Manager or equivalent.
3. Meet Entry Fee Report from Team Manager or equivalent.
4. **Meet Entry Fees—one check payable to the MAC Swim Team.**
\$5.00 per individual event
\$3.00 surcharge per athlete for Oregon Swimming Inc. Fee.

Submittal Notes:

- “No Times” will not be seeded. Please submit a best-guess time for seeding purposes.
- Submit long-course times for seeding purposes. All athletes will be seeded by meters times.
- All sessions are deck seeded. Positive Check in Required.
- Late, incomplete, or paper entries will not be processed.
- Please verify the accuracy of all entries, as no additional entries or corrections will be accepted after the deadline.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Electronic files (items #1, #2, and #3 from above) should be emailed to LCannonpdx@gmail.com
- Make checks payable to: MAC Swim Team
& when mailing, please include a copy of your team’s entries
- Mail payment to: MAC Swim Team
1849 SW Salmon St.
Portland, Oregon 97205
- Meet entry questions: LCannonpdx@gmail.com – Lee Cannon 503-516-1568

Entries must be received by noon on Monday, April 10, 2023. No late entries accepted.

Meet Results: A Hy-Tek Com-link file will be posted on the Oregon Swimming website in the “Results” section.

Awards: Ribbons for the top six places in each individual event. Awards will be given for the following age groups: 8-year-olds and younger, 9-year-olds, 10-year-olds, 11-year-olds and 12-year-olds in morning sessions. The afternoon session awards will be given to 13-year-olds and 14 & older swimmers in open events. There will be no team score.

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 present for the swimmer & notify the Meet Referee. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. If assistance is needed, please see the Meet Director or the Meet Referee for assistance upon arrival at the meet.

Meetings:

A meeting for coaches may be held 15 minutes prior to the start of each session.
A meeting for officials will be held 60 minutes prior to the start of each session.
Hospitality will be provided for coaches and officials.



Timers: Each team will be given lane-timing assignments. Please sign up on the sheets posted at the scoreboard end of the pool for each session.

Bullpen: For all 50-meter races (on Saturday and Sunday), a bullpen will be provided for all 12 & under swimmers. All other swimmers will report to the starting area as instructed, as well as 12 & under swimmers in longer events. All 50-meter races will start at the mural end of the pool.

Positive Check In:

All sessions will be deck seeded and require a positive check in. Positive check in due 5 minutes after the start of the session warm up. **Any swimmer who fails to compete in an individual event in which such swimmer was checked in shall be barred from his or her next individual event (penalty applied to 13&O athletes only).**



Format: All sessions will be seeded based on time, not gender, age or other criteria. Heats may include both males and females racing together. Swimmers without seed times, or "NT" (for "No Time") will not be accepted; please submit a time for each event entered. All 50-meter races will start at the mural end of the pool.

Session I *

FRIDAY, April 21st Warm-ups: 4:30 pm / Timed Finals: 5:30 pm

1 Open 800M Freestyle (Mixed age and genders)

*The 800 will be swum fastest to slowest, and swimmers are required to provide their own counters and timers.
At the Meet Referee's discretion, entries may be limited to accommodate a reasonable timeline.*

Session II*

SATURDAY, April 22nd Warm-ups: 7:30 am / Timed Finals: 8:30 am

- 2 12& U 200M IM (Mixed age and genders)**
 - 3 12& U 100M Backstroke (Mixed)**
 - 4 12& U 50M Butterfly (Mixed)**
 - 5 12& U 50M Freestyle (Mixed)**
 - 6 12& U 100M Breaststroke (Mixed)**
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Session III *

SATURDAY, April 22nd Warm-ups: 11:30 am / Timed Finals: 12:45 pm – session III*

- 7 Open 400M IM (Mixed)**
 - 8 Open 50M Freestyle (Mixed)**
 - 9 Open 200M Breaststroke (Mixed)**
 - 10 Open 100M Backstroke (Mixed)**
 - 11 Open 200M Butterfly (Mixed)**
 - 12 Open 200M Freestyle (Mixed)**
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Session IV *

SUNDAY, April 23rd Warm-ups: 7:30 am / Timed Finals: 8:30 am – session IV*

- 13 12& U 200M Freestyle (Mixed)**
 - 14 12& U 100M Butterfly (Mixed)**
 - 15 12& U 50M Backstroke (Mixed)**
 - 16 12& U 50M Breaststroke (Mixed)**
 - 17 12& U 100M Freestyle (Mixed)**
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Session V *

SUNDAY, April 23rd Warm-ups: 11:30 am / Timed Finals: 12:45 pm – session V*

- 18 Open 400M Freestyle (Mixed)**
- 19 Open 100M Freestyle (Mixed)**
- 20 Open 100M Breaststroke (Mixed)**
- 21 Open 200M Backstroke (Mixed)**
- 22 Open 100M Butterfly (Mixed)**
- 23 Open 200M IM (Mixed)**

*** BREAKS MAY BE ADDED AT THE DISCRETION OF THE MEET REFEREE.
POSITIVE CHECK IN REQUIRED 5 MINUTES AFTER THE START OF THE SESSION WARM UPS**



MAC LONG COURSE INVITATIONAL

April 21-23, 2023

VISITING TEAM INFORMATION

Team: _____

Coach(es): _____

Team Address: _____

Phone: _____

E-mail: _____

Entries prepared by (name): _____

Phone: _____ E-mail: _____

Team Timer Representative (name): _____ Cell: _____

ENTRY FEE TABULATION

Individual Surcharge:	# swimmers:		x 3.00 =	\$
Event Surcharge:	# Ind. Events:		x \$5.00 =	\$
TOTAL meet fees:				\$

Mail entries and payment to: Multnomah Athletic Club
1849 SW Salmon
Portland, OR 97205
Attention: Tim Larkin

Make checks payable to: MAC Swim Team

Email: TLarkin@themac.com

EMAIL ENTRY DEADLINE IS NOON, MONDAY, APRIL 10th , 2023.
HARDCOPY & PAYMENT DEADLINE (IN HAND):
MONDAY, APRIL 17th, 2023

