



Spring Invite Hosted by Mt Hood Aquatics

Held under the sanction of USA Swimming Sanctioned by
Oregon Swimming Sanction #: 23-042

April 21-23, 2023

LOCATION:	Reynolds Swimming Pool 1204 NE 201st Avenue Fairview, OR 97024
	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
FACILITY:	This is a 6 lane 25-yard pool with 6-inch non-turbulent lane lines. Pool depth varies from 6ft at the start end to 3 ft 6 inches at the far end. Seating for athletes will be available on deck and in adjacent bleachers. The competition course has not been certified in accordance with 104.2.2C(4).
CONCESSIONS:	There may be concessions at this meet.
SPECTATORS:	Only athletes, officials, coaches and meet staff will be allowed on the pool deck. Spectators will be allowed in the bleachers and outside courtyard area.
MEET DIRECTOR:	Christine Logue Christinelogue01@gmail.com or 503-702-7845
MEET REFERREE:	Darrell Geymann and Chad Vassallo Darrell.Geymann@yahoo.com
ADMIN OFFICIAL:	Glen Sharp glensharp.usas.ao.gmail.com
OFFICIALS:	We always appreciate the help of certified officials. Officials will be selected prior to this meet. Please contact Darrell to indicate you are available. The officials' uniform will be white shirts, black shorts/pants/skirt with black 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.
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	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. <ul style="list-style-type: none"> Friday: Swimmers may enter a maximum of two (2) individual events

	<ul style="list-style-type: none"> • Saturday and Sunday: Swimmers may enter a maximum of three (3) individual events per day • Submit yard times only for seeding • Submit entries via email in a Hy-Tek formatted file. Please mail entry fees and a printout of Hy-Tek entries. <p>With submission of entries the coach/team representative attests that all swimmers entered are registered with USA Swimming.</p>
ENTRY DEADLINE:	<ul style="list-style-type: none"> • ENTRIES MUST BE RECEIVED NO LATER THAT 11:59 PM ON April 17th, 2023
ENTRY FEES:	<ul style="list-style-type: none"> • \$3.00 OSI per swimmer surcharge • \$16.00 per swimmer facility fee • \$5.00 per individual event <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. Warm-ups are subject to the following:</p> <ul style="list-style-type: none"> • Each team will be assigned a lane to warm up their swimmers. • Additional information will be available on lane assignments and specific protocols to be followed. <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 session – warm ups at 4:30pm and competition at 5:30pm</p> <p>Saturday / Sunday sessions – warm up 7:30am and competition 9:00am</p>
TIMELINE:	The Meet Director reserves the right to change warm up times as approved by the Referee. Coaches will be informed of any changes to warm-up and competition times. The Meet Referee may add breaks as needed; the timeline is an estimate.
HEAT SHEETS:	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.
MEETINGS:	Coaches' meetings will be held 15 minutes prior to the session start. Coaches will be notified of the location.
RULES:	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.
FORMAT:	All sessions will be timed finals. All events will be pre-seeded slow to fast. Coaches are encouraged to report scratches.
AWARDS:	No awards.

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 drone 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, an AED, and community 911 EMS.
SAFE SPORT	Safe sport guidelines will be followed at this meet.

ORDER OF EVENTS

Session #1

Friday Afternoon – April 21, 2023

Warm-ups 4:30 pm – Start 5:30 pm

Girls	Event	Boys
1	Open 400 Individual Medley	2
3	Open 500 Freestyle	4

Session #2

Saturday – April 22, 2023

Warm-ups 7:30 am – Start 9:00 am

Girls	Event	Boys
5	Open 200 free	6
7	8 & under 25 breaststroke	8
9	Open 100 IM	10
11	Open 50 free	12
13	Open 200 backstroke	14
15	Open 100 butterfly	16
17	Open 200 breaststroke	18
19	Open 50 backstroke	20
21	8 & under 25 butterfly	22
23	Open 50 breaststroke	24

Session #3

Sunday – April 23, 2023

Warm-ups 7:30 am – Start 9:00 am

Girls	Event	Boys
25	Open 100 backstroke	26
27	8 & under 25 backstroke	28
29	Open 200 IM	30
31	Open 50 butterfly	32
33	8 & under 25 free	34
35	Open 200 butterfly	36
37	Open 100 breaststroke	38
39	Open 100 free	40