



MT. HOOD AQUATICS
HOWARD JONES MEMORIAL LONG COURSE SENIOR MEET
(FORMERLY THE JUNE OPEN)
JUNE 24TH -26TH, 2011

Held under the sanction of USA Swimming, Inc.

- Sanction No:** **Meet Sanction #: Pending.**
Time Trial Sanction #: Pending.
- Sponsor:** Mt. Hood Aquatics
P.O. Box 129
Gresham, Oregon 97030
Website: www.mthoodaquatics.org
- Location:** Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030
Pool Phone: 503-491-7243
- Directions:** Take I-84 to the Troutdale Exit (Eastbound) or Exit 17 (Westbound). Continue past fast food restaurants, 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.
- Facility:** Outdoor pool, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. Depth at Starting End: Between 6-15-1/2 feet. Depth at Turn End: Between 6-15-1/2 feet. Parking available and seating for 3,000 spectators. The indoor pool (25 yards by 15 yards) will be available for warm-up/cool down swims during the afternoon sessions. Swim venue includes: All areas enclosed in the indoor pool natatorium and the outdoor pool area. Daktronic electronic timing system. 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).
Open pool deck areas available for swimmers, coaches, and officials only.
- Meet Referee(s):** **Kevin Nagle**
- Meet Director(s):** Julie Greenaway/Cherie Strand/Dawn Main
1409 S.E. 207th Avenue
Gresham, Oregon 97030
(503) 667-4465
agreeana833@aol.com
- Web Cast:** This meet will be webcast by Swimming World Magazine. Link for that is below:
<http://tv.swimmingworldmagazine.com/events/2011-howard-jones>



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Format: Except as noted on schedule of events, all events are deck seeded prelims/finals format. There will be one consolation heat (8 lanes) and one championship final heat (8 lanes).

Schedule **Friday-Sunday** Prelims: Warm-ups 8:00AM – 9:15AM Competition: 9:30AM
Finals session to begin not sooner than 2 hours after the conclusion of prelims.

NOTE: Starting times for finals are subject to change, depending on the time of completion of prelims. An announcement will be made prior to the end of prelims as to the starting time for finals. Breaks will be added at the discretion of the meet referee.

Eligibility: This meet is open to all swimmers who are currently registered with USA Swimming or registered with a USA Swimming recognized foreign federation, who have achieved the entry qualifying time standard or above in their respective age group on the events entered. A limited number of MHA swimmers may enter the meet below the qualifying standard. Swimmers may enter a maximum of 3 individual events per day, 9 individual events for the total meet. **No on deck registration will be permitted.** All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the Clerk of Course or Meet Director prior to warm-ups to be assigned one.

Meet Limit: 13 & Over session is limited to 3,000 splashes.

Entries: **Entry acceptance period begins: Noon, Wednesday, May 11th, 2011. NO EARLIER PLEASE! Early entries will not be accepted! Team Manager event file will be available for download on MHA website (www.mthoodaquatics.org) by April 20th, 2011. Events will be filled on a first-come, first-serve basis. Teams with Hy-Tek capability are strongly encouraged to submit a Commlink entry file (cfile01.cl2) or by zipped e-mail file.** Entries that require manual entry by MHA must be clearly legible. MHA will make every effort to correctly enter manual times, but are not responsible for data entry errors due to illegible entries. Hy-Tek Meet Manager Software will be used for the meet. Swimmers' ages as of 6/24/2011 and USA Swimming registration numbers must be included.

Mail the following to the Meet Entry Address:

a.) For Hy-Tek Entries:

1. Hardcopy of the Hy-Tek TM "Meet Entries Report."
2. Hardcopy of the Hy-Tek TM "Meet Entry Fee Report."
3. Full Payment (indicate which team if writing a personal check).
4. Master Entry Fee Summary (signed).

b.) If using the Meet Entries form (not using Hy-Tek), a hardcopy of the meet entry form legibly filled out and full payment (indicate which team if writing a personal check). Include the Master Entry Fee Summary (signed).



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- c.) 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.

Entries received after the Entry Deadline will not be accepted. Updates of entry times after the entry deadline will not be accepted. Entry times should be Long Course Meters (LCM) only. Short Course Yards (SCY) and Short Course Meters (SCM) qualifying times are to be entered at the LCM qualifying standard. Updates and/or "Adds" to e-mail text messages will not be accepted. **No phone entries will be accepted.**

DO NOT LEAVE ENTRIES AT THE POOL.

Please mark any courier delivered packages: "NO SIGNATURE REQUIRED".

Late entries (consisting of adds/changes for swimmers already entered in the meet) will be considered on a case by case basis at the discretion of the meet referee.

Entry Limit: Swimmers may enter a maximum of three (3) individual events per day (total of nine) individual events) and up to three (3) relays for the meet. Relay entries are limited to A, B, and C for each team per relay event.

Entry Fees: \$6.00 Swimming Surcharge per swimmer (\$3.00 facility fee/\$3.00 OSI surcharge).
\$2.50 Individual Event Fee
\$9.00 Relay Fee

FEES MUST ACCOMPANY MEET ENTRY FORM. Make checks payable to: Mt. Hood Aquatics.

Entry Deadline: Entries must be received as follows:

- E-mail with attached Hy-Tek Entry File: Monday, May 30, 2011 by 6 p.m. (Pacific). **Please note that this meet tends to fill earlier than the entry deadline.**
- Standard Mail Entries: Postmarked No Later Than Monday, May 30, 2011. Full payment and hardcopies of Hy-Tek information (previously submitted via e-mail) must be received prior to June 3, 2011.



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Entry Address: MHA
c/o Julie Greenaway
agreena833@aol.com
1409 S.E. 207th Avenue
Gresham, Oregon 97030

Check-In and Scratches: All events will be deck seeded. **Positive check-in is required for all events for all swimmers for seeding purposes. Coaches are responsible to check in their teams/swimmers.** [Swimmer\(s\) not positively checked by the required time stated below will not be seeded.](#)

FRIDAY/SATURDAY/SUNDAY, JUNE 25 – 27, 2011

For seeding purpose, teams present in the prior day's meet are required to positive check in at least 1-1/2 hours before the conclusion of the previous day's session for events occurring the following day, e.g. check-in for events scheduled on Saturday 1-1/2 hours before the end of the finals session on Friday.

For teams not present in the prior day's meet, positive check-in is required one (1) hour prior to the respective session for seeding purpose.
Scratches will be accepted up to 30 minutes prior to the start of the event without penalty.

1500 FREESTYLE: This event may be limited to the fastest 8 heats depending on the meet timeline. At the Meet Referee's discretion, some or all of the heats may be swum 2 per lane. [Swimmers/clubs are responsible for providing their own timers and counters.](#)

400 IM AND 400 FREESTYLE: This event may be limited to the fastest 8 heats depending on the meet timeline. Heats will be swum slowest to fastest.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SKATEBOARDS OR DOGS are allowed on the MHCC campus. Shaving is NOT permitted in the facility. **Only coaches, swimmers, and meet volunteers will be permitted on the deck.**

Rules: Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

Timeline: If the projected length of a session exceeds 4-1/2 hours, the Meet Referee, in consultation with Mt. Hood Aquatics, reserves the right to "double end" the meet (have starts from both ends of the pool).



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- Awards:** Individual events: 1-8 Place Ribbons
 Relay events: 1-8 Place Ribbons
 Team: 1-3 Place Plaques
 High Point: Individual High Point/Men and Women
- Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relay: Double of the Individual scores
- Safety:** Current Oregon Swimming safety guidelines and warm-up procedures will be strictly enforced.
- Timers:** Each team will be given timing assignments. Please encourage 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 events. Lanes for these events with no timers will go unprotected.
- Time Trials:** **Time trial swimmers must be entered in the meet database to participate in time trials.** Time trials will be held upon time permitting immediately following each 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. Each swimmer will provide timers and counter. Lanes with no timers will go unprotected. Entries must be turned into the Clerk of Course with fee (\$5.00/Individual) one hour before the projected end of the session.

SCHEDULE OF EVENTS

FRIDAY, JUNE 24, 2011
- SESSION 1-

| Girls | | Boys |
|--------------------------------|---------------------------------|--------------------------------|
| Event #/Qualifying Time | Event Name | Event #/Qualifying Time |
| 1 2:15.19 | 13 and Over 200 Free Relay(a) | 2 2:01.09 |
| 3 5:39.99 | 13-14 400 Freestyle | 4 5:36.59 |
| 5 5:26.39 | 15 and Over 400 Freestyle | 6 5:06.49 |
| 7 3:04.89 | 13-14 200 IM | 8 2:58.19 |
| 9 2:57.99 | 15 and Over 200 IM | 10 2:40.59 |
| 11 34.09 | 13-14 50 Freestyle | 12 32.59 |
| 13 32.69 | 15 and Over 50 Freestyle | 14 29:19 |
| 15 5:47.29 | 13 and Over 400 Medley Relay(b) | 16 5:02.59 |



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SATURDAY, JUNE 25, 2011

- SESSION 2-

| Girls | | Event Name | Boys | |
|--------------------------------|----------|------------------------------------|--------------------------------|---------|
| Event #/Qualifying Time | | | Event #/Qualifying Time | |
| 17 | 2:36.99 | 13 and Over 200 Medley Relay(a) | 18 | 2:19.99 |
| 19 | 6:39.29 | 13-14 400 IM | 20 | 6:29.09 |
| 21 | 6:23.99 | 15 and Over 400 IM | 22 | 5:49.29 |
| 23 | 1:23.19 | 13-14 100 Butterfly | 24 | 1:23.49 |
| 25 | 1:18.89 | 15 and Over 100 Butterfly | 26 | 1:10.79 |
| 27 | 2:40.29 | 13-14 200 Freestyle | 28 | 2:35.59 |
| 29 | 2:34.29 | 15 and Over 200 Freestyle | 30 | 2:21.79 |
| 31 | 1:38.99 | 13-14 100 Breaststroke | 32 | 1:35.69 |
| 33 | 1:34.19 | 15 and Over 100 Breaststroke | 34 | 1:25.69 |
| 35 | 1:25.69 | 13-14 100 Backstroke | 36 | 1:25.79 |
| 37 | 1:22.39 | 15 and Over 100 Backstroke | 38 | 1:14.99 |
| 39 | 11:20.49 | 13 and Over 800 Freestyle Relay(b) | 40 | 9.59.99 |

SUNDAY, JUNE 26, 2011

- SESSION 3-

| Girls | | Event Name | Boys | |
|--------------------------------|----------|------------------------------------|--------------------------------|----------|
| Event #/Qualifying Time | | | Event #/Qualifying Time | |
| 41 | 3:02.79 | 13-14 200 Backstroke | 42 | 3:00.79 |
| 43 | 3:00.59 | 15 and Over 200 Backstroke | 44 | 2:43.89 |
| 45 | 1:14.39 | 13-14 100 Freestyle | 46 | 1:11.69 |
| 47 | 1:11.79 | 15 and Over 100 Freestyle | 48 | 1:02.89 |
| 49 | 3:31.99 | 13-14 200 Breaststroke | 50 | 3:27.89 |
| 51 | 3:19.89 | 15 and Over 200 Breaststroke | 52 | 3:09.79 |
| 53 | 3:16.69 | 13-14 200 Butterfly | 54 | 3:10.09 |
| 55 | 3:11.49 | 15 and Over 200 Butterfly | 56 | 2:47.39 |
| 57 | 5:00.89 | 13 and Over 400 Freestyle Relay(a) | 58 | 4:28.09 |
| 59 | 22:22.79 | 15 and Over 1500 Freestyle(c) | 60 | 20:46.69 |

(a)Timed final events, heats in prelims.

(b)Timed final events. Fastest two heats swum at the end of finals. All other heats in prelims.

(c)Timed final events. Fastest heat of women and men will be swum as the first event in finals. All other heats will be swum at the end of prelims, alternating women's and men's heats, fastest to slowest.



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MEET ENTRY FORM

Mt. Hood Aquatics
Howard Jones Memorial Long Course Meet
June 24-26, 2011

Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030

TEAM NAME: _____

TEAM ADDRESS: _____

COACH NAME: _____

HY-TEK ENTRY DISK : 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 requires more spaces):

| USS ID | NAME | AGE | EV#/ As of 6/24/11 | EV#/ TIME | EV#/ TIME | EV#/ TIME | EV#/ TIME | EV#/ TIME | EV#/ TIME | EV#/ TIME |
|--------|-------|-------|-----------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |



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INDIVIDUAL MEET ENTRIES (Copy this page if requires more spaces):

RELAY MEET ENTRIES:

TEAM NAME:

TEAM ADDRESS:

COACH NAME:

| TEAM | DESIGNATOR | EVENT # | ENTRY TIME |
|-------------|-------------------|----------------|-------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
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ENTRY FEE SUMMARY:

| | |
|--|----------|
| Total Cost of Individual Events (\$2.50 x # of Entries): | \$ _____ |
| Total Cost of Relay Entries (\$9.00 x # of Relays): | \$ _____ |
| Total Swimmers (\$6.00 x # of Swimmers): | \$ _____ |
| Team Total: | \$ _____ |

(Checks to Mt. Hood Aquatics)

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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: _____

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****Please mark any courier delivered packages: "NO SIGNATURE REQUIRED"**
****TOTAL ENTRY FEES MUST ACCOMPANY WITH THIS FORM and Make checks payable to:**
Mt. Hood Aquatics