



**27th ANNUAL SEXTATHLON INVITATIONAL
MAY 7-8, 2016**

HELD UNDER THE SANCTION OF USA SWIMMING, INC.

SANCTION	16-083
MEET HOST	Mt. Hood Aquatics David Douglas Swimming Pool 13030 SE Taylor Court Portland OR 97233
MEET REFEREE	Stan Benson bensonsandg@gorge.net
MEET DIRECTOR CHAIR	Jody Rash coachjodymha@gmail.com
CO-MEET DIRECTORS	Christine Logue christine@brittlekittle.com Danita Ross danitas4boys@gmail.com Kathleen Saludaes ksaludaes@gmail.com Sarah Smith sarahmorgansmith@gmail.com
ENTRY CHAIR	Julie Greenaway mhaentries@gmail.com
RULES	Current USA and Oregon Swimming rules will govern this meet. 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.
ELIGIBILITY	Swimmers must be currently registered with U.S. Swimming. NO ON DECK REGISTRATION WILL BE PERMITTED. Swimmers must be within the listed age brackets as of May 7, 2016.
FACILITY	David Douglas Swim Pool – 8 lanes, 25 yards, with deep end starts (9 feet) x 3.6 feet. Daktronics Timing System will be used for all events except 25-yard races. The competition course has not been certified in accordance with 104.2.2C (4).
ENTRIES	<u>Entries may be submitted beginning Monday, April 18, 2016 at Noon, Pacific Time.</u> Entries may be submitted via email to: mhaentries@gmail.com <i>Entries will be accepted in the order received until the meet is filled, based on the projected timeline.</i> PAYMENT MUST ACCOMPANY ENTRIES.
ENTRY DEADLINE	Wednesday, April 27, 2016 at 5:00 pm, Pacific Time. <u>Late entries will not be accepted.</u> <i>Please note that this meet tends to fill before the entry deadline.</i>
ENTRY SUBMISSION	Hytek computerized entries are <u>preferred</u> . If submitting with Hytek, please provide the following: 1) Zipped electronic entry file (CL2 or SD3) 2) Electronic Entry List and Meet Fees Report To submit manual entries, please complete the Manual Entry Form included in this packet. Submit swimmer's best times in SHORT COURSE YARDS for seeding purposes. For swimmers without entry times, please indicate NT in the entry file and entry report.



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- ENTRY FEES** \$ 18.00 Individual surcharge per swimmer
\$ 18.00 Flat fee for all events (no individual event fees)
PAYMENT MUST ACCOMPANY ENTRIES.
- ENTRY LIMIT** 275 athletes
- ENTRY ADDRESS** Mt. Hood Aquatics
mhaentries@gmail.com
Julie Greenaway
1409 SE 207th Ave
Gresham OR 97030
- AWARDS** Trophies for 1st – 12th place will be awarded in each age group (8&U, 9-10, 11-12, 13&O) based on the lowest cumulative time of all six events, ie. lowest cumulative time receives 1st Place, second-lowest cumulative time receives 2nd Place, etc.
- DQ Penalty: A time penalty of 1:00 minute will be added to the final time of each event in which a swimmer receives a disqualification (DQ).
- Athletes must enter and compete in all six events to be eligible for a trophy. Athletes failing to compete in an entered event (No Show) are no longer eligible for a trophy.
- WARM UPS** **7:30 AM both days. Please note that there is a split format for the meet warm up:**
7:30 – 8:15 am: 13 & Over
8:15 – 8:45 am: 12 & Under
Lanes assignments for warm ups will be based on athlete entries and will be emailed to teams, as well as being listed in the heat sheet.
Safety codes for warm ups will be strictly enforced.
- TIMED FINALS** 9:00 AM both days.
- OFFICIALS MEETING** 8:15 AM both days.
The help of certified officials from other clubs is always appreciated. If you are an official and will be attending this meet please notify Stan Benson, Meet Referee, bensonsandg@gorge.net
and Kathleen Saludaes, ksaludaes@gmail.com.
- COACHES MEETING** 8:45 AM Saturday, and as needed per the Meet Referee.
- HOSPITALITY** A hospitality room will be provided throughout the meet for Coaches and Officials ONLY.
- CONCESSIONS** Concessions will be offered by MHA and will be available throughout the meet.
- TIMERS** Each team will be given timing assignments. Lane assignments for each team will be based on athlete entries and will be emailed to teams, as well as being listed in the heat sheet. Please designate a parent representative to report to the Head Timer 30 minute prior to the start of the meet.
- RESTRICTIONS** Alcoholic Beverage, tobacco products of any kind and glass containers are not allowed in the swimming venue. Shaving is not permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange.



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**WARM UPS
7:30-8:15 AM - 13 & Over
8:15-8:45 AM - 12 & Under**

<u>SATURDAY</u>			<u>SUNDAY</u>		
Girl	Events	Boys	Girl	Events	Boys
1	13 & Over 200 IM	2	25	13 & Over 200 Free	26
3	8 & Under 25 Free	4	27	8 & Under 25 Fly	28
5	9-10 50 Free	6	29	9-10 50 Fly	30
7	11-12 50 Free	8	31	11-12 50 Fly	32
9	13 & Over 50 Free	10	33	13 & Over 100 Fly	34
11	8 & Under 100 IM	12	35	8 & Under 50 Free	36
13	9-10 100 IM	14	37	9-10 100 Free	38
15	11-12 100 IM	16	39	11-12 100 Free	40
17	8 & Under 25 Breast	18	41	8 & Under 25 Back	42
19	9-10 50 Breast	20	43	9-10 50 Back	44
21	11-12 50 Breast	22	45	11-12 50 Back	46
23	13 & Over 100 Breast	24	47	13 & Over 100 Back	48

**Sunday Only:
Inner Tube Relays!**

AWARDS PRESENTATIONS AFTER INNER TUBE RELAYS



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**Mt. Hood Aquatics Sextathlon
May 7-8, 2016**

**ENTRIES &
PAYMENTS**

Entries may be submitted beginning Monday, April 18, 2016 at Noon, Pacific Time.

Entries may be submitted via email to: mhaentries@gmail.com

Entries will be accepted in the order received until the meet is filled, based on the projected timeline.

PAYMENT MUST ACCOMPANY ENTRIES.

ENTRY DEADLINE

Wednesday, April 27, 2016 at 5:00 pm, Pacific Time.

Late entries will not be accepted.

Please note that this meet tends to fill before the entry deadline.

**MANUAL ENTRY
& PAYMENT
ADDRESS**

Mt. Hood Aquatics
Julie Greenaway
1409 SE 207th Ave
Gresham OR 97030

ENTRY FEE SUMMARY:

Total Cost of Individual Events (\$18.00 X # of Swimmers): \$ _____

Total Swimmers (\$18.00 x # of Swimmers): \$ _____

Team Total: \$ _____

(Make checks payable to Mt. Hood Aquatics)



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: _____



When mailing overnight or Fed-Ex, please indicate **NO SIGNATURE REQUIRED**

