

**Portland Aquatic Club Fall INvitational  
A/B/C Short Course Age Group and Senior  
November 6-8, 2009  
Held Under the Sanction of USA Swimming, Inc.**

**Sanction No.**           **10&Under 9-  
11 & Over: 9-**

**Host:**                   Portland Aquatic Club

**Location:**             Dishman Pool  
77 NE Knott  
Portland, OR 97232  
503-823-3673

**Eligibility**             Swimmers must be currently registered with USA Swimming

Only swimmers of invited teams are eligible

The following events in the 10 & Under Session will be limited to 8-10 year olds. (33-34) 50 Free, (39-40) 50 Fly, (45-46) 50 Back and (49-50) 50 Breast. Please only enter 8 year old swimmers that can swim these distances, we still need to maintain the 4 hour rule.

**Entry Deadline**        Entries must be received by 5:00 PM Friday October 23, 2009 No late entries will be accepted.

**Entry Limits**           **10 & Under**  
Swimmers may enter a maximum of 4 individual events and 2 relays.  
Only the first 165 entries will be accepted for this session

**11 & Over**  
Swimmers may enter a maximum of 3 individual events and 1 relay each day  
Only the first 220 entries will be accepted for each 11 & over session

**Entry Fees**             \$3.00 Oregon Swimming surcharge per swimmer  
\$2.00 Individual event fee  
\$8.00 Relay entry fee

Entry fee must accompany master entry form. Make checks payable to Portland Aquatic Club

**Entry Address**         Portland Aquatic Club  
c/o Pam Terry  
2915 NE 28<sup>th</sup> Ave  
Portland, OR 97212

**Entries**                 Submit **YARD TIMES ONLY** for seeding. Non-conforming times will be seeded last. This meet will be pre-seeded, except for the 400 IM, 500 Free and 1000 Free, which will be deck seeded. PAC reserves the right to limit the 400 IM and 1000 Free to the first 24 entries received for each event. The 1000 Free will be swam fastest to slowest.

**PLEASE NOTE under the 10 & Under session that the 50 Free, 50 Back, 50 Breast and 50 Fly are listed as 10 & Under events. Ages 8-10 will be accepted for these events. Please use discretion when entering younger swimmers in these events, as we still have to maintain the 4 hour rule.**

Submit entries using Hy-Tek, commlink entry file or by zipped email file. Please email your entries, momterry@rocketmail.com. Receipt of entries will be confirmed by email.

<b>Check In</b>	1000 Free swimmers must check in with the Clerk of Course by 5:30 PM Friday, 11/06/09, 400 IM swimmers must check in with the Clerk of Course by 9:00 AM, Saturday, 11/07/09; 500 Free swimmers must check in with the Clerk of Course by 9:00 AM Sunday, 11/08/09.
<b>No Coach Present:</b>	For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done <b>BEFORE</b> the swimmer may enter the water for warm ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed, upon arrival at the meet.
<b>Facility</b>	Indoor, 25 yards, 6 lanes. Starting area depth is 10 feet and the turn end 4 feet. Facility is accessible for adaptive swimmers. Parking available. Seating for 300 spectators.  Electronic timing system
<b>Restrictions</b>	There will be no TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOLIC BEVERAGES, AND NO GLASS CONTAINERS allowed on the deck area or in the locker rooms. In addition, tape deck sets and/or radios without earphones will not be permitted in these areas. No Spectators will be allowed on deck.
<b>Times</b>	<b>11 &amp; Over Friday 11/06/09:</b> Warm-ups 4:30 PM, Timed finals 5:30 PM <b>11 &amp; Over Saturday and Sunday, 11/07 &amp; 11/08/09:</b> Warm-ups 7:30 AM, Timed finals 9:00 AM <b>10 &amp; Under Saturday 11/07/09:</b> Est. Warm-ups 1:30, Est. Timed finals 2:30  Note: The 10 & Under times are estimated. We will email coaches more exact warm-up and start times as soon as the Saturday sessions are seeded. If you have a question about times, email to momterry@rocketmail.com
<b>Rules</b>	Current USA Swimming and Oregon Swimming rules will govern this meet
<b>Safety</b>	Current Oregon Swimming safety guidelines and warm-up procedures will be in effect and will be strictly enforced.
<b>Bull Pen</b>	A Bull Pen will be provided for all 8 & Under events All other swimmers shall report directly to their assigned lanes
<b>Awards</b>	Awards will be given and team points scored as listed in order of events  13-14 and 15 & Over events will be seeded and swum together, but scored and awarded separately  Individual events: Ribbons 1 <sup>st</sup> through 12 <sup>th</sup> place Relays: Ribbons 1 <sup>st</sup> through 3 <sup>rd</sup> place Team Awards: Trophies 1 <sup>st</sup> through 3 <sup>rd</sup> place
<b>Scoring</b>	Individual: 16-13-12-11-10-9-7-5-4-3-2-1 Relay: 32-26-24-22-20-18
<b>Meetings</b>	Coaches meeting will be held 15 minutes prior to the start of the meet Official's meeting to be held at 8:00AM Saturday and Sunday; 4:30PM Friday
<b>Hospitality</b>	Drinks will be provided for timers and deck officials Hospitality room will be provided for officials and coaches
<b>Meet Referee</b>	Joe Dahl

**Meet Director**

Pam Terry, 503-284-3447, momterry@rocketmail.com

**Officials**

We always need and appreciate the help of certified officials from other clubs. If you are certified and will attend this meet, please notify the meet director.

**Timers**

The Heat Sheet will list timing assignments for each team. Sign up sheets will be posted on the wall behind each starting block. Timers should sign up before the start of the meet.

I have read the meet information and attest that all swimmers entered hereon are registered with USA Swimming, Inc.

\_\_\_\_\_  
Coach/Team Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone No.