

MAC SHORT COURSE "CENTURY PLUS 1" INVITATIONAL

Nov 14TH, 2009

Multnomah Athletic Club

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

Phone: 503-223-6251

- Sanction # Held under the sanction of U.S. Swimming, Inc. # 9-143
- Location: Multnomah Athletic Club
1849 SW Salmon St
Portland, OR
503.223.6251
- Directions: SOUTHBOUND: Take I-5 to I-405 South. Take Burnside exit, go straight on (15th) to Salmon, turn right, go through stoplight at 18th. MAC Club is on right and parking garage is on 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. Additional parking will be available- check with Security guards at main parking structure.
- Meet Referee: Julie Carpenter 503.692.9767 jmcarpenter001@gmail.com
- Meet Director: Laura Tyrrell lauratyrrell@mac.com
- Facility: Indoor 4-foot depth, six 7-foot lanes, 25 yard pool with non-turbulent lane lines. Colorado electronic timing system with strobe/horn start and scoreboard. Meet manager software will be utilized. Indoor parking available adjacent to club. Some street parking also available if club lot is closed. There are no accommodations for camping or campers. A concession stand is available. Facility is accessible to adaptive swimmers. Swimmers are limited to the pool area and multi-purpose room only.
- Schedule: Saturday, November 14 Warm ups: 8:00-8:45am Timed Finals: 9:00am
- Rules: Oregon Swimming, Inc safely guidelines and warm up procedures will be effect and strictly enforced. Current U.S. Swimming and Oregon Swimming, Inc. rules will govern the meet
- Eligibility: This is an A/B/C meet. 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 Nov 14th, 2009.
- Entries: Swimmers may enter a maximum of 3 individual events plus 1 relay for the meet. Meet will be limited to 175 swimmers and four-hour rule will apply.

All entries, fees & surcharges must be received by Friday, Nov 6th, 2009. No late entries accepted.

Submit short course times for seeding purposes. This is a computerized meet. Entries submitted on Hytek meet management formatted diskette are preferred. All athletes will be seeded by yard times, not by male / female, and awards will be given by girls/boys single age groups 8 & under, 9,10,11,12, 13-14 and senior. All events will be seeded. Names on relays must be submitted prior to coaches meeting.

Email entries to: Alex Nikitin: anikitin@themac.com

Email entries shall be followed by actual hardcopy entry that includes a check payable to the Multnomah Athletic Club. All meet fees are required to be paid prior to any meet participation.

- Fees: \$2.00 per individual event.
\$6.00 Surcharge per athlete (\$3.00 for Oregon Swimming/\$3.00 facility charge.)
\$8.00 per relay
Make checks payable to Multnomah Athletic Club and include with the team entry

- Scoring: Individual events 7-5-4-3-2-1 relays 14-10-8-6-4-2
- Awards: Ribbons for top 6 places in each event and top three relays. Awards will be given in the following age group breakdown: 8 & under, 9 year old, 10 year old, 11 year old and 12 year old, the 13-14 and senior. 1st place team award.
- 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. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee for assistance in needed upon arrival at the meet.
- Meetings: Coaches meeting 15 minutes prior to the start of the meet.
Officials meeting 60 minutes prior to the start of the meet.
Hospitality will be provided for coaches & officials
- Officials: We appreciate the help of certified officials from visiting clubs; if you will be attending this meet, please notify the meet referee, by email: Julie Carpenter, email jmcarpenter001@gmail.com
- Timers: Each team will be given lane-timing assignments. Please sign up on the lists at the scoreboard end of the pool.
- Bullpen: All swimmers will report to the starting area as instructed.
- Restrictions: Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Swimmers and spectators are asked to stay in the pool and concession areas. Lawn and deck chairs are not permitted.

Order of Events
Saturday, November 14

Session I

Event #1 100yards freestyle

Event #2 100yards butterfly

Event #3 Mixed 300yards Medley Relay (back in 1909 butterfly was not a recognized stroke)
(at least 1 swimmer of opposite sex for relay)

Event #4 100yards breaststroke

Event #5 100yards backstroke

THIS ENTRY SUMMARY SHEET MUST BE RETURNED WITH ENTRY INFORMATION.

TEAM NAME: _____ CLUB CODE: _____

CONTACT PERSON: NAME: _____ PHONE: _____

SURCHARGE\$ _____ EVENT\$ _____ TOTAL\$ _____

RELAYS ENTERED _____ x \$ _____ RELAY TOTAL \$ _____

\$ SURCHARGE @ \$ 6.00/ SWIMMER \$ _____

\$ IND. EVENT @ \$2.00/EVENT \$ _____

\$ RELAYS @ \$8.00 RELAY \$ _____

TOTAL \$ _____

The following statement must be signed by coach or team representative:

I HAVE READ THE FOLLOWING AND ATTEST THAT ALL SWIMMERS ENTERED HEREON ARE REGISTERED WITH USA SWIMMING, INC.

COACH/TEAM REPRESENTATIVE

DATE

PHONE NUMBER