



**2019 Amy Eha Memorial Fall-Invitational**  
**A/B/C Short Course Age Group**  
**November 1-3, 2019**  
*Held Under the Sanction of USA Swimming, Inc.*

- Sanction No.** xx-xxx (10 & Under), xx-xxx (11 & Over)  
In granting this approval, it is understood and agreed that USA Swimming, Portland Aquatic Club and Oregon Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Host:** Portland Aquatic Club
- Location:** Matt Dishman Community Center and Pool  
77 NE Knott Street  
Portland, Oregon 97232  
503-823-3673
- Meet Referee:** Lee Cannon [LCannon@amfam.com](mailto:LCannon@amfam.com). 503-516-1568
- Meet Director:** Zoya Brown [jonzoya@msn.com](mailto:jonzoya@msn.com) 503-421-5350
- Admin Official:** Hai Ta [hieuconhaicon@gmail.com](mailto:hieuconhaicon@gmail.com) 503-841-7248
- Eligibility:** All swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers will swim the entire meet in the age group for which they qualify on the first day of the meet. Only swimmers of invited teams are eligible to participate.
- Entry Deadline:** **Entries must be received by Monday, October 14, 2019. Updated times for seeding purposes will be accepted through Monday, October 21, 2019.**
- No late entries will be accepted. We will start receiving entries on Monday, September 30th, 2019.**
- Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations. With your entries, please provide the names of the officials committed to each session.**
- OSI Suggested standard:**
- 0 – 5 Athletes entered – **no requirements**
  - 6 - 20 Athletes entered (**per session**) – 1 certified official
  - 21 or more Athletes entered (**per session**) – 2 certified officials
- Entry Limits:** **10 & Under**  
Swimmers may enter a maximum of four (4) individual events and one (1) relay. PAC reserves the right to limit participation to a maximum 1 x 200 yard event per swimmer if the session exceeds the designated limit.

## **11 & Over**

Swimmers may enter a maximum of two (2) individual events and one (1) relay Friday, three (3) individual events Saturday and three (3) individual events Sunday for a combined total of eight (8) individual events and one (1) relay. PAC reserves the right to limit the 400 IM, 500 Freestyle and 1000 Freestyle to the first 24 entries received for each event in order to keep the session within the designated time limit.

### **Entries:**

Submit **YARD TIMES ONLY** for seeding. This meet will be pre-seeded, except for the 400 IM, 500 Freestyle and 1000 Freestyle events, which will be deck seeded. PAC reserves the right to limit the 400 IM, 500 Freestyle and 1000 Freestyle events to the first 24 entries received for each event. The 400 IM, 500 Freestyle and 1000 Freestyle events will be swam fastest to slowest. Swimmers entering the 400 IM, 500 Freestyle and 1000 Freestyle events must have an entry time in order to compete in these events, NT entries will not be accepted. PAC also reserves the right to limit 10 & Under 200 yard events in order to keep the session under four hours.

The mixed 200 freestyle relays will be pre-seeded and swam fastest to slowest. NT entries will not be accepted. A relay entry must consist of two (2) male and two (2) female swimmers. The 200 freestyle relays will be limited to three (3) entries per team. PAC reserves the right to fill empty relay spots with PAC swimmers. Furthermore, PAC reserves the right to limit the amount of heats and/or cancel the event in order to keep within the designated time limits. In the case of a cancellation the participating athletes will receive a refund of their relay fees.

Swimmers with disabilities are encouraged to enter the meet. If accommodations are required, it is the coach's responsibility to notify the Meet Director and the Meet Referee prior to the entry deadline.

With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming.

**Entry Submissions:** Please email your entries to:

**Hai Ta**

[hieuconhaicon@gmail.com](mailto:hieuconhaicon@gmail.com)

503-841-7248

Submit entries using Hy-Tek, Team Unify or Meet Management format.

Please attach DOC or PDF of Hy-Tek entries. Receipt of entries will be confirmed by email.

### **Entry Fees:**

\$3.00 Oregon Swimming Surcharge per swimmer

\$4.50 Individual Event Fee

\$12.00 Relay Event Fee

\$12.00 Facility Surcharge per swimmer

\$2.00 per swimmer Heat Sheet fee\*

\*PAC will no longer be selling a paper copy of the Heat Sheet. Instead, a PDF version will be emailed to the head coaches for team distribution no later than 11 am on the first day of competition. Please feel free to print on your own or enjoy on your mobile device. A paper copy will be provided for all coaches.

Entry fee must accompany master entry form

**Entry Fee Address:** Portland Aquatic Club c/o Mary McLaughlin  
1824 N. Alberta St.  
Portland, Oregon 97217

**Check In:** 11 & O 400 IM and 13 & O 1000 Freestyle- Coaches must submit positive check-in sheets to the Clerk of Course by 4:15 PM Friday, 11/1/19.

11 & O Mixed 200 Freestyle Relay- Coaches must submit relay cards to the Clerk of Course by 5:30 PM, Friday, 11/1/19.

13 & O 500 Freestyle- Coaches must submit positive check-in sheets to the Clerk of Course by 8:30 AM Saturday, 11/2/19.

10 & U Mixed 200 Freestyle Relay- Coaches must submit relay cards to the Clerk of Course by 3:30 PM, Saturday, 11/2/19.

Positive check in sheets can be found in your Coaches packet.

**No Coach Present:** 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. Upon arrival at the meet, the swimmer must report their name and the name of the responsible coach to the Clerk of Course. This must be done **BEFORE** the swimmer may enter the water for warm ups or competition. Please see the Meet Director, Zoya Brown, or the Meet Referee, Lee Cannon, if assistance is needed, upon arrival at the meet.

**Facility:** Indoor, 25 yards, 6 lanes. Starting area depth is 10 feet and the turn end 4 feet. A Colorado 6 Electronic Timing System will be utilized. The facility is accessible for adaptive swimmers. Parking is available. Seating is available for 300 spectators. Spectators are not allowed on deck. A snack bar will be open throughout the meet. Men's and women's locker rooms with access onto the pool deck are available. Open pool deck areas available for swimmers, coaches and officials only.

The competition course has not been certified in accordance with 104.2.2C(4).  
Electronic timing system.

**Restrictions:** There will be NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOLIC BEVERAGES, AND NO GLASS CONTAINERS allowed in the swimming venue including the deck area or in the locker rooms. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Photography is prohibited behind the blocks. Video or photography is prohibited in or over the water by devices such as a GoPro. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. Shaving is not permitted anywhere in the facility.

**Times:** **11 and Over - Friday, 11/1/19:**  
Warm-ups: 3:00 PM - PAC only; 4:00 PM – All other teams  
Timed finals: 5:00 PM

**11 & Over - Saturday, 11/2/19:**  
Warm-ups: 6:45AM - PAC; 7:30 AM - All other teams  
Timed Finals: 8:30 AM

**10 & Under - Saturday, 11/2/19:**

Warm-ups: 1:30- 2:15 PM – All teams

Timed Finals: 2:30 PM

**11 & Over - Sunday, 11/3/19:**

Warm-ups: 7:00 AM - PAC; 8:00 AM - All other teams

Timed Finals: 9:00 AM

**Please note the start time for the Saturday AM session and the Sunday AM sessions are different. The Sunday session will begin one half hour later due to the Daylight Savings time change.**

The Saturday PM warm up and start times are estimated. Coaches will be emailed more exact warm-up and start times as soon as the Saturday sessions are seeded. If you have a question about times please email the Meet Director, Zoya Brown at [jonzoya@msn.com](mailto:jonzoya@msn.com)

Breaks will be added to the meet schedule at the discretion of the Meet Referee in consultation with the Meet Director.

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

**Safety:** Current Oregon Swimming safety guidelines and warm-up procedures including the Minor Athlete Abuse Protection Policy (MAAP) will be in effect and will be strictly enforced. 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.

**Bull Pen:** A Bull Pen will be provided for all 8 & Under events. All other swimmers shall report directly to their assigned lanes.

**Awards:** Individual Events: Ribbons will be awarded for 1<sup>st</sup> -12<sup>th</sup> place in each event, by age group: 8&U, 9-10, 11-12, 13-14, 15&O

Relay Events: Ribbons will be awarded for 1<sup>st</sup>-12<sup>th</sup> place.

**Meetings:** Coaches meeting will be held 15 minutes prior to the start of the meet.

Official's meeting will be held 1 hour prior to the start of each session.

**Hospitality:** Drinks will be provided for timers and deck officials; a Hospitality room will be provided for officials and coaches.

**Officials:** Certified officials and trainees from participating teams are appreciated and needed. If you are certified and will attend this meet, please notify the Meet Referee, Lee Cannon at [LCannon@amfam.com](mailto:LCannon@amfam.com). If you are a trainee, please also include a current copy of your training log. Portland Aquatic Club thanks you for your support!

**Timers:** PAC will provide timers for all sessions of the meet. Distance swimmers will need to provide their own counter. In the event that we need additional timers, a sign- up sheet will be available at the Volunteer table.



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### Session 1: Friday 11/1/19

#### 11 & Over Distance (2 individual events, 1 relay maximum)

Female	Age	Event	Male
#1	11 & Over	400 IM	#2
#3	13 & Over	1000 Freestyle	#4
10 Minute Break			
#5	11 & Over	Mixed 200 Freestyle Relay	#5

### Session 2: Saturday 11/2/19

#### 11 & Over (3 events maximum)

Female	Age	Event	Male
#7	13 & Over	100 Freestyle	#8
#9	11-12	200 IM	#10
#11	13 & Over	200 IM	#12
#13	11-12	50 Breaststroke	#14
#15	13 & Over	100 Breaststroke	#16
#17	11-12	100 Butterfly	#18
#19	13 & Over	200 Butterfly	#20
#21	11-12	50 Backstroke	#22
#23	13 & Over	100 Backstroke	#24
#25	11-12	50 Freestyle	#26
#27	13 & Over	500 Freestyle	#28



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**Session 3: Saturday 11/2/19  
10 & Under (4 events maximum)**

<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
#29	10 & Under	200 IM	#30
#31	8 & Under	25 Freestyle	#32
#33	10 & Under	50 Freestyle	#34
#35	8 & Under	25 Butterfly	#36
#37	10 & Under	50 Butterfly	#38
#39	10 & Under	200 Freestyle	#40
#41	8 & Under	25 Backstroke	#42
#43	10 & Under	50 Backstroke	#44
#45	8 & Under	25 Breaststroke	#46
#47	10 & Under	50 Breaststroke	#48
#49	10 & Under	100 IM	#50
#51	10 & Under	100 Freestyle	#52
#53	10 & Under	Mixed 200 Freestyle Relay	#53

**Session 4: Sunday 11/3/19  
11 & Over (3 events maximum)**

<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
#55	13 & Over	200 Freestyle	#56
#57	11-12	100 IM	#58
#59	11-12	100 Freestyle	#60
#61	13 & Over	200 Breaststroke	#62
#63	11-12	100 Breaststroke	#64
#65	13 & Over	200 Backstroke	#66
#67	11-12	100 Backstroke	#68
#69	13 & Over	100 Butterfly	#70
#71	11-12	50 Butterfly	#72
#73	13 & Over	50 Freestyle	#74