



2021 Amy Eha Memorial Fall-Invitational

A/B/C Short Course Senior/Age Group November 6-7th, 2021

Held Under the Sanction of USA Swimming, Inc

Sanction No.

#21-109

In granting this approval, it is understood and agreed that USA Swimming, Portland Aquatic Club, Molalla Aquatic Center, 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:

Molalla Aquatic Center
432 Frances St.
Molalla, OR 97038
(503) 759-7665

Covid 19 Statement:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, OREGON SWIMMING INC, PORTLAND AQUATIC CLUB, MOLALLA AQUATICS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER

LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Meet Referee: Lee Cannon LCannon@amfam.com 503-516-1568

Admin Official: Hai Ta hieuconhaicon@gmail.com 503-841-7248

Meet Director: Kim Coffield Kimberly.coffield@gmail.com 703-407-2541

Eligibility: Swimmers MUST be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED.

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.

The age-up date is the first day of the meet.

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 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 or the Meet Referee if assistance is needed, upon arrival at the meet.

Entry Deadline: Entry Deadline is October 20th, 2021. Updated times for seeding purposes will be accepted through October 24th, 2021.

No late entries will be accepted.

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 three (3) individual events and one (1) relay per session. Total entries of six (6) individual events and one (1) relay.

11 & Over
Swimmers may enter a maximum of three (3) individual events and one (1) relay for sessions 1 & 4. One (1) distant event may be entered for session 2 on Saturday. Total entries of seven (7) 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.

Meet Limits:

Approximately 175 swimmers per session. Entries are on a first come, first entered basis. The USA Swimming four-hour rule will be planned for as much as possible. Events may be canceled by the referee to comply with the time limit, though all options to avoid this will be considered.

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 slowest to fastest. 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 slowest to fastest. 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 Submission:

Please email your entries to:
Hai Ta at: hieuconhaicon@gmail.com
and cc: lcannonpdx@gmail.com

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
\$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. Please feel free to print on your own or enjoy it on your mobile device. A paper copy will be provided for all coaches.

Entry fee must accompany master entry form. No credits or refunds will be given for entries not swum.

Payment Address: Portland Aquatic Club
% Meet Entries
3519 NE 15th St #527
Portland, OR 97212

Facility: Indoor, 25 yards, with 8 lanes 2.5m per lane. **Depending on entries received, the meet will utilize all 8 lanes for competition, or may use six lanes with a continuous warm up lane. This will be announced once all entries are received and an updated time-line is established.** Starting blocks at the deep end of the pool only (7 ft.) Shallow end is 3'6". Colorado Timing system, parking available at facility with overflow across the street at the high school, seating for 150 athletes, spectators not allowed on deck.

There is limited pool deck space, however outside there is a large fenced field next to the pool and a cemented patio. Families are welcomed and encouraged to bring canopies for weather protection. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C (4). See Covid Protocols for requirements and deck movement and team organization.

Restrooms: Men's and Women's locker rooms available for athletes only. A Port-A-Poty will be available for spectators outside and a second available for Officials/Timers/Meet Volunteers and Coaches. There is also an additional rest room for meet personnel adjacent to the Coaches/ Official's hospitality room.

Concessions: Concessions will be available on a limited basis with an updated announcement provided to participating teams prior to the meet.

Rules & Safety: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. All adult participants associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership available to show, on the Deck Pass app or by hard copy, if requested. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

- Swimwear:** USA Swimming Rule 102.8.1F - No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Restrictions:** Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: deep end adjacent to competition pool, warm-water pool, hot tub, sauna, or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited.
- Recording Devices & Media Notice:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. 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. This meet may be covered by the media, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
- Awards:** Individual Events: Ribbons will be awarded for 1st -8th place in each event, by age group: 8&U, 9-10, 11-12, 13-14, 15&O
Relay Events: No Awards.
- Bull Pen:** A Bull Pen will be provided for the 10 & Under sessions.
- 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 at 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 and early commitment!!
Dress is white Polo over black pants/shorts/skirt with black shoes and socks.
- Timers:** PAC will provide timers for all sessions. In the event there are still open timing positions, spectators from visiting teams will be allowed to sign up the day of. One timer per lane will be used.

Meetings: **Officials:** 1 hour prior to the start of the session in hospitality.
Coaches: 15 minutes prior to the start of the session in hospitality.
Timers: 10 minutes prior to the start of the session at starting box.

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

Covid & Facility Protocols: Please note, these will be adjusted as needed at the time of the event based on the current state of events.

As of September 2021:

The state of Oregon is requiring face masks for all persons 5 and over while indoors regardless of vaccination status. For outside events of 50 or more persons, facemasks are also required for all persons 5 and over unable to maintain a 6 foot social distance. For this meet, face masks will be required for all attendees age 5 and over regardless of vaccination status while inside the Molalla Aquatic Center or within the fenced patio adjacent to the center or any other location when 6 foot distancing is not possible. Masks may be removed while entering the pool for warmups and while competing. **It is recommended that each athlete bring several masks for the meet and suggest masks that tie behind the head or retrofit your mask with a rubberband to do so. Athletes should also bring a sealable container to hold their mask while they are in the water.**

A Venue map will be released after entries with assigned team indoor and outdoor seating areas and warm up lanes. It is important that teams adhere to the assigned area. Additionally, each team will need to provide a monitor to oversee seating, distancing and mask use during each session for their team. The coach will provide their names and they will check in with the volunteer desk at arrival.

Indoor and outdoor seating areas will be assigned after entries are received with each team having opportunities for both.

Warmups will be grouped by team and lanes assigned when entries are completed. Smaller teams will be grouped together.

Fly over starts will be used. At the completion of the race, swimmers will move to their left of the lane while facing the wall in the water. After the next heat starts, they will exit, replace their mask and return to their seating area.

10 & Unders will have a bullpen for their races.

We are operating at a total athlete capacity of 150 athletes in the building, with overflow in the outside area adjacent to the pool. There are bleachers for the athletes indoors. The remaining 25 person capacity will be made up of officials, coaches and timers or a total limit of 175 persons in the pool deck area.

No spectators will be allowed indoors. However, the patio area is an excellent viewing area with a glass wall. If space permits, we will look at allowing spectators on a per event entry on the inside of that wall. This will be re-evaluated when entries are completed.

3-6 ft minimum distance when possible as well as a mask covering both the mouth and nose when not in the water. Those looking for additional space are encouraged to bring a canopy, warm clothes and chairs for the outside area.

Tracking - When entries are received, teams will receive a follow up communication outlining the pool deck and outside areas where each participating team will be assigned and interior and exterior area for their team members. We are asking that athletes from different teams maintain a 6 foot social distance as much as possible. In the event of a positive case is associated with this meet, notifications will be done on a team basis so it is important that the assigned areas be adhered to. Officials and Timers will be considered their own separate groups for notification purposes if necessary.

Timeline & Order of Events*

Session 1 : Saturday 11/6/2021

11 & Over (3 event max)

Warm up: 8:00- 9:00am / Timed Finals: 9:15am

Girls	Event	Boys
1	13 & Over 100 Freestyle	2
3	11-12 200 IM	4
5	13 & Over 200 IM	6
7	11-12 50 Breaststroke	8
9	13 & Over 100 Breaststroke	10
11	11-12 100 Butterfly	12
13	13 & Over 200 Butterfly	14
15	11-12 50 Backstroke	16
17	13 & Over 100 Backstroke	18
19	11-12 50 Freestyle	20

Session 2 : Saturday 11/6/2021

11 & Over (1 event max)

Warm up: 12:45 - 1:15pm / Timed Finals: 1:20pm

Girls	Event	Boys
21	11 & Over 400 IM	22
23	11 & Over 500 Freestyle	24
25	11 & Over 1000 Freestyle	26

Session 3 : Saturday 11/6/2021

10 & Under (3 event max)

Warm up: 3:30pm - 4:30pm / Timed Finals: 4:45pm

Girls	Event	Boys
27	10 & Under 50 Freestyle	28
29	8 & Under 25 Butterfly	30
31	10 & Under 100 Butterfly	32
33	8 & Under 25 Backstroke	34
35	10 & Under 100 Backstroke	36
37	10 & Under 50 Breaststroke	38
39	10 & Under 100 Freestyle	40
41	10 & Under 100 IM	42

Session 4 : Sunday 11/7/2021

11 & Over (3 event max & 1 relay)

Warm up: 8:00- 9:00am / Timed Finals: 9:15am

Girls	Event	Boys
43	13 & Over 200 Freestyle	44
45	11-12 100 IM	46
47	11-12 100 Freestyle	48
49	13 & Over 200 Breaststroke	50
51	11-12 100 Breaststroke	52
53	13 & Over 200 Backstroke	54
55	11-12 100 Backstroke	56
57	13 & Over 100 Butterfly	58
59	11-12 50 Butterfly	60
61	13 & Over 50 Freestyle	62
63	Mixed 11 & Over 200 Free Relay	63

Session 5 : Sunday 11/7/2021
10 & Under (3 event max & 1 relay)
Warm up: 1:30pm - 2:30pm / Timed Finals: 2:45pm

Girls	Event	Boys
65	10 & Under 50 Butterfly	66
67	8 & Under 25 Freestyle	68
69	10 & Under 100 Breaststroke	70
71	8 & Under 25 Breaststroke	72
73	10 & Under 50 Backstroke	74
75	10 & Under 200 Freestyle	76
77	10 & Under 200 IM	78
79	Mixed 10 & Under 200 Free Relay	79

* Referee may adjust events including the combining of events or removing relays in the interest of the 4 hour timeline and to avoid empty lanes.