



Howard Jones Open Hosted by Mt Hood Aquatics

June 20th – 23rd, 2024

Held under the sanction of USA Swimming Sanctioned by
Oregon Swimming Sanction 24-071 (all sessions) and 24-072 Time Trials

LOCATION:	Mt Hood Community College Aquatic Center 3545 NE 17 th St Gresham, OR 97030
	In granting this sanction it is understood and agreed that USA Swimming, Oregon Swimming Inc, and Mt Hood Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
FACILITY:	The outdoor competition pool is 50 meters by 25 yards, 8 lanes, 2.5 meters per lane; the start end of the competition course is 16.0 feet deep; the turn end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems will be used. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The competition course has been certified in accordance with 104.2.2c(4) and is on file with USA Swimming.
CONCESSIONS:	There may be concessions at this meet.
SPECTATORS:	Spectators will be allowed in the bleachers and outside courtyard area. Only athletes, officials, coaches and meet staff will be allowed on the pool deck.
MEET DIRECTORS:	Christine Logue Christinelogue01@gmail.com or 503-702-7845 Amanda Schmidt schmidt2131@yahoo.com or 503-407-0807
MEET REFEREE:	Debbie Laderoute debbie@oregonswimming.org
ADMIN OFFICIAL:	Anne Stansell - annestansell@aol.com Kyle Abernethy - kyle@kabernethy.com
OFFICIALS:	We always appreciate the help of certified officials. Officials will be selected prior to this meet. Please contact Debbie to indicate your availability. The officials' uniform will be white polo, black shorts/pants/skirts with black socks/shoes.
ELIGIBILITY:	Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets the first day of the meet.
HOSPITALITY:	Food and beverages will be provided throughout the meet for coaches and

	officials.
SWIMMERS WITH DISABILITIES:	Swimmers with disabilities are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
ENTRIES	<p>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.</p> <ul style="list-style-type: none"> ● Submit LCM times ONLY, entries with NTs will not be accepted ● Swimmers may enter up to a maximum of ten (10) individual events, but no more than three (3) per day. Each swimmer may participate in a maximum of (1) relay per day. Teams may enter up to four (4) relay entries per gender (12&U and 13&O). ● Submit entries via email annestansell@aol.com in a Hy-Tek formatted file. <i>Please mail entry fees and a printout of Hy-Tek entries.</i> <p>With submission of entries the coach/team representative attests that all swimmers entered are registered with USA Swimming.</p>

ENTRY DEADLINE:	<p>Entries will open 12:00 PM on MAY 20th, 2024. ENTRIES MUST BE RECEIVED NO LATER THAN 11:59 PM ON JUNE 17, 2024. <i>Please note we anticipate this meet to fill prior to the entry deadline.</i> Email entries to annestansell@aol.com ***We expect entries to fill well before the entry deadline. Preference will be given to teams providing officials that work the meet. Teams should provide a list of officials with their entry file. Officials should use the Officials Sign Up link to indicate sessions they are available to work.***</p>
ENTRY FEES:	<ul style="list-style-type: none"> ● \$3 OSI per swimmer surcharge ● \$40.00 per swimmer facility fee ● \$6.50 per individual event ● \$15 Relay Fee <p>Checks should be sent to: MHA, PO Box 129 Gresham, OR 97030</p>
NO COACH PRESENT:	<p>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. This must be done BEFORE the swimmer may enter the water for warm-ups or competition.</p>

<p>WARM UPS:</p>	<p>USA Swimming and Oregon Swimming safety procedures will be enforced throughout the meet.</p> <p><i>Indoor pool available for continuous warm-up and cool down (Friday, Saturday & Sunday)</i></p> <p>NOTE: Swimmers violating safety procedures may be removed from warm ups for the remainder of the session. Additional violations may cause the swimmer to be removed from the meet.</p>
<p>START TIMES:</p>	<p>Thursday – warm up 4:00 pm and competition 5:00 pm Friday / Saturday / Sunday Sessions 12 & Under sessions – warm up 7:30 am and competition 8:30 am 13 & Over sessions - warm up (not before 11am) warm up time will be available after entries close</p>
<p>TIMELINE:</p>	<p>The Meet Director reserves the right to change warm up times as approved by the Meet Referee. Coaches will be informed of any changes to warm-up and competition times. The timeline is an estimate.</p> <p>The 12 and under session will be limited to a projected timeline of four hours. Chase starts may be used for all sessions, depending on timeline and number of entries.</p>
<p>FORMAT:</p>	<p>All events will be swum fastest to slowest. Meet format will be LCM, timed finales. All 50s will start from the EAST scoreboard end. All events will be pre-seeded with the following exceptions:</p> <ul style="list-style-type: none"> ● 13&O events 400 IM, 400 Freestyle, 1500 Freestyle, and ALL Relays - will be deck-seeded and positive check-in is required. Positive check-in will be the responsibility of the coach or swimmer. ● All Relay Events - Positive check-in no later than 15 minutes after warm-up start. ● 13&O events 400 IM, 400 Freestyle, 1500 Freestyle - Positive check-in no later than 1 hour after competition start. <u>Positive check-in at the west end of the pool with admin</u> ● 13&O events 400 IM, 400 Freestyle, and 1500 Freestyle will be swum alternating girl's and boy's heats (combined girls/boys heats may be swum). 400 IM, 400 Freestyle, and 1500 Freestyle events may be limited based on timeline. ● 400 IM, 400 Freestyle, and 1500 Freestyle athletes/teams must provide their own (2) timers and person to count if desired. ***Coaches are encouraged to report all scratches***
<p>TIME TRIALS:</p>	<p>Time trials will be conducted at the discretion of the Meet Referee, time permitting. Individual events will only be offered, a maximum of 2 time trials per day. Time trials do not count toward the daily limit. Time trials will be swum following the 13&O sessions in event order. Swimmers must provide their own timers and counters. Time trial swimmers must be entered in the meet to</p>

	participate in time trials. Time trial entries will be taken at Clerk of Course. Time Trial entry fee: \$10 per event CASH ONLY.
HEAT SHEETS:	Heat sheets with a session report will be available on the MHA website prior to the meet and posted at the beginning of the meet at the pool. Timelines are an estimate. Information will be posted and be available on Meet Mobile.
MEETINGS:	Officials' meetings 1 hour prior to session start. Coaches' meetings will be held 15 minutes prior to the session start. Coaches will be notified of the location.
RULES:	Current USA Swimming and Oregon Swimming rules will govern this meet. All walkways around the pool and lifeguard stations must be kept clear. Any act of theft, vandalism or similar action will result in immediate ejection from the meet and premises.
AWARDS:	Individual events - 1st - 8th place ribbons Relay events - 1st - 3rd place ribbons
SCORING:	Individual events: 9-7-6-5-4-3-2-1 10&U, 11-12, 13-14, 15&O Relay events: 12&U and 13&O - Double the individual points
TIMERS:	Teams will be assigned lanes for timing based on the number of entered swimmers. We will need the help of every team; if chase starts are utilized, we will need 34 timers.

RESTRICTIONS:	No tech suit may be worn by any 12 and under USA swimming athlete member in competition at any sanctioned, approved or observed meet. Tobacco, non-tobacco, vape products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. No shaving permitted. Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, restrooms, or lockers rooms. Photography is not allowed behind the blocks at any time during the meet. Operation of drones or any other flying apparatus is prohibited over the venue.
SAFETY:	Oregon Swimming Safety Rules and Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
MEDICAL:	Medical facilities available include lifeguards, AED, and community 911 EMS.

SAFE SPORT	Safe sport guidelines will be followed at this meet.
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ORDER OF EVENTS

Session #1 Distance 13&Over

Thursday– June 20, 2024

Warm-ups 4:00 pm – Start 5:00 pm

Girls	Event	Boys
1	13&O 1500M freestyle <i>(positive check-in REQUIRED)</i> <i>Entries will be limited based on time allowed.</i>	2

Session #2 12&U

Friday– June 21, 2024

Warm-ups 7:30 am – Start 8:30am

Girls	Event	Boys
3	12&U 200M freestyle	4
5	12&U 200M free relay <i>(positive check-in REQUIRED)</i>	6
7	12&U 50M backstroke	8
9	12&U 100M butterfly	10
11	12&U 100M breaststroke	12

Session #3 13&O

Friday – June 21, 2024

Warm-ups *(not before 11am)*

Girls	Event	Boys
13	13&O 200M backstroke	14
15	13&O 400M freestyle relay <i>(positive check-in REQUIRED)</i>	16
17	13&O 200M breaststroke	18
19	13&O 100M freestyle	20
21	13&O 400M IM <i>(positive check-in REQUIRED)</i>	22

Session #4 12&U

Saturday– June 22, 2024

Warm-ups 7:30 am – Start 8:30am

Girls	Event	Boys
23	12&U 400M free relay (<i>positive check-in REQUIRED</i>)	24
25	12&U 100M freestyle	26
27	12&U 50M fly	28
29	12&U 100M backstroke	30

Session #5 13&O

Saturday–June 22, 2024

Warm-ups (*not before 11 am*)

Girls	Event	Boys
31	13&O 200M IM	32
33	13&O 400M medley relay (<i>positive check-in REQUIRED</i>)	34
35	13&O 200M butterfly	36
37	13&O 50M freestyle	38
39	13&O 400M freestyle (<i>positive check-in REQUIRED</i>)	40

Session #6 12&U

Sunday–June 23, 2024

Warm-ups 7:30 am – Start 8:30 am

Girls	Event	Boys
41	12&U 50M breaststroke	42
43	12&U 200M IM	44
45	12&U 50M free	46
47	12&U 200M medley relay (<i>positive check-in REQUIRED</i>)	48

Session #7 13&O

Sunday–June 23, 2024

Warm-ups (*not before 11 am*)

Girls	Event	Boys
49	13&O 100M breaststroke	50
51	13&O 200M freestyle	52
53	13&O 100M butterfly	54
55	13&O 200M medley relay (<i>positive check-in REQUIRED</i>)	56
	10 minute Break	
57	13&O 100M backstroke	58