



2024 MAC Long-Course Invitational
April 19th - 21st, 2024
Multnomah Athletic Club
1849 SW Salmon St., Portland, Oregon
Phone: 503-223-6251

Held under the sanction of USA Swimming, Inc. through Oregon Swimming, Inc.

Sanction:	24-039
	In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, Multnomah Athletic Club, and The MAC Swim Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
Meet Referees:	Lee Cannon - LCannonPDX@gmail.com Julie Carpenter
Admin Officials:	Betsy Haney Anne Stansell
Meet Director:	Tim Larkin - tlarkin@themac.com
Directions:	<p><u>SOUTHBOUND</u>: Take I-5 to I-405 South. Take Burnside exit, go straight on (15th) to Salmon, turn right, and go through stoplight at 18th. MAC Club is on the right.</p> <p><u>NORTHBOUND</u>: 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.</p> <p>Parking may be available; please check with Security guards at the main parking structure. Please plan on a \$10.00 charge to use in the club's parking structure. (Officials have reserved parking spaces in the structure.) Limited street parking is available. If overflow parking is needed, there may be an additional charge.</p> <p>Some street parking is available if the club parking structure is not available. There are no accommodations for camping or campers. Parking may be available adjacent to the club. Please plan on a \$10.00 charge to use in the club's parking structure. (Officials have reserved parking spaces in the structure.) Limited street parking is available. If overflow parking is needed, there may be an additional charge.</p> <p>There may be parking available in the parking structure next to the club.</p>



	Additional communication on parking will be updated by the Meet Director.
Facility:	Indoor, 50-meter pool with 4'1" depth at start and turn ends of pool and six 7'0" lanes with turbulence-controlling lane lines. Daktronics timing system with strobe & horn start and Colorado scoreboard, using Meet Manager software. The facility or host will assure that the measurements are accurate. The facility is accessible to adaptive swimmers. The facility is accessible to adaptive swimmers. There is a viewing area for spectators on the mezzanine level. POOL DECK IS FOR SWIMMERS, COACHES, OFFICIALS AND TIMERS ONLY. Swimmers are limited to the pool area and concession areas only. Parents will be permitted to stay on the bleachers during the competition.
MAC Specific:	<p>The Studio 2 Room is available for additional seating for spectators and swimmers, located past the elevators on the scoreboard-side of the 50m Pool. Concessions are available on the B level of the Club at Joe's. There is a viewing area for spectators on the mezzanine level. Swim-meet guests' access is limited to the pool areas, the Team Training Room and concession areas only.</p> <p>Lawn and deck chairs are not permitted, and neither are large coolers; only individual or small-sized coolers will be allowed in the club.</p>
Restrictions:	Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms or locker rooms. No cell phones or other recording devices are allowed behind the blocks. The use of a "Go Pro" and similar photographic or video devices is not allowed in, on or near the pool during competition except for approved official livestream of the meet. Operations of a drone (or any other flying apparatus) are prohibited over the venue (pool, athlete/coach areas, spectator areas and locker rooms) when athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. This meet may be covered by the media or general publication, 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.
MAAPP:	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.
Rules/Safety:	Current USA Swimming and Oregon Swimming, Inc. rules will govern the meet. Oregon Swimming, Inc. safety guidelines and warm up procedures will be strictly



	<p>enforced. All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts, or the swimmer 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>																	
Medical:	<p>Medical facilities available include club staff, lifeguards and access to first responders via 911.</p>																	
Tech Suits:	<p>USA Swimming Rule 102.8.1F: No Technical Suit may be worn by any 12 & Under USASwimming athlete member in competition at any Sanctioned, Approved or Observed Meet.</p>																	
Schedule:	<table border="1"> <tr> <td>Friday April 19th</td> <td>Warm ups: 4:30pm</td> <td>Timed Finals: 5:30pm</td> </tr> <tr> <td>Saturday April 20th</td> <td>Warm ups: 7:30am</td> <td>Timed Finals: 8:30am</td> </tr> <tr> <td></td> <td>Warm ups: 11:30am**</td> <td>Timed Finals: 12:45pm**</td> </tr> <tr> <td>Sunday April 21st</td> <td>Warm ups: 7:30am</td> <td>Timed Finals: 8:30am</td> </tr> <tr> <td></td> <td>Warm ups: 11:30am**</td> <td>Timed Finals: 12:45pm**</td> </tr> </table> <p>** Teams will be notified by Thursday, April 18th, if there are any changes to the afternoon sessions' warm-up and/or start times. Team warmup will be divided into two 30 minute sessions with assignments sent after entries are received. The Referee reserves the right to adjust session start times or entry limits to comply with session time limits as needed. **</p>			Friday April 19th	Warm ups: 4:30pm	Timed Finals: 5:30pm	Saturday April 20th	Warm ups: 7:30am	Timed Finals: 8:30am		Warm ups: 11:30am**	Timed Finals: 12:45pm**	Sunday April 21st	Warm ups: 7:30am	Timed Finals: 8:30am		Warm ups: 11:30am**	Timed Finals: 12:45pm**
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Meetings:	<p>A meeting for coaches may be held 15 minutes prior to the start of each session. A meeting for officials will be held 60 minutes prior to the start of each session. Hospitality will be provided for coaches and officials.</p>																	
Awards:	<p>Ribbons for the top three places in each individual event per gender. Awards will be given for the following age groups: 8-year-olds and younger, 9-year-olds, 10-year-olds, 11-year-olds and 12-year-olds in morning sessions. The afternoon session awards will be given to 13-year-olds and 14 & older swimmers in open events. There will be no team score.</p>																	
Eligibility:	<p>Open to all swimmers who are registered USA swimmers and members of an</p>																	



	invited team. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as the first day of the meet: April 19th, 2024.
Entries: Entry Deadlines:	<p>Swimmers may enter a maximum of three (3) individual events per day. 12&U Morning sessions will be limited to 225 swimmers and the four-hour rule based on order of entries received and those teams committing officials will receive priority. Athletes 12 & under may not enter both the 12&U session and the Open Sessions, they must choose one or the other. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. Please submit entries via a Hy-Tek zip file and follow entry instructions below.</p> <p>Entries open on Monday March 4th, 2024 at noon and must be received by noon on Monday, April 8th, 2024. Session caps based on order of entries received. No late entries accepted. Please email entries to LCannonpdx@gmail.com & copy to TLarkin@themac.com</p> <p>Please submit entries (LCM Seed Times) in Hy-Tek format via email to LCannonpdx@gmail.com and copy TLarkin@themac.com. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. NT's will not be accepted, please estimate a time.</p> <p>Priority for entries will be given to those teams committing to provide officials.</p> <p>Recommended standards: 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</p> <p>ENTRY SUBMITTAL INFORMATION: Entries will only be accepted upon receipt until noon on Monday, April 8th, 2024</p> <ol style="list-style-type: none">1. Entry File from Team Manager or equivalent.2. Meet Entry Reports for individual (sorted by swimmer) events from Team Manager or equivalent.3. Meet Entry Fee Report from Team Manager or equivalent4. Meet Entry Fees—one check payable to Multnomah Athletic Club.5. Electronic files: email items #1, #2, and #3. <p>Late, incomplete, or paper entries will not be processed.</p> <p>Submittal Notes:</p> <ul style="list-style-type: none">● Recheck all entries as no additional entries or corrections will be accepted after the deadline.



	<ul style="list-style-type: none">● Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.● Mail Payment to: MAC Swim Team 1849 SW Salmon St. Portland, Oregon 97205● E-mail entries to: LCannonpdx@gmail.com & tlarkin@themac.com● Meet entry questions: Tim Larkin
Entry Fees:	\$3.00 per athlete for Oregon Swimming \$5.50 per individual event entry, \$12 per Relay.
Positive Check In:	All sessions will be deck seeded and require a positive check in. Positive check in due 5 minutes after the start of the session warm ups.
Meet Results:	A Hy-Tek Com-link file will be posted on the Oregon Swimming website in the "Results" section.
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 & notify the Meet Referee. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. If assistance is needed, please see the Meet Director or the Meet Referee for assistance upon arrival at the meet.
Timers:	Each team will be given lane-timing assignments. Please sign up on the sheets posted at the scoreboard end of the pool for each session.
Bullpen:	For all 50-meter races (on Saturday and Sunday), a bullpen will be provided for all 12 & under swimmers. All other swimmers will report to the starting area as instructed, as well as 12 & under swimmers in longer events. All 50-meter races will start at the mural end of the pool.
Officials:	Officials please register your availability here: https://forms.gle/2P7iV7ehvr2Gk5ax7
Format:	All sessions will be seeded based on time, not gender, age or other criteria. Heats may include both males and females racing together. Swimmers without seed times, or "NT" (for "No Time") will not be accepted; please submit a time for each event entered. All 50-meter races will start at the mural end of the pool.



Session I*

FRIDAY, April 19th, 2024 Warm ups: 4:30 pm / Timed Finals: 5:30 pm

1	Open 800M Freestyle (Mixed age and genders) The 800 will be swum fastest to slowest, and swimmers are required to provide their own counters and timers. At the Meet Referee's discretion, entries may be limited to accommodate a reasonable timeline
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Session II*

SATURDAY, April 20th, 2024 Warm ups: 7:30 am / Timed Finals: 8:30 am

2	12& U 200M IM (Mixed age and genders)
3	12& U 100M Backstroke (Mixed)
4	12& U 50M Butterfly (Mixed)
5	12& U 50M Freestyle (Mixed)
6	12& U 100M Breaststroke (Mixed)

Session III *

SATURDAY, April 20th, 2024 Warm ups: 11:30 am / Timed Finals: 12:45 pm – session III*

7	Open 400M IM (Mixed)
8	Open 50M Freestyle (Mixed)
9	Open 200M Breaststroke (Mixed)
10	Open 100M Backstroke (Mixed)
11	Open 200M Butterfly (Mixed)
12	Open 200M Freestyle (Mixed)



Session IV *

SUNDAY, April 21st, 2024 Warmups: 7:30 am / Timed Finals: 8:30 am – session IV*

13	12& U 200M Freestyle (Mixed)
14	12& U 100M Butterfly (Mixed)
15	12& U 50M Backstroke (Mixed)
16	12& U 50M Breaststroke (Mixed)
17	12& U 100M Freestyle (Mixed)

Session V *

SUNDAY, April 21st, 2024 Warm ups: 11:30 am / Timed Finals: 12:45 pm – session V*

18	Open 400M Freestyle (Mixed)
19	Open 100M Freestyle (Mixed)
20	Open 100M Open 100M Breaststroke (Mixed)
21	Open 200M Backstroke (Mixed)
22	Open 100M Butterfly (Mixed)
23	Open 200M IM (Mixed)

*** BREAKS MAY BE ADDED AT THE DISCRETION OF THE MEET REFEREE. POSITIVE CHECK IN REQUIRED 5 MINUTES AFTER THE START OF THE SESSION WARM UPS**