

Hosted by Mt Hood Aquatics Mt. Hood Aquatic Center July 14-18, 2015

Held Under the Sanction of Oregon Swimming and USA Swimming, Inc.
Sanction No.: 15-096.
Time Trial Sanction No.: 15-097.

**Location:** Mt. Hood Community College Aquatic Center, 26000 SE Stark, Gresham, OR;

telephone (503) 491-7243; Eastbound: Take I-84 (Troutdale), continue past the

fast food restaurants, turn right at light onto 257<sup>th</sup>, continue up the hill

approximately 2.6 miles, turn left onto 17<sup>th</sup> Street, take first left into parking lot, the pool is on the left behind the soccer field; Westbound: Take I-84 toward Portland to exit 17, go south on 257<sup>th</sup> and follow the instructions above.

**Facility:** Outdoor pool, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane. The deep end of

the pool is 16 feet deep. The shallow end of the pool is 6.0 feet deep. Parking available and seating for 3,000 spectators. The indoor pool (25 yards by 15 yards) will be open for warm-up/cool-down swims during the entire meet. Swim venue includes: all areas enclosed in the indoor pool natatorium and the outdoor pool area. Open pool deck areas available for swimmers, coaches and officials only. New features: Electronic timing and matrix scoreboard. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Meet Referee: Julie Carpenter Admin Referee: Jacki Allender

(H)503-692-9767 (H)541-753-5681 (C) 503-720-9610 (C)541-990-5144 jmcarpenter001@gmail.com seewun@proaxis.com

Co-Meet Julie Greenaway Jody Rash

**Director(s):** (Home) 503-667-4465 (Cell) 541-580-6512

(Cell) 503-804-8743

agreena833@aol.com coachjodymha@gmail.com

Dates: July 14-18, 2015: Tuesday, Wednesday, Thursday, Friday, and Saturday

Monday, July 13, 2015, 1:00 p.m. to 7:00 p.m. and Tuesday, July 14, 2015, 10:30 a.m. to 12:30 p.m. the pool is available for supervised warm-up (no marshals), certified coaches must be on deck. Additional time may be available, contact Tanya

Richardson at Tanya.Richardson@mhcc.edu for more information.



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#### **Schedule:**

PRE-MEET/ MEETING SCHEDULE	DESCRIPTION	TIME		
Monday, July 13	<b>Supervised warm-up</b> (no marshals); coach must be on deck)	1:00pm – 7:00pm		
Tuesday, July 14	<b>Supervised warm-up</b> (no marshals); coach must be on deck)	10:00am – 12:30pm		
	General Meeting	11:30am		
Thursday, July 16	Section Business Meeting	Following the completion of the preliminary session		
OFFICIALS MEETINGS	1 hour before each session each day			
MEET SCHEDULE	PRELIMS	FINALS		
Tuesday, July 14	>>>>>>>	Warm-Up: 12:30pm – 1:50pm Competition: 2:00pm		
Wednesday-Saturday, July 14-18	Warm-up 7:00-8:50am Competition: 9:00am	Warm-Up: 3:30pm – 5:20pm Competition: 5:30pm		

**Rules:** 

Current USA Swimming rules will govern this meet. Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat (8 lanes) and three consolation heats (8 lanes) will compete in Finals except as noted in Schedule of Events. Seeding for the meet will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY).

# PLEASE REVIEW SCRATCH RULES AND CHECK-IN PROCEDURES LISTED ON FOLLOWING PAGES.

#### **Eligibility**:

Open to all swimmers who:

- 1. Are currently registered with an USA Swimming LSC within the Western Region Section of the Western Zone (AZ, HI, IE, MT, CO, NM, UT, WY, PN, OR, AK, or SR) as of the day meet entries close.
- 2. Are a full-year member of USA Swimming. Note: It is the legal responsibility of each club to ensure that each swimmer listed on the Master Entry Form is USA Swimming Registered for the current year. There will be no on-deck USA Swimming registration
- **3.** Have met the appropriate 2015 qualifying times in competition, between June 1, 2014 and the entry deadline (July 6, 2015).
- 4. Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #5 below. The psych sheet will be e-mailed to all who have requested by e-mail and will be posted on the Mt Hood Aquatics website (www.mthoodaquatics.org).



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- 5. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations. Entry times which are not in the SWIMS database must be proved to the Meet Director, or designated representative, prior to the scratch deadline for the event. Failure to provide such proof of time prior to the scratch deadline for the event will result in the swimmer not being able to swim.
- 6. Unattached swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- 7. 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.
- 8. Please note deck changing is strictly prohibited.

#### **Event Limit:**

Each swimmer entered may participate in up to six (6) individual events and up to five (5) relays. No swimmer may participate in more than three (3) individual events per day, including time trials. All swimmers are limited to three (3) time trials. With the following stipulations:

- 1. If there are 800 or fewer swimmers entered, any swimmer may enter up to the 6 individual events they have qualified for.
- 2. If there are more than 800 swimmers entered, at the discretion of the Meet Referee, swimmers entered with 6 individual events may only be permitted to swim 5 individual events. Swimmers entered in 5 or fewer individual events will not be impacted.
- 3. On-line entry for the 6<sup>th</sup> event will be entered into the OME in the following fashion to permit swimmers entered in 6 individual events to designate which event will be dropped. If a swimmer who enters 6 individual events does not designate which event will be dropped, the Meet Director will remove the slowest entry time event, e.g. the 200 breaststroke is slower than the 200 free. Swimmers will be entered in their 6<sup>th</sup> event in the following manner: When entering the 6<sup>th</sup> event, coaches will enter the entry time as an **override time**, even if at the same entry time as is in the SWIMS database. Enter the qualifying meet as **6<sup>th</sup> Event** and the meet date as **01/01/2014**. Of note, this event is already a qualifier. The swimmer must meet the qualifying time to enter a 6<sup>th</sup> event. This will designate which event is to be dropped if necessary.



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- 4. If the number of events for a swimmer is dropped, the swimmer and/or club must request reimbursement of fees prior to the end of the meet.
- 5. Swimmers with disabilities who have achieved Cam-Am qualifying time standards during the qualifying period for this meet may enter up to 4 events. Each swimmer has the option of swimming a half distance for any event entered. Swimmers with disabilities may also participate in the Time Trials on the same basis.
- 6. PLEASE NOTE THERE ARE <u>NO BONUS SWIMS</u> AND <u>NO RELAY-ONLY ATHLETES</u> PERMITTED IN THIS MEET.

Teams may enter more than two (2) relay teams in each relay event but only the top two (2) teams will be scored and placed in each relay event.

**Time Line:** 

All preliminary events except the 50 M Freestyle and Relays may be double ended with starts from both ends of the pool. If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to divide the preliminary session into "A" and "B" sessions. The "A" session will consist of the fastest 7 heats (5 of the 400 meter events) with the remainder of the heats in the "B" session. The "B" session will be swum fastest to slowest.

If the projected length of Saturday's 1500 freestyle preliminary events does not allow for the scheduled Finals start time, the Meet Referee reserves the right to first, reduce the warm-up time for the Finals' session to one hour; second, to swim some number of the heats two-to-a-lane and third, to begin the Saturday warm-up period for the preliminary session one hour earlier (6:00 a.m.)

**Entries:** 

**Entries may be submitted on line beginning on May 15, 2015** (12:00AM PDT) through the USA Swimming website: <a href="www.usaswimming.org/ome">www.usaswimming.org/ome</a>.

Entries through the on-line entry system is required. On-line entries will be accepted until July 6<sup>th</sup> (11:59PM PDT). You will be required to pay for the online entries with Visa, Mastercard, American Express, or Discover. There is an OME option to pay by check. Please send payable to: MHA, c/o Julie Greenaway, 1409 SE 207<sup>th</sup> Avenue, Gresham, OR 97030. Email: agreena833@aol.com. Once you complete your online entry you will be sent a confirmation email. Bring all communications with you to the meet in case of problems with entries. You can return to your entry after you have checked out to modify entry times should they improve during the entry period. You can also add events to your entry but you cannot delete events after you have paid for them. If you are entering online, please DO NOT submit a paper entry to USA Swimming. For help with on-line entry, please contact Anthony Buhr at USA Swimming at 719-330-4054, abuhr@usaswimming.org.



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Please enter with an accurate time achieved in the proper course. Conversion times will not be accepted. The meet will be seeded using the Long Course Meters times first, followed by Short Course Meters and finally Short Course Yards.

Entries must be accompanied by payment. Swimmers' current USA Swimming numbers must be on the entry form.. E-mailed entries will be accepted for the following: 1) First time swims made July 7<sup>th</sup> through 12<sup>th</sup> until 11:59 p.m. (PDT) Sunday, July 12<sup>th</sup>, 2015, or 2) Late entries (not first time swims/qualifiers) which will be accepted until 12:00 noon on Monday, July 13th,

but will be charged double the entry fees.

**Entry Fees** & Surcharge: \$35.00 Surcharge per Swimmer \$12.00 Individual Event Fee

\$30.00 Relay Fee

\$14.00 Time Trial fee for individual events and \$33.00 Time Trial

fee for relay events

Entry Deadline: On-line entries will be accepted until July 6<sup>th</sup> (11:59PM PDT).

Entries for first time qualifying swims must be received no later than 11:59 p.m. (PDT) on Sunday, July 12, 2015, and may not be used to improve the seed time of a previously submitted entry. Late entries will be accepted until 12:00 noon (PDT) on Monday, July 13, 2015, but will pay double the entry fee (again updating of times is not permitted).

\$24.00 Late Individual Event Fee

\$60.00 Relay Fee

**Entry Address:** 

On Line Entry System: www.usaswimming.org/ome

Questions concerning meet entries should be directed to the Meet Referee.

Scratch

**Procedures:** 

The USA Swimming National Championship scratch procedure and no show rule will be used at this meet, subject to the modifications described below. These rules are described in the current USA Swimming Rules (207.11.6 in the 2014

Rule Book).

SWIMMERS MUST CHECK IN FOR THE 800 FREESTYLES AND 800 FREE RELAYS ON TUESDAY AFTERNOON NO LATER THAN 15 MINUTES AFTER THE CONCLUSION OF THE GENERAL MEETING. SWIMMERS ARE CONSIDERED CHECKED IN FOR ALL OTHER EVENTS EXCEPT RELAYS AND THE 1500 FREESTYLES UNLESS SCRATCHED.



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- 1. The Scratch Box will be located at the Clerk of Course for the duration of the meet.
- 2. Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the Clerk of Course.
- 3. Entrants in the 800 and 1500 Freestyles must check-in and confirm their intention to compete before the scratch deadline in order to be seeded. For the 1500-meter freestyles, seeded heat sheets will be published at the end of finals on Friday.
- 4. Scratch/Check-in deadlines are as follows: Check in for all relays and the 800 and 1500 Freestyles, or place your scratch card in the Scratch Box located at the Clerk of Course according to the following time lines:
  - A. Tuesday, July 14<sup>th</sup> Swimmers must check in at the Clerk of Course no later than 15 minutes after the conclusion of the general meeting for the 800 freestyles and the 800 Free Relays. For swimmers not physically present on the first day to check in for Wednesday's events, the option to check in via e-mail or by phone to the Administrative Referee will be available. This may be done by calling the Administrative Referee, Jacki Allender (cell) 541-990-5144 or e-mailing <a href="mailto:seewun@proaxis.com">seewun@proaxis.com</a> or Meet Director, Julie Greenaway cell 503-804-8743 or e-mailing <a href="mailto:agreena833@aol.com">agreena833@aol.com</a>. This is available only for the Wednesday's events. <a href="mailto:All other days will require physical check-in.">All other days will require physical check-in.</a> Coaches' packets may be picked up at the Clerk of Course. Current coaching credentials must be shown in order to pick up packet.
  - B. **Wednesday, July 15<sup>th</sup>** The Scratch Box will close 30 minutes after the start of Tuesday's Finals session (2:30 p.m.).
  - C. **Thursday, July 16<sup>th</sup>** The Scratch Box will close 30 minutes after the start of Wednesday's Finals session (6:00 p.m.).
  - D. **Friday, July 17<sup>th</sup>** The Scratch Box will close 30 minutes after the start of Thursday's Finals session (6:00 p.m.).
  - E. **Saturday, July 18<sup>th</sup>** The Scratch Box will close 30 minutes after the start of Friday's Finals session (6:00 p.m.). Entrants in the 1500-meter freestyles must check-in and confirm their intention to compete before the scratch deadline on Friday in order to be seeded.

Those swimmers who do not check in will be downseeded to the slowest entry time.

F. **Finals** - swimmers should report to the Administrative Referee within 30 minutes of the announced qualifiers for that race that they may not intend to compete and should further declare to the Administrative Referee their final intentions within thirty (30) minutes following their last individual preliminary event.



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Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

**Scoring:** 

Scoring will be on a sixteen (16) place basis (must meet time standard). Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay Events receive double these point values.

Teams may enter more than two (2) relay teams in each relay event but only the top two (2) teams will be scored and placed in each relay event.

Awards:

Medals will be provided for top 8 places for individual and 3 places for relay events Trophies/Plaques for team awards -- first through third places for Men, Women and combined Women's and Men's Individual High Point Awards Team scoring will be based on 16 places per event including relays.

<u>Please note: Individual awards will be presented immediately following the conclusion of each event.</u>

**Travel Fund:** 

Swimmers who attend both this Sectional Championship and 2015 USA Swimming Long Course National Championship or Long Course Junior National Championship are eligible to receive a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the 2015 Long Course National Championship and Long Course Junior National Championship. Application for the reimbursement must be made by using the appropriate form (posted on website) within 15 days following the conclusion of the 2015 Junior National Championships (August 25, 2015).



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### **Meetings:**

**Section Business Meeting:** The section business meeting will take place on Thursday, July 17<sup>th</sup> following the conclusion of the preliminary session in the Hospitality Room. Please send agenda items to Robert Broyles, deepspace@prodigy.net.

**General Meeting:** A general meeting will be held Tuesday, July 14<sup>th</sup> at 11:30 a.m. in the Hospitality Room. Teams must have a coach or team representative in attendance.

<u>Officials:</u> There will be an officials meeting one (1) hour prior to the beginning of each session each day.

**Officials:** We appreciate the help of certified officials from other club. If you will be attending this meet and are willing to help officiate, please return the attached Application to Officiate. In order to be considered for an assigned position, applications must be received by June 12, 2015.

### **National Championship**

#### **Certification:**

This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form, and notify Julie Carpenter, Meet Referee, upon arrival at the meet. Instructions for Certification will be provided during the Officials' briefings.

**Hospitality:** 

A hospitality room will be provided for officials and coaches.

#### Warm-Up Procedures:

General Warm-up (first half) NO DIVING from the blocks or sides of pool. Sprint and Pace Warm-up (remainder).

Lanes 1 & 8 pace lanes—push off, one or two lengths and back.

No diving or racing starts. CIRCLE SWIM ONLY.

Lanes 2 & 7 sprint lanes—dive start, swim only one direction (return from adjacent lane).

Backstrokers enter the water feet first in rotation. No diving over persons in the water

Lanes 3, 4, 5, & 6 general warm-up-No Diving.

Additional sprint lanes may be made available upon request to the Referee.

\*\*Warm-up may be modified to accommodate the number of swimmers entered at the discretion of the meet management in agreement with the Referee.

Shaving is not permitted in this facility.



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#### **Time Trials:**

Time trials will be conducted on a time available basis. Time trial swimmers must be entered in the meet with a proven time in an individual event to be eligible to participate in time trials. Each time trial swim will count toward the daily event limit, with a combination of time trials and meet events not to exceed three (3) per day. Swimmers are limited to a maximum of three (3) time trials during the course of the meet. Entries must be turned into the Clerk of Course with the fee (\$14.00/ind. and \$33.00/relay) one hour before the projected end of preliminaries.

Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

- 1. First day: Only the 800 freestyle time trials will be offered immediately following those events.
- 2. Second and all subsequent days except the final day: That day's events will be swum, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
- 3. Final Day: Time trials will only be offered if there is sufficient time after swimming the preliminary heats of the 1500 freestyle.
- 3. Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50 meter freestyle time trials will be the first event in the time trial program. On all other days, the 50 meter freestyle will be the last event of the time trial program.
- 4. The 1500 freestyle will be offered only once, on the day there is the most amount of time between sessions. The day will be announced at the General Meeting on Tuesday, July 14<sup>th</sup>.

**Timers:** 

Swimmers/clubs are responsible for providing their own timers for the 800 and 1500 freestyle swims on Tuesday evening and Saturday afternoon. Swimmers/clubs are also responsible for providing their own timers for any time trial event.

Teams will be assigned lanes for the Prelim sessions based on number of swimmers entered. Timing assignments will be e-mailed out once entries have been processed.

**Concessions:** 

Snack bar is available throughout the competition and is controlled and operated under contract with Chartwells and the Aquatic Center - the host team/MHA and Oregon Swimming receive no benefit.

**Social Events:** 

Officials/Coaches Social will be held Friday, July 17<sup>th</sup> following the conclusion of finals. Details to follow.



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**Programs:** Psych Sheets: \$10.00

Heat Sheets: Prelims - \$3.00 each session

Finals - \$2.00 each session

Results: \$5.00 (Please order at the Clerk of Course)

Information on the Web:

Meet information, as well as results of each session, will be posted on the Oregon Swimming, Mt. Hood Aquatics, the Western Zone, and USA Swimming websites.

(www.oregonswimming.org or www.mthoodaquatics.org or www.westernzoneswimming.org or www.usaswimming.org ).

Local Hotels/ Motels:

**Holiday Inn East Portland-Gresham** 

2752 NE Hogan Dr, Gresham, OR, 97030 1-855-809-3505

**Days Inn and Suites Gresham Or** 

24124 SE Stark St, Gresham, OR, 97030 1-855-799-6859

**Howard Johnson Gresham** 

1572 NE Burnside Rd, Gresham, OR, 97030 1-855-873-6566

**Best Western Pony Soldier-Gresham** 

1060 NE Cleveland Ave, Gresham, OR, 97030 1-855-799-6858

**Best Western Plus Cascade Inn and Suites** 

23525 NE Halsey St, Troutdale, OR, 97060 1-855-799-6858

**Holiday Inn Express Portland East - Troutdale** 

477 NW Phoenix Dr, Troutdale, OR, 97060 1-855-799-6861

**Comfort Inn Columbia Gorge Gateway** 

1000 NW Graham Road, Troutdale, OR, 97060 1-855-809-3507

**Travelodge Portland E Gresham** 

23705 NE Sandy Blvd, Troutdale, OR, 97060 1-855-296-5763

**Four Points By Sheraton Portland East** 

1919 NE 181st Ave, Portland, OR, 97230 1-866-599-6674

**GuestHouse Hotel & Suites Portland** 

1477 NE 183rd Ave, Portland, OR, 97230 1-866-599-6674

RV's and

Motor homes: There will be **NO OVERNIGHT PARKING** in the Mt. Hood parking lot.



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## **Qualifying Times**

	WOMEN				MEN	
SCY	SCM	LCM	Event	SCY	SCM	LCM
24.55	27:31	28.14	50 FREE	22.05	24.35	25.49
52.89	58.20	1:00.66	100 FREE	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	200 FREE	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	500/400 FREE	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	1000/800 FREE	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	1650/1500 FREE	17:03.26	16:44.43	17:36.59
58.74	1:05.55	1:08.94	100 BACK	53.55	59.47	1:03.66
2:06.55	2:21.52	2:28.00	200 BACK	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	100 BREAST	1:00.35	1:06.12	1:13.10
2:27.11	2:41.52	2:53.49	200 BREAST	2:12.81	2:24.54	2:39.68
58.06	1:03.73	1:06.27	100 FLY	52.62	58:62	1:00.37
2:10.19	2:24.26	2:31.16	200 FLY	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	200 IND. MEDLEY	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	400 IND. MEDLEY	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	200 FREE RELAY	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FREE RELAY	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FREE RELAY	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MEDLEY RELAY	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MEDLEY RELAY	3:47.49	4:15.75	4:23.39



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#### ORDER OF EVENTS

Women's Event #	Tuesday	July 14, 2015	Men's Event #
1	800-meter ( <b>C</b> )	Freestyle	2
3	800-meter ( <b>A</b> )	Freestyle Relay	4
Women's Event #	Wednesday	July 15, 2015	Men's Event #
5	100-meter	Freestyle	6
7	200-meter	Breaststroke	8
9	200-meter	Backstroke	10
11	200-meter	Butterfly	12
13	200-meter ( <b>B</b> )	Medley Relay	14
Women's Event #	Thursday	July 16, 2015	Men's Event #
15	200-meter	Freestyle	16
17	400-meter	Individual Medley	18
19	200-meter ( <b>B</b> )	Freestyle Relay	20
Women's Event #	Friday	July 17, 2015	Men's Event #
21	100-meter	Backstroke	22
23	400-meter	Freestyle	24
25	100-meter	Breaststroke	26
27	100-meter	Butterfly	28
29	400-meter ( <b>B</b> )	Freestyle Relay	30
Women's Event #	Saturday	July 18, 2015	Men's Event #
31	200-meter	Individual Medley	32
33	1500-meter ( <b>D</b> )	Freestyle	34
35	50-meter	Freestyle	36
37	400-meter ( <b>B</b> )	Medley Relay	38

- These relays will be conducted as timed finals, all heats in prelims. The 800 freestyle relay will be swum during prelims in the following order: 2<sup>nd</sup> fastest A heat of women, fastest heat of women, 2<sup>nd</sup> fastest heat of men, fastest heat of men, 3<sup>rd</sup> and 4<sup>th</sup> fastest heat of women, 3<sup>rd</sup> and 4<sup>th</sup> fastest heat of men, 5<sup>th</sup> fastest heat of women, 5<sup>th</sup> fastest heat of men, 6<sup>th</sup> fastest heat of women, 6<sup>th</sup> fastest heat of men ,etc.
- The relay events on Wednesday through Saturday will be conducted as timed finals with the two fastest heats of women and men swum at the end of finals.

  All slower heats will be swum as scheduled during preliminaries alternating women and men in the following order: 3 and 4th fastest heat of women, 3th fastest heat of women, 5th fastest heat of men, 5th fastest heat of men, 5th fastest heat of men, 6th fastest heat of women, 6th fastest heat of men, etc.

  The women and men's 800 freestyle will be conducted as timed finals on the first day's session. The heats will be swum slowest to fastest in event order. B.
- C.
- The 1500-meter freestyle will be conducted as timed finals. The fastest heat of women and men will be swum in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men's is concluded 90 minutes before the evening final's session is scheduled to begin.



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### **TEAM INFORMATION**

TEAM N	NAME:	CLUB C	ODE:				
CONTA	CT NAME:	NAME:PHONE #:					
E-MAIL	ADDRESS:						
TEAM A	ADDRESS:						
СОАСН	(ES) ATTENDING MEET:						
		Cell #:					
		Cell #:					
		Cell#:					
I have re	owing statement must be signed by a rad the meet information and attest that of USA Swimming.			full-yea			
Signatur	e:	Date:					
ENTRY	SUMMARY						
	Total from Master Entry Form(s) Total from Relay Entry Form = Team Total =	=	\$ \$ \$				
	I have paid for my entries on OME	with a credit ca	rd.				
	I am mailing a check for payment of	my entries on	OME to MHA (address bel	low).			
	ENTRY DEADLINE	E – 11:59 P.M.	MONDAY, July 6, 2015				

Mail team information or team information with check to:

**MHA** c/o Julie Greenaway 1409 S.E. 207<sup>th</sup> Avenue Gresham, OR 97030 agreena833@aol.com



### Hosted by Mt Hood Aquatics Mt. Hood Aquatic Center July 14-18, 2015 E-MAIL ENTRY FORM

TEAM NAME:			CLU	B CODE:	
COACH NAME:	E:PHONE #:				
COACH'S USA ID#:		$\mathbf{E}$	MAIL ADDRESS	S:	
HOME ADDRESS:					
_					
	City		Stat	e	Zip
	•		ERIOD – July 7	•	
		-	m., Sunday, July		
_			) noon, Monday J	• ,	
					or the first time from
					t be received no later t d time of a previously
submitted entry.	i Sunday July 1	2, 2015, and may	not be used to impi	ove the sec	u time of a previously
LATE ENTRIES:					entered previous to
					t be received no later t
12:00 noon (PDT) or submitted entry.	n Monday, July	713, 2015, and m	ay not be used to im	prove the se	eed time of a previousl
•		. 41.:	£		
We have entered the following	owing events of	n unis e-maii entry		70.	
NEW QUALIFIERS Women: Individual Events	v \$12.0	00 =	LATE ENTRIE Women: Individual	<del></del>	x \$24.00 =
Men: Individual Events		00 =	Men: Individual Ev		
Relays: # of Relays		00=	Relays: # of Relays		
Surcharge: # of Swimmers		00 =	Surcharge: # of Sv		
Total Entry Fee:	\$		Total Entry Fee:		\$
Emailed entries must be pa	aid at the Clerk	of Course.			
The undersigned coach of times stated on this entry Coaches Signature:  Swimmer Information	y form are true	and correct.			
Print Name				_	
Team Name					
Female Male		•			
	rad in moat?	Yes	No		
Swimmer previously enter					
Event # Event			e		Achieved
Event # Event Event # Event		Time	e	Date .	Achieved
Event # Event		Time		Date Date .	Achieved
Event # Event Event # Event		Tim	e	Date I	Achieved

# REIMBURSEMENT REQUEST \*\*\* THIS FORM IS DUE NO LATER THAN AUGUST 25 \* \* \* PLEASE PRINT NEATLY

Coach's Name:			Pho	ne:	
Email Address:					
Coach's Signature:					
Full Team Name:				LSC:	
			Street or P.O. Box		
Swimmer must attend both Se	IS REQUI	ESTE	D CIRCLE ONE	EIMBURSEMENT os or Junior Nationals	
National Championships			Junior Nationals		
Dates of USA Swimming Champio	onship M	leet:	Location:		
Did Coach Attend Championship Me	et? Yes	No	Name of Attending Coac	ch:	
Swimmer's Name (Last, First) Age			Event(s) Competed At Sectionals	Event(s) Competed At Nationals/Juniors (circle 1)	
Please send completed form within 15 or requested to:	days of the	e end	of the Championship Meet Bruce Stratton, Treasurer 2017 S. Roosevelt St. Boise, ID 83705		

(208) 336-4953

Email: <u>bruce@strattoncpa.com</u>

FAX (208) 342-8962

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**DUE AUGUST 25, 2015**