



# 2023 PAC Fall INVITATIONAL

November 3-5, 2023

A/B/C/ Short Course Senior/Age Group Swim Meet

*Held Under the Sanction of USA Swimming, Inc.*

**Sanction #:** 23-xxx

In granting this approval, it is understood and agreed that USA Swimming, Portland Aquatic Club, Portland Parks & Recreation, 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 97212  
503-823-3673

**Meet Referee:** Audrey Lungershausen: [fourteentalltrees@me.com](mailto:fourteentalltrees@me.com)

**Admin Official:** Chad Vassallo: [chad.vassallo@frontier.com](mailto:chad.vassallo@frontier.com)

**Meet Directors:** Kim Coffield & Mari Little: [PACMeetDirectors@gmail.com](mailto:PACMeetDirectors@gmail.com)

**Medical:** Medical facilities available include staff, lifeguards and access to first responders via 911.

**Eligibility:** Swimmers must be currently registered with USA Swimming. Per USA Swimming sanction requirements, all athlete participants and clubs must be registered with OSI. **NO ON DECK REGISTRATION SHALL BE PERMITTED.** Age-up date is the first day of the meet.

**Entry Deadline:** Entries must be received by **5:00 pm, Friday, October 20th, 2023.** Due to the lengthy time to complete the Exceptions Report, no new athletes will be added after the deadline. **No late entries will be accepted.**

**OSI Standards:** 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

**Officials:** We greatly appreciate the help of certified officials at all sessions of this meet. Trainees are welcome and trainee sessions are subject to availability of certified officials. Certified officials and trainees can use the following Google form to let the meet referee know of your availability. Thanks much! [2023 PAC Invite Official's Sign Up](#)

**Entry Limits:** 10 & Under

Swimmers may enter a maximum of four (4) individual events in Session 3. PAC reserves the right to limit participation to a maximum 1 x 200 yard event per swimmer if the session exceeds the designated limit in observance of the 4-hour rule.

**11 & Over**

Swimmers may enter a maximum of one (1) individual event Friday, three (3) individual events Saturday and three (3) individual events Sunday for a combined total of seven (7) events. PAC reserves the right to limit entries of distance events if the session exceeds the designated limit.

**Entries:** Submit YARD TIMES ONLY for seeding. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming. This meet will be pre-seeded, except for the 500, 1000, 1650 Freestyle and the 400 IM. All events will be swum slowest to fastest except as noted below.

**11/O DISTANCE EVENTS:**

Athletes swimming any distance event must provide their own times and lane counters (including 500 free.)

Entries into the 500, 1000, and 1650 free will be at coach's discretion.

Swimmers entering distance events must list an entry time in order to be seeded. "NT" (no time) in distance events will not be accepted.

Athletes are permitted to enter one (1) distance event in Session 1 (Friday).

All distance events will require a positive check in and will be deck seeded.

The 500, 1000, and 1650 Freestyle events will be swam fastest to slowest.

PAC reserves the right to limit the 1000 and 1650 Freestyle events to the first 12 entries received for each event (2 heats Girls, 2 heats Boys). PAC reserves the right to combine heats in the interests of swimmer equity, 4-hour rule and facility contract agreements.

PAC reserves the right to limit the 500 Freestyle event to the first 30 entries received for each event (5 heats Girls, 5 heats Boys). PAC reserves the right to combine heats in the interest of swimmer equity, 4-hour rule, and facility contract agreements.

**400 IM EVENT:**

Swimmers entering the 400 IM must have an entry time to be seeded. "NT" (no time) in the 400 IM will not be accepted.

The 400 IM will be deck seeded and swam fastest to slowest.

PAC reserves the right to limit the 400 IM entries based on timeline.

**Entry Fees:** \$3.00 Oregon Swimming Surcharge per swimmer  
\$15.00 Facility Charge per Athlete  
\$5.00 Individual Event Fee  
\$13.00 Relay Event Fee

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

**Entry Limits:** **Timeline is an estimate** and may be adjusted up/down based on meet entries. Coaches will be advised of any changes making the timeline earlier. **\*\*November 5th begins Daylight Savings.\*\***

**Schedule:** **Session 1: 11/O Friday, 11/3/23**  
Warm-ups: 3:00 PM PAC only;  
4:00 PM - All other teams;  
Timed finals: 5:00 PM

**Session 2: 11/O Saturday, 11/4/23**

Warm-ups: 6:45 AM - PAC only;  
7:30 AM - All other teams;  
Timed Finals: 8:30 AM

**Session 3: 10 /U Saturday, 11/4/23**

All Teams Warm-ups: 1:30- 2:15 PM (see note)  
All teams Timed Finals: 2:30 PM

**Session 4: 11/O Sunday, 11/5/23 (Daylight Savings)**

Warm-ups: 7:15 AM - PAC only;  
8:00 AM - All other teams;  
Timed Finals: 9:00 AM

- Warm Ups:** Note: The Saturday PM warm up and start times are estimated. Coaches will be communicated with/emailed more exact warm-up and start times as soon as the Saturday sessions are seeded. If you have a question about times, email Meet Director Kim Coffield at: [PACMeetDirectors@gmail.com](mailto:PACMeetDirectors@gmail.com)
- No Coach:** For unattached swimmers or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach for the swimmer. 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.
- Facility:** Indoor, 25 yards, 6 lanes. Starting area depth is 10 feet and at the turn end 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). A Colorado 6 Electronic Timing System will be utilized. The facility is accessible for adaptive swimmers. Parking is available in a lot on N. Knott St, across N. Williams Ave., and street parking is also available. Seating is available for 300 spectators.
- Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES and GLASS CONTAINERS ARE NOT ALLOWED in the swimming venue, on the grounds, or in the parking areas. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.
- Deck Access:** **Coaches and Officials must display appropriate 2023 USA Swimming Membership cards at all times while on deck.** Closed pool deck areas available for swimmers, coaches and officials only. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. Deck changing is prohibited.
- SPECTATORS ARE NOT ALLOWED ON DECK**
- Pool Access:** **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. Facility accessible for adaptive swimmers.
- 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.
- Locker Rooms:** **The facility's Women's and Men's locker rooms with access onto the pool deck are available for registered athletes only.**
- Restrooms:** Separate restrooms are marked and available for adults/Officials. Locker rooms are for athletes only.
- Rules:** Current USA Swimming and Oregon Swimming rules will govern this meet.
- Safety and Dive Certified:** Current Oregon Swimming safety guidelines and warm-up procedures 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.

**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.

**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, including from the upper balcony.** 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.

**Bull Pen:** A bullpen will be provided for all 8 & Under events in Session 3. All other swimmers should report directly to their assigned lanes.

**Awards:** Individual Events: Ribbons will be awarded for 1st - 6th place in each event, by age group.  
**10&U Sessions:** 8&U, 9-10. **11/O Sessions:** 11-12, 13-4, & 15&O. No team or individual scoring.

**Hospitality:** Food & refreshments will be available for Officials, Coaches, and timers.

**Concessions:** Limited concession for purchase will be made available by PAC.

**Timers:** Timing Sign up sheets will be available at Clerk of Course for positions not already filled by the host team.

**Meetings:** **Officials:** 1 hour prior to the start of the session.  
**Coaches:** 15 minutes prior to the start of the session and per Referee's discretion.  
**Timers:** 10 minutes prior to the start of the session.

**Covid protocols:** Currently no Covid requirements are in place. We strongly advise those concerned to wear masks when indoors. If you are not feeling well or symptomatic, please do not come.



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**Session 4: SUNDAY MORNING 11/05/23**  
**11 & Over (3 events max.)**

49	11 & Over 200 Yard Freestyle	50
51	11-12 50 Yard Breaststroke	52
53	13 & Over 100 Yard Breaststroke	54
55	11-12 100 Yard Backstroke	56
57	13 & Over 200 Yard Backstroke	58
59	11 & Over 50 Yard Freestyle	60
61	13 & Over 200 Yard Butterfly	62
63	11-12 100 Yard Butterfly	64
	Break 3 minutes	
65	11 & Over 500 Yard Free	66