



**OFFICIALS:** We are asking for the help of USA certified officials from each participating team. If you know of an official attending the meet, please have them contact the meet referee in advance.

**MEET DIRECTOR:** **Tina Akpan**  
Email: [t\\_akpan@msn.com](mailto:t_akpan@msn.com)

**ELIGIBILITY:** The meet is open to all USA Swimming registered swimmers. All age group/senior swimmers must hold a current USA Swimming registration card by the meet entry deadline of November 10, 2021.

Age of the swimmer on the first day of the meet (i.e. November 19, 2021) will determine swimmer's age group.

<b>SCHEDULE:</b>	Friday, Nov. 19	Coaches Mtg: 3:45 pm	Officials Mtg: 4:00 pm
	<b>Session 2:</b>	Session 1: Warm-Up: 4:00 – 4:25 pm warm up: TBA 30 minutes	Start: 4:30 pm Start time: TBA
	Saturday, Nov. 20	Coaches Mtg: 7:15 am	Officials Mtg: 7:30 am
	Session 3: Sessions 4,5,6	Warm up: 7:30-8:00am warm up times TBA	Start: 8:10 am Start time TBA
	Sunday, Nov 21	Coaches Mtg: 7:15 am	Officials Mtg: 7:30 am
	Session 7: Sessions 8,9:	warm up: 7:30-8:00am warm up times TBA	Start 8:10 am Start time: TBA

Session information: There will be a break between each session to clear the aquatic center.

The afternoon officials meeting will be 45 minutes prior to the afternoon start time. The approximate afternoon start time will be posted on the Boise Y website: [www.boiseyswimteam.org](http://www.boiseyswimteam.org)

To help the sessions adhere to the projected time line, flyover starts will be used.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-up. Two lanes in the competition pool will be available for warm-ups during the entire course of the meet for all USA Swimming members.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon 3:45 p.m. and Saturday morning at 7:15 a.m. Team packets (heat sheets and relay cards) will be available at the Friday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Friday afternoon at 4:15 p.m., mornings at 7:30 a.m., and

afternoons 45 minutes before the afternoon session start time. Please check the Boise Y website for the approximate afternoon start time.)

**ENTRY LIMIT:** As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours. **Each session will be limited to 150 swimmers.**

**ALL SWIMMERS MAY ENTER 2 EVENTS ON FRIDAY AND NO MORE THAN 3 EVENTS PLUS 1 RELAY ON SATURDAY AND 3 EVENTS PLUS 1 RELAY ON SUNDAY. EVENT LIMIT INCLUDES TOTAL EVENTS SWUM DURING MORNING AND AFTERNOON SESSIONS OF EACH DAY.**

**ENTRIES:**

- Entries must include swimmer's name, age, event name and number, and the swimmer's best short course yard time.
- "No times" (NT) will be accepted for all events except the 400 IM, 500 Free, and 11-12 200 Backstroke, Breaststroke, and Butterfly. Swimmers entering the 400 Yard Individual Medley and 500 Freestyle must have a SCY, SCM or LCM time in order to enter these events.
- For the 500 Free Events 9, 10, 15 & 16, coaches should provide an official time equal to or faster than 8:26.09 for the Girls 500 Free and 8:16.69 for the Boys 500 Free. These times are based on the 2017-20 National Age Group Motivational B Minimum Times for 10 year olds. Slower heats will be eliminated, if necessary, to conform to the four hour rule. Teams will be notified (by email) if any of their swimmers are eliminated from the 500 Free.
- Coaches should not enter swimmers in the 1650 who they estimate will swim the event slower than 26:00.00. Coaches should enter their swimmers with an estimated time rather than entering them with a NT.
- 11-12 swimmers entering the 200 Back, Breast, and Free must have a 100 SCY, SCM, or LCM time in order to enter these events. 11-12 swimmers entering the 200 Back, Breast, and Fly events using their corresponding 100 yard time will be seeded last. Coaches should not enter swimmers who they estimate will swim these events slower than 4:00.00. If necessary, slower heats of the 11-12 200 Breast, 200 Fly, and 200 Back will be eliminated. Teams will be notified (by email) if any of their swimmers are eliminated from these events.
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**DEADLINE:** **Commit on the team website by Monday, November 8, 2021 LATE ENTRIES WILL NOT BE ACCEPTED.**

**FEES:** \$3.00; \$10.00 per relay; \$25.00 per swimmer (\$1.75 pool rental, \$3.25 lifeguard fee, \$2.00 timing equipment, \$5.00 hospitality & \$9.00 LSC Surcharge, \$4.00 awards)

**RULES:** All age group events, will be governed by current USA Swimming rules. All events will be swum as timed finals.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

All adult USA Swimming members (18 & older swimmers) must complete the Athlete Training Program before they will be allowed to swim in the meet.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer's coach with the entries, the swimmers will be required to start from the water.

THIS IS A NO CARD MEET EXCEPT FOR RELAY EVENTS. ALL OTHER SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS.

Relay cards will be given to coaches in their packets Friday night at the Coaches' Meeting. All relay cards must have the first and last names and ages of the swimmers, in order, written on the card. Please turn in any relay scratches to the meet referee.

All individual events will be scored and awarded 8 & Under, 9-10, 11-12, 13-14, and 15-19. 11 & Over individual events will be swum, scored, and awarded 11-12, 13-14 and 15-19. 13 & Over individual events will be swum, scored, and awarded 13-14 and 15-19.

At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke. **The meet referee will waive the empty lane requirement with the concurrence of the coaches of the affected swimmers for all combined events.**

This is a preseeded meet for all events except the 400 IM, 500 and 1650 Freestyles, all of which will be deck seeded. **The 400 IM, 500 Free, and 1650 Free will be swum fastest to slowest, alternating women and men and may be combined at the referee's discretion**

In order to be seeded, swimmers must check in at the Clerk Of Course no later than 5:00 pm on Friday for events # 9,10,11,12,13,14, &15 and end of warm-ups for session 5 on Saturday for event 71 and 72, the 1650 Freestyle.

**SCORING:** Individual Events: 11-9-8-7-6-5-4-3-2-1      Relays: 22-18-16-14-12-10-8-6-4-2

**AWARDS:** Individual Events:                      Medals: 1<sup>st</sup>–8<sup>th</sup>                      Ribbons: 9<sup>th</sup> to 16<sup>th</sup>  
Relay Events:                      Ribbons: 1<sup>st</sup> – 4<sup>th</sup>

High Point awards will be given to the top scoring male and female swimmer in each age group. 8 & under, 9-10, 11-12, 13-14 and 15 & over.

**Each meet participant will receive a participant award**

**Time Trials:**      **Will be offered only at meet referee's discretion, if time is available. TBA**

**HEAT SHEETS:** Heat sheets will be available for \$6.00. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

**RESULTS:** Results will also be available on Meet Mobile. Complete meet results, the meet results Team Manager File, and meet backup will available at the Boise Y Swim Team website after the conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

**MISC:**      **THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS FOR ALL TEAMS UNDERNEATH THE SCOREBOARD. ALL TEAMS WILL BE EXPECTED TO HELP OUT AND SIGN-UP BEFORE THE MEET BEGINS.** A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting teams' timing lane assignments will be posted on the Boise Y Swim Team website.

**Friday 500 Freestyle swimmers must provide their own counters and Saturday 1650 Freestyle swimmers must provide their own counters and timers.**

Swimmers who want an official 1000 yard split during the 1650 must notify the Meet Referee and provide three (3) timers.

Swimmers are asked to use the Aquatic Dressing Rooms only. Day passes for the YMCA facility will be available for purchase by visiting teams and families.

Under USA Swimming Rule 102.8 for Deck Changing - Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**BACKSTROKE:** The "ledge starting device" will be available during the meet and is solely optional. Coaches are responsible for certifying their swimmers. All swimmers who wish to use this backstroke-starting device need to be certified to use it.

**DRONES:** Operation of a drone or any other flying apparatus, is prohibited over the venue (pool, coaches, athlete areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present.

**CONCESSIONS:** NO Concessions will be available. No food will be allowed on deck.

**HOSPITALITY:** A hospitality room will be provided for coaches and officials.

**COVID-19:** We have taken enhanced health and safety measures – for you, our swimmers, guests, and meet personnel. You must follow all posted instructions while attending or participating in swim meets located at the West Boise YMCA and Boise Aquatic Center. *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 against 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.*

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 guests with underlying medical conditions are especially vulnerable. By visiting the West Y and Boise Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

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**COVID Protocols:** At this time all spectators, officials, coaches, swimmers and volunteers must wear a mask. Swimmers will be required to wear their mask to the blocks, remove mask prior to swimming and then put mask back on before returning to the blocks. Health questionnaire and temperature screening will be completed prior to entering the facility. Facility capacity will be limited to 250 people per session this will include swimmers, coaches, lifeguards, COVID personnel and key volunteers. Number of spectators will be determined prior to the start of the meet and will be announced. These protocols are subject to change based on state, city and federal COVID protocols. Any changes will be announced prior to the start of the meet.

**Thanksgiving Invitational  
West YMCA/Boise City Aquatic Center  
November 19-21, 2021  
Order of Events**

Friday Session #1- November 19, 2021				
Girls	QT	Events	QT	Boys
1		8 & under 100 IM		2
3		9-12 200 IM		4
5		8 & under 100 free		6
7		9-10 200 free		8
9	8:26.09	11-12 500 free	8:16.69	10
Friday Session #2- November 19, 2021				
11		13 & over 400 IM		12
13	8:26.09	13 & over 500 free	8:16.69	14

Saturday Session #3- November 20, 2021				
Girls	QT	Events	QT	Boys
15		8 & under 50 free		16
17		9 & 10 100 free		18
		11 -12 boys 100 free		19
20		10 & under 50 back		21
		11 & 12 boys 50 back		22
		11-12 boys 200 back	4:00.00	23
24		8 & under 100 Medley Relay		25
26		9 & 10 200 Medley Relay		27
		11 & 12 boys 200 Medley Relay		28
29		8 & under 25 breast		30
31		9 & 10 50 breast		32
		11-12 boys 50 breast		33
		11 & 12 boys 200 breast	4:00.00	34
25		8 & under 25 fly		26
27		9 & 10 100 fly		38
		11 & 12 boys 100 fly		39

Saturday Session #4- November 20, 2021				
Girls	QT	Events	QT	Boys
40		11-12 girls 100 free		
41		13-14 girls 100 free		
42		11-12 girls 50 back		
43		13-14 girls 50 back		
44	4:00.00	11-12 girls 200 back		
45	4:00.00	13-14 girls 200 back		
46		11 12 girls 200 Medley Relay		
47		13-14 girls 200 Medley Relay		
48		11-12 girls 50 breast		
49		13-14 girls 50 breast		
50	4:00.00	11-12 girls 200 breast		
51	4:00.00	13-14 girls 200 breast		
52		11-12 girls 100 fly		
53		13-14 girls 100 fly		

Saturday Session #5- November 20, 2021				
Girls	QT	Events	QT	Boys
54		15 & over girls 100 free		
		13 & over boys 100 free		55
56		15 & over girls 50 back		
		13 & over boys 50 back		57
58	4:00.00	15 & girls over 200 back	4:00.00	
	4:00.00	13 & over boys 200 back	4:00.00	59
60		15 & over girls 200 Medley Relay		
		13 & 14 boys 200 Medley Relay		61
		15 & over boys 200 Medley Relay		62
63		15 & over girls 50 breast		
		13 & over boys 50 breast		64
65	4:00.00	15 & over girls 200 breast		
	4:00.00	13 & over boys 200 breast	4:00.00	66
67		15 & over girls 100 fly		
		13 & over boys 100 fly		68

Saturday Session #6- November 20, 2021				
Girls	QT	Events	QT	Boys
69	24:00.00	Mixed 13 & over 1650 free	24:00.00	70

1650 free will be limited to a total of 4 heats (40) swimmers.

Sunday Session #7- November 20, 2021				
Girls	QT	Events	QT	Boys
		11 & 12 boys 200 free	4:00.00	71
72		8 & under 25 free		73
74		9-10 50 free		75



		11 & 12 boys 50 free		76
77		8 & under 25 back		78
79		9-10 100 back		80
		11 & 12 boys 100 back		81
82		8 & under 100 free relay		83
84		9 & 10 200 free relay		85
		11 & 12 boys 200 free relay		86
87		8 & under 50 breast		88
89		9-10 100 breast		90
		11 & 12 boys 100 breast		91
92		10 & under 50 fly		93
		11-12 boys 50 fly		94
		11-12 boys 200 fly	4:00.00	95

Sunday Session #8- November 20, 2021

Girls	QT	Events	QT	Boys
96	4:00.00	11-12 girls 200 free		
97	4:00.00	13-14 girls 200 free		
98		11-12 girls 100 back		
99		13-14 girls 100 back		
100		11-12 girls 200 free relay		
101		13-14 girls 200 free relay		
102		13-14 girls 200 IM		
103		11-12 girls 100 breast		
104		13-14 girls 100 breast		
105		11-12 girls 50 free		
106		13-14 girls 50 free		
107		11-12 girls 50 fly		
108		13-14 girls 50 fly		
109	4:00.00	11-12 girls 200 fly		
110	4:00.00	13-14 girls 200 fly		

Sunday Session #9- November 20, 2021

Girls	QT	Events	QT	Boys
111		15 & over girls 200free		
		13 & over boys 200 free		112
113		15 & over girls 100 breast		
		13 & over boy 100 breast		114

115		15 & over girls 100 back		
		13 & over boys 100 back		116
117		15 & over girls 200 free relay		
		13 & 14 boys 200 free relay		118
		15 & over boys 200 free relay		119
120		15 & girls over 200 IM		
		13 & over boys 200 IM		121
122		15 & over girls 50 free		
		13 & over boys 50 free		123
124	4:00.00	15 & over girls 200 fly		
		13 & over boys 200 fly	4:00.00	125

**THANKSGIVING INVITATIONAL ENTRY FORM  
FOR SWIMMERS NOT USING TEAM MANAGER**

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	

E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

Name:				USA #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

Name:				USA #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

Name:				USA #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		