

**BOISE Y SWIM TEAM  
TYR THANKSGIVING INVITATIONAL  
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER  
NOVEMBER 18, 19, and 20, 2022**

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**SPONSOR:** Boise Y Swim Team  
USMS

SANCTION: 22-23  
SANCTION:

**APPROVAL &  
SANCTION:**

This meet has been approved by NAIA, NCAA, USMS and USA Swimming and sanctioned by Snake River Swimming, Inc. All current USA Swimming rules and Snake River Swimming Policies & Procedures Manual will apply. All athletes must be currently registered with USA Swimming, US Masters Swimming, or a member of NAIA, NCAA (or respective collegiate governing body) collegiate team.

All applicable adults participating in or associated with this meet, acknowledge they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and they understand compliance with MAAPP policy is a condition of participation in the conduct of competition.

**LIABILITY**

"In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet."

**TYPE:** Timed Finals; Split Meet Format

**LOCATION:** West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right on Chinden. Go approximately ¾ mile to Discovery Place, turn right. Follow Discovery to West YMCA/Aquatic Center. From Highway 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, travelling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

**FACILITIES:** 25-yard x 50-meter indoor pool with depth not less than four feet nor more than 13 feet; 10 eight-foot lanes; Spectrum starting blocks with hand rails and adjustable fins at deep end of pool; 6" anti-wave lane lines; spectator seating for 800 people.

The minimum water depth, measured in accordance with Article 103.2.3 is 6' 9" at the start end and 6' 9" at the turn end.

The competition course has been certified with USA Swimming in accordance with 104.2.2C(5).

**TIMING:** Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

**MEET  
REFEREE** Chris Geffros  
Email: cgeffros@yahoo.com

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.

**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, USMS registered swimmers or a member of NCAA/NAIA (or respective collegiate governing body) collegiate team. All age group/senior swimmers must hold a current USA Swimming registration card by the meet entry deadline of November 9, 2022.

All Masters swimmers must be registered with USMS. Age of the swimmer on the first day of the meet (i.e. November 18, 2022) will determine swimmer’s age group.

<b>SCHEDULE:</b>	Friday, Nov. 18	Coaches Mtg: 3:45 pm Warm-Up: 4:00 – 4:40 pm	Officials Mtg: 4:15 pm Start: 5:00 pm
	Saturday a.m., Nov. 19 & Sunday a.m., Nov. 20	Coaches Mtg: 7:15 am (both Sat & Sun) Warm-up: 7:30 – 8:20 am	Officials Mtg: 7:45 am Start: 8:30 am
	Saturday & Sunday pm	Warm-ups for the afternoon session will start immediately at the conclusion of the morning session and run for 50 minutes. The meet timeline showing the projected afternoon start times will be posted on the Boise Y website a week before the meet.	

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. One warm up lane will be reserved for USMS members throughout warm up and cool down sessions.

**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 7:45 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.

**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. EVENT LIMIT DOES NOT INCLUDE TIME TRIALS.**

**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 13, 14, 15, & 16, coaches should provide an official time equal to or faster than 7:30.00 for the Girls 500 Free and 7:30.00 for the Boys 500 Free. 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.
- Be sure to include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming. **DECK REGISTRATION WILL NOT BE ACCEPTED.**
- Relay only swimmers must be entered in the meet and pay the meet surcharge.

Submit team entries via email using Hy-Tek TEAM MANAGER software or by submitting a TeamUnify SDIF file.

EMAIL (required): Email entries as an attachment to the following email address: [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org). We require the following files: Meet Entry cl2 File with individual and relay entries; Meet Entry Report, including Relays; and Meet Entry Fee Report. These reports can be generated in Team Unify or in Team Manager.

- The Meet Results file and Meet Manager Backup file, as well as the results will be posted on the team website: [www.boiseyswimteam.org](http://www.boiseyswimteam.org), under the "Events" tab.

**DEADLINE:** Entries must be postmarked by **Monday, November 7, 2022** and received no later than 6:00 p.m. **on Wednesday, November 9, 2022. LATE ENTRIES WILL NOT BE ACCEPTED.**

Email entry files to: Linda Conger – [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org).

**FEES:** \$3.00 per individual; \$10.00 per relay; \$25.00 per swimmer

**All fees must reach the entry address within one week of the deadline.** Do not plan on bringing the check to the meet—it must be received **before the meet begins or the SRS penalty of \$100 will be assessed.** **ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.**

**Mail to:** Linda Conger  
Tomlinson South Meridian YMCA  
5155 Hillside Ave  
Meridian, ID 83646

**RULES:** All age group events, as well as all Master's 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.

**Masters must submit a copy of their USMS card, their entry form which includes the waiver form (included with this invitation), and their fees by the entry deadline.**

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. 13 & Over Relay events will be scored and awarded as 13 and Over.

Events for ages 15 and Over will include both Masters and USA Swimming members, seeded together according to entered times. Scoring for 15 and Over events will be for USA swimming members only. Masters will not be scored nor will NAIA or NCAA members.

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 # 7, 8, 13, 14, 15, & 16 and 2:30 pm on Saturday for events 77 and 78, 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:**

High Point awards (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) 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:** Time trials will be offered on Saturday following event 76 and before the start of the 1650 yard freestyle and at the conclusion of the Sunday afternoon session, time permitting and at the referee's discretion. Time Trials will be limited to one per swimmer per day and to only those events offered in the meet but will not include the 1650 Free. Sign-ups for time trials will close approximately one hour before the conclusion of that day's events. Time Trials sign-ups must be accompanied with the \$5.00 fee. Swimmers must be entered in the meet and must have paid the meet surcharge in order to swim in time trials.

**HEAT SHEETS:** Heat sheets will not be sold at the meet, they will be provided to teams prior to the start of the meet. Heat sheets will also be posted and available on meet mobile. 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.

**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 or behind the starting blocks.

**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.

**VENDORS:** Northwest Design Printing T-Shirt Sales at the South entrance.

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

**COVID:** 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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**BOISE YMCA THANKSGIVING INVITATIONAL  
ORDER OF EVENTS**

**Friday Evening, November 18, 2022  
Warm-Ups: 4:00-4:40 p.m. Meet Starts: 5:00 p.m.**

<b>Girls</b>	<b>QT</b>	<b>Event</b>	<b>QT</b>	<b>Boys</b>
1		8 & Under 100 Yard Individual Medley		2
3		9-10 200 Yard Individual Medley		4
5		11-12 200 Yard Individual Medley		6
7		11 & Over 400 Yard Individual Medley		8
9		8 & under 100 Yard Freestyle		10
11		9-10 200 Yard Freestyle		12
13	7:30.00	11-12 500 Yard Freestyle	7:30.00	14
15	7:30.00	13 & Over 500 Yard Freestyle	7:30.00	16

**Events #7, #8, #13, #14, #15, & #16 will be swum fastest to slowest, alternating women and men.**

Swimmers must have the qualifying time in order to enter Events 13, 14, 15, & 16.  
7:30.00 for the Girls 500 Free and 7:30.00 for the Boys 500 Free.

Heats in the 500 Free on Friday night may be limited to the number of heats that allows us to meet the 4 hour rule. Slower heats will be eliminated, if necessary. Teams will be notified (by email) if any of their swimmers are eliminated from the 500.



**BOISE YMCA THANKSGIVING INVITATIONAL  
ORDER OF EVENTS**

**Saturday Morning, November 19, 2019  
Warm-Ups: 7:30-8:20 a.m. Meet Starts: 8:30 a.m.**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
17	8 & Under 50 Yard Backstroke	18
19	9-10 100 Yard Backstroke	20
21	11-12 100 Yard Backstroke	22
23	8 & Under 100 Yard Medley Relay	24
25	10 & Under 200 Yard Medley Relay	26
27	12 & Under 200 Yard Medley Relay	28
29	8 & Under 50 Yard Freestyle	30
31	9-10 100 Yard Freestyle	32
33	11-12 100 Yard Freestyle	34
35	8 & Under 25 Yard Breaststroke	36
37	9-10 50 Yard Breaststroke	38
39	11-12 50 Yard Breaststroke	40
41	11-12 200 Yard Breaststroke	42
43	8 & Under 25 Yard Butterfly	44
45	9-10 50 Yard Butterfly	46
47	11-12 50 Yard Butterfly	48
49	11-12 200 Yard Butterfly	50

Events #41 & #42, 11-12 200 Breaststroke, & Events #49 & #50, 11-12 200 Fly, may be limited to the number of heats that allows us to meet the 4 hour rule. Slower heats will be eliminated, if necessary. Teams will be notified (by email) if any of their swimmers are eliminated from these events.

**Saturday Afternoon, November 19, 2022  
Warm-Ups: Conclusion of Morning Session Start: 1 hour After Morning Session Ends**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
5	13-14 200 Yard Backstroke	52
53	15 & Over 200 Yard Backstroke	54
55	13 & Over 200 Yard Medley Relay	56
57	13-14 50 Yard Backstroke	58
59	15 & Over 50 Yard Backstroke	60
61	13-14 200 Yard Freestyle	62
63	15 & Over 200 Yard Freestyle	64
65	13-14 100 Yard Breaststroke	66
67	15 & Over 100 Yard Breaststroke	68
69	13 & 14 100 Yard Butterfly	70
71	15 & Over 100 Yard Butterfly	72
73	13-14 50 Yard Freestyle	74
75	15 & Over 50 Yard Freestyle	76
77	11 & Over 1650 Yard Freestyle	78

Events #77 & #78 will be swum fastest to slowest, alternating women and men. Swimmers whom enter 1650 Freestyle should be able to swim the event in at least 26:00.00 or faster. Please consider this when looking at the meet timeline for your event start time.

**BOISE YMCA THANKSGIVING INVITATIONAL  
ORDER OF EVENTS**

**Sunday Morning, November 20, 2022  
Warm-Ups: 7:30-8:20 a.m. Meet Starts: 8:30 a.m.**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
79	11-12 200 Yard Freestyle	80
81	8 & Under 100 Yard Freestyle Relay	82
83	10 & Under 200 Yard Freestyle Relay	84
85	12 & Under 200 Yard Freestyle Relay	86
87	8 & Under 25 Yard Backstroke	88
89	9-10 50 Yard Backstroke	90
91	11-12 50 Yard Backstroke	92
93	11-12 200 Yard Backstroke	94
95	8 & Under 50 Yard Breaststroke	96
97	9-10 100 Yard Breaststroke	98
99	11-12 100 Yard Breaststroke	100
101	8 & Under 25 Yard Freestyle	102
103	9-10 50 Yard Freestyle	104
105	11-12 50 Yard Freestyle	106
107	8 & Under 50 Yard Butterfly	108
109	9-10 100 Yard Butterfly	110
111	11-12 100 Yard Butterfly	112
113	9-10 100 Yard Individual Medley	114
115	11-12 100 Yard Individual Medley	116

Events #93 & #94, 11-12 200 Backstroke, may be limited to the number of heats that allows us to meet the 4 hour rule. Slower heats will be eliminated, if necessary. Teams will be notified (by email) if any of their swimmers are eliminated from this event.

**Sunday Afternoon, November 20, 2022  
Warm-Ups: Conclusion of Morning Session Start: One Hour After Morning Session Ends**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
117	13 -14 100 Yard Backstroke	118
119	15 & Over 100 Yard Backstroke	120
121	13 & Over 200 Yard Freestyle Relay	121
123	13-14 200 Yard Butterfly	124
125	15 & Over 200 Yard Butterfly	126
127	13-14 100 Yard Freestyle	128
129	15 & Over 100 Yard Freestyle	130
131	13-14 200 Yard Breaststroke	132
133	15 & Over 200 Yard Breaststroke	134
135	13-14 50 Yard Breaststroke	136
137	15 & Over 50 Yard Breaststroke	138
139	13-14 200 Yard Individual Medley	140
141	15 & Over 200 Yard Individual Medley	142
143	13-14 50 Yard Butterfly	144
145	15 & Over 50 Yard Butterfly	146

**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		

**BOISE Y THANKSGIVING INVITATIONAL  
ENTRY FORM FOR MASTERS SWIMMERS**

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	
E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

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

“I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.”

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date