Boise YMCA Swim Team

Spring Fling Invitational

WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER

May 13, 14, 15, 2022

SPONSOR: Boise YMCA Swim Team Sanction: 22-11
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SANCTION: This meet is held under sanction of USA Swimming, Inc. and Snake River Swimming, Inc.
"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."

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.

TYPE: Timed Finals with 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: 50 meter x 25 yard indoor pool with depth equal to 4 feet or less than 13 feet; Eight 8-foot lanes; Spectrum starting blocks with hand rails and fins at deep end of pool; 6" anti-wave lane lines; 2-lane instructional pool which will be available for warm-ups during the meet; and spectator seating for 800 people. There are no blocks at the shallow end of the pool (4').

The competition course has been certified with USA Swimming in accordance with 104.2.2C(4). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end.

200 Meter Relays--Due to the depth of the pool at the shallow end, the YMCA requires swimmers in the 2nd and 4th leg of the relays to start from in the water.

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

MEET REFEREE: Email: Vicki Marsh vicki50marsh@gmail.com

Protests will be handled in the manner described in Section 102.23 of the USA Swimming Rules and Regulations.

OFFICIALS: We appreciate the help of certified officials from other clubs. 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

ELIGIBILITY: The meet is open to all swimmers, age 6 and above. All age group/senior swimmers must hold a current USA Swimming registration card. Age of the swimmer on the first day of the meet (May

13, 2022) will determine swimmer's age group.

SCHEDULE:

Friday, May 13	**Warm Up:**	3:30 - 4:20 p.m.
	Start:	4:30 p.m.
Saturday, May 14	**6-8, 9-10, 11-12**	
Sunday, May 15	**Warm-up:**	7:30 - 8:00 a.m.
(a.m. sessions)	**Start:**	8:15 a.m.

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

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. Open lanes in the Instructional 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 at 3:15 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 3:45 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.

ENTRIES:

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.

11-12 YEAR OLD SWIMMERS MAY SWIM A TOTAL OF 9 INDIVIUAL EVENTS AND 2 RELAYS WITH NO MORE THAN 3 EVENTS PER DAY AND 1 RELAY ON SATURDAY AND 1 RELAY ON SUNDAY. ALL OTHER 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.

- Entries must include swimmer's name, age, event name and number. Swimmers may enter with LCM, SCM, or SCY times. However, short course meter or short course yard times will be seeded after all long course meter times (LCM/SCM/SCY).
- Swimmers entering the 400 M Individual Medley and 400, 800, and 1500 M Freestyles must have a LCM, SCM, or SCY time in order to enter these events.
- Please include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA. **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 submitting a

TeamUnify SDIF file.

EMAIL (required): Email entries as an attachment to the following email address: 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.

FEES: $4.00 per event; $6.00 per relay; $25.00 per swimmer ($1.75 pool rental, $3.25 lifeguard fee, $2.00 timing equipment rental, $4.00 Hospitality Fees, $9.00 LSC Surcharge).

All fees must accompany entries and 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 Y Swim Team.**

DEADLINE: Entries must be postmarked by **Monday, May 2, 2022** or received no later than 6:00 p.m. **on Wednesday , May 4, 2022. LATE ENTRIES WILL NOT BE ACCEPTED**.

Email Entry Files to: Linda Conger – BYSTmeetentries@ymcatvidaho.org

Mail Entry Fees no later than Wednesday, May 11 to:

Linda Conger
Tomlinson South Meridian YMCA
5155 Hillsdale Ave
Meridian, ID 83646
email: BYSTmeetentries@ymcatvidaho.org

RULES: All events will be governed by current USA Swimming rules and 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.

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 without the use of a backstroke ledge. 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 relay order, written on the card. Please turn in any relay scratches to the meet referee.

Both the 12 & Under and 13 & Over portions of the meet will be pre-seeded, except for the 400, 800 and 1500 meter freestyles and the 400 IM.

13 & Over individual events will be awarded 13-14 and 15 & Over. 13 & Over Relay events will be awarded as 13 and Over.

The 800 Meter Freestyle is **limited to 6 total heats**. Swimmers slower than the fastest 48 swimmers will be contacted. Every effort will be made to contact the swimmer's coach no later than Thursday, May 5, 2022 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 6 heats. **A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.**

The 1500 Meter Freestyle is **limited to 4 total heats**. Swimmers slower than the fastest 32 swimmers will be contacted. Every effort will be made to contact the swimmer's coach no later than Thursday, May 5, 2022 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 4 heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.**

In order to be seeded, the 400M IM, 400M Freestyle, 800M Freestyle, and 1500M Freestyle swimmers must check in at the computer table by the check-in times listed on the Order of Events page. These are the only events which require a positive check-in. Swimmers not checked in will not be scratched but will be seeded last.

The 400 IM, 400 Free, 800M Freestyle (Event 53) and 1500M Freestyle (Event 101) will be swum mixed gender and age group, seeded by time, and swum fastest to slowest. These events will be awarded 13-14 and 15 & over, female and male.

AWARDS: High point awards top 3 in each age group
Each meet participant will receive a participant award

TIME TRIALS: At the referee's discretion and if time permits, time trials will be offered at the end of the afternoon session on both Saturday and Sunday. Time trials will be limited to one time trial per swimmer per day and will be limited to those events no greater than 400 meters in distance for those swimmers 11 and Over and 200 meters for those swimmers 10 and Under. Time trials do not count toward the daily limit of events. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trial 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. Sign up for Time Trials will be at the computer table.

HEAT SHEETS: Heat sheets will be posted at www.boiseyswimteam.org, and mailed to coaches prior to the start of the meet. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

RESULTS: Meet Mobile will be active dependent upon Y internet access. Realtime Results will also be available at **www.boiseyswimteam.org**. Complete Meet Results, including the Meet Results File and Meet Backup, will be available on 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. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS**. A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting team's timing lane assignments will be included in the heat sheet and posted on the team web site: www.boiseyswimteam.org.

Saturday 800 Freestyle and Sunday 1500 Meter Freestyle swimmers must provide their own counters and timers.

Per USA Swimming police use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. Per Boise Y Swim Team policy use of audio or visual recording devices, including cell phone, is not allowed behind the starting blocks.

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.

DECK CHANGES: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned and approved meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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

No food will be allowed on deck. All food must be confined to the bleacher areas. Coolers will be allowed in the bleacher area only.

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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Any additional COVID protocols will be announced prior to the start of the meet and are subject to change at any time

BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS

Friday, May 13, 2022
Warm-Ups - 3:30 - 4:20 p.m. Start – 4:30 p.m.

Girls	Age	Event	Age	Boys
1	9-10	200 Meter Ind. Medley	9-10	2
3	11 & O	400 Meter Ind. Medley	11 & O	4
5	9-10	200 Meter Freestyle	9-10	6
7	11-12	200 Meter Freestyle	11-12	8
9	11 & O	400 Meter Freestyle	11 & O	10

Check-In for 400 IM No Later Than 3:45 pm
Check-In for 400 Free No Later Than 4:45 pm

Saturday, Morning - May 14, 2022
Warm-Ups - 7:30 - 8:00 a.m. Start - 8:15 a.m.

Girls	Age	Event	Age	Boys
11	11-12	200 Meter Ind. Medley	11-12	12
13	9-10	100 Meter Backstroke	9-10	14
15	11-12	100 Meter Backstroke	11-12	16
17	6-10	200 Meter Medley Relay	6-10	18
19	12-UN	200 Meter Medley Relay	12-UN	20
21	9-10	100 Meter Breaststroke	9-10	22
23	11-12	100 Meter Breaststroke	11-12	24
25	6-8	50 Meter Freestyle	6-8	26
27	9-10	50 Meter Freestyle	9-10	28
29	11-12	50 Meter Freestyle	11-12	30
31	6-8	50 Meter Butterfly	6-8	32
33	9-10	50 Meter Butterfly	9-10	34
35	11-12	50 Meter Butterfly	11-12	36
37	11-12	200 Meter Butterfly	11-12	38

Saturday Afternoon, May 14, 2022
Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends

Girls	Age	Event	Age	Boys
39	13 & O	100 Meter Backstroke	13 & O	40
41	13 & O	400 Meter Medley Relay	13 & O	42
43	13 & O	200 Meter Butterfly	13 & O	44
45	13 & O	100 Meter Breaststroke	13 & O	46
47	13 & O	200 Meter Freestyle	13 & O	48
49	13 & O	50 Meter Freestyle	13 & O	50
51	13 & O	50 Meter Butterfly	13 & O	52
53	13 & O	Mixed 800 Meter Freestyle	13 & O	

Check-In for 800 M Free No Later Than 1:45 pm
Saturday 800 Freestyle swimmers must provide their own counters and timers.

BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS

Sunday Morning, May 15, 2022
Warm-Ups - 7:30 – 8:00 a.m. Start - 8:15 a.m.

Girls	Age	Event	Age	Boys
55	6-8	50 Meter Backstroke	6-8	56
57	9-10	50 Meter Backstroke	9-10	58
59	11-12	50 Meter Backstroke	11-12	60
61	11-12	200 Meter Backstroke	11-12	62
63	6-8	50 Meter Breaststroke	6-8	64
65	9-10	50 Meter Breaststroke	9-10	66
67	11-12	50 Meter Breaststroke	11-12	68
69	11-12	200 Meter Breaststroke	11-12	70
71	6-10	200 Meter Freestyle Relay	6-10	72
73	12-UN	200 Meter Freestyle Relay	12-UN	74
75	6-8	100 Meter Freestyle	6-8	76
77	9-10	100 Meter Freestyle	9-10	78
79	11-12	100 Meter Freestyle	11-12	80
81	9-10	100 Meter Butterfly	9-10	82
83	11-12	100 Meter Butterfly	11-12	84

Sunday Afternoon, May 15, 2022
Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends

Girls	Age	Event	Age	Boys
85	13 &O	200 Meter Backstroke	13 & O	86
87	13 & O	400 Meter Freestyle Relay	13 & O	88
89	13 & O	200 Meter Ind. Medley	13 & O	90
91	13 & O	50 Meter Breaststroke	13 & O	92
93	13 & O	50 Meter Backstroke	13 & O	94
95	13 & O	100 Meter Butterfly	13 & O	96
97	13 & O	200 Meter Breaststroke	13 & O	98
99	13 & O	100 Meter Freestyle	13 & O	100
101	13 & O	Mixed 1500 Meter Freestyle	13 & O	

Check-In for 1500 M Free No Later Than 1:45 pm

Sunday 1500 Freestyle swimmers must provide their own counters and timers.

BOISE Y SWIM TEAM

SPRING FLING INVITATIONAL

Boise City Aquatic Center

ENTRY FORM (PROOF OF TIME)

(Event list can be found at the end of the Invitation.)

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

List Relay Only Swimmers with "RO" in first event box.

Name:				**USA or USMS #:**	**Age:**	**Gender:**
Event #	**Event Name**	**Time**	**Date**	**Meet Where Time Was Done**		

Name:				**USA or USMS #:**	**Age:**	**Gender:**
Event #	**Event Name**	**Time**	**Date**	**Meet Where Time Was Done**		

Name:				**USA or USMS#:**	**Age:**	**Gender:**
Event #	**Event Name**	**Time**	**Date**	**Meet Where Time Was Done**		

E-Mail Completed Entry Form to: BYSTmeetentries@ymcatvidaho.org
Mail Fees to: Linda Conger Tomlinson South Meridian YMCA
5155 Hillsdale Ave, Meridian, ID 83646