

**Boise Y Swim Team**  
**April LCM Time Achievement**  
**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**  
April 22, 2023

**SPONSOR:** Boise Y Swim Team Sanction: SRS-23-10

**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:** Invitational, Timed Finals.

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

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

**MEET REFEREE:** **Aaron Rasmussen**

Email: [aprazman@gmail.com](mailto:aprazman@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](mailto: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 will determine swimmer's age group, i.e. April 22, 2023.

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.

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. 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.

**ENTRY LIMIT:** All swimmers may enter 4 events.

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

**SCHEDULE:** Saturday, April 22  
Warm-up: 8:00 am - 9:00 am  
Meet Start: 9:15 am

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Saturday at 7:45 am. Team packets with heat sheets will be available at the Saturday meeting.

OFFICIALS: There will be an official's meeting at 8:30 am.

**ENTRIES:** Entries must include swimmer's name, age, event name and number, and the swimmer's **best long course meter time. Please do not convert.** If short course meter or short course yard times are submitted, they will be seeded after all long course meter times (LCM/SCM/SCY). "No times" (NT) will be accepted.

EMAIL (required): Email entries as an attachment to the following email address: [meetentries@boiseyswimteam.org](mailto:meetentries@boiseyswimteam.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:** \$3.00 per event; \$20.00 per swimmer

**All fees must accompany entries and reach the entry address by the deadline.** Do not plan on bringing the check to the meet—it must be received by the entry deadline in order for your entries to be accepted. **ONE CHECK PER TEAM! Make checks payable to Boise Y Swim Team.**

**DEADLINE:** Entries AND PAYMENT must be received no later than 6:00 p.m. on **Wednesday, April 12. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: **Linda Conger**  
**Tomlinson South Meridian YMCA**  
**5155 Hillsdale Ave**  
**Meridian, ID 83646**  
email: [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org)

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- RULES:** All age group events will be governed by current USA Swimming rules. **All events will be timed finals and swum fastest to slowest as Consolidated Events (Section 102.1.4) with mixed genders and ages.**
- ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Please turn in any scratches to the meet referee.
- SCORING:** No scoring
- AWARDS:** No Awards
- TIME TRIALS:** Time trials will not be offered at this meet.
- HEAT SHEETS:** Heat sheets will also be posted. Heat sheets will also be sent via email to all teams registered in the meet prior to the start of the meet. Results will not be mailed but are available as noted below.
- RESULTS:** Meet Mobile will be active. 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 teams' timing lane assignments will be included in the heat sheet and posted on the team web site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org).
- 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.
- 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 block area of the pool deck.
- 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/coaches areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- CONCESSIONS:** There will be no concessions for this meet. Coolers will be allowed in the bleacher area only. No food will be allowed on deck. All food will be confined to the bleacher areas.
- 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 Y April LCM Time Achievement**  
**Saturday, April 22**

**8:00 am Warm-Up 9:15am Meet Start**

**Order of Events**

<b>Mixed</b>	<b>Event</b>
1	13/over 50 free
2	12/under 50 free
3	13/over 100 free
4	12/under 100 free
5	13/over 50 breast
6	12/under 50 breast
7	13/over 100 breast
8	12/under 100 breast
9	13/over 50 back
10	12/under 50 back
11	13/over 100 back
12	12/under 100 back
13	13/over 50 fly
14	12/under 50 fly
15	13/over 100 fly
16	12/under 100 fly
17	13/over 200 IM
18	12/under 200 IM

**Swimmers may swim in 4 events**  
**Entries due Wednesday, April 12, 2023**

## SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

### SECTION 1 -- WARM-UP PROCEDURES:

#### A. GENERAL WARM-UP (First 30-45 minutes)

1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up.

#### B. SPECIFIC WARM-UP (Last 30-45 minutes)

POOL	PUSH/PACE	RECOMMENDED LANE USE	
		RACING STARTS	GENERAL WARM-UP
6 Lane		1 & 6    2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS.** Circle swimming only.

### SECTION 2 -- SAFETY GUIDELINES:

#### A. COACHES' RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

#### B. HOST TEAM RESPONSIBILITIES

1. Marshaling:
  - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
  - b. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
  - c. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
    - (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
    - (2) The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

**Boise April LCM Time Achievement  
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:
Birthdate:				Or USMS#:		M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

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

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