

# 2023 Northwest Region YMCA Swimming Championships

## MEET ANNOUNCEMENT

### About the Championship

Date: March 3-5, 2023

Location: Boise City Aquatic Center; West YMCA, Boise, ID

Entry Deadline: Tuesday, February 21, 2023

Hosted by: Boise Y Swim Team

Meet Director: Tina Akpan; [t\\_akpan@msn.com](mailto:t_akpan@msn.com)

Web Site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org)

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### ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Snake River Swimming LSC of USA Swimming.

YMCA Sanction Number: CAQ-2022-ID12291904

USA-S/SRS Approval Number:

All applicable adults participating in or associated with this meet, acknowledge they are subject to the provisions of the federal Safe Sport Law, and they understand compliance with the policy is a condition of participation in the conduct of competition.

**ADJUSTMENTS TO THE MEET ANNOUCEMENTS:** The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet. Will be posted and sent to all teams. Session warm-ups will start immediately following conclusion of prior session, meet will start 1 hour after the start of warm-ups for that session.

Session	Session Description	Warm-up Times	Meet start time	Coaches Meetings	Officials Meetings	Opening Ceremonies
<u>Session 1</u> Friday 3/3/23	21 & Under	4:00 pm	5:00pm	3:40 pm	4:15 pm	N/A
<u>Session 2</u> Sat AM 3/4/23	12 & Under	7:30am	8:30am	7:10a	7:45am	8:20am
Session 3 Sat PM 3/4/23	13-21	Immediately following end of AM session	One (1) hour after warm up	N/A	45 min before meet begins	N/A
Session 4 Sun 3/5/23	21 & Under	7:30am	9:00 am	7:10am Y Business MTG	8:15am	8:50am



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### LOCATION AND FACILITY

**LOCATION:** West Family YMCA/Boise City Aquatic Center  
5959 N. Discovery Place  
Boise, ID 83713

**EMERGENCY PHONE NUMBER:** 208-377-9622

25-yard x 50-meter indoor pool with depth not less than four feet nor more than 13 feet; 10 eight-foot lanes; 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).

The competition course is in the deep end of an 8-lane, 50-meter pool. The shallow end of this pool will be available for warmup/down throughout the meet.

Spectrum starting blocks with hand rails and adjustable fins; 6" anti-wave lane lines. Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

Spectator and swimmer seating is available on deck in designated areas outside of the competition area; spectator seating for 800 people.

Free wi-fi is available on the YMCA wireless network.

### WEB SITE

**MEET INFORMATION** can be found at: [www.boiseyswimteam.org](http://www.boiseyswimteam.org) under 2023 YMCA Swimming Championships.

**ONLINE MEET RESULTS** will be available on Meet Mobile. At the conclusion of the meet, full meet results will be available on the meet page in Team Manager and pdf formats.

### CONTACT INFORMATION

**MEET DIRECTOR:** Tina Akpan, [t\\_akpan@msn.com](mailto:t_akpan@msn.com), (208)914-8399

**ENTRY CHAIRPERSON** Linda Conger, [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org)

**MEET REFEREE/OFFICIALS COORDINATOR:** Vicki Marsh, [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)

**ADMINISTRATIVE OFFICIAL:** [erwina@slhs.org](mailto:erwina@slhs.org)

**SAFETY DIRECTOR:** Todd Marsh, [todd.marsh@ymcatvidaho.org](mailto:todd.marsh@ymcatvidaho.org)

**YMCA Regional Rep. Todd Marsh,** [todd.marsh@ymcatvidaho.org](mailto:todd.marsh@ymcatvidaho.org)



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### NOTICES

**FACILITY HOURS:** The facility will be open 30 minutes prior to the start of warmups until 30 minutes after the completion of the final event each day.

**HOSPITALITY ROOM:** Hospitality will be provided for coaches and officials in the West Y Hospitality Room.

### ELIGIBILITY

#### ATHLETE

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented his/her YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

**Amateur Status:** An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

**Unattached Athletes:** There is no unattached status in YMCA Swimming.

**Age:** An athlete cannot be older than twenty-one (21) years of age on the first day of the meet.

**YMCA Meet Participation:** The 2023 YMCA Region championships will have a (1) Y meet requirement.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2022 and the entry deadline.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

#### COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid,



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Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), Principles of YMCA Competitive Swimming and Diving and approved child protection training. A list of the acceptable certifications can be found at: [ymcaswimminganddiving.org](http://ymcaswimminganddiving.org) coaches/coach certification requirements.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation as soon as possible and by no later than the first day of the meet.

### TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**Insurance:** Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

### ENTRY INFORMATION

**ENTRY LIMITS:** Swimmers may enter a total of seven individual events plus four relays for the entire meet. Time trials do not count towards the total number of individual events. Swimmers may enter a total of four individual events plus one time trial per day.

#### **ADDITIONAL ENTRY RULES:**

- **Bonus Events:** Any swimmer who has entered fewer than (4) qualified individual events can swim up to (3) bonus/non-qualified event during the meet. The bonus event must have an entry time. Any event 400 yards or longer cannot be a bonus event. 11-12 year old swimmers may not enter 200 Fly, 200 Back or 200 Breast as a bonus event.
- **50 Yard Events:** Swimmers ages 13 & older who do not have a current qualifying time for swimming a 50 yard event but qualify in the same stroke in the 100 yard event may enter the 50 yard event at the regional qualifying time.



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- **Relay-Only Swimmers:** To complete a relay with three (3) qualified swimmers, a team may use a non-qualified swimmer. The non-qualified swimmer may also swim one (1) individual bonus (non-qualified) event during the meet. Relay-only swimmers must be included in entries and pay the \$25/swimmer entry fee.
- **Distance Freestyle Events:** Swimmers should make every effort to provide their own timers and counters for the 500, 1000, and 1650 freestyle events. If this presents a problem, please notify the Meet Director during the coaches meeting.

**QUALIFICATION PERIOD:** The qualification period is March 1, 2022 through the entry deadline.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

**TIMES:.** No Times (NT) are not allowed. SCM times will be seeded after all SCY, followed by Bonus swims (SCY, SCM, B). Entered times must be the swimmer's BEST time achieved during the qualifying period. Please denote bonus swims with a B in team unify.

**ENTRY FEES:** \$25 per swimmer; \$3.50 per individual event; \$14 per relay.

**ENTRY DEADLINE:** Tuesday, February 21, 2023

**ENTRY PROCEDURE:** Submit entries via email to [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org) Submit team entries via email sending either Hy-Tek Team Manager software or a TeamUnify SDIF file. Teams who do not own the Team Manager software should contact the Meet Entry Chair for instructions on how to obtain a free version of the software.

Please submit the following files using Team Unify or Team Manager:

- Meet entry file with individual and relay entries
- Meet entry report, including relays (Proof of time option must be used when submitting the individual entry report)
- Meet entry fee report

**PAYMENT:** Payment should be made via check made out to "Boise YMCA Swim Team" and mailed to Linda Conger, Tomlinson South Meridian YMCA, 5155 Hillside Ave, Meridian, ID 83646



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**ENTRY EXCEPTIONS:** The Meet Entry Chair will inform the sender via email that the entries have been received and inform the sender of any exceptions in the entries (NTs, non-qualifying times, entries that exceed maximum number of entries per day, etc.), including instructions on how to submit corrections.

## **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS AND TIMERS:** The help of YMCA and USA Swimming certified officials is appreciated. Officials are required to show current YMCA Officials Certification or USA Swimming Officials Certification.

All participating teams will need to provide timers and will be assigned to lanes based on the number of swimmers entered in the meet. Swimmers in the 500, 1000, and 1650 freestyles should be prepared to provide their own timers and counters.

**SIGN-UP PROCEDURE:** The Invitation to Officiate form must be completed and returned prior to February 15, 2023 by email to Vicki Marsh, Meet Referee, if you intend to officiate at this meet. A polo meet shirt will be provided to officials who indicate their intention to officiate a minimum of at least 8 hours during the 2 ½ day meet. Be sure to indicate your shirt size, certification, desired position # of sessions (for Starters and Chief Judges), and which sessions you will be attending. After the deadline, shirts may be purchased from our vendor at a discounted rate.

Lane-timing assignments by team will be posted and listed in the heat sheet. Sign-ups for timers will be at the timer's table located along the wall near Lane 1.

**Y-ONLY OFFICIALS:** As required by the YMCA of the USA Program Director, and the National Swimming and Diving Advisory Committee, in order to officiate at the Y Regional meet, any official who is not a USA Swimming official must have been trained as a YMCA official, have completed necessary deck hours, and have completed the on-line and classroom sessions of either the YMCA Level I & II officials certification class.

**ATTIRE:** The officials uniform is white shirt/blouse; navy shorts, skirt, or pants; white socks; and white shoes.

## **CHECK-IN PROCEDURE**

**MEET CHECK-IN PROCEDURE:** Coaches should check in their teams at the first coaches meeting on Friday, March 3, 2023.

**EVENT CHECK-IN:** In order to be seeded, swimmers must check-in for the 400 IM, 500 free, 1000 free, and 1650 free at the Computer Table no later than the announced



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deadline. Actual check-in times will be included in the heat sheet and announced prior to the start of warm-ups. These are the only events that require a positive check-in.

**COACHES MEETING:** Coaches meetings will be held 20 minutes prior to the start of each session's warmups in the hospitality room or as announced.

**OFFICIALS MEETING:** Officials meetings will be held one hour prior to the start of each session in the hospitality room.

## CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, and Regional Rep.

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, and USA-S Technical Rules.

**MEET FORMAT:** All events will be timed finals. Swimmer's age will be determined as of first day of the meet. Age groups for competition are 8-Under, 9-10, 11-12, 13-14, and 15-21. The meet will have one session on Friday, (2) sessions on Saturday and one session on Sunday.

**EVENT SEEDING:** All events will be pre-seeded and swum slowest to fastest, except for the following events: 400 IM, 500 free, 1000 free, and 1650 free. These events will be deck-seeded and swum fastest to slowest, alternating girls and boys. The Meet Referee/Administrative Official reserve the right to combine heats.

**NO SHOW:** An athlete who provides a positive check-in for a deck seeded event and fails to compete (i.e. a "no show") shall not be allowed to compete in his or her next individual event. There will be no penalty for failure to compete in a pre-seeded event.

**DECLARED FALSE START:** An athlete may also withdraw from a deck seeded event by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**WARM-UP SAFETY PROCEDURES:** Current Snake River Swimming Safety Guidelines and warm-up procedures will be in effect.

Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pool from the starting end. Athletes are expected to use a three-point entry in which they sit on





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the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

Warm-ups will not begin until deck marshals and lifeguards are in their assigned positions. Deck marshals have the authority to remove any swimmer, coach, or team from the warm-up for not following safety rules.

**BULL PEN:** NO bull pen will be provided for 8 & under events. All swimmers are responsible for ensuring they are at the blocks for their event.

**STARTS:** 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted online as described above and on the windows near the pool entrance.

**PROTEST PROCEDURE:** Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23.

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

- Access to the competition area on deck is limited to only registered and approved coaches, swimmers, host team volunteers, swimmers, and working officials. Each team will be allowed **one team parent per 15 athletes** in this area to assist 8 & under swimmers to the starting blocks. Team parents should report to the Meet Director to obtain a competition area pass.
- Deck changing is prohibited. The USA Swimming Rulebook defines deck change as "Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in



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an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.”

- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the facility.
- The 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 blocks.
- 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.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.
- Any act of theft, vandalism, or similar actions will result in disqualification from the meet and forfeit of all points and awards earned by the individual(s).
- Any items left in the bleachers and on the deck overnight will be removed and placed in the meet lost and found. Chairs may be left on deck only if folded up and placed against the wall. Chairs may not be left in other areas of the facility.

## AWARDS AND RECOGNITION

**SCORING:** All events will be scored to 16 places. Points awarded will be:

- Individual events 20-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2-1
- Relay events 40-34-32-30-28-26-24-22-18-14-12-9-8-6-4-2
- All 11-14 events (200 back, breast, and fly; 400 IM; 1000 and 1650 free) will be scored and awarded as 11-12 and 13-14, including points toward high point awards. 11-12 year olds may NOT enter these events as bonus events.
- The 500 free will be scored and awarded 11-12, 13-14, 15-21
- Swimmers who do not make the SCY qualifying time in the event will not score in the event but will receive the place award.

### AWARDS:

- All participants will receive a meet participation award
- **Individual awards:**
  - Medals 1<sup>st</sup> through 8<sup>th</sup> place
  - Ribbons 9<sup>th</sup> through 16 place
- **Relay awards:**
  - Medals 1<sup>st</sup> through 3<sup>rd</sup> place
  - Ribbons 4<sup>th</sup> through 8<sup>th</sup> place



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- **Individual high point awards:**
  - Girls and boys 8 & under, 9-10, 11-12, 13-14, and 15-21
- Swimmers who place in the top 16 but do not meet the event qualifying standard will be awarded their place, but not scored.
- **Team awards:** 1<sup>st</sup> through 3<sup>rd</sup> place awards for:
  - Division I (35+ swimmers competing)
  - Division II (15-34 swimmers competing)
  - Division III (1-14 swimmer competing)
- Individual high point awards and team awards will be presented at the conclusion of the meet.

**RECOGNITIONS:** All swimmers who have achieved a YMCA Short Course National qualifying time and all graduating high school seniors will be recognized on the final day of the meet. Coaches should submit names and teams of all applicable swimmers to the Clerk of Course by 8:00 on Sunday.

## TIME TRIALS

**FORMAT AND FEE:** Time Trials are open only to athletes entered in the Championship meet. All events offered during the meet are eligible for time trials. Time trials for events 500 yards or longer will only be offered after the Saturday pm session.

The time trial fee will be \$5 for individual events and \$12 for relay events.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

**TIME TRIAL LIMITS:** Athletes may not compete in more than five (5) individual events including time trials in one day per USA Swimming 102.2.2 and 102.2.7. Time trials do not count toward the total limit of 7 individual events in the meet.

**TIME TRIAL ENTRIES:** Time trial sign-ups will be at the Computer Table. Sign-up deadlines will be announced daily but will be no later than the beginning of the last scheduled set of events.

**TIME TRIAL PROCEDURE:** Time trials will be held at the referee's discretion at the end of competition each day. Time trials will not be held at the end of the first session on Saturday. A heat sheet for time trials will be prepared and posted as soon as possible following the sign-up deadline. Swimmers must be close to an upcoming championship qualifying time standard to enter time trials.



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### SPECTATORS

**ADMISSION FEE:** There is no spectator admission fee.

**HEAT SHEETS/PROGRAMS:** Heat sheets will be emailed to all teams and posted on our Boise Y Swim Team website. Heat sheets will also be posted. Heat sheets for deck-seeded events will be distributed to coaches and posted as soon as possible following the check-in deadline.

**ATHLETE APPAREL:** Customized meet apparel by Northwest Designs will be available throughout the meet.

**SEAT SAVING POLICY:** The meet host discourages the saving of seats other than for members of your immediate family. There will be adequate seating available in the facility for all spectators and participants, including transitional seating which may be used to view your swimmer's races and vacate for other spectators. Personal items, chairs, blankets, etc. may not be left in the building overnight to save seats for the following day.

**HANDICAP SEATING:** There is no pre-designated handicap seating, but if you are in need of assistance please speak to a lifeguard or meet official and have them contact the meet director.

**LOST AND FOUND:** A lost and found table will be available during the meet. Any items not picked up by the meet end will be kept for one month and then donated to local charities. Please contact Tina Akpan ([t\\_akpan@msn.com](mailto:t_akpan@msn.com)) after the conclusion of the meet about lost items.

#### **CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races.
- Spectators are not allowed in the marked competition area unless volunteering as a timer or are designated parents assisting 8 & U swimmers.



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### **LIABILITY, SAFETY AND EMERGENCY PROCEDURES**

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S/SRS approval, it is understood and agreed that USA Swimming and SRS 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 meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

**EMERGENCIES:** the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**RACING STARTS:** All swimmers entered in the meet must be certified by a YMCA 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.

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.



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If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**EVACUATION PROCEDURE:** In the event of an evacuation, all meet attendees will be advised by the West YMCA/Boise City Aquatic Center staff of the appropriate procedure.

## DIRECTIONS

From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right on Chinden. Go approximately  $\frac{3}{4}$  mile to Discovery Place, turn right. Follow Discovery to the Aquatic Center. From Hwy 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, traveling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

## LODGING

There are many hotels throughout the Treasure Valley, which will fill up quickly. Please book your lodging needs as soon as possible.

## PARKING

Please refer to the parking map emailed to all teams for available parking. Parking is available for spectators in the designated parking lot located south of the YMCA. Parking for coaches and officials will be available in the lot adjacent to the YMCA on the south side of the building.



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### APPENDIX 1: ORDER OF EVENTS

#### Session #1: Friday, March 3, 2023

Warmups: 4:00 pm- Timed Finals start 5:00pm

Girls	Session #1: Friday, March 3		Boys
EVENT#	AGE GROUP	EVENT	EVENT#
1	11-21	400 IM	2
3	8 & under	100 IM	4
5	9 & 10	100 IM	6
7	11 & 12	100 IM	8
9	12-21	400 M.R.	10
11	11-21	1000 Free	12

#### Session #2: Saturday AM – March 4, 2023

12/under session

Warmups: 7:30am – Timed Finals start 8:30am

Girls	Session #2: Saturday, March 4		Boys
EVENT#	AGE GROUP	EVENT	EVENT#
13	8&under	100 Free	14
15	9&10	200 Free	16
17	11 & 12	200 Free	18
19	8&under	100 M.R.	20
21	10 & under	200 M.R.	22
23	12 & under	200 M.R.	24
25	8 & under	50 Back	26
27	9 & 10	100 Back	28
29	11 & 12	50 Back	30
31	8 & under	25 Fly	32
33	9 & 10	50 Fly	34
35	11 & 12	100 Fly	36
37	8 & under	25 Free	38
39	9 & 10	50 Free	40
41	11 & 12	50 Free	42
43	8 & under	50 Breast	44
45	9 & 10	100 Breast	46
47	11 & 12	50 Breast	48
49	11 & 12	500 Free	50



# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 3-5, 2023

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### Session #3: Saturday PM – March 4, 2023

**Warmups: Immediately following the conclusion of the morning session.  
Timed Finals begin: one hour after warmups.**

<b>Girls</b>	<b>Session #3 : Saturday, March 4</b>		<b>Boys</b>
<b>EVENT#</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>EVENT#</b>
51	13 & 14	200 Free	52
53	15-21	200 Free	54
55	14 & under	200 M.R.	56
57	21 & under	200 M.R.	58
59	13 & 14	50 Breast	60
61	15-21	50 Breast	62
63	11-14	200 Back	64
65	15-21	200 Back	66
67	13 & 14	100 Fly	68
69	15-21	100 Fly	70
71	13 & 14	50 Free	72
73	15-21	50 Free	74
75	11-14	200 Breast	76
77	15-21	200 Breast	78
79	13 & 14	50 Back	80
81	15-21	50 Back	82
83	12-21	400 F.R.	84
85	13-21	500 Free	86





# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 3-5, 2023

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**Session #: Sunday – March 5, 2023**

**All age session**

**Warmups: 7:30am – Timed Finals start 9:00 am**

<b>Girls</b>		<b>Session #4: Sunday, March 4</b>		<b>Boys</b>
<b>Event #</b>		<b>Age group</b>	<b>Event</b>	<b>Event #</b>
87		8 & under	25 Breast	88
89		9 & 10	50 Breast	90
91		11 & 12	100 Breast	92
93		13 & 14	100 Breast	94
95		15-21	100 Breast	96
97		8 & under	100 F.R.	98
99		10 & under	200 F.R.	100
101		12 & under	200 F.R.	102
103		14 & under	200 F.R.	104
105		21 & under	200 F.R.	106
107		8 & under	50 Fly	108
109		9 & 10	100 Fly	110
111		11-14	200 Fly	112
113		15-21	200 Fly	114
115		8 & under	50 Free	116
117		9 & 10	100 Free	118
119		11 & 12	100 Free	120
121		13 & 14	100 Free	122
123		15-21	100 Free	124
125		8 & under	25 Back	126
127		9 & 10	50 Back	128
129		11 & 12	100 Back	130
131		13 & 14	100 Back	132
133		15-21	100 Back	134
135		9 & 10	200 IM	136
137		11 & 12	200 IM	138
139		13 & 14	200 IM	140
141		15-21	200 IM	142
143		11 & 12	50 Fly	144
145		13 & 14	50 Fly	146
147		15-21	50 Fly	148
149		11-21	1650 Free	150



# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 3-5, 2023

### APPENDIX 2: QUALIFYING TIMES SCY & SCM

Girls		8 & Under	Boys	
Yards	SCM		Yards	SCM
21.24	23.09	25 Free	21.24	23.09
46.49	50.09	50 Free	46.49	50.09
1:40.99	1:50.99	100 Free	1:40.99	1:50.99
25.24	27.49	25 Back	25.24	27.49
56.49	1:02.09	50 Back	56.49	1:02.09
30.24	32.99	25 Breast	30.24	132.99
1:06.49	1:13.19	50 Breast	1:06.49	1:13.19
27.24	29.69	25 Fly	27.24	29.69
1:00.49	1:06.59	50 Fly	1:00.49	1:06.59
1:56.99	2:08.69	100 IM	1:56.99	2:08.69

Girls		9-10 Years	Boys	
Yards	SCM		Yards	SCM
37.49	40.09	50 Free	37.49	40.09
1:23.49	1:32.09	100 Free	1:23.49	1:32.09
3:09.99	3:28.69	200 Free	3:09.99	3:28.69
45.49	49.89	50 Back	45.49	49.89
1:42.99	1:53.19	100 Back	1:42.99	1:53.19
50.49	55.49	50 Breast	50.49	55.49
1:51.99	2:03.19	100 Breast	1:51.99	2:03.19
49.99	54.39	50 Fly	49.99	54.39
1:48.99	1:59.89	100 Fly	1:48.99	1:59.89
1:37.99	1:47.69	100 IM	1:37.99	1:47.69
3:30.99	3:51.99	200 IM	3:30.99	3:51.99

Girls		11-12 Years	Boys	
Yards	SCM		Yards	SCM
32.49	35.49	50 Free	33.49	36.59
1:10.99	1:17.69	100 Free	1:11.99	1:18.79
2:38.99	2:54.29	200 Free	2:37.99	2:53.09
6:40.99	5:53.59	400/500 Free	6:20.99	5:35.79
38.49	42.19	50 Back	39.49	43.29
1:25.99	1:34.29	100 Back	1:26.99	1:35.39
42.49	46.59	50 Breast	44.49	48.79
1:35.99	1:45.39	100 Breast	1:38.99	1:48.79
38.49	42.19	50 Fly	40.49	44.39
1:25.99	1:34.29	100 Fly	1:25.99	1:34.29
1:21.99	1:29.89	100 IM	1:21.99	1:29.89
2:54.99	3:11.99	200 IM	2:54.99	3:11.99



# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 3-5, 2023

Girls		11-14 Years	Boys	
Yards	SCM		Yards	SCM
12:40.99	11:06.39	800/1000 Free	11:40.99	10:12.79
21:31.99	21:33.79	1500/1650 Free	19:59.99	19:59.99
2:52.99	3:09.79	200 Back	2:42.99	2:58.69
3:08.99	3:27.59	200 Breast	2:56.99	3:14.19
2:52.99	3:09.79	200 Fly	2:42.99	2:58.79
5:34.99	6:11.79	400 IM	5:18.99	5:54.09

Girls		13-14 Years	Boys	
Yards	SCM		Yards	SCM
31.49	34.39	50 Free	29.49	32.19
1:06.99	1:13.29	100 Free	1:04.99	1:10.99
2:27.99	2:41.99	200 Free	2:19.99	2:33.19
6:30.99	5:43.59	400/500 Free	6:10.99	5:25.79
37.49	41.09	50 Back	36.49	39.99
1:19.99	1:27.69	100 Back	1:17.99	1:25.49
42.49	46.59	50 Breast	39.49	43.29
1:28.99	1:37.69	100 Breast	1:20.99	1:28.79
35.49	38.79	50 Fly	34.99	37.69
1:21.99	1:29.89	100 Fly	1:17.99	1:25.49
2:52.99	3:01.99	200 IM	2:42.99	2:55.39

Girls		15-21 Years	Boys	
Yards	SCM		Yards	SCM
29.49	32.19	50 Free	26.49	28.89
1:03.99	1:09.89	100 Free	56.99	1:02.09
2:21.99	2:35.39	200 Free	2:10.99	2:23.19
6:20.99	5:33.59	400/500 Free	6:00.99	5:15.79
12:40.99	11:06.39	800/1000 Free	11:40.99	10:12.79
21:31.99	21:33.79	1500/1650 Free	19:59.99	19:59.99
36.49	39.99	50 Back	33.49	36.59
1:17.99	1:25.49	100 Back	1:08.99	1:15.49
2:48.99	3:05.39	200 Back	2:37.99	2:53.09
41.99	45.49	50 Breast	36.49	39.89
1:26.99	1:35.39	100 Breast	1:17.99	1:25.49
3:01.99	3:19.79	200 Breast	2:44.99	3:00.89
34.49	38.79	50 Fly	31.49	34.39
1:13.99	1:20.99	100 Fly	1:05.99	1:12.09
2:47.99	3:04.19	200 Fly	2:22.99	2:36.49
2:42.99	2:58.69	200 IM	2:29.99	2:44.29
5:34.99	6:11.79	400 IM	5:18.99	5:54.09



# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS March 3-5, 2023

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## APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

*(Note: Return signed Declaration form with entry fees to Meet Entry Chairman, Linda Conger)*

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** Northwest Region YMCA -Swimming Championships

**Meet Date(s):** March 3 – March 5, 2023

**Meet Host:** Boise YMCA Swim Team

**Meet Location:** Boise City Aquatic Center, 5959 N. Discovery Pl. Boise, ID 83713

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Pacific Region North YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the Pacific Region North YMCA Swimming Championships.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA or the Boise Y Swim Team, their agents, representatives or assigns, and the West YMCA/Boise City Aquatic Center for any and all injuries which may be suffered by participants at the Pacific Region North YMCA Swimming Championships. Furthermore, we understand that the YMCA of the USA, the Boise Y Swim Team, and the West YMCA/Boise City Aquatic Center are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



# 2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS March 3-5, 2023

## APPENDIX 4: INVITATION TO OFFICIATE

You are hereby invited to officiate at the 2020 Northwest Region YMCA Swimming Championships to be held at the Boise City Aquatic Center in Boise, ID. The meet will be conducted over a 2½ day period with the meet beginning on Friday, March 3 at 4:45 pm. A mandatory officials briefing session will be held 45 minutes prior to the start of each sessions. The dress is white shirt/blouse; navy blue pants, shorts, or skirts; white socks; and white shoes.

We have put aside 25 Polo meet shirts for officials who indicate their intention to officiate a minimum of at least 8 hours during the 2 ½ day Regional Championship meet. The Invitation to Officiate form must be completed and returned prior to **February 15, 2023** in order for an official to be eligible for a free polo. After the deadline, shirts can be purchased from our vendor at a discounted rate.

Key deck assignments will be given to those officials who agree to work all sessions of the meet. Qualified officials must return their application no later than **February 15, 2023** if they want an assigned position. The meet referee will be Vicki Marsh. Applications can be scanned and emailed to: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com) or mailed to Vicki at the address below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Team: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I will work at all sessions \_\_\_\_\_ or

I can't work at all sessions; I will be able to work:

Friday \_\_\_\_\_ Saturday am \_\_\_\_\_ Saturday pm \_\_\_\_\_ Sunday \_\_\_\_\_

Key position(s) desired (i.e. chief judge, starter, deck referee): \_\_\_\_\_

### **CURRENT CERTIFICATION**

YMCA/LSC Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

National Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

Nat'l Champ Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

**Y-Only Certified Officials:** Please read section in the Meet Information related to Y-only officials' requirements.

### **PLEASE RETURN THIS INVITATION TO:**

Vicki Marsh, 2680 N. Columbine Ave, Boise, ID 83713

Email: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)

### **Please circle polo shirt size:**

Small Medium Large X-Large



**2023 NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS**  
**March 3-5, 2023**

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