

**Boise YMCA Swim Team**  
**Spring Fling Invitational**  
**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**  
**May 19-21, 2023**

- SPONSOR:** Boise YMCA Swim Team Sanction: SRS 23-11  
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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."
- 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:** **Vicki Marsh**  
Email: [vicki50marsh@gmail.com](mailto: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](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 (May 19, 2023) will determine swimmer's age group.

<b>SCHEDULE:</b>	Friday, May 19	<b>Warm Up:</b>	3:30 - 4:20 p.m.
		<b>Start:</b>	4:30 p.m.
	Saturday, May 20	<b>6-8, 9-10, 11-12</b>	
	Sunday, May 21 (a.m. sessions)	<b>Warm-up:</b>	7:30 - 8:20 a.m.
		<b>Start:</b>	8:30 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](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. 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.

**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.

**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 DOES NOT INCLUDE TIME TRIALS.**

**ENTRIES**

- 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](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.

**FEES:** \$3.00 per event; \$6.00 per relay; \$25.00 per swimmer

**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 8, 2023** or received no later than 6:00 p.m. **on Wednesday, May 10, 2023. LATE ENTRIES WILL NOT BE ACCEPTED.**

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

Mail Entry Fees no later than Wednesday, May 10 to:

**Linda Conger  
Tomlinson South Meridian YMCA  
5155 Hillsdale Ave  
Meridian, ID 83646**

**email: [BYSTmeetentries@ymcatvidaho.org](mailto: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 11, 2023 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](http://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 11, 2023 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](http://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 400M IM and 400M Freestyle will be seeded fastest to slowest and will be swum alternating women and men. At the Meet Referee's discretion, these events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.

The 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.

**SCORING:** Individual events: 11-9-8-7-6-5-4-3-2-1

**AWARDS:** Top 3 High point winners in each age group (male and female) will be awarded. 6-8, 9-10, 11-12, 13-14 and 15 & over. Participation awards will be given to each entered swimmer.

**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:** Will be sent out to teams prior to the start of the meet and will be posted throughout the facility.

**RESULTS:** Meet Mobile will be active dependent upon Y internet access. Realtime Results will also be available at [www.boiseyswimteam.org](http://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](http://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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**BOISE YMCA SPRING FLING  
LONG COURSE INVITATIONAL  
ORDER OF EVENTS**

**Friday, May 19, 2023**

**Warm-Ups - 3:30 - 4:20 p.m. Start – 4:30 p.m.**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
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 & O	400 Meter Freestyle	11 & O	8

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

**Saturday, Morning - May 20, 2023**

**Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.**

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

**Saturday Afternoon, May 20, 2023**

**Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
39	13 & O	100 Meter Backstroke	13 & O	40
41	13 & O	200 Meter Medley Relay	13 & O	42
43	13 & O	50 Meter Freestyle	13 & O	44
45	13 & O	200 Meter Butterfly	13 & O	46
47	13 & O	100 Meter Breaststroke	13 & O	48
49	13 & O	200 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 21, 2023**

**Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.**

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

**Sunday Afternoon, May 21, 2023**

**Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
85	13 & O	200 Meter Backstroke	13 & O	86
87	13 & O	200 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.)

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

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

<b>Name:</b>				<b>USAS</b>	<b>Age:</b>	<b>Gender:</b>
<b>Birthdate:</b>				<b>USMS #:</b>		
<b>Event #</b>	<b>Event Name</b>	<b>Time</b>	<b>Date</b>	<b>Meet Where Time Was Done</b>		

<b>Name:</b>				<b>USAS</b>	<b>Age:</b>	<b>Gender:</b>
<b>Birthdate:</b>				<b>USMS #:</b>		
<b>Event #</b>	<b>Event Name</b>	<b>Time</b>	<b>Date</b>	<b>Meet Where Time Was Done</b>		

<b>Name:</b>				<b>USAS</b>	<b>Age:</b>	<b>Gender:</b>
<b>Birthdate:</b>				<b>USMS#:</b>		
<b>Event #</b>	<b>Event Name</b>	<b>Time</b>	<b>Date</b>	<b>Meet Where Time Was Done</b>		

E-Mail Completed Entry Form to: [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org)

Mail Fees to: Linda Conger Tomlinson South Meridian YMCA  
 5155 Hillsdale Ave, Meridian, ID 83646