

**Nampa Swim Team
April Pools
April 6-7, 2019**

- SPONSOR:** Nampa Swim Team, Inc.
- SANCTION:** All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction [__19-09__]. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)
- LOCATION:** Nampa Recreational Center
131 Constitution Way
Nampa, Idaho 83686
(208) 465-2288
- FACILITIES:** 8 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9’ at the start end and 4.7’ at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).
- REFEREE:** Chad Schaffer – email: chads@cableone.net
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.
- DIRECTOR:** Terri Adams – email: tadams5257@yahoo.com
- OFFICIALS:** We expect and appreciate the help of certified USA Swimming Officials from each participating team.
- ELIGIBILITY:** Swimmers must hold current 2019 USA registration cards. Age of swimmer on the first day of the meet April 6, 2019 determines the swimmer’s age for the meet.
- MEETINGS:** **COACHES:** There will be a mandatory coaches meeting 15 minutes prior to the start of warm-ups each day of the meet.
OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each day of the meet.
- MEET FORMAT:** This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet, with exception of the 500 free, which will be deck seeded. All events will be swum as timed finals. Heats will be ordered slowest to fastest with the exception of the 500 free, which will be swum fastest to slowest.

SCHEDULE:

Warm-Up Date	Who	Time	Meet Starts
Saturday & Sunday Morning	13 & O	8:00am-8:30am	9:10am
	12 & U	8:30am-9:00am	

CONDUCT:

Current USA Swimming rules will govern this meet.

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 swimmer's legal guardian to ensure compliance with this requirement.

Snake River Swimming warm-up and safety procedures will apply. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprints lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

Under USA Swimming Rule 102.8 for Deck Changing – Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

ENTRIES:

Saturday & Sunday – All swimmers may enter three individual events and 2 relay events per day.

A Team Manager Event import file will be available to download on the home page of the Nampa Swim Team: www.nstsharks.com

NO TIMES ARE ACCEPTED, with the following exception:

- All swimmers **MUST** have an entry for the 500 free and 400 IM (coaches may submit and estimated time, only if no time exists).
- Coaches may estimate entry times only when no time exists, for seeding purposes in any event, and are encouraged to do so for any event 200 yards or longer. Please estimate conservatively.
- Please indicate which events have estimated times, in an email with your entry file.

Enter in short course yard times only. Entries may be submitted as an attached file via email Terri Adams at tadams5257@yahoo.com by those teams using the Hy-Tek Commlink. Entry file must include converted times. Include a hard copy of entries if submitted via disk or email.

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in short course yards.

MEET FORMAT:

The 500 free will be deck seeded. All 500 free swimmers must check in with the Clerk of Course by 9:30am April 6th. All 500 free swimmers must provide 2 timers and lap counters.

This is a no card meet except for relays and the 500 free. All other swimmers will be on deck at designated heat and lane for their events. Cards for distance events and relays will be picked up at the Clerk of Course. All relay cards must have the first and last names and ages of the swimmers, in order, written on the label or on the back of the card.

Heats may be combined at the discretion of the meet referee.

Please report scratches to Clerk of Course prior to start of meet each day.

Deck registration will not be provided. Anyone entered in the meet, whom is not properly registered with USA Swimming, is subject to a \$50 fine.

Following the meet, the Team Manager Import File, Meet Manager Backup file, and html results will be posted on the team website: www.nstsharks.com, and on the LSC website: www.snakeriverswimming.org.

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.

TIME TRIALS: Time trials will not be offered.

ENTRY FEES: \$32.00 per individual (\$1.75 timing system, \$9.00 SRS funds, \$5.75 pool rent/lifeguards, \$15.50 awards, admin, hospitality).

ENTRY

DEADLINE: Make checks payable to Nampa Swim Team. All fees must accompany entries. **One check per team please. Entries must be received by Wednesday, March 27th.** Late entries will not be accepted.

Mail entries to: Terri Adams – 208-258-0839
c/o NST
PO Box 753
Nampa, Idaho 83653

SCORING: Events will be scored as 8 & under, 9-10, 11-12, 13-14, and 15-19. Relays will not receive points.

AWARDS: Every swimmer will receive a participation award or medal.

MISC: Each team will be expected to provide timers during the entire course of the meet each day. Assigned lanes will appear in the heat sheet.

Concessions and heat sheets will be available at the pool.

A hospitality room will be provided for coaches and officials.

April Pools 2019 - 4/6/2019 to 4/7/2019**Session Report**

Session: 1 Saturday, April 6th

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

Finals	1	Girls 12 & Under 200 Freestyle Relay
Finals	2	Boys 12 & Under 200 Freestyle Relay
Finals	3	Girls 13-19 400 Freestyle Relay
Finals	4	Boys 13-19 400 Freestyle Relay
Finals	5	Mixed 8 & Under 25 Backstroke
Finals	7	Girls 9-10 100 Backstroke
Finals	8	Boys 9-10 100 Backstroke
Finals	9	Girls 11-12 100 Backstroke
Finals	10	Boys 11-12 100 Backstroke
Finals	11	Girls 13-14 100 Backstroke
Finals	12	Boys 13-14 100 Backstroke
Finals	13	Girls 15-19 100 Backstroke
Finals	14	Boys 15-19 100 Backstroke
Finals	15	Mixed 8 & Under 25 Butterfly
Finals	17	Girls 9-10 50 Butterfly
Finals	18	Boys 9-10 50 Butterfly
Finals	19	Girls 11-12 50 Butterfly
Finals	20	Boys 11-12 50 Butterfly
Finals	21	Girls 13-14 200 Butterfly
Finals	22	Boys 13-14 200 Butterfly
Finals	23	Girls 15-19 200 Butterfly
Finals	24	Boys 15-19 200 Butterfly
Finals	25	Mixed 8 & Under 50 Freestyle
Finals	27	Girls 9-10 100 Freestyle
Finals	28	Boys 9-10 100 Freestyle
Finals	29	Girls 11-12 100 Freestyle
Finals	30	Boys 11-12 100 Freestyle
Finals	31	Girls 13-14 100 Freestyle
Finals	32	Boys 13-14 100 Freestyle
Finals	33	Girls 15-19 100 Freestyle
Finals	34	Boys 15-19 100 Freestyle
Finals	35	Mixed 8 & Under 50 Breaststroke
Finals	37	Girls 9-10 50 Breaststroke
Finals	38	Boys 9-10 50 Breaststroke
Finals	39	Girls 11-12 50 Breaststroke
Finals	40	Boys 11-12 50 Breaststroke
Finals	41	Girls 13-14 200 Breaststroke
Finals	42	Boys 13-14 200 Breaststroke
Finals	43	Girls 15-19 200 Breaststroke
Finals	44	Boys 15-19 200 Breaststroke
Finals	45	Mixed 8 & Under 100 Freestyle
Finals	47	Mixed 11-19 500 Freestyle

April Pools 2019 - 4/6/2019 to 4/7/2019**Session Report**

Session: 2 Sunday, April 7th

Day of Meet: 2 Starts at 09:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

Finals	49	Girls 12 & Under 200 Medley Relay
Finals	50	Boys 12 & Under 200 Medley Relay
Finals	51	Girls 13-19 400 Medley Relay
Finals	52	Boys 13-19 400 Medley Relay
Finals	53	Mixed 8 & Under 50 Backstroke
Finals	55	Girls 9-10 50 Backstroke
Finals	56	Boys 9-10 50 Backstroke
Finals	57	Girls 11-12 50 Backstroke
Finals	58	Boys 11-12 50 Backstroke
Finals	59	Girls 13-14 200 Backstroke
Finals	60	Boys 13-14 200 Backstroke
Finals	61	Girls 15-19 200 Backstroke
Finals	62	Boys 15-19 200 Backstroke
Finals	63	Girls 9-10 200 IM
Finals	64	Boys 9-10 200 IM
Finals	65	Girls 11-12 200 IM
Finals	66	Boys 11-12 200 IM
Finals	67	Girls 13-14 200 IM
Finals	68	Boys 13-14 200 IM
Finals	69	Girls 15-19 200 IM
Finals	70	Boys 15-19 200 IM
Finals	71	Girls 9-10 100 Butterfly
Finals	72	Boys 9-10 100 Butterfly
Finals	73	Girls 11-12 100 Butterfly
Finals	74	Boys 11-12 100 Butterfly
Finals	75	Girls 13-14 100 Butterfly
Finals	76	Boys 13-14 100 Butterfly
Finals	77	Girls 15-19 100 Butterfly
Finals	78	Boys 15-19 100 Butterfly
Finals	79	Mixed 8 & Under 25 Freestyle
Finals	81	Girls 9-10 50 Freestyle
Finals	82	Boys 9-10 50 Freestyle
Finals	83	Girls 11-12 50 Freestyle
Finals	84	Boys 11-12 50 Freestyle
Finals	85	Girls 13-14 50 Freestyle
Finals	86	Boys 13-14 50 Freestyle
Finals	87	Girls 15-19 50 Freestyle
Finals	88	Boys 15-19 50 Freestyle
Finals	89	Mixed 8 & Under 25 Breaststroke
Finals	91	Girls 9-10 100 Breaststroke
Finals	92	Boys 9-10 100 Breaststroke
Finals	93	Girls 11-12 100 Breaststroke
Finals	94	Boys 11-12 100 Breaststroke
Finals	95	Girls 13-14 100 Breaststroke

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Session Report

Session: 2 Sunday, April 7th

Day of Meet: 2 Starts at 09:15 AM Heat Interval: 30 Seconds / Back +15 Seconds

Finals	96	Boys 13-14 100 Breaststroke
Finals	97	Girls 15-19 100 Breaststroke
Finals	98	Boys 15-19 100 Breaststroke
Finals	99	Girls 9-10 200 Freestyle
Finals	100	Boys 9-10 200 Freestyle
Finals	101	Girls 11-12 200 Freestyle
Finals	102	Boys 11-12 200 Freestyle
Finals	103	Girls 13-14 200 Freestyle
Finals	104	Boys 13-14 200 Freestyle
Finals	105	Girls 15-19 200 Freestyle
Finals	106	Boys 15-19 200 Freestyle
Finals	107	Mixed 11-19 400 IM