

Caldwell Swim Club  
Cabin Fever Time Achievement  
February 1, 2020

- Sponsor:** Caldwell Swim Club
- Location:** College of Idaho Aquatics Center; 2112 Cleveland Blvd, Caldwell, ID 83605
- Sanction:** All events held under the approval of USA Swimming and Snake River Swimming, Inc., Sanction # 20-03. 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)
- Format:** This is a time achievement meet and all events, with the exception of the 500Y Freestyle and 400Y IM which will be deck seeded, will be swum as timed finals in pre-seeded heats as designated in the heat sheets posted at the meet. All events, unless otherwise noted, will be Consolidated Events (Section 102.1.4) with mixed genders and ages.
- Facilities:** 6 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end. Equipped with six starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Time Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C (4).
- Meet Referee:** Shannon Tuft  
Email – [shannonjtuft@gmail.com](mailto:shannonjtuft@gmail.com)
- Meet Director:** Betsy Hunsicker, [betsy619@yahoo.com](mailto:betsy619@yahoo.com) 208-369-3716  
Rian Sheets, [rianalexis@hotmail.com](mailto:rianalexis@hotmail.com) 503-830-1449
- Officials:** We expect and appreciate the help of certified USA Swimming Officials from each participating team. If you know of an official attending the meet, please have them contact the meet referee in advance of the meet.
- Meetings:** **COACHES:** There will be a mandatory coach meeting 15 minutes prior to the start of warm-ups Saturday morning. Heat sheets will be available.  
**OFFICIALS:** There will be an official's meeting 45 minutes before the start of each session.  
**TIMERS:** There will be a timer meeting 20 minutes before the start of each session.
- Schedule:** Session 1 starts at 8:30am. Session 2 will begin 1 hour after the conclusion of session 1. Session 1 warmups will be from 7:45-8:15. Session 2 warmups will begin 15 minutes after the conclusion of session 1.
- To help the sessions adhere to the projected timeline, flyover starts may be used. If meet is projected to exceed 4 hour limit relays may be eliminated.
- Conduct:** **Current USA Swimming rules will apply including the Minor Athlete Abuse Prevention Policy.** Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.
- Snake River Swimming Warm-Up and Safety procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated

sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

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.

The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event should be directed to the Meet Referee by the coach of that team. Swimmers participating without a coach must report to the Meet Referee at the start of the warm-up session for instructions.

This is a pre-seeded meet for all events except the Relay, 400 IM and 500 Freestyle, which will be deck seeded. **The 400Y IM and 500Y Freestyle are mixed events that will be swum fastest to slowest. In order to be seeded, all 500Y Freestyle and 400Y IM swimmers must check in with the Clerk of Course within 30 minutes of the end of session warm-ups. All 500Y Freestyle swimmers must provide 2 timers and lap counters. All 400Y IM swimmers must provide 2 timers.**

This is a no card meet except for Relays, 500Y Freestyle, and 400Y IM events. All other swimmers will be on deck at the designated heat and lane for their events. Cards for distance events should be picked up from the Clerk of Course before the start of that event. Relay cards will be given to coaches in their meet packets. All relay cards must have the first and last names and ages of the swimmers, in order, written on the card. Relay swimmers must be entered on the master relay entry form and all fees paid. Please turn in any relay scratches to the meet referee at the Coach Meeting.

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.

Under USA Swimming Rule 202.2.9.I 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.

Cellphones and cameras may not be used behind the starting blocks. Only timers, swimmers, coaches and other USA Swimming members may be behind the starting blocks during the meet.

**Eligibility:**

All swimmers must hold current 2020 USA registration cards by the meet entry deadline. Age of the swimmer on the first day of the meet (February 1, 2020) determines the swimmer's age for the meet.

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. As prescribed in Article 205.3.1 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 four hours.

**Entry Limits:** **All swimmers may enter no more than four (4) individual events in one session for the day and one (1) relay event.** Entry limit does not include time trials. The afternoon session will be open to all ages (within USA swimming) in order to allow younger swimmers to achieve times in distance events. Swimmers may only swim in one session. Relays will allow 4 swimmers of any combination of age and gender to participate. Swimmers must participate in the relay in the same session as their individual events.

**Entries:** NO TIMES ARE ACCEPTED for all events however coaches are requested to submit an estimated time for all 400Y IM and 500Y Freestyle events where there is no official time. Entries should be in short course yard times only. **Deck registration will not be provided.**

Please report scratches to clerk of course prior to start of the meet each day.

Swimmers in 400IM and 500 Freestyle events should arrange for timers for their event(s). Lane timers will not be required for relays as there will be no official times.

Teams using Hy-Tek's Team manager should submit entries as an attached file to the following email address: [betsyy619@yahoo.com](mailto:betsyy619@yahoo.com).

The following files should be included:

- Meet entry file with individual and relay entries
- Meet Entry Report, including Relays
- Meet Entry Fee Report.

Teams who do not have Hy-Tek's Team Manager may download, free of charge, TEAM MANAGER Lite at the following URL: <http://www.hy-tektd.com/downloads.html> *We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software since it will allow teams to create the necessary meet entry files.*

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.

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.

**Entry Fees:** \$2/individual event plus a surcharge of \$15 per swimmer (\$9.00 SRS fee, \$2.00 pool fees, \$4.00 admin, hospitality, etc.). There is no additional fee for relays. All fees must accompany entries. One check per team made payable to Caldwell Swim Club.

**Entry Deadline:** Entries must be received no later than Wednesday, January 22, 2020. Fees must be received by Wednesday, January 29, 2020.

**Electronic entries should be emailed to Betsy Hunsicker:** [betsyy619@yahoo.com](mailto:betsyy619@yahoo.com)

Mail entry fees to:

- Caldwell Swim Club
- PO Box 125
- Caldwell, ID 83606

**Scoring:** All events will be swum mixed gender and combined age groups. This will be a non-scoring event. There are no awards other than heat winner prizes.

**Misc.:** Each team is expected to provide timers during the entire course of the meet each day. Assigned lanes will appear in the heat sheet. All timers are to report to the Chief Timer at the computer table, where there will be a schedule of timing shift sign-ups, 20 minutes prior to the start of the meet session. Assigned lanes will be posted and listed in the heat sheet. There will be 2 shifts per session. All timers must sign-in and participate in the timer meeting at the beginning of the session.

Results will be emailed to each participating team using the address from which meet entries were received.

Concessions will be available in the front entry of the pool.

Heat sheets will be available at the Concessions table for \$5.00.

A hospitality room will be provided for coaches and officials.

**Time Trials:** There will be no time trials at this event.

## ORDER OF EVENTS

<b>Session 1 – 12&amp;U Starts at 8:30am</b>		<b>Session 2 - Open Starts 1 hour following Session 1</b>	
1	Mixed 200 Free	19	Mixed 200 IM
2	Mixed 8&U 25 Free	20	Mixed 50 Free
3	Mixed 100 Breast	21	Mixed 200 Back
4	Mixed 50 Back	22	Mixed 100 Breast
5	Mixed 11-12 200 Fly	23	Mixed 200 Free
6	Mixed 8&U 25 Fly	24	Mixed 100 Fly
7	Mixed 100 Free	25	Mixed 100 Back
8	Mixed 50 Breast	26	Mixed 200 Breast
9	Mixed 11-12 200 Back	27	Mixed 100 Free
10	Mixed 8&U 25 Back	28	Mixed 200 Fly
11	Mixed 100 Fly	29	Mixed 400 IM
12	Mixed 50 Free	30	Mixed 500 Free
13	Mixed 11-12 200 Breast	31	Cupid Relay - 200 Freestyle
14	Mixed 8&U 25 Breast		
14	Mixed 100 Back		
15	Mixed 50 Fly		
16	Mixed 100 IM		
17	Mixed 200 IM		
18	Cupid Relay - 100 Freestyle		

# SNAKE RIVER WARM-UP PROCEDURES AND SAFETY GUIDELINES

## SECTION 1 □ WARM □ UP PROCEDURES

### A. GENERAL WARM-UP (First 15 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 15 minutes)

	RECOMMENDED LANE USE	POOL RACING STARTS	PUSH/PACE 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.
4. Divided by age groups as follows:
  - a. Swimmers 13 & Onder, 10 □ 15 minutes specific warm □ up
  - b. Swimmers 13 & over, 10 □ 15 minutes specific warm □ up **6**.

Recommended lane use for Specific Warm □ up Session:

- a. 6 lane pool □ push/pace in lanes 1 & 6, racing starts in lanes 2, 3 & 4, general warm □ up in lane 5
- b. 8 lane pool □ push/pace in lanes 1 & 8, racing starts in lanes 3, 4, 5 & 6, general warm □ up in lanes 2 & 7
- c. 10 lane pool □ push/pace in lanes 1, 2 & 10, racing starts in lanes 4, 5, 6 & 7, general warm □ up in lanes 3, 8, & 9

## 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 warmup breaks to enforce these Safety Guidelines and Warm-up Procedures.
  - b. Marshals shall be current members of United States Swimming.
  - c. 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.
  - d. 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.

## **C. MISCELLANEOUS**

1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.