

**Voltage Aquatics Team Presents the
2019 Idahoan Foods Mashed Potato Dash
Invitational – June 1st, 2019**

SPONSOR: Voltage Aquatics, Idaho Falls, Idaho

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., - Sanction No. 19-15. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4). The minimum water depth measured in accordance with Article 103.2.3 is 5' at the start end and 3.5' at the turn end.

DATE: Saturday June 1st, 2019

LOCATION: Idaho Falls Wes Deist Aquatic Center
149 East 7th Street
Idaho Falls, Idaho 83401
(208) 612-8519

TYPE: Invitational Meet

MEET FORMAT: Serving as an Invitational Meet, all events will be pre-seeded and are swum as timed finals. Coaches should report all event scratches prior to the start of the meet.

MEET REFEREE: Glenn Roth
3400 Sparrow Hawk
Idaho Falls, ID 83406
(208) 523-1002
swimmerg1@hotmail.com

Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.

MEET DIRECTORS: Linda Keele
3129 Homestead Ln.
Idaho Falls, ID 83404
(208) 589-0298
lindak@cableone.net

Christine Dustin
2833 Holly Pl.
Idaho Falls, ID 83402
(503) 539-4621
christine@merrells.org

SCHEDULE The doors of the Wes Deist Aquatic Center will open at 6:45 am on Saturday, June 1st, 2019. At the referee's request, there will be a mandatory coaches meeting fifteen (15) minutes prior to the start of the warm-ups. There will be an officials meeting twenty-five (25) minutes prior to the start of the meet.

Saturday: Doors open for meet participants 6:45 am.

Mandatory Coaches meeting	6:45 am	
Warm-ups	13 & O	7:00-7:30 am
	12 & U	7:30-7:55 am
Officials meeting	7:30 am	
Meet starts	8:00 am	

Snake River Swimming Warm-Up and Safety procedures will apply.

Facility:

8-Lane, 25 yard indoor pool. Pool depth minimum is 3.5', maximum pool depth is 5.0'. Equipped with 8 KDI Paragon starting blocks, backstroke flags, and anti-wave lane lines.

ELIGIBILITY:

All swimmers must hold a current 2018 USA Swimming card. Swimmer's age group will be determined by his/her age the day of the meet, June 1st, 2019.

ENTRIES:

Swimmers may enter a maximum of three individual events and two relays.

The meet is set-up for online entries for those teams who use Team Unify. An invite has already been sent to those teams in Snake River Swimming. Please go to www.voltageaquatics.org to enter online or follow the email instructions that were previously sent to you.

All other teams using Hy-Tek, Meet Manager, and Commlink II programs should send their meet entry file attached to an e-mail to lindak@cableone.net (**preferred**) or saved on a CD and mail to the address below. *A printout of entries must also be sent.* If using the latest version of Team Manager and Commlink II, include relays on the disk. Include a printout of all relays. Entries must include the following information: Swimmer's name, age, registration number, team name, team code, event name and number, and best time in short course yards. "No times" will be allowed.

All entrants must be registered no later than the entry deadline of Saturday, May 25th, 2019. Mail or e-mail entries to:

Voltage Aquatics
P.O. Box 2423
Idaho Falls Id 83403
lindak@cableone.net

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.

DEADLINE:

Entries must be received by 5 pm, Saturday, May 25th, 2019

RULES:

Current USA Swimming rules will apply. Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool.

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

Under USA Swimming Rule 202.2.9.I for Deck Changing-Changing into or out of swimsuits other than in locker rooms or other designated areas is

prohibited. Areas included are, but not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

No diving or backstroke starts allowed from the blocks or edge of the pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups.

Meet Marshals will be present. Coaches are expected to actively supervise their swimmers. 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.

Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.

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.

Per Section 102.7.2 of the USA Swimming Rules and Regulations, At the Meet Referee's discretion, 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.

Each team will be expected to provide timers during the entire course of the meet. VOLT appreciates the assistance of officials who are current members of USA Swimming from participating teams as well.

Sign-up sheets will be at the head timers table for all interested timers.

FEES: \$2.25 per individual event entry; \$6.00 per relay; a surcharge of \$27.00 per swimmer is required (\$9.00 Snake River Fee, \$4.50 Facility fee, \$2.50 Administrative Fee, \$3.00 Timing System fee, \$8.00 Award Fee). All fees must accompany entries. No refunds or credits will be given for events entered but not swum. Awards will not be mailed if not picked up at meet. One check per team, please. Make checks payable to **Voltage Aquatics**.

AWARDS: Every swimmer will receive a participation award, heat winner awards, and ribbons in all events for those swimming 1st through 8th place based on age group finishes.

CONCESSIONS: Concessions will be available on site, cash only accepted. Items range from \$.25 to \$2.

HOSPITALITY: A hospitality room on deck will be provided for coaches and officials, providing a light breakfast and snacks.

EQUIPMENT: Goggles will be available for purchase at the front desk.

SEATING: Limited deck seating is available for spectators and swimmers. Spectators are encouraged to use the spectator seating located upstairs. Seating outside in the kiddie-pool area may not be accessible. Tables and chairs will be provided for coaches. Heat sheets will be available for \$5. Concessions will be available. Cash only on these purchases. Hospitality will be provided for coaches and officials.

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.

To be compliant with fire marshal, please keep walk ways, and doorways (especially emergency exits) free and clear of chairs, people, and personal belongings. You will be asked to move yourself and/or belongings if they are obstructing doorways and walkways.

Accommodations: FairBridge Inn and Suites,
850 Lindsay Blvd.
Idaho Falls, ID 83402
P: (208) 523-6260
F: (208) 522-8840
idahofalls@fairbridgeinns.com

Special rate of \$59.99, Group name is Voltage Aquatics

Schedule of Events
Mashed Potato Dash
June 1st, 2019

7:00-7:30am – 13 & older warm-ups
7:30-7:55am – 12 & under warm-ups
Meet starts 8:00 am

EVENT # FEMALE	EVENTS	EVENT # MALE
1	Open 100 Fly	2
3	Open 50 Back	4
5	8 & Under 25 Free	6
7	Open 100 Breast	8
9	Open 50 Free	10
11	8 & Under 25 Breast	12
13	13 & Older 200 Medley Relay	14
15	12 & Under 200 Medley Relay	16
17	8 & Under 100 Medley Relay	18
19	Open 100 Back	20
21	Open 50 Breast	22
23	8 & Under 25 Back	24
25	Open 100 Free	26
27	Open 50 Fly	28
29	8 & Under 25 Fly	30
31	Open 200 Free	32
33	8 & Under 100 Free Relay	34
35	12 & Under 200 Free Relay	36
37	13 & Older 200 Free Relay	38