

**Boise YMCA Swim Team**  
**Boise Winter Open**  
**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**  
**January 7-8, 2017**

**SPONSOR:** Boise YMCA Swim Team  
USMS

Sanction: 17-01  
Sanction: 597-S001

**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.

**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:** 25-yard x 50 meter indoor pool with depth equal to 4 feet or less than 13 feet; 10 eight-foot lanes, Spectrum starting blocks with hand rails and fins at deep end of pool; 6" anti-wave lane lines; and spectator seating for 800 people.

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.

**TIMING:** Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

**MEET REFEREE:** **Shannon Tuft (Co-Referee)**  
19378 Bluebell Court, Nampa, ID 83607  
(208)371-7430

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

**Vicki Marsh (Co-Referee)**  
7642 W.Rygate Drive, Boise, ID 83714  
(208)995-6029

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:** **Joan Wong**  
2178 E. Solitude Ct., Boise, ID 83712  
(208) 870-7789

Email: [joan.lee.wong@gmail.com](mailto:joan.lee.wong@gmail.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 will determine swimmer's age group, i.e. January 7, 2017. Deck registration will not be provided.

All Masters swimmers must be registered with USMS.

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.

No Times (NT) will be accepted for all events.

Athletes with disabilities may enter any age appropriate event without meeting the qualifying standard. Please provide advance notice to the Meet Referee of any necessary accommodations your disabled swimmer may need.

**ENTRY LIMIT:** All swimmers may enter **4 events on Saturday afternoon, 4 events on Sunday morning, and 1 event on Sunday afternoon (1650 Free).**

As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swimmers that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

<b>SCHEDULE:</b>	Saturday, January 7	<b>Warm-up:</b>	9:00 a.m. – 9:50 a.m.
		<b>Meet Start:</b>	10:00 a.m.
	Sunday, January 8	<b>Warm-up:</b>	8:30 a.m. – 9:20 am
		<b>Meet Start:</b>	9:30 a.m.

A **45** minute warm-up period for the 1650 will begin immediately following the conclusion of the morning session allowing the Sunday afternoon to begin approximately 30 minutes after the end of the morning session. 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.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Saturday afternoon at 8:45 a.m. and Sunday morning at 8:15 a.m. (if needed). Team packets with heat sheets will be available at the Saturday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Saturday afternoon at 12:15 p.m., Sunday morning at 7:45 a.m.)

**ENTRIES:** Entries must include swimmer's name, age, event name and number, and the swimmer's **best short course yard time. Please do not convert.** If short course meter or long course meter times are submitted, they will be seeded after all short course yard times (SCY/SCM/LCM). "No times" (NT) will be accepted.

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. **DECK REGISTRATION WILL NOT BE ACCEPTED. Any swimmer entered in the meet who is not registered with USA Swimming or with USMS will be subject to a \$50.00 fine.**

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.

EMAIL (required): Email entries as an attachment to the following email address: [splitterpart@gmail.com](mailto:splitterpart@gmail.com) We require the following files: SDIF file generated from TeamUnify or Meet entry CL2 file with individual entries generated by Team Manager. Please also send the "Meet Entry Report, and "Meet Entry Fee Report".

**FEES:** \$2.75 per event; \$19.00 per swimmer (\$1.75 pool rental, \$3.25 lifeguard fee, \$2.00 timing equipment, \$3.00 hospitality fees, \$9.00 LSC Surcharge).

**All fees must accompany entries and reach the entry address by the deadline.** Do not plan on bringing the check to the meet—it must be received by the entry deadline in order for your entries to be accepted. **ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.**

**DEADLINE:** Entries must be postmarked by **Monday, December 26, 2016** or received no later than 6:00 p.m. on **Wednesday, December 28, 2016.** **LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: Kathy Kapuscinski  
1898 Raintree Drive  
Boise, ID 83712

Email Entries to: [splitterpart@gmail.com](mailto:splitterpart@gmail.com)

**RULES:** All age group events will be governed by current USA Swimming rules. **All events will be timed finals and swum Fastest to slowest as Consolidated Events (Section 102.1.4) with mixed genders and ages.**

All events will include both Masters and USA Swimming members seeded together according to submitted entry times.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Please turn in any scratches to the meet referee.

All events except for the 500 freestyle, 400 IM, and 1650 yard Freestyle will be preseeded. In order to be seeded, swimmers must check in at the Clerk Of Course no later than 10:00 am on Saturday for event # 9, and no later than 9:30 am on Sunday for events 20 & 21.

The 1650 will be open to swimmers ages 11 & over. As with other events, the 1650 will be a mixed gender event and will be swum fastest to slowest. Please Note: NT will be accepted for this event.

**SCORING:** No scoring

**AWARDS:** **Ribbons will be awarded to the top 8 finishers by age group (6-8, 9-10, 11-12, 13-14, and 15 & O)** for both women and men.

**HEAT SHEETS:** Heat sheets will be available for \$6.00. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

**RESULTS:** **Realtime Results will be available online at [www.boiseyswimteam.org](http://www.boiseyswimteam.org).** Meet Mobile will also be active. Follow the link to the results file. Complete Meet Results in PDF and HTML, Meet Results File, and Meet Backup will be available on the Boise YMCA 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 teams' timing lane assignments will be included in the heat sheet and posted on the team web site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org).

**Mixed 400 Individual Medley, 500 Freestyle, and 1650 Freestyle swimmers must provide their own timers.**

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.

**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.

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

**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.

**CONCESSIONS:** No food will be allowed on deck. All food will be confined to the bleacher areas. Coolers will be allowed in the bleacher area only. Concession and Food truck will be stationed by South Entrance of the parking lot.

**VENDORS:** Swim & Sun Shop will be selling aquatic supplies.

**HOSPITALITY:** A hospitality room will be provided for coaches and officials.

**HOUSING:** **Special Rates Available for Boise Winter Open**  
SpringHill Suites By Marriott 208-287-4769 (Group Rate Available)

**BOISE YMCA WINTER OPEN  
ORDER OF EVENTS**

**Saturday, Afternoon – January 7, 2017**

**Warm-Ups – 9:00 a.m. - 9:50 p.m. Start – 10:00 a.m.**

<b>Event #</b>	<b>Mixed Gender</b>	<b>Event</b>
1	Mixed	8 & Under 25 Yard Freestyle
2	Mixed	50 Yard Freestyle
3	Mixed	100 Yard Breaststroke
4	Mixed	11 & Over 200 Yard Backstroke
5	Mixed	8 & under 25 Yard Backstroke
6	Mixed	50 Yard Backstroke
7	Mixed	100 Yard Butterfly
8	Mixed	11 & Over 200 Yard Freestyle
		<b>10 Minute Break</b>
9	Mixed	11 & Over 400 Yard Individual Medley

All events will be swum fastest to slowest.

**Sunday, January 8, 2017**

**Warm-Ups - 8:30 - 9:20 a.m. Start - 9:30 a.m.**

<b>Event #</b>	<b><u>Mixed Gender</u></b>	<b><u>Event</u></b>
10	Mixed	100 Yard Freestyle
11	Mixed	11 & Over 200 Yard Breaststroke
12	Mixed	8 & Under 25 Yard Breaststroke
13	Mixed	50 Yard Breaststroke
14	Mixed	100 Yard Backstroke
15	Mixed	11 & Over 200 Yard Butterfly
16	Mixed	8 & Under 25 Yard Butterfly
17	Mixed	50 Yard Butterfly
18	Mixed	12 & Under 100 Yard Individual Medley
19	Mixed	11 & Over 200 Yard Individual Medley
		<b>10 Minute Break</b>
20	Mixed	11 & Over 500 Yard Freestyle

All events will be swum fastest to slowest.

**Sunday January 8, 2017**

**1650 Yards Freestyle**

**Warm-Ups – Immediately following the conclusion of the Sunday Morning Session**

**Start - 45 minutes after the Morning Session Ends**

<b>Event #</b>	<b><u>Mixed Gender</u></b>	<b><u>Event</u></b>
21	Mixed	11 & Over 1650 Yard Freestyle

The 1650 will be swum fastest to slowest.

Swimmers must provide their own timers and counters.

# SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

## SECTION 1 -- WARM-UP PROCEDURES:

### A. GENERAL WARM-UP (First 30-45 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 30-45 minutes)

POOL	PUSH/PACE	RECOMMENDED LANE USE	
		RACING STARTS	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.

## 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 warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
  - b. 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.
  - c. 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.

**BOISE YMCA BOISE OPEN  
ENTRY FORM FOR SWIMMERS NOT USING TEAM MANAGER**

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	
E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

Name:				USA #: Or USMS#:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		
Name:				USA #: Or USMS#:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

Name:				USA #: Or USMS#:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

**BOISE Y WINTER OPEN  
ENTRY FORM FOR MASTERS SWIMMERS**

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	
E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

Name:				USMS #:	Age:	Gender: M/F
Event #	LC Time	SCY/SCM	Date	Meet Where Time Was Done		

“I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.”

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date