

2010 Pacific Region North YMCA Swimming Championships
West Family YMCA/Boise City Aquatic Center
March 5, 6 & 7, 2010
Boise, Idaho

Hosts: Boise Y Swim Team, West Family YMCA/Boise City Aquatic Center and Treasure Valley Family YMCA

YMCA Sanction: #CAQ 09-2010 8120. This meet is held under the sanction of YMCA of the USA National Advisory Committee. In granting this sanction it is understood that the YMCA shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

This is a designated USA Swimming Approved Meet.

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; 208-277-9622;

From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right (east) on Chinden. Go approximately $\frac{3}{4}$ mile to Discovery Place, turn right (south) and follow Discovery approximately $\frac{1}{2}$ mile to the West Family YMCA/Boise City Aquatic Center.

From City Center, follow Chinden Blvd west to Discovery Place and turn left.

Facilities: The competition pool is an indoor, 10 eight-foot lanes, 25 yard x 50 meter pool equipped with 10 paragon-style starting blocks, backstroke flags and 6" anti-wave lane lines. Additional warm up/down lanes plus a separate 2 lane warm up/down pool. Starting blocks meet YMCA and USA Swimming height requirements.

The minimum water depth, measured in accordance with Article 103.2.3 is 6' 9" at the start end and 6' 9" at the turn end.

The competition pool has been certified with USA Swimming in accordance with 104.2.2C(4).

No personal chairs or seating will be permitted on deck in the area of the competition lanes.

Timing: Daktronics Omnisport 6000 Timing System and ten lane score board; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

Meet Director: Ruthie Palmatier
5306 N Noble Fir Avenue, Boise, ID 83713
208-841-8898 Email: ruthie_palmatier@msn.com

Meet Referee: Lori McNitt
7829 Swift Lane, Boise, ID 83704
(208) 376-2684 Email: mcsinc@fiberpipe.net

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

Officials: Officials are required to show current YMCA Officials Certification or USA Swimming Officials certification.

The help of YMCA and USA Swimming certified officials is appreciated. A polo meet shirt will be provided to all officials who indicate their intention to officiate at the meet prior to February 8th, 2010 Please contact Meet Director, Ruthie Palmatier if you intend to officiate at this meet,

indicating your shirt size, certification, desired position (For starters and Chief Judges) and which sessions you will be attending. Preference for assigned positions will be given to officials who will be attending all sessions.

Format: YMCA Championship format. All events are timed finals.
Age Groups for competition: 8-Under, 9-10, 11-12, 13-14, 15-21.
In some events, the age group is 11-14.

All age group events will be governed by current USA Swimming rules. All events will be swum as timed finals.

Teams' Eligibility: Each team must have sent to the Pacific Region North Group Rep it's completed Registration Form, team roster with birthdates and fees.

Certificate of Insurance: Obtain your Certificate of Insurance from your local YMCA Association. **Certificates must be received by February 23, 2010. Please mail or email to:**

Jennifer Gates
Human Resources Coordinator
Treasure Valley Family YMCA
1050 W. State St
Boise, ID 83702

PH: 208.344.5502 Ext 235
Email: Jennifer.gates@ymcatvidaho.org

Entries will not be accepted unless Certificate of Insurance has been received.

Coaches' Requirements: ALL coaches, head and assistants, are required to have: Current CPR, First Aid, Coaches Safety or Lifeguard and YMCA Principles of Competitive Swimming. Proof of coaching certification must be produced on request at any time to the meet referees.

(A Coaches Principles of Competitive Swimming Course will be offered on Friday, March 5, 10:00am - 3:00pm at the SpringHill Suites by Marriott Boise, located at 6325 N. Cloverdale Road, Boise 83713 (on the corner of Cloverdale and Chinden Blvd.) Lunch will be provided.

Swimmers' Eligibility: **90 Day Rule:** Each competitor must have represented his/her YMCA in formal competition during the *current season and have been a YMCA member in good standing for a period of 90 days* prior to March 4, 2010.

Age: The age of the swimmer will be his/her age on March 5, 2010 (First day of the meet). Example: A swimmer who turns 13 on March 5, 2010 will swim in the 13-14 age group. A swimmer who turns 13 on March 6, 2010 will swim in the 11-12 age group.

Post High School: A swimmer who has graduated from high school and is 21 years of age or younger can participate, as long as that swimmer has never participated (in practices or in meets) in a collegiate swimming program at anytime.

Qualifying Time Period: Swimmers must have obtained qualifying times since March 1, 2009.

Schedule:	<u>Friday, March 5:</u>	<u>Saturday & Sunday March 6-7:</u>
Coaches' meetings:	3:40 p.m.	7:10 a.m.
Warm-ups: All swimmers	4:00-4:50 p.m.	7:30 a.m.
Officials' meeting:	4:15 p.m.	8:15 a.m.
Opening Ceremonies:		8:50 a.m.
Meet begins:	5:00 p.m.	9:00 a.m.

Safety: Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. 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 except during designated sprint lanes during designated times or during competition. Swimmers should enter feet first from a seated position. 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.

Athletes with disabilities are welcome. Please provide advance notice of necessary accommodations that may be needed. Handicapped access to the pool is available

Warm-up Procedure: Warm-ups will not begin until Deck Marshals are in their assigned positions. Deck Marshals have the authority to remove any swimmer, coach, or team from the warm-up for not following the safety rules.

Competition Deck Area: Only swimmers, coaches, officials, and meet workers will be permitted in the deck area near the competition lanes. Spectators will not be allowed in the deck area. No personal chairs or seating will be permitted on deck in the area of the competition lanes. Parents will be allowed on deck to help 8 and Under swimmers get to the starting blocks. All others should remain in the bleacher area or other designated areas.

Entries: Swimmers may enter a total of six (6) qualified individual events for the entire meet plus two (2) relays.

Swimmers may only enter a total of five (5) individual events per day.

Bonus Events: Any swimmer who has entered fewer than six (6) qualified individual events can swim one (1) bonus (non-qualified) event during the meet. The bonus event must have an entry time. Any event 400 yards or longer cannot be a bonus event. 11-12 year old swimmers may not enter the 11-14 events as a bonus event.

Relay only swimmers: To complete a relay with three (3) qualified swimmers, a team may use a non-qualified swimmer. The non-qualified swimmer may also swim one (1) individual bonus (nonqualified) event during the meet. Relay only swimmers must be on master entry form and fees paid.

Seeding: All events are timed finals. This is a preseeded meet for all events except the 400 IM, 500 Freestyle, 1000 Freestyle and the 1650 Freestyle. Heats will be seeded according to entry times slow to fast.

In order to be seeded, positive check-in is required for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. These events will be swum fastest to slowest, alternating women and men and may be combined at the referee's discretion. **In order to be seeded, swimmers must check in at the Clerk of Course no later than 4:15pm Friday, for events 1 and 2, 5:15pm Friday for events 9 and 10, and 1:00pm Saturday for events 79, 80 and 1:00pm on Sunday for events 143 and 144.**

500, 1000, 1650 Free: Swimmers should make every effort to provide their own timers and counters for the 500, 1000 and 1650 Freestyle events. However if this presents a problem, please notify the head timer at least 15 minutes before the event.

Submitting Entries: Entries must include swimmer's name, age, team code, event name and number and the swimmer's best short course yard time.

If possible, please include USA Swimming # or full legal name and birth date for each swimmer whose results may be loaded into the USA Swimming SWIMS database.

Registration numbers for each USA Swimming entrant must be included on each team's reports and included in the entry data on their Hy Tek Team Manager file or results will **NOT** be posted into SWIMS database

Entry Deadline: **Entries and fees** must be received by Boise Y Swim Team **before 6:00 pm on Tuesday, February 23, 2010. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: Cyndi Eyolfson
3233 E. Redstone Dr., Boise, ID 83712
(208) 344-8293
E-Mail: MCMJS@cableone.net

Web Site information : www.Boiseyswimteam.org

Entry Fees: \$12.00 surcharge per swimmer
\$ 3.00 per individual event
\$12.00 per relay

Relay Only swimmers must be on master entry form and fees paid.

Make checks payable to: **Boise YMCA Swim Team.**

To ensure on-time delivery, please use overnight delivery and waive any signature requirement.

Emailing Entries:

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: MCMJS@cableone.net. We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated with the TEAM MANAGER software in Microsoft Word format.
- Following the meet we will be unable to provide a disk with your results. However, the Meet Results file and Meet Manager Backup file, as well as the results will be posted on the team website: www.boiseyswimteam.org, under the tab "2009 Meet Information".

Please Note: Teams who do not have Hy-Tek's Team Manager Program may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek ltd.com/downloads.html>
According to the Hy-Tek website: TEAM MANAGER Lite is basically TEAM MANAGER with the following features enabled:

Standard Set-Up and Options Features
Enter Teams, Athletes, Relays, Meets and Browsers
Specifying Meet Entry Custom Times by Event or by Name
Import of Meet Events from a Hy-Tek MEET MANAGER Database
Export of Meet Entries to send to the meet host by diskette or over the internet
Meet Entry Report

This free download will allow teams to create the necessary meet entry file. We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software.

Results: **Realtime Results will be available online at the Boise YMCA Swim Team website: www.boiseyswimteam.org.** Follow the link to the results file. Complete Meet Results, Meet Results File, and meet backup will be available at the Boise YMCA Swim Team website: **www.boiseyswimteam.org** after conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

Results for USA Swimming: Results for USA-S athletes whose entries include their USA-S #, full name and birth date will be loaded into the SWIMS database. Questions regarding the SWIMS database can be directed to Patty Stratton via email at stratton@cableone.net.

Scoring:

- Scored to 16 places.
- Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events 40-34-32-30-28-26-24-22-18-14-12-19-8-6-4-2
- All 11-14 events (200 strokes, 400 IM, 1000 Free & 1650 Free) will be scored as 11-14 event. This includes totals toward high point awards. 11-12 year olds may NOT enter these events as a bonus event.
- Swimmers who do not make the qualifying time for the event will not score in the event but will receive the place award.
- The 500 Freestyle will be scored 11-12, 13-14, 15-21.

Awards:

All participants will receive a meet participation award.

Individual medals: 1st through 8th

Individual Ribbons: 9th through 16th

Relay medals: 1st through 3rd

Relay Ribbons: 4th through 8th

Individual high point awards: 8-Un/9-10/11-12/13-14/15-21

All 11-14 events will be awarded 11-14.

In these 11-14 events the swimmers will be awarded the place that they swim, i.e., if a 12 year old is fifth overall but the first 11-12, he will be awarded fifth place.

The 500 Freestyle will be awarded 11-12, 13-14, 15-21

Swimmers who place in the top 16 but do not meet the event qualifying standard, will be awarded their place, but not scored.

Team awards: Division I: 35 & over swimmers competing: 1st through 3rd

Division II: 15-34 swimmers competing: 1st through 3rd

Division III: 1-14 swimmers competing: 1st through 3rd

Time Trials:

Official Time Trials will be held at the Referee's discretion at the end of competition on each day. All events offered during the meet are eligible for time trials. Time Trials for 500 yd and 1650 yd events will only be offered on Saturday. Only swimmers entered in the meet can participate. Time trials will not count toward the individual event limit. The time trial fee is \$10.00 per individual swim and \$20.00 per relay. Daily sign-up deadlines will be announced, but no later than the beginning of the last scheduled set of events.

Timers:

All participating teams will need to provide timers.

Heat Sheets:

Heat sheets will be available for \$10.00. Heat sheets will also be posted.

Onsite Amenities:

- Aquatic Supplies
- Concessions
- Printed T-Shirts and Apparel

Hospitality:

A Hospitality Room will be provided for coaches and officials.

Housing:

Special Rates Available for 2010 Pacific North Region YMCA Champs!

Courtyard by Marriott: 331-2700

Hilton Garden Inn Boise-Eagle: 938-9600

Springhill Suites: 939-8266

TownePlace Suites by Marriott: 884-8550

Other

Notes:

NO bull pen will be provided for the 8 and under events.

All swimmers are responsible for ensuring they are at the block for their event.

Only participating swimmers, coaches, authorized volunteers and pool personnel may remain on deck during the meet.

Plenty of parking is available for swimmers and their families. The lot next to the pool is reserved for officials and coaches only. Please no team vans or RV or buses in this lot.

RV Parking will be available in the parking lot across the street from the YMCA. Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the facility. Any act of theft, vandalism, or similar actions will result in disqualification from the meet and the forfeit of all points and awards earned by the individual(s).

Lost & Found: Lost and Found items will be kept at the pool's guard station until the end of the meet. After the meet contact the Aquatic Director at the West Family YMCA.

2010 Pacific Region North Swimming Championships
Friday, March 5
Warm-ups 4:00 P.M. Meet Starts 5:00 P.M.

GIRLS					BOYS
Event #	QT	Age Group	EVENT	QT	Event #
1	5:34.99	11-21	400 I.M	5:18.99	2
3	1:55.99	8-Un	100 I.M.	1:55.99	4
5	1:36.99	9-10	100 I.M.	1:36.99	6
7	1:20.99	11-12	100 I.M.	1:20.99	8
9	12:40.99	11-21	1000 Free*	11:40.99	10

***1000 Free swimmers must provide their own Timers and Counters. Please see the Head Timer if this is a problem.**

2010 Pacific Region North Swimming Championships
Saturday, March 6
Warm-ups 7:30AM Opening Ceremonies 8:50 Meet Starts 9:00

GIRLS					BOYS
Event #	QT	AG	EVENT	QT	Event #
11	1:39.99	8-Un	100 Free	1:39.99	12
13	3:07.99	9-10	200 Free	3:07.99	14
15	2:35.99	11-12	200 Free	2:35.99	16
17	2:25.99	13-14	200 Free	2:17.99	18
19	2:19.99	15-21	200 Free	2:08.99	20
21	None	8-Un	100 Med Relay	None	22
23	None	10-Un	200 Med Relay	None	24
25	None	12-Un	200 Med Relay	None	26
27	None	14-Un	200 Med Relay	None	28
29	None	21-Un	200 Med Relay	None	30
31	41.99	11-12	50 Breast	43.99	32
33	41.99	13-14	50 Breast	38.99	34
35	40.99	15-21	50 Breast	35.99	36
37	55.99	8-Un	50 Back	55.99	38
39	1:41.99	9-10	100 Back	1:41.99	40
41	2:50.99	11-14	200 Back	2:40.99	42
43	2:46.99	15-21	200 Back	2:35.99	44
45	26.99	8-Un	25 Fly	26.99	46
47	48.99	9-10	50 Fly	48.99	48
49	1:24.99	11-12	100 Fly	1:24.99	50
51	1:20.99	13-14	100 Fly	1:16.99	52
53	1:12.99	15-21	100 Fly	1:04.99	54
55	20.99	8-Un	25 Free	20.99	56
57	36.99	9-10	50 Free	36.99	58
59	31.99	11-12	50 Free	32.99	60
61	30.99	13-14	50 Free	28.99	62
63	28.99	15-21	50 Free	25.99	64
65	1:05.99	8-Un	50 Breast	1:05.99	66
67	1:50.99	9-10	100 Breast	1:50.99	68
69	3:06.99	11-14	200 Breast	2:54.99	70
71	2:59.99	15-21	200 Breast	2:42.99	72
73	37.99	11-12	50 Back	38.99	74
75	36.99	13-14	50 Back	35.99	76
77	35.99	15-21	50 Back	32.99	78
79	6:20.99	11-21	500 Free*	6:00.99	80

***500 Free Swimmers need to be prepared to provide their own Timers and Counters.
Please see the Head Timer if this is a problem.**

2010 Pacific Region North Swimming Championships
Sunday, March 7
Warm-ups 7:30 AM Opening Ceremonies 8:50 Meet Starts 9:00

GIRLS				BOYS		
Event #	QT	AG	EVENT	QT	Event #	
81	29.99	8-Un	25 Breast	29.99	82	
83	49.99	9-10	50 Breast	49.99	84	
85	1:34.99	11-12	100 Breast	1:37.99	86	
87	1:27.99	13-14	100 Breast	1:19.99	88	
89	1:25.99	15-21	100 Breast	1:16.99	90	
91	None	8-Un	100 Free Relay	None	92	
93	None	10-Un	200 Free Relay	None	94	
95	None	12-Un	200 Free Relay	None	96	
97	None	14-Un	200 Free Relay	None	98	
99	None	21-Un	200 Free Relay	None	100	
101	59.99	8-Un	50 Fly	59.99	102	
103	1:47.99	9-10	100 Fly	1:47.99	104	
105	2:45.99	11-14	200 Fly	2:30.99	106	
107	2:45.99	15-21	200 Fly	2:20.99	108	
109	45.99	8-Un	50 Free	45.99	110	
111	1:22.99	9-10	100 Free	1:22.99	112	
113	1:09.99	11-12	100 Free	1:10.99	114	
115	1:05.99	13-14	100 Free	1:03.99	116	
117	1:02.99	15-21	100 Free	55.99	118	
119	24.99	8-Un	25 Back	24.99	120	
121	44.99	9-10	50 Back	44.99	122	
123	1:24.99	11-12	100 Back	1:25.99	124	
125	1:18.99	13-14	100 Back	1:16.99	126	
127	1:16.99	15-21	100 Back	1:07.99	128	
129	3:28.99	9-10	200 I.M.	3:28.99	130	
131	2:52.99	11-12	200 I.M.	2:52.99	132	
133	2:43.99	13-14	200 I.M.	2:37.99	134	
135	2:40.99	15-21	200 I.M.	2:27.99	136	
137	37.99	11-12	50 Fly	39.99	138	
139	34.99	13-14	50 Fly	33.99	140	
141	34.99	15-21	50 Fly	30.99	142	
143	21:31.99	11-21	1650 Free*	19:59.99	144	

***1650 Free Swimmers need to be prepared to provide their own Timers and Counters.
Please see the Head Timer if this is a problem.**

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)

RECOMMENDED LANE USE

POOL	PUSH/PACE	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 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.

(Duplicate This Form As Necessary)

**2010 Pacific Region North YMCA Swimming
Championships**

**West Family YMCA/Boise City Aquatic Center
March 5, 6 & 7, 2010
Boise, Idaho**

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2010 Pacific Region North YMCA Swimming Championships to be held at the West Family YMCA/Boise City Aquatic Center in Boise, ID. The meet will be conducted over a 2½ day period with the meet beginning on Friday, March 5th at 5:00pm. A mandatory officials briefing session will be held 45 minutes prior to each day's start of the meet. The dress is white shirt/blouse; blue pants, shorts, or skirts; white socks; and white shoes. Officials desiring an assigned position must submit their application no later than February 15, 2010 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by March 1, 2010. The meet referee will be Lori McNitt.

Name: _____ Team: _____

Address: _____ Phone: _____

City, State, Zip: _____

E-Mail: _____

I will work at all sessions: _____

I can't work at all sessions. I will be able to work: Friday _____

Saturday _____

Sunday _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

YMCA Swimming Position Certified: _____ Expiration: _____

USA Swimming Position Certified: _____ Expiration: _____
(If Applicable)

PLEASE RETURN THIS INVITATION TO:

Ruthie Palmatier
5306 N Noble Fir Avenue
Boise, ID 83713
(202) 683-6154 (fax)
Email: ruthie_palmatier@msn.com

Please circle polo shirt size:

Small
Medium
Large
X-Large