

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

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

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

Meet Referee: Lori McNitt

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.

Swimmers' Eligibility:

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.	Yellow/White/Red 7:30-8:00 a.m. Blue/Pre-Senior/Senior 8:00-8:45 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.

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.

Entry Deadline: Enter through the team website. The deadline is Monday February 22, 2010!
LATE ENTRIES WILL NOT BE ACCEPTED.

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

Results: Realtime Results will be available online at the Boise YMCA Swim Team website:

Scoring:

- o Scored to 16 places.
- o Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- o Relay events 40-34-32-30-28-26-24-22-18-14-12-19-8-6-4-2
- o 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.
- o Swimmers who do not make the qualifying time for the event will not score in the event but will receive the place award.
- o 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

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: Parents – please sign up for a timing session on the website!

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.

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.

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.**