

Boise YMCA Swim Team
Spring Fling Invitational
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER
May 18, 19, & 20, 2012

SPONSOR: Boise YMCA Swim Team
USMS

Sanction: 12-09
Sanction: 592-003

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: Invitational, Timed Finals with Split Meet Format

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 $\frac{3}{4}$ 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: 50 meter x 25 yard indoor pool with depth equal to 4 feet or less than 13 feet; 8 eight foot lanes; paragon-style blocks at deep end of pool; 6" anti-wave lane lines; 2-lane instructional pool will be available for warm-ups during the meet. There are no blocks at the shallow end of the pool (4'); spectator seating for 800 people.

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

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 Mark Eyolfson

REFEREE: 3233 E. Redstone Dr., Boise, ID 83712
(208) 344-8293

Email: trock2@cableone.net

Protests will be handled in the manner described in Section 102.11 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

ELIGIBILITY: Meet is open to all swimmers age 6 and above. All age group/senior swimmers must hold a current USA Swimming registration card. All Masters swimmers must be registered with USMS. Age of the swimmer on the first day of the meet will determine swimmer's age group, i.e. May 18, 2012

ENTRY LIMIT: 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.

SCHEDULE:	Friday, May 18	Warm Up:	4:30 - 5:20 p.m.
		Start:	5:30 p.m.
	Saturday, May 19	6-8, 9-10, 11-12	
	Sunday, May 20	Warm-up:	7:30 - 8:20 a.m.
	(a.m. sessions)	Start:	8:30 a.m.
	Saturday, May 19	13 & Over	
	(p.m. session)	Warm-up:	1:00 p.m.
		Senior Recognition:	1:45 p.m.
		Start:	2:00 p.m.
	Sunday, MAY 20	Warm-up:	12:30 p.m.
	(p.m. session)	Meet Start:	1:30 p.m.

If a morning session runs past the 1:00 pm (Sat) and 12:30 pm (Sun) warm-up time, the afternoon session warm-up will start immediately at the conclusion of the morning session and run for 50 minutes.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-up. Two lanes in the competition pool will be available for warm-ups during the entire course of the meet.

MEETINGS: COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon at 4:15 p.m. and Saturday morning at 7:15 a.m. Team packets (heat sheets and relay cards) will be available at the Friday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Friday afternoon at 4:45 p.m., mornings at 7:45 a.m., and afternoons 45 minutes before the afternoon session start time. Please check the Boise Y website for the approximate afternoon start time.)

ENTRIES: ALL SWIMMERS MAY ENTER ONE EVENT ON FRIDAY AND 3 EVENTS PLUS 1 RELAY ON SAT AND SUN.

- Entries must include swimmer's name, age, event name and number, and the swimmer's **best long course meter time. Please do not convert.** If short course meter or short course yard times are submitted, they will be seeded after all long course meter times (LCM/SCM/SCY).
- "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. **DECK REGISTRATION WILL NOT BE ACCEPTED.**
- Relay only swimmers must be entered in the meet and pay the meet surcharge.
- 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: brettnkay@msn.com. 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.
- The Meet Results file and Meet Manager Backup file, as well as the results in PDF and HTML, will be posted on the team website: www.boiseyswimteam.org, Look for the link under "News".

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.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.

FEES: \$2.25 per event; \$6.00 per relay; \$11.00 per swimmer (\$1.75 pool rental & \$3.75 lifeguard fee, \$2.75 timing equipment, \$2.75 Snake River Travel & Zone Funds)

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, May 7, 2012** or received no later than 6:00 p.m. **on Wednesday, May 9, 2012. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: **Kay Hunt**
5431 N Cattail Way
Boise, ID 83714
(208) 949-9460 **E-Mail:** brettnkay@msn.com

Web Site information : www.Boiseyswimteam.org

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

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.

THIS IS A NO CARD MEET EXCEPT FOR RELAY EVENTS. ALL OTHER SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Relay cards will be given to coaches in their packets Friday night at the Coaches' Meeting. All relay cards must have the first and last names and ages of the swimmers, in order, written on the back of the card. Please turn in any relay scratches to the meet referee.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS.

Both the 12 & under and 13 & Over portions of the meet will be pre-seeded, except for the 400 meter freestyle and 800 meter freestyle.

11 & Over individual events will be scored and awarded 11-12, 13-14, and 15 & Over. 13 & Over individual events will be scored, and awarded 13-14 and 15 & Over. 13 & Over Relay events will be scored and awarded as 13 and Over.

Events for 11 & Over, 13 & Over and/or 15 & Over will include both Masters and USA Swimming members, seeded together according to entered times. Scoring for 15 and Over events will be only for USA swimming members. There will be no scoring or awards for US Masters swimmers and Masters swimmers are not eligible for relays.

The 800 Meter Freestyle is **limited to three heats each men and women (6 total heats)**. Swimmers slower than the fastest 24 women and fastest 24 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Thursday, May 10, 2012 at which time the coach may select an alternate event for said swimmer(s) who do not make it into the fastest 24 swimmers' heats. **A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.**

The 1500 Meter Freestyle is **limited to two heats each men and women (4 total heats)**. Swimmers slower than the fastest 16 women and fastest 16 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Thursday, May 10, 2012 at which time the coach may select an alternate event for said swimmer(s) who do not make it into the fastest 16 swimmers' heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.**

In order to be seeded, the 800 Freestyle and 400 Freestyle swimmers must check in at the computer table no later than 15 minutes after the start of their respective sessions for events 61 & 62 Saturday afternoon, events 91 & 92 Sunday morning, and events 123 & 124 Sunday afternoon.

The 400 IM, 400 Meter Freestyle, 800 Meter Freestyle and 1500 Meter Freestyle events will be seeded fastest to slowest and will be swum alternating women and men. 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.

200 Meter Relays--Due to the depth of the pool at the shallow end, swimmers in the 2nd and 4th leg of the relay will start from in the water.

SCORING: Individual Events: 11-9-8-7-6-5-4-3-2-1 Relays: 22-18-16-14-12-10-8-6-4-2

AWARDS: Individual Events: Medals: 1st--8th Ribbons: 9th to 16th
Relay Events: Ribbons: 1st - 4th

Each meet participant will receive a participant award

TIME TRIALS: If time permits, time trials will be offered at the end of day both Saturday and Sunday, afternoon sessions only. Time trials will be limited to one time trial per swimmer per day, and will be limited to those events no greater than 400 meters in distance for those swimmers 11 and Over, and 200 meters for those swimmers 10 and Under. Each trial swim will count as one (1) event toward the daily limit, with a combination of time trials and meet events not to exceed three (3) individual events per day. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trials sign-ups must be accompanied with a \$ 5.00. Swimmers must be entered in the meet and must have paid the meet surcharge in order to swim in time trials. Sign up for Time Trials will be at the computer table.

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 the Boise YMCA Swim Team website: www.boiseyswimteam.org.** 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.

Friday 400 IM swimmers must provide their own timers and 1500 Meter Freestyle swimmers must provide their own counters and timers. Saturday 800 Freestyle swimmers must provide their own counters and timers and Sunday 400 Meter 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.

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

VENDORS: Swim & Run Shop will be selling aquatic supplies. Meet t-shirts will also be available.

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

HOUSING: Special Rates Available for 2012 Spring Fling Invitational

Country Inn & Suites: 208-639-3300

Towne Place Suites: 208-884-8550

Hilton Garden Inn Boise-Eagle: 938-9600

Springhill Suites: 208-939-8266

**BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS**

Friday, May 18, 2012
Warm-Ups - 4:30 - 5:20 p.m. Start - 5:30 p.m.

Girls		Event		Boys
1	11 & O	400 Meter Ind. Medley	11 & O	2
3	11 & O	1500 Meter Freestyle	11 & O	4

400 IM & 1500 Freestyle swimmers must provide their own counters and timers.

Saturday, Morning - May 19, 2012
Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

Girls		Event		Boys
5	6-8	100 Meter Freestyle	6-8	6
7	9-10	100 Meter Freestyle	9-10	8
9	11-12	100 Meter Freestyle	11-12	10
11	6-10	200 Meter Medley Relay	6-10	12
13	12-UN	200 Meter Medley Relay	12-UN	14
15	9-10	100 Meter Backstroke	9-10	16
17	11-12	100 Meter Backstroke	11-12	18
19	6-8	50 Meter Breaststroke	6-8	20
21	9-10	50 Meter Breaststroke	9-10	22
23	11-12	50 Meter Breaststroke	11-12	24
25	6-8	50 Meter Butterfly	6-8	26
27	9-10	50 Meter Butterfly	9-10	28
29	11-12	50 Meter Butterfly	11-12	30
31	9-10	200 Meter Freestyle	9-10	32
33	11-12	200 Meter Freestyle	11-12	34

Saturday Afternoon, May 19, 2012
Warm-Ups – 1:00 - 1:50 p.m. Start – 2:00 p.m

Girls		Event		Boys
35	13 & O	200 Meter Medley Relay	13 & O	36
37	13-14	100 Meter Breaststroke	13-14	38
39	15 & O	100 Meter Breaststroke	15 & O	40
41	13-14	50 Meter Freestyle	13-14	42
43	15 & O	50 Meter Freestyle	15 & O	44
45	13-14	200 Meter Butterfly	13-14	46
47	15 & O	200 Meter Butterfly	15 & O	48
49	13-14	100 Meter Backstroke	13-14	50
51	15 & O	100 Meter Backstroke	15 & O	52
53	13-14	200 Meter Freestyle	13-14	54
55	15 & O	200 Meter Freestyle	15 & O	56
57	13-14	50 Meter Butterfly	13-14	58
59	15 & O	50 Meter Butterfly	15 & O	60
61	13 & O	800 Meter Freestyle	13 & O	62

Saturday 800 Freestyle swimmers must provide their own counters and timers.

**BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS**

Sunday, May 20, 2012

Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
63	6-8	50 Meter Freestyle	6-8	64
65	9-10	50 Meter Freestyle	9-10	66
67	11-12	50 Meter Freestyle	11-12	68
69	6-10	200 Meter Freestyle Relay	6-10	70
71	12-UN	200 Meter Freestyle Relay	12-UN	72
73	9-10	100 Meter Breaststroke	9-10	74
75	11-12	100 Meter Breaststroke	11-12	76
77	9-10	200 Meter Individual Medley	9-10	78
79	11-12	200 Meter Individual Medley	11-12	80
81	6-8	50 Meter Backstroke	6-8	82
83	9-10	50 Meter Backstroke	9-10	84
85	11-12	50 Meter Backstroke	11-12	86
87	9-10	100 Meter Butterfly	9-10	88
89	11-12	100 Meter Butterfly	11-12	90
91	11-12	400 Meter Freestyle	11-12	92

Sunday 400 Freestyle swimmers must provide their own timers.

Sunday Afternoon, May 20, 2012

Warm-Ups - 12:30 - 1:20 p.m. Start - 1:30 p.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
93	13 & O	200 Meter Freestyle Relay	13 & O	94
95	13-14	50 Meter Backstroke	13-14	96
97	15 & O	50 Meter Backstroke	15 & O	98
99	13-14	200 Meter Breaststroke	13-14	100
101	15 & O	200 Meter Breaststroke	15 & O	102
103	13-14	100 Meter Freestyle	13-14	104
105	15 & O	100 Meter Freestyle	15 & O	106
107	13-14	200 Meter Backstroke	13-14	108
109	15 & O	200 Meter Backstroke	15 & O	110
111	13-14	100 Meter Butterfly	13-14	112
113	15 & O	100 Meter Butterfly	15 & O	114
115	13-14	200 Meter Ind. Medley	13-14	116
117	15 & O	200 Meter Ind. Medley	15 & O	118
119	13-14	50 Meter Breaststroke	13-14	120
121	15 & O	50 Meter Breaststroke	15 & O	122
123	13 & O	400 Meter Freestyle	13 & O	124

Sunday 400 Freestyle swimmers must provide their own timers.