

Spook Splash Sprint 2012
Idaho Falls Swim Team Piranhas
October 27, 2012

Sponsor: Idaho Falls Swim Team Piranhas Idaho Falls, Idaho

Sanction:

This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction 12-20."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.

Location: Wes Deist Aquatic Center 149 E 7th St Idaho Falls, Id. Phone: 208-612-8519

Format: Invitational Sprint. All events will be swum as timed finals. There will be no relays.

Facilities: 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 antiwave lane lines

Timing: Colorado Timing System with scoreboard: Hy-Tek Meet Manager software with Timing Console Interface electronic starting strobe.

Meet Referee:

Al Luptak 525-2047
2125 Darah St
Idaho Falls, Id. 83402
<mailto:luptak@cablone.net>

Meet Director:

April Walkley 509-220-7902
4977 Gemmit Crk Dr
Idaho Falls, Id 83401
<mailto:aprilwalkley@gmail.com>

Meet Entries:

<mailto:admin@idahofallsswimteam.com>

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

Eligibility:

All swimmers must hold current USA registration cards. The swimmer must be USA Swimming Registered by the entry deadline of Thursday October 18th. Age of the swimmer on the first day of the meet will determine swimmer's age group.

Entries:

Entries will be limited to the first 250 (approx). received by October 18th. Each swimmer may enter 5 individual events. Teams using Hy-Tek Meet Manager can send entries to <mailto:admin@idahofallsswimteam.com> ,(preferred) or saved on a CD, and include a printout of the entries. Proper fees must be submitted by 6:00 pm on the due date of October 25, 2012. 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. Deck entries will not be accepted. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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. In accordance with USA Swimming rule 302.4 False Registration, the LSC will fine a team \$25.00 (plus the cost of the athlete's registration) for each swimmer entering a meet when that swimmer is not properly registered as a USA

Swimming athlete. The fee for unattached, improperly registered swimmers will be assessed to the swimmer.

Entry Deadline:

Entries must be received by email or mail by the deadline October 18, but all entry fees must arrive no later than 6:00 p.m. on Thursday October 25, 2012. Late entries will not be accepted.

Mail paper copy of entries and fees to:

**IFST Piranhas
PO Box 2004
Idaho Falls, Id 83404**

Fees: \$21.50 per swimmer –

\$12.50 awards and administration, \$1.75 travel fund, \$4.50 pool fees, \$1.75 timing system, \$1.00 zone fee. All fees must accompany entries. One check per team please. Make checks payable to: Idaho Falls Swim Team. No refunds given for events entered, but not swam. Trophies will not be mailed if not picked up by coach by end of meet.

Officials:

There will be an officials meeting forty-five minutes prior to the start of the meet. (8:15) We appreciate and will need the help of certified deck officials from other clubs.

Schedule:

There will be a coaches meeting 15 minutes prior to the start of warm-ups the day of the meet (7:45am).

Warm-ups:	11 and over	8:00-8:25 am
	10 and under	8:25-8:50 am

Meet start: 9:00 am

Conduct:

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. 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.

202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

103.2.2 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. "

All events are swum as timed finals. All 25 yard events will start in the water at the end of the pool opposite the starting blocks so as to be completed at the timing pads. Coaches should report all event scratches prior to the start of the meet. All events will be pre-seeded. **Deck entries WILL NOT be accepted.** "No times" will be allowed. Each team will be expected to provide timers during the entire course of the meet. IFST would appreciate the assistance of officials who are current members of USA Swimming from participating teams as well.

Use of Audio or visual recording devices, including cell phones, is strictly prohibited in the changing areas, restrooms, or locker rooms.

Scoring:

Events will be swam 8 & under, 9 & 10, 11 & 12 and 13-14 and 15-over, but will be scored separately as 6 & under 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. The scoring will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 by individual event. Scoring may be adjusted upward depending on the number of entries.

Awards:

Every swimmer will receive a trophy - in high point order for their age, both for boys and girls. Events will be swum 8 & under, 9 & 10, 11 & 12, and 13 & over, but will be scored separately as 5 & under, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, and 18. The scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 by individual event.

Time Trials:

Will be offered at the conclusion of the day's events. Entries must be turned into the scorers table with a \$2.00 fee one-half hour before projected end of the day's events. Time trials will be limited to one per swimmer, and will count against event total for the day. Time trials will not be scored with the day's events total scoring. Scratched events should be reported to the scorers table 30 min prior to projected scheduled event time.

Misc:

There is limited seating for spectators and swimmers. It is recommended that spectators and swimmers bring chairs. Tables and chairs are provided for Coaches in designated areas. Heat sheets will be available for \$5. Concessions will be available. Hospitality will be provided for Coaches and Officials.

Spook Splash Sprint 2012

Schedule of Events

October 27, 2012

Warm-ups: 8:00–8:25 am 11 & over

8:25–8:50 am 12 & under

Meet Starts: 9:00

Girls Event #	Age Group	Event	Boys Event #
1	8 & Under	25 Freestyle	2
3	9-10	50 Freestyle	4
5	11-12	50 Freestyle	6
7	13-14	100 Freestyle	8
9	15-over	100 Freestyle	10
11	8 & Under	25 Butterfly	12
13	9-10	50 Butterfly	14
15	11-12	50 Butterfly	16
17	13-14	100 Butterfly	18
19	15-over	100 Butterfly	20
21	8 & Under	25 Backstroke	22
23	9-10	50 Backstroke	24
25	11-12	50 Backstroke	26
27	13-14	100 Backstroke	28
29	15-over	100 Backstroke	30
31	8 & Under	100 I.M.	32
33	9-10	100 I.M.	34
35	11-12	100 I.M.	36
37	13-14	200 I.M.	38
39	15-over	200 I.M.	40
41	8 & Under	25 Breaststroke	42
43	9-10	50 Breaststroke	44
45	11-12	50 Breaststroke	46
47	13-14	100 Breaststroke	48
49	15-over	100 Breaststroke	50
51	8 & Under	50 Freestyle	52

53	9-10	100 Freestyle	54
55	11-12	100 Freestyle	56
57	13-14	200 Freestyle	58
59	15-over	200 Freestyle	60

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.