

**Boise YMCA Swim Team**  
**Spring Fling Invitational**  
**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**  
**May 13, 14 & 15, 2016**

**SPONSOR:** Boise YMCA Swim Team Sanction:  
USMS Sanction:

**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 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 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:** 50 meter x 25 yard indoor pool with depth equal to 4 feet or less than 13 feet; Eight 8-foot lanes; Spectrum starting blocks with hand rails and fins at deep end of pool; 6" anti-wave lane lines; 2-lane instructional pool which will be available for warm-ups during the meet; and spectator seating for 800 people. There are no blocks at the shallow end of the pool (4').

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.

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

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

**MEET REFEREE:** **Jerry Cunningham**  
1874 E. Bowstring Street  
Meridian, ID 83642  
(208) 340-8034  
Email: [cunninghams4one@gmail.com](mailto:cunninghams4one@gmail.com)

**Shannon Tuft**  
19378 Bluebell Court  
Nampa, ID 83607  
(208) 371-7430  
Email: [shannonjtluft@gmail.com](mailto:shannonjtluft@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)

**Tara Bureau**  
2023 N. 26<sup>th</sup> Street  
Boise, ID 83702  
(208) 585-7323  
Email: [bureautwins@hotmail.com](mailto:bureautwins@hotmail.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 (May 13, 2016) will determine swimmer's age group.

All Masters swimmers must be registered with USMS. For long course meter meets, the eligibility of a Masters swimmer for a particular age group shall be determined by the age as of December 31 of the year of competition." (2014 Masters Rule Book, Article 102.2.2)

**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 morning session events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

<b>SCHEDULE:</b>	Friday, May 13	<b>Warm Up:</b>	3:30 - 4:20 p.m.
		<b>Start:</b>	4:30 p.m.
	Saturday, May 14	<b>6-8, 9-10, 11-12</b>	
	Sunday, May 15	<b>Warm-up:</b>	7:30 - 8:20 a.m.
	(a.m. sessions)	<b>Start:</b>	8:30 a.m.
	Saturday, May 14	<b>13 &amp; Over</b>	
	(p.m. session)	<b>Warm-up:</b>	12:30 p.m.
		<b>Senior Recognition:</b>	1:15 p.m.
		<b>Start:</b>	1:30 p.m.
	Sunday, MAY 15	<b>Warm-up:</b>	12:30 p.m.
	(p.m. session)	<b>Meet Start:</b>	1:30 p.m.

Warm-ups for the afternoon session will start immediately at the conclusion of the morning session and run for 50 minutes. The meet timeline showing the projected afternoon start times will be posted on the Boise Y website a week before the meet.

Snake River Swimming Safety Guidelines and Warm-Up Procedures will apply. These will be posted.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon at 3:15 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 3:45 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 2 EVENTS ON FRIDAY AND NO MORE THAN 3 EVENTS PLUS 1 RELAY ON SATURDAY AND 3 EVENTS PLUS 1 RELAY ON SUNDAY. EVENT LIMIT INCLUDES TOTAL EVENTS SWUM DURING MORNING AND AFTERNOON SESSIONS OF EACH DAY.**

- Entries must include swimmer's name, age, event name and number. Swimmers may enter with LCM, SCM, or SCY times. However, short course meter or short course yard times will be seeded after all long course meter times (LCM/SCM/SCY).
- Swimmers entering the 400 M Individual Medley and 400, 800, and 1500 M Freestyles must have a LCM, SCM, or SCY time in order to enter these events.
- Open events are open to swimmers ages 11 and Over and count toward the daily limit of 3 events. Swimmers do not need a time in order to enter these events.

- Please 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. Any swimmer entered in the meet who is not registered with USA Swimming or with USMS will be subject to a \$50.00 fine.**
- Masters must send a copy of their USMS card with their entry and fees.
- 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 using the Hy-Tek TEAM MANAGER software meet entries file, using the "Export" option or submit a TeamUnify SDIF entry file.
- EMAIL (required): Email entries as an attachment to the following email address: [barberajm@cableone.net](mailto:barberajm@cableone.net) We require the following files: Meet entry CL2 file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". The reports can be generated with the TEAM MANAGER software in Microsoft Word format.

**FEES:** \$2.75 per event; \$6.00 per relay; \$19.00 per swimmer (\$1.75 pool rental, \$3.25 lifeguard fee, \$2.00 timing equipment rental, \$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 AND Payment must be postmarked by **Monday, May 4, 2016** or received/emailed no later than 6:00 p.m. on **Wednesday, May 4, 2016.** **LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail Entries and Entry Fees to: Michele Barbera  
6129 E. Settlement Court  
Boise, ID 83716  
Email Entries to: **E-Mail:** [barberajm@cableone.net](mailto:barberajm@cableone.net)

**RULES:** All events will be governed by current USA Swimming rules and 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 relay order, written on the card. Please turn in any relay scratches to the meet referee.

Both the 12 & Under and 13 & Over portions of the meet will be pre-seeded, except for the 400, 800 and 1500 meter freestyles and the 400 IM.

13 & Over individual events will be awarded 13-14 and 15 & Over. 13 & Over Relay events will be awarded as 13 and Over. Open events will be awarded 14 and Under and 15 & O.

Open events and events for 13 & Over swimmers will include both Masters and USA Swimming members, seeded together according to entered times.

The 800 Meter Freestyle is **limited 6 total heats.** Swimmers slower than the fastest 48 swimmers will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Thursday, May 5, 2016 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 6 heats.

**A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

**The 1500 Meter Freestyle is limited to 4 total heats.** Swimmers slower than the fastest 32 swimmers will be contacted. Every effort will be made to contact the swimmer's coach no later than Thursday, May 5, 2016 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 4 heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

**In order to be seeded, the 400M IM, 400M Freestyle, 800M Freestyle, and 1500M Freestyle swimmers must check in at the computer table by the check-in times listed on the Order of Events page. These are the only events which require a positive check-in.** Swimmers not checked in will not be scratched but will be seeded last.

The 400M IM and 400M Freestyle will be seeded fastest to slowest and will be swum alternating women and men. At the Meet Referee's discretion, these events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.

The 800M Freestyle (Event 53) and 1500M Freestyle (Event 97) will be swum mixed gender and age group, seeded by time, and swum fastest to slowest.

**AWARDS:** Individual Events: Medals: 1<sup>st</sup>–8<sup>th</sup> Ribbons: 9<sup>th</sup> to 16<sup>th</sup>  
Relay Events: Ribbons: 1<sup>st</sup> – 4<sup>th</sup>  
**Each meet participant will receive a participant award**

**TIME TRIALS:** At the referee's discretion and if time permits, time trials will be offered at the end of the day on both Saturday and Sunday. 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. Time trials do not count toward the daily limit of events. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trial sign-ups must be accompanied with the \$5.00 fee. 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 [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).

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

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

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.

**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:** Concessions will be provided by contracted food trucks which will be parked on the south side of the Y, just outside the fence. No food will be allowed on deck. All food must be confined to the bleacher areas. Coolers will be allowed in the bleacher area only.

**VENDORS:** Swim & Sun Shop will be selling aquatic supplies. Meet t-shirts by Northwest Designs will be available.

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

**HOUSING:** **Special Rates Available for 2016 Spring Fling Invitational –**  
Hilton Garden Inn: 1-866-938-9600  
\$119 for a Standard King or two Queens; \$10 more for river view rooms

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

**Friday, May 13, 2016**

**Warm-Ups - 3:30 - 4:20 p.m. Start – 4:30 p.m.**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
1	9-10	200 Meter Ind. Medley	9-10	2
3	11-12	200 Meter Ind. Medley	11-12	4
5	13 & O	400 Meter Ind. Medley	13 & O	6
7	9-10	200 Meter Freestyle	9-10	8
9	11-12	200 Meter Freestyle	11-12	10
11	13 & O	400 Meter Freestyle	13 & O	12

**Check-In for 400 IM No Later Than 3:45 pm**

**Check-In for 400 Free No Later Than 4:45 pm**

**Friday 400 Freestyle swimmers must provide their own timers**

**Saturday, Morning - May 14, 2016**

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

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
13	9-10	100 Meter Backstroke	9-10	14
15	11-12	100 Meter Backstroke	11-12	16
17	6-10	200 Meter Medley Relay	6-10	18
19	12-UN	200 Meter Medley Relay	12-UN	20
21	9-10	100 Meter Breaststroke	9-10	22
23	11-12	100 Meter Breaststroke	11-12	24
25	6-8	50 Meter Freestyle	6-8	26
27	9-10	50 Meter Freestyle	9-10	28
29	11-12	50 Meter Freestyle	11-12	30
31	6-8	50 Meter Butterfly	6-8	32
33	9-10	50 Meter Butterfly	9-10	34
35	11-12	50 Meter Butterfly	11-12	36
37	11-12	400 Meter Freestyle	11-12	38

**Check-In for 400 Free No Later Than 8:45 am**

**Saturday 400 Freestyle swimmers must provide their own timers**

**Saturday Afternoon, May 14, 2016**

**Warm-Ups – 12:30 - 1:15 p.m. Start – 1:30 p.m**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
39	13 & O	100 Meter Backstroke	13 & O	40
41	13 & O	400 Meter Medley Relay	13 & O	42
43	OPEN	200 Meter Butterfly	OPEN	44
45	13 & O	100 Meter Breaststroke	13 & O	46
47	13 & O	200 Meter Freestyle	13 & O	48
49	13 & O	50 Meter Freestyle	13 & O	50
51	13 & O	50 Meter Butterfly	13 & O	52
53	13 & O	Mixed 800 Meter Freestyle	13 & O	53

**Check-In for 800 M Free No Later Than 1:45 pm**

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

**Open events will count toward the 3 individual events per day limit.**

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

**Sunday Morning, May 15, 2016**

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

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
55	6-8	50 Meter Backstroke	6-8	56
57	9-10	50 Meter Backstroke	9-10	58
59	11-12	50 Meter Backstroke	11-12	60
61	6-8	50 Meter Breaststroke	6-8	62
63	9-10	50 Meter Breaststroke	9-10	64
65	11-12	50 Meter Breaststroke	11-12	66
67	6-10	200 Meter Freestyle Relay	6-10	68
69	12-UN	200 Meter Freestyle Relay	12-UN	70
71	6-8	100 Meter Freestyle	6-8	72
73	9-10	100 Meter Freestyle	9-10	74
75	11-12	100 Meter Freestyle	11-12	76
77	9-10	100 Meter Butterfly	9-10	78
79	11-12	100 Meter Butterfly	11-12	80

**Sunday Afternoon, May 15, 2016**

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

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
81	OPEN	200 Meter Backstroke	OPEN	82
83	13 & O	400 Meter Freestyle Relay	13 & O	84
85	13 & O	200 Meter Ind. Medley	13 & O	86
87	13 & O	50 Meter Breaststroke	13 & O	88
89	13 & O	50 Meter Backstroke	13 & O	90
91	13 & O	100 Meter Butterfly	13 & O	92
93	OPEN	200 Meter Breaststroke	OPEN	94
95	13 & O	100 Meter Freestyle	13 & O	96
97	13 & O	Mixed 1500 Meter Freestyle	13 & O	97

**Check-In for 1500 M Free No Later Than 1:45 pm**

**Sunday 1500 Freestyle swimmers must provide their own counters and timers.**

**Open events will count toward the 3 individual events per day limit.**

**BOISE YMCA SPRING FLING LONG COURSE INVITATIONAL  
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 #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

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

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



**BOISE YMCA SPRING FLING LONG COURSE INVITATIONAL  
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