Boise YMCA Swim Team

**Spring Fling Invitational**

**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**

**May 16, 17, & 18, 2014**

**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; paragon-style blocks 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 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, swimmers in the 2nd and 4th leg of the relays will 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 Vicki Marsh

**REFEREE:** 7642 W.Rygate Drive,Boise, ID 83714

(208)995-6029 Email: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)

**Steve Bruneel**

4952 N. Gooder John Lane, Eagle, ID 83616

(208)870-0517 Email: [stevebruneel@gmail.com](mailto:stevebruneel@gmail.com)

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](mailto:ruthie_palmatier@msn.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. All Masters swimmers must be registered with USMS. Age of the swimmer on the first day of the meet (May 16, 2014) will determine swimmer’s age group.

**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.

**SCHEDULE:** Friday, May 16 **Warm Up:**  3:30 - 4:20 p.m.

**Start:** 4:30 p.m.

Saturday, May 17 **6-8, 9-10, 11-12**

Sunday, May 18 **Warm-up:** 7:30 - 8:20 a.m.

(a.m. sessions) **Start:**  8:30 a.m.

Saturday, May 17 **13 & Over**

(p.m. session) **Warm-up:** 12:30 p.m.

**Senior Recognition:** 1:15 p.m.

**Start:**  1:30 p.m.

Sunday, MAY 18 **Warm-up:** 12:30 p.m.

(p.m. session) **Meet Start:** 1:30 p.m.

If a morning session runs past the 12:30 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.

**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 AND TIME TRIALS.**

* Entries must include swimmer’s name, age, event name and number, and the swimmer’s **best long course meter time. Please do not convert.** Short course meter or short course yard times will be seeded after all long course meter times (LCM/SCM/SCY).

* “No times” (NT) will only be accepted for 50 and 100 meter events. Open events are open to any swimmer who has a LCM, SCM, or SCY entry time (NT’s will not be accepted) or has a time equal to or faster than the 11-12 “B” time (based on the 2013-16 Motivational Time Standards) in the corresponding 100 M event.  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.

* Swimmers entering the Open 200 Back, Breast, and Fly events using their corresponding 100M time will be seeded last.
* 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.
* EMAIL (required): Email entries as an attachment to the following email address: [stratton@cableone.net](mailto:stratton@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.

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-tekltd.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; $19.00 per swimmer ($1.75 pool rental, $3.25 lifeguard fee, $2.00 timing equipment rental, $3.00 Hospitality Fees, $9.00 Snake River 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 5, 2014** or received/emailed no later than 6:00 p.m. on **Wednesday, May 7, 2014. LATE ENTRIES WILL NOT BE ACCEPTED**.

Mail Entries and Entry Fees to: Patty Stratton

2017 S. Roosevelt Street

Boise, ID 83705

(208)376-1135 **E-Mail:** [stratton@cableone.net](mailto:stratton@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 back of 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 **800 and 1500** meter freestyles.

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. Open events will be scored and 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. Scoring for 15 and Over will include only USA swimming members. There will be no scoring for US Masters swimmers.

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 8, 2014 at which time the coach may select an alternate event for said swimmer(s) who do 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 three heats each, men and women** (6 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 no later than Thursday, May 8, 2014 at which time the coach may select an alternate event for said swimmer(s) who do 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 800 Freestyle and 1500 Freestyle swimmers must check in at the computer table no later than 15 minutes after the start of their respective sessions for events 53 & 54 Saturday afternoon and events 97 and 98 Sunday afternoon. These are the only event in which will have a positive check-in.**

The 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.

**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 time 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 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.

**CONCESSIONS**: 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 & 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 2014 Spring Fling Invitational –**

Towne Place Suites: 208-884-8550 ($89.00 – Studio; $ 94.00 – Standard)

Springhill Suites: 208-939-8266 ($92.00 Standard)

**BOISE YMCA SPRING FLING**

**LONG COURSE INVITATIONAL**

**ORDER OF EVENTS**

**Friday, May 16, 2014**

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

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| --- | --- | --- | --- | --- |
| **Girls** | **Age** | **Event** | **Age** | **Boys** |
| 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 |

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

**Saturday, Morning - May 17, 2014**

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

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| **Girls** | **Age** | **Event** | **Age** | **Boys** |
| 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 | 6-8 | 50 Meter Freestyle | 6-8 | 22 |
| 23 | 9-10 | 50 Meter Freestyle | 9-10 | 24 |
| 25 | 11-12 | 50 Meter Freestyle | 11-12 | 26 |
| 27 | 9-10 | 100 Meter Breaststroke | 9-10 | 28 |
| 29 | 11-12 | 100 Meter Breaststroke | 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 |

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

**Saturday Afternoon, May 17, 2014**

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

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| **Girls** | **Age** | **Event** | **Age** | **Boys** |
| 39 | 13 & O | 100 Meter Backstroke | 13 & O | 40 |
| 41 | 13 & O | 400 Meter Medley Relay | 13 & O | 42 |
| 43 | 13 & O | 50 Meter Freestyle | 13 & O | 44 |
| 45 | OPEN | 200 Meter Butterfly | OPEN | 46 |
| 47 | 13 & O | 100 Meter Breaststroke | 13 & O | 48 |
| 49 | 13 & O | 200 Meter Freestyle | 13 & O | 50 |
| 51 | 13 & O | 50 Meter Butterfly | 13 & O | 52 |
| 53 | 13 & O | 800 Meter Freestyle | 13 & O | 54 |

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

**Events #45 & #46, will be scored and awarded 14 & Under and 15 & Over**

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

**BOISE YMCA SPRING FLING**

**LONG COURSE INVITATIONAL**

**ORDER OF EVENTS**

**Sunday, May 18, 2014**

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

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| **Girls** | **Age** | **Event** | **Age** | **Boys** |
| 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 | 6-10 | 200 Meter Freestyle Relay | 6-10 | 62 |
| 63 | 12-UN | 200 Meter Freestyle Relay | 12-UN | 64 |
| 65 | 6-8 | 50 Meter Breaststroke | 6-8 | 66 |
| 67 | 9-10 | 50 Meter Breaststroke | 9-10 | 68 |
| 69 | 11-12 | 50 Meter Breaststroke | 11-12 | 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 18, 2014**

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

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| **Girls** | **Age** | **Event** | **Age** | **Boys** |
| 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 | 1500 Meter Freestyle | 13 & O | 98 |

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

**Events #81 & #82 and # 93 & # 94 will be scored and awarded 14 & Under and 15 & Over.**

**These 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**

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| Team Name: |  | | |
| Team Code: |  | LSC Code: |  |
| Coach name: |  | Home Phone: |  |
| E-Mail Address: |  | | |
| Team Mailing Address: |  | | |
| City, State, Zip |  | Office Phone: |  |
|  |  | Cell Phone: |  |

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