

Boise YMCA Swim Team
Spring Fling Invitational
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER
May 12, 13 & 14, 2017

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 **Vicki Marsh (Co-Referee)**

REFEREE: 7642 W. Rygate Drive
Boise, ID 83714
(208) 995-6029
Email: vicki50marsh@gmail.com

Shannon Tuft (Co-Referee)

19378 Bluebell Court
Nampa, ID 83607
(208) 371-7430
Email: shannonjtuft@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 83702
(208) 870-7789
Email: joan.lee.wong@gmail.com

Tina Akpan (trainee Meet Director)
3280 S. Como Ave
Meridian, ID 83642
Email: t_akpan@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. Age of the swimmer on the first day of the meet (May 12, 2017) 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.

SCHEDULE:	Friday, May 12	Warm Up:	3:30 - 4:20 p.m.
		Start:	4:30 p.m.
	Saturday, May 13	6-8, 9-10, 11-12	
	Sunday, May 14	Warm-up:	7:30 - 8:20 a.m.
	(a.m. sessions)	Start:	8:30 a.m.
	Saturday & Sunday pm	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.	

The afternoon officials meeting will be 45 minutes prior to the afternoon start time. The approximate afternoon start time will be posted on the Boise Y website:

www.boiseyswimteam.org

To help the sessions adhere to the projected time line, flyover starts will be used.

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. Open lanes in the Instructional pool will be available for warm-ups during the entire course of the meet for all USA Swimming members. One warm up lane will be reserved for USMS members throughout warm up and cool down sessions.

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.**

- 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.
- 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. **NO LATE ENTRIES WILL BE ACCEPTED after the deadline.**
- Relay Only swimmers must be entered in the meet and pay the meet surcharge.
- Submit team entries via email using Hy-Tek TEAM MANAGER software or submitting a TeamUnify SDIF file.
- Email entries as an attachment to the following email address: splitterpart@gmail.com. We require the following files: Meet Entry File with individual and relay entries, Meet Entry Report, including Relays, and Meet Entry Fee Report. These reports can be generated in Team Unify or in TEAM MANAGER.

FEES: \$2.75 per event; \$6.00 per relay; \$20.00 per swimmer (\$1.75 pool rental, \$3.25 lifeguard fee, \$2.00 timing equipment rental, \$4.00 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 1, 2017** or received/emailed no later than 6:00 p.m. on **Wednesday, May 3, 2017. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail Entries and Entry Fees to: Kathy Kapuscinski
1898 Raintree Drive
Boise, ID 83712

Email Entries to: **E-Mail: splitterpart@gmail.com**

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.

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 no later than Thursday, May 4, 2017 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) 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 4, 2017 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) 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: 1st–8th Ribbons: 9th to 16th
Relay Events: Ribbons: 1st – 4th
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 afternoon session 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: Meet Mobile will be active dependent upon Y internet access. Realtime Results will also be available at www.boiseyswimteam.org. Complete Meet Results, including the Meet Results File and Meet Backup, will be available on the Boise Y 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 team's timing lane assignments will be included in the heat sheet and posted on the team web site: 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.

- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- 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 GoStrange Designs will be available.
- HOSPITALITY:** A hospitality room will be provided for coaches and officials.
- HOUSING:** **Special Rates Available for 2017 Spring Fling Invitational –**
SpringHill Suites by Marriott: 208-939-8266

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

Friday, May 12, 2017

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

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

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 13, 2017

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

<u>Boys</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Girls</u>
14	9-10	100 Meter Backstroke	9-10	13
16	11-12	100 Meter Backstroke	11-12	15
18	6-10	200 Meter Medley Relay	6-10	17
20	12-UN	200 Meter Medley Relay	12-UN	19
22	9-10	100 Meter Breaststroke	9-10	21
24	11-12	100 Meter Breaststroke	11-12	23
26	6-8	50 Meter Freestyle	6-8	25
28	9-10	50 Meter Freestyle	9-10	27
30	11-12	50 Meter Freestyle	11-12	29
32	6-8	50 Meter Butterfly	6-8	31
34	9-10	50 Meter Butterfly	9-10	33
36	11-12	50 Meter Butterfly	11-12	35
38	11-12	200 Meter Butterfly	11-12	37
40	11-12	400 Meter Freestyle	11-12	39

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

Saturday 400 Freestyle swimmers must provide their own timers

Saturday Afternoon, May 13, 2017

Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends

<u>Boys</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Girls</u>
42	13 & O	100 Meter Backstroke	13 & O	41
44	13 & O	400 Meter Medley Relay	13 & O	43
46	13 & O	200 Meter Butterfly	13 & O	45
48	13 & O	100 Meter Breaststroke	13 & O	47
50	13 & O	200 Meter Freestyle	13 & O	49
52	13 & O	50 Meter Freestyle	13 & O	51
54	13 & O	50 Meter Butterfly	13 & O	53
56	13 & O	Mixed 800 Meter Freestyle	13 & O	55

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 14, 2017

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

<u>Boys</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Girls</u>
58	6-8	50 Meter Backstroke	6-8	57
60	9-10	50 Meter Backstroke	9-10	59
62	11-12	50 Meter Backstroke	11-12	61
64	11-12	200 Meter Backstroke	11-12	63
66	6-8	50 Meter Breaststroke	6-8	65
68	9-10	50 Meter Breaststroke	9-10	67
70	11-12	50 Meter Breaststroke	11-12	69
72	11-12	200 Meter Breaststroke	11-12	71
74	6-10	200 Meter Freestyle Relay	6-10	73
76	12-UN	200 Meter Freestyle Relay	12-UN	75
78	6-8	100 Meter Freestyle	6-8	77
80	9-10	100 Meter Freestyle	9-10	79
82	11-12	100 Meter Freestyle	11-12	81
84	9-10	100 Meter Butterfly	9-10	83
86	11-12	100 Meter Butterfly	11-12	85

Sunday Afternoon, May 14, 2017

Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends

<u>Boys</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Girls</u>
88	13 & O	200 Meter Backstroke	13 & O	87
90	13 & O	400 Meter Freestyle Relay	13 & O	89
92	13 & O	200 Meter Ind. Medley	13 & O	91
94	13 & O	50 Meter Breaststroke	13 & O	93
96	13 & O	50 Meter Backstroke	13 & O	95
98	13 & O	100 Meter Butterfly	13 & O	97
100	13 & O	200 Meter Breaststroke	13 & O	99
102	13 & O	100 Meter Freestyle	13 & O	101
104	13 & O	Mixed 1500 Meter Freestyle	13 & O	103

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.

