

# 2018 Northwest Region YMCA Swimming Championships

## MEET ANNOUNCEMENT

### About the Championship

Date: March 2-4, 2018

Location: Boise City Aquatic Center; West YMCA Boise, ID

Entry Deadline: Tuesday, February 20, 2018

Hosted by: Boise Y Swim Team

Meet Director: Tina Akpan; [t\\_akpan@msn.com](mailto:t_akpan@msn.com)

Web Site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org)



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# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

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### ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Snake River Swimming LSC of USA Swimming.

YMCA Sanction Number: CAQ-2017-ID11181023

USA-S/SRS Approval Number: 18-01

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet

| Session                                   | Session Description | Warm-up Times                           | Meet start time                  | Coaches Meetings                                   | Officials Meetings            | Opening Ceremonies |
|-------------------------------------------|---------------------|-----------------------------------------|----------------------------------|----------------------------------------------------|-------------------------------|--------------------|
| <u>Session 1</u><br>Friday<br>3/2/18      | 21 & U              | 4:00 pm                                 | 5:00 pm                          | 3:40 pm                                            | 4:15 pm                       | N/A                |
| <u>Session 2</u><br>Saturday am<br>3/3/18 | 12 & U              | 7:30 am                                 | 8:30 am                          | 7:10 am                                            | 7:45 am                       | 8:20 am            |
| <u>Session 3</u><br>Saturday pm<br>3/3/18 | 13-21               | Immediately following end of am session | One (1) hour after warmups begin | N/A                                                | 45 minutes before meet begins | N/A                |
| <u>Session 4</u><br>Sunday<br>3/4/18      | 21 & U              | 7:30 am                                 | 9:00 am                          | 7:10 am<br>YMCA<br>Regional<br>Business<br>Meeting | 8:15 am                       | 8:45 am            |



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### LOCATION AND FACILITY

**LOCATION:** West Family YMCA/Boise City Aquatic Center  
5959 N. Discovery Place  
Boise, ID 83713

**EMERGENCY PHONE NUMBER:** 208-377-9622

25-yard x 50-meter indoor pool with depth not less than four feet nor more than 13 feet; 10 eight-foot lanes; The minimum water depth, measured in accordance with Article 103.2.3 is 6' 9" at the start end and 6' 9" at the turn end. The competition course has been certified with USA Swimming in accordance with 104.2.2C(5).

The competition course is in the deep end of an 8-lane, 50-meter pool. The shallow end of this pool will be available for warmup/down throughout the meet.

Spectrum starting blocks with hand rails and adjustable fins; 6" anti-wave lane lines. Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

Spectator and swimmer seating is available on deck in designated areas outside of the competition area; spectator seating for 800 people.

Free wi-fi is available on the YMCA wireless network.

### WEB SITE

**MEET INFORMATION** can be found at: [www.boiseyswimteam.org](http://www.boiseyswimteam.org) under 2018 YMCA Swimming Championships.

**ONLINE MEET RESULTS** will be available on Meet Mobile and on the "Realtime Results" link on the meet page listed above. At the conclusion of the meet, full meet results will be available on the meet page in Team Manager and pdf formats.

### CONTACT INFORMATION

**MEET DIRECTOR:** Tina Akpan, [t\\_akpan@msn.com](mailto:t_akpan@msn.com), (208)914-8399

**ENTRY CHAIRPERSON** Patty Stratton, [stratton@cableone.net](mailto:stratton@cableone.net), (208)376-1135

**MEET REFEREE / OFFICIALS COORDINATOR:** Vicki Marsh, [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)  
208-995-6029

**ADMINISTRATIVE OFFICIAL:** Patty Stratton, [stratton@cableone.net](mailto:stratton@cableone.net)

**SAFETY DIRECTOR:** Todd Marsh, [todd.marsh@ymcatvidaho.org](mailto:todd.marsh@ymcatvidaho.org)



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### NOTICES

**FACILITY HOURS:** The facility will be open 30 minutes prior to the start of warmups until 30 minutes after the completion of the final event each day.

**HOSPITALITY ROOM:** Hospitality will be provided for coaches and officials in the West Y Hospitality Room.

### ELIGIBILITY

#### ATHLETE

**YMCA Membership**: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented his/her YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

**Amateur Status**: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

**Unattached Athletes**: There is no unattached status in YMCA Swimming.

**Age**: An athlete cannot be older than twenty-one (21) years of age on the first day of the meet.

**YMCA Meet Participation**: In order to be eligible to compete, each athlete must have competed in a minimum of 1 closed YMCA inter-association meet since September 1, 2017.

**Times**: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 3, 2017 and the entry deadline.

**Athletes with a Disability**: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.



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### COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation as soon as possible and by no later than the first day of the meet.

### TEAM

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**Insurance:** Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

### ENTRY INFORMATION

**ENTRY LIMITS:** Swimmers may enter a total of seven individual events plus four relays for the entire meet. Time trials do not count towards the total number of individual events. Swimmers may enter a total of four individual events plus one time trial per day.

#### **ADDITIONAL ENTRY RULES:**

- **Bonus Events:** Any swimmer who has entered fewer than six qualified individual events can swim one bonus/non-qualified event during the meet. The bonus event must have an entry time. Any event 400 yards or longer cannot be a bonus event. 11-12 year old swimmers may not enter the 11-14 events as a bonus event.



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- **50 Yard Events:** Swimmers ages 13 & older who do not have a current qualifying time for swimming a 50 yard event but qualify in the same stroke in the 100 yard event may enter the 50 yard event at the regional qualifying time.
- **400 Yard Relays:** Swimmers who will be 12 & older as of the 1<sup>st</sup> day of the YMCA Short Course Nationals (April 3, 2018) are eligible to enter the 400 yard medley and 400 yard free relays. Teams may enter a maximum of two relays per gender in the 400 yard medley and 400 yard free relays.
- **Relay-Only Swimmers:** To complete a relay with three (3) qualified swimmers, a team may use a non-qualified swimmer. The non-qualified swimmer may also swim one (1) individual bonus (non-qualified) event during the meet. Relay-only swimmers must be included in entries and pay the \$20/swimmer entry fee.
- **Distance Freestyle Events:** Swimmers should make every effort to provide their own timers and counters for the 500, 1000, and 1650 freestyle events. If this presents a problem, please notify the Meet Director during the coaches meeting.

**QUALIFICATION PERIOD:** The qualification period is March 3, 2017 through the entry deadline.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

**TIMES:** No Times (NT) are not allowed. Submit entry times in SCY, SCM, or LCM. Entered times must be the swimmer's BEST time achieved during the qualifying period.

**ENTRY FEES:** \$20 per swimmer; \$3.50 per individual event; \$14 per relay.

**ENTRY DEADLINE:** Tuesday, February 20, 2018

**ENTRY PROCEDURE:** Submit entries via email to [stratton@cablone.net](mailto:stratton@cablone.net). Submit team entries via email sending either Hy-Tek Team Manager software or a TeamUnify SDIF file. Teams who do not own the Team Manager software should contact the Meet Entry Chair for instructions on how to obtain a free version of the software.

Please submit the following files using Team Unify or Team Manager:

- Meet entry file with individual and relay entries
- Meet entry report, including relays (Proof of time option must be used when submitting the individual entry report)
- Meet entry fee report



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**PAYMENT:** Payment should be made via check made out to “Boise Y Swim Team” and mailed to Patty Stratton; 2017 S. Roosevelt Street; Boise, ID 83705.

**ENTRY EXCEPTIONS:** The Meet Entry Chair will inform the sender via email that the entries have been received and inform the sender of any exceptions in the entries (NTs, non-qualifying times, entries that exceed maximum number of entries per day, etc.), including instructions on how to submit corrections.

### **VOLUNTEERS / OFFICIALS / TIMERS**

**OFFICIALS AND TIMERS:** The help of YMCA and USA Swimming certified officials is appreciated. Officials are required to show current YMCA Officials Certification or USA Swimming Officials Certification.

All participating teams will need to provide timers and will be assigned to lanes based on the number of swimmers entered in the meet. Swimmers in the 500, 1000, and 1650 freestyles should be prepared to provide their own timers and counters.

**SIGN-UP PROCEDURE:** The Invitation to Officiate form must be completed and returned prior to February 15, 2018 by email or mail to Vicki Marsh, Meet Referee, if you intend to officiate at this meet. A polo meet shirt will be provided to officials who indicate their intention to officiate a minimum of at least 8 hours during the 2 ½ day meet. Be sure to indicate your shirt size, certification, desired position (for Starters and Chief Judges), and which sessions you will be attending. After the deadline, shirts may be purchased from our vendor at a discounted rate.

Lane-timing assignments by team will be posted and listed in the heat sheet. Sign-ups for timers will be at the timer's table located along the wall near Lane 1.

**Y-ONLY OFFICIALS:** As required by the YMCA of the USA Program Director and the National Swimming and Diving Advisory Committee, in order to officiate at the Y Regional meet, any official who is not a USA Swimming official must have completed the on-line and classroom sessions of either the YMCA Level I & II officials certification class.

**ATTIRE:** The official's uniform is white shirt/blouse; navy shorts, skirt, or pants; white socks; and white shoes.

### **CHECK-IN PROCEDURE**

**MEET CHECK-IN PROCEDURE:** Coaches should check in their teams at the first coaches meeting on Friday, March 2.

**EVENT CHECK-IN:** In order to be seeded, swimmers must check-in for the 400 IM, 500 free, 1000 free, and 1650 free at the Computer Table no later than one hour prior



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to the estimated start time of the event. Actual check-in times will be included in the heat sheet and announced prior to the start of warm-ups. These are the only events that require a positive check-in.

**COACHES MEETING:** Coaches meetings will be held 20 minutes prior to the start of each session's warmups in the hospitality room.

**OFFICIALS MEETING:** Officials meetings will be held 45 minutes prior to the start of each session in the hospitality room.

### CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, and Regional Rep.

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, and USA-S Technical Rules.

**MEET FORMAT:** All events will be timed finals. Swimmer's age will be determined as of first day of the meet. Age groups for competition are 8-Under, 9-10, 11-12, 13-14, and 15-21. The meet will have a split session format on Saturday only.

**EVENT SEEDING:** All events will be pre-seeded SCY/SCM/LCM and swum slowest to fastest, except for the following events: 400 IM, 500 free, 1000 free, and 1650 free. These events will be deck-seeded and swum fastest to slowest, alternating girls and boys. The Meet Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, the event still counts toward the athlete's total number of events for the meet.

**NO SHOW:** An athlete who provides a positive check-in for a deck seeded event and fails to compete (i.e. a "no show") shall not be allowed to compete in his or her next individual event. There will be no penalty for failure to compete in a pre-seeded event.

**DECLARED FALSE START:** An athlete may also withdraw from a deck seeded event by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**WARM-UP SAFETY PROCEDURES:** Current Snake River Swimming Safety Guidelines and warm-up procedures will be in effect.



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Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pool from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

Warm-ups will not begin until deck marshals and lifeguards are in their assigned positions. Deck marshals have the authority to remove any swimmer, coach, or team from the warm-up for not following safety rules.

**BULL PEN:** NO bull pen will be provided for 8 & under events. All swimmers are responsible for ensuring they are at the blocks for their event.

**STARTS:** 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted online as described above and on the windows near the pool entrance.

**PROTEST PROCEDURE:** Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23.

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

- Access to the competition area on deck is limited to only registered and approved coaches, swimmers, host team volunteers, timers, and working officials. Each team will be allowed one team parent in this area to assist 8 & under swimmers to



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the starting blocks. Team parents should report to the Meet Director to obtain a competition area pass.

- No Flash Photography at the start of competition races.
- Deck changing is prohibited. The USA Swimming Rulebook defines deck change as “Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.”
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the facility.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.
- Any act of theft, vandalism, or similar actions will result in disqualification from the meet and forfeit of all points and awards earned by the individual(s).
- Any items left in the bleachers and on the deck overnight will be removed and placed in the meet lost and found. Chairs may be left on deck only if folded up and placed against the wall. Chairs may not be left in other areas of the facility.

## **AWARDS AND RECOGNITION**

**SCORING:** All events will be scored to 16 places. Points awarded will be:

- Individual events 20-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2-1
- Relay events 40-34-32-30-28-26-24-22-18-14-12-9-8-6-4-2
- All 11-14 events (200 back, breast, and fly; 400 IM; 1000 and 1650 free) will be scored and awarded as 11-14 events, including points toward high point awards. 11-12 year olds may NOT enter these events as bonus events.
- The 500 free will be scored and awarded 11-12, 13-14, 15-21
- Swimmers who do not make the qualifying time in the event will not score in the event but will receive the place award.

### **AWARDS:**

- All participants will receive a meet participation award



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- **Individual awards:**
  - o Medals 1<sup>st</sup> through 8<sup>th</sup> place
  - o Ribbons 9<sup>th</sup> through 16 place
- **Relay awards:**
  - o Medals 1<sup>st</sup> through 3<sup>rd</sup> place
  - o Ribbons 4<sup>th</sup> through 8<sup>th</sup> place
- **Individual high point awards:**
  - o Girls and boys 8 & under, 9-10, 11-12, 13-14, and 15-21
- Swimmers who place in the top 16 but do not meet the event qualifying standard will be awarded their place, but not scored.
- **Team awards:** 1<sup>st</sup> through 3<sup>rd</sup> place awards for:
  - o Division I (35+ swimmers competing)
  - o Division II (15-34 swimmers competing)
  - o Division III (1-14 swimmer competing)
- Individual high point awards and team awards will be presented at the conclusion of the meet.

**RECOGNITIONS:** All swimmers who have achieved a YMCA Short Course National qualifying time and all graduating high school seniors will be recognized on the final day of the meet. Coaches should submit names and teams of all applicable swimmers to the Clerk of Course by 8:00 on Sunday.

**PHOTOGRAPHER:** Action and candid photos will be taken during the meet by designated photographers authorized by the Meet Director. Photos will be made available for online purchase following the conclusion of the meet.

## TIME TRIALS

**FORMAT AND FEE:** Time Trials are open only to athletes entered in the Championship meet. All events offered during the meet are eligible for time trials. Time trials for events 500 yards or longer will only be offered after the Saturday pm session.

The time trial fee will be \$5 for individual events and \$12 for relay events.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

**TIME TRIAL LIMITS:** Athletes may not compete in more than five (5) individual events including time trials in one day per USA Swimming 102.2.2 and 102.2.7. Time trials do not count toward the total limit of 7 individual events in the meet.



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**TIME TRIAL ENTRIES:** Time trial sign-ups will be at the Computer Table. Sign-up deadlines will be announced daily but will be no later than the beginning of the last scheduled set of events.

**TIME TRIAL PROCEDURE:** Time trials will be held at the referee's discretion at the end of competition each day. Time trials will not be held at the end of the first session on Saturday. A heat sheet for time trials will be prepared and posted as soon as possible following the sign-up deadline.

## SPECTATORS

**ADMISSION FEE:** There is no spectator admission fee.

**HEAT SHEETS/PROGRAMS:** Heat sheets will be \$10 for the weekend and will be on sale. Heat sheets will also be posted. Heat sheets for deck-seeded events will be distributed to coaches and posted as soon as possible following the check-in deadline.

**CONCESSION STAND:** Concessions, including grilled breakfast and lunch, snacks, and drinks will be available.

**ATHLETE APPAREL:** Customized meet apparel by Northwest Designs will be available throughout the meet. Aquatic supplies including technical and other suits, goggles, etc. will be available by the Swim & Sun Shop.

**SEAT SAVING POLICY:** The meet host discourages the saving of seats other than for members of your immediate family. There will be adequate seating available in the facility for all spectators and participants, including transitional seating which may be used to view your swimmer's races and vacate for other spectators. Personal items, chairs, blankets, etc. may not be left in the building overnight to save seats for the following day.

**HANDICAP SEATING:** There is no pre-designated handicap seating, but if you are in need of assistance please speak to a lifeguard or meet official and have them contact the meet director.

**LOST AND FOUND:** A lost and found table will be available during the meet. Any items not picked up by the meet end will be kept for one month and then donated to local charities. Please contact Tina Akpan ([t\\_akpan@msn.com](mailto:t_akpan@msn.com)) after the conclusion of the meet about lost items.



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### **Liability, Safety and Emergency Procedures**

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S/SRS approval, it is understood and agreed that USA Swimming and SRS shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**EMERGENCIES:** the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**RACING STARTS:** All swimmers entered in the meet must be certified by a YMCA 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.

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.



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If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**EVACUATION PROCEDURE:** In the event of an evacuation, all meet attendees will be advised by the West YMCA/Boise City Aquatic Center staff of the appropriate procedure.

## DIRECTIONS

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 the Aquatic Center. From Hwy 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, traveling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

## LODGING

The Boise Y Swim Team encourages teams to contact our sponsor hotel The Red Lion Downtowner at (208) 344-7691 ext 0. Please use YMCA Swim Meet group code. There are also many other hotels ranging from  $\frac{1}{2}$  mile to 5 miles from the Aquatic Center which will meet your lodging needs.

## PARKING

Please refer to the parking map for available parking. Parking is available for spectators in the designated parking lot located south of the YMCA. Parking for coaches and officials will be available in the lot adjacent to the YMCA on the south side of the building.



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### APPENDIX 1: ORDER OF EVENTS

#### Session #1: Friday, March 2, 2018

Warmups: 4:00 pm ~ Timed Finals: 5:00 pm

| Girls  |  |           |           |  | Boys   |
|--------|--|-----------|-----------|--|--------|
| EVENT# |  | AGE GROUP | EVENT     |  | EVENT# |
| 1      |  | 11-21     | 400 IM    |  | 2      |
| 3      |  | 8-U       | 100 IM    |  | 4      |
| 5      |  | 9-10      | 100 IM    |  | 6      |
| 7      |  | 11-12     | 100 IM    |  | 8      |
| 9      |  | 12-21     | 400 M.R.  |  | 10     |
| 11     |  | 11-21     | 1000 Free |  | 12     |

#### Session #2: Saturday am, March 3, 2018

Warmups: 7:30 am ~ Timed Finals: 8:30 am

| Girls  |  |           |            |  | Boys   |
|--------|--|-----------|------------|--|--------|
| EVENT# |  | AGE GROUP | EVENT      |  | EVENT# |
| 13     |  | 8-U       | 100 Free   |  | 14     |
| 15     |  | 9-10      | 200 Free   |  | 16     |
| 17     |  | 11-12     | 200 Free   |  | 18     |
| 19     |  | 8-U       | 100 M.R.   |  | 20     |
| 21     |  | 10-U      | 200 M.R.   |  | 22     |
| 23     |  | 12-U      | 200 M.R.   |  | 24     |
| 25     |  | 8-U       | 50 Back    |  | 26     |
| 27     |  | 9-10      | 100 Back   |  | 28     |
| 29     |  | 11-12     | 50 Back    |  | 30     |
| 31     |  | 8-U       | 25 Fly     |  | 32     |
| 33     |  | 9-10      | 50 Fly     |  | 34     |
| 35     |  | 11-12     | 100 Fly    |  | 36     |
| 37     |  | 8-U       | 25 Free    |  | 38     |
| 39     |  | 9-10      | 50 Free    |  | 40     |
| 41     |  | 11-12     | 50 Free    |  | 42     |
| 43     |  | 8-U       | 50 Breast  |  | 44     |
| 45     |  | 9-10      | 100 Breast |  | 46     |
| 47     |  | 11-12     | 50 Breast  |  | 48     |
| 49     |  | 11-12     | 500 Free   |  | 50     |



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

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### Session #3: Saturday pm, March 3, 2018

Warmups: Immediately following conclusion of morning session

Timed Finals: One hour after warmups

| Girls  |  |           |            |  | Boys   |
|--------|--|-----------|------------|--|--------|
| EVENT# |  | AGE GROUP | EVENT      |  | EVENT# |
| 51     |  | 13-14     | 200 Free   |  | 52     |
| 53     |  | 15-21     | 200 Free   |  | 54     |
| 55     |  | 14-U      | 200 M.R.   |  | 56     |
| 57     |  | 21-U      | 200 M.R.   |  | 58     |
| 59     |  | 13-14     | 50 Breast  |  | 60     |
| 61     |  | 15-21     | 50 Breast  |  | 62     |
| 63     |  | 11-14     | 200 Back   |  | 64     |
| 65     |  | 15-21     | 200 Back   |  | 66     |
| 67     |  | 13-14     | 100 Fly    |  | 68     |
| 69     |  | 15-21     | 100 Fly    |  | 70     |
| 71     |  | 13-14     | 50 Free    |  | 72     |
| 73     |  | 15-21     | 50 Free    |  | 74     |
| 75     |  | 11-14     | 200 Breast |  | 76     |
| 77     |  | 15-21     | 200 Breast |  | 78     |
| 79     |  | 13-14     | 50 Back    |  | 80     |
| 81     |  | 15-21     | 50 Back    |  | 82     |
| 83     |  | 12-21     | 400 F.R.   |  | 84     |
| 85     |  | 13-21     | 500 Free   |  | 86     |

### Session #4: Sunday, March 4, 2018

Warmups 7:30 am ~ Timed Finals: 9:00 am

| Girls  |  |           |            |  | Boys   |
|--------|--|-----------|------------|--|--------|
| EVENT# |  | AGE GROUP | EVENT      |  | EVENT# |
| 87     |  | 8-U       | 25 Breast  |  | 88     |
| 89     |  | 9-10      | 50 Breast  |  | 90     |
| 91     |  | 11-12     | 100 Breast |  | 92     |
| 93     |  | 13-14     | 100 Breast |  | 94     |
| 95     |  | 15-21     | 100 Breast |  | 96     |
| 97     |  | 8-U       | 100 F.R.   |  | 98     |
| 99     |  | 10-U      | 200 F.R.   |  | 100    |
| 101    |  | 12-U      | 200 F.R.   |  | 102    |
| 103    |  | 14-U      | 200 F.R.   |  | 104    |



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

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|     |  |       |           |  |     |
|-----|--|-------|-----------|--|-----|
| 105 |  | 21-U  | 200 F.R.  |  | 106 |
| 107 |  | 8-U   | 50 Fly    |  | 108 |
| 109 |  | 9-10  | 100 Fly   |  | 110 |
| 111 |  | 11-14 | 200 Fly   |  | 112 |
| 113 |  | 15-21 | 200 Fly   |  | 114 |
| 115 |  | 8-U   | 50 Free   |  | 116 |
| 117 |  | 9-10  | 100 Free  |  | 118 |
| 119 |  | 11-12 | 100 Free  |  | 120 |
| 121 |  | 13-14 | 100 Free  |  | 122 |
| 123 |  | 15-21 | 100 Free  |  | 124 |
| 125 |  | 8-U   | 25 Back   |  | 126 |
| 127 |  | 9-10  | 50 Back   |  | 128 |
| 129 |  | 11-12 | 100 Back  |  | 130 |
| 131 |  | 13-14 | 100 Back  |  | 132 |
| 133 |  | 15-21 | 100 Back  |  | 134 |
| 135 |  | 9-10  | 200 IM    |  | 136 |
| 137 |  | 11-12 | 200 IM    |  | 138 |
| 139 |  | 13-14 | 200 IM    |  | 140 |
| 141 |  | 15-21 | 200 IM    |  | 142 |
| 143 |  | 11-12 | 50 Fly    |  | 144 |
| 145 |  | 13-14 | 50 Fly    |  | 146 |
| 147 |  | 15-21 | 50 Fly    |  | 148 |
| 149 |  | 11-21 | 1650 Free |  | 150 |



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

### APPENDIX 2: QUALIFYING TIMES

| Girls   |         |         | 8 & Under | Boys    |         |         |
|---------|---------|---------|-----------|---------|---------|---------|
| Yards   | SCM     | LCM     |           | Yards   | SCM     | LCM     |
| 20.99   | 23.09   |         | 25 Free   | 20.99   | 23.09   |         |
| 45.99   | 50.09   | 50.89   | 50 Free   | 45.99   | 50.09   | 50.89   |
| 1:39.99 | 1:50.99 | 1:52.59 | 100 Free  | 1:39.99 | 1:50.99 | 1:52.59 |
| 24.99   | 27.49   |         | 25 Back   | 24.99   | 27.49   |         |
| 55.99   | 1:02.09 | 1:02.79 | 50 Back   | 55.99   | 1:02.09 | 1:2.79  |
| 29.99   | 32.99   |         | 25 Breast | 29.99   | 32.99   |         |
| 1:05.99 | 1:13.19 | 1:14.19 | 50 Breast | 1:05.99 | 1:13.19 | 1:14.19 |
| 26.99   | 29.69   |         | 25 Fly    | 26.99   | 29.69   |         |
| 59.99   | 1:06.59 | 1:07.29 | 50 Fly    | 59.99   | 1:06.59 | 1:07.29 |
| 1:55.99 | 2:08.69 |         | 100 IM    | 1:55.99 | 2:08.69 |         |

| Girls   |         |         | 9 - 10     | Boys    |         |         |
|---------|---------|---------|------------|---------|---------|---------|
| Yards   | SCM     | LCM     |            | Yards   | SCM     | LCM     |
| 36.99   | 40.09   | 41.89   | 50 Free    | 36.99   | 40.09   | 41.89   |
| 1:22.99 | 1:32.09 | 1:33.69 | 100 Free   | 1:22.99 | 1:32.09 | 1:33.69 |
| 3:07.99 | 3:28.69 | 3:31.89 | 200 Free   | 3:07.99 | 3:28.69 | 3:31.89 |
| 44.99   | 49.89   | 50.49   | 50 Back    | 44.99   | 49.89   | 50.49   |
| 1:41.99 | 1:53.19 | 1:54.39 | 100 Back   | 1:41.99 | 1:53.19 | 1:54.39 |
| 49.99   | 55.49   | 56.49   | 50 Breast  | 49.99   | 55.49   | 56.49   |
| 1:50.99 | 2:03.19 | 2:05.19 | 100 Breast | 1:50.99 | 2:03.19 | 2:05.19 |
| 48.99   | 54.39   | 55.09   | 50 Fly     | 48.99   | 54.39   | 55.09   |
| 1:47.99 | 1:59.89 | 2:01.29 | 100 Fly    | 1:47.99 | 1:59.89 | 2:01.29 |
| 1:36.99 | 1:47.69 |         | 100 IM     | 1:36.99 | 1:47.69 |         |
| 3:28.99 | 3:51.99 | 3:55.19 | 200 IM     | 3:28.99 | 3:51.99 | 3:55.19 |

| Girls   |         |         | 11 - 12    | Boys    |         |         |
|---------|---------|---------|------------|---------|---------|---------|
| Yards   | SCM     | LCM     |            | Yards   | SCM     | LCM     |
| 31.99   | 35.49   | 36.29   | 50 Free    | 32.99   | 36.59   | 37.39   |
| 1:09.99 | 1:17.69 | 1:19.29 | 100 Free   | 1:10.99 | 1:18.79 | 1:20.39 |
| 2:36.99 | 2:54.29 | 2:57.49 | 200 Free   | 2:35.99 | 2:53.09 | 2:56.29 |
| 6:20.99 | 5:33.59 | 5:39.99 | 400/500 Fr | 6:00.99 | 5:15.79 | 5:22.19 |
| 37.99   | 42.19   | 42.79   | 50 Back    | 38.99   | 43.29   | 43.89   |
| 1:24.99 | 1:34.29 | 1:35.49 | 100 Back   | 1:25.99 | 1:35.39 | 1:36.59 |
| 41.99   | 46.59   | 47.59   | 50 Breast  | 43.99   | 48.79   | 49.79   |
| 1:34.99 | 1:45.39 | 1:47.39 | 100 Breast | 1:37.99 | 1:48.79 | 1:50.79 |
| 37.99   | 42.19   | 42.89   | 50 Fly     | 39.99   | 44.39   | 45.09   |
| 1:24.99 | 1:34.29 | 1:35.69 | 100 Fly    | 1:24.99 | 1:34.29 | 1:35.69 |
| 1:20.99 | 1:29.89 |         | 100 IM     | 1:20.99 | 1:29.89 |         |
| 2:52.99 | 3:11.99 | 3:15.19 | 200 IM     | 2:52.99 | 3:11.99 | 3:15.19 |



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

### Girls

### 11 - 14

### Boys

| Yards    | SCM      | LCM      |            | Yards    | SCM      | LCM      |
|----------|----------|----------|------------|----------|----------|----------|
| 12:40.99 | 11:06.39 | 11:19.19 | 800/1000   | 11:40.99 | 10:12.79 | 10:25.59 |
| 21:31.99 | 21:33.79 | 21:57.79 | 1500/1650  | 19:59.99 | 19:59.99 | 20:23.99 |
| 2:50.99  | 3:09.79  | 3:12.19  | 200 Back   | 2:40.99  | 2:58.69  | 3:01.09  |
| 3:06.99  | 3:27.59  | 3:31.59  | 200 Breast | 2:54.99  | 3:14.19  | 3:19.19  |
| 2:50.99  | 3:09.79  | 3:12.59  | 200 Fly    | 2:40.99  | 2:58.69  | 3:01.49  |
| 5:34.99  | 6:11.79  | 6:18.19  | 400 IM     | 5:18.99  | 5:54.09  | 6:00.49  |

### Girls

### 13 - 14

### Boys

| Yards   | SCM     | LCM     |            | Yards   | SCM     | LCM     |
|---------|---------|---------|------------|---------|---------|---------|
| 30.99   | 34.39   | 35.19   | 50 Free    | 28.99   | 32.19   | 32.99   |
| 1:05.99 | 1:13.29 | 1:14.89 | 100 Free   | 1:03.99 | 1:10.99 | 1:12.59 |
| 2:25.99 | 2:41.99 | 2:45.19 | 200 Free   | 2:17.99 | 2:33.19 | 2:36.39 |
| 6:20.99 | 5:33.59 | 5:39.99 | 400/500    | 6:00.99 | 5:15.79 | 5:22.19 |
| 36.99   | 41.09   | 41.69   | 50 Back    | 35.99   | 39.99   | 40.59   |
| 1:18.99 | 1:27.69 | 1:28.89 | 100 Back   | 1:16.99 | 1:25.49 | 1:26.69 |
| 41.99   | 46.59   | 47.59   | 50 Breast  | 38.99   | 43.29   | 44.29   |
| 1:27.99 | 1:37.69 | 1:39.69 | 100 Breast | 1:19.99 | 1:28.79 | 1:30.79 |
| 34.99   | 38.79   | 39.49   | 50 Fly     | 33.99   | 37.69   | 38.39   |
| 1:20.99 | 1:29.89 | 1:31.29 | 100 Fly    | 1:16.99 | 1:25.49 | 1:26.89 |
| 2:43.99 | 3:01.99 | 3:05.19 | 200 IM     | 2:37.99 | 2:55.39 | 2:58.59 |

### Girls

### 15 - 21

### Boys

| Yards    | SCM      | LCM      |            | Yards    | SCM      | LCM      |
|----------|----------|----------|------------|----------|----------|----------|
| 28.99    | 32.19    | 32.99    | 50 Free    | 25.99    | 28.89    | 29.69    |
| 1:02.99  | 1:09.89  | 1:11.49  | 100 Free   | 55.99    | 1:02.09  | 1:03.79  |
| 2:19.99  | 2:35.39  | 2:38.59  | 200 Free   | 2:08.99  | 2:23.19  | 2:26.39  |
| 6:20.99  | 5:33.59  | 5:39.99  | 400/500    | 6:00.99  | 5:15.79  | 5:22.19  |
| 12:40.99 | 11:06.39 | 11:19.19 | 800/1000   | 11:40.99 | 10:12.79 | 10:25.59 |
| 21:31.99 | 21:33.79 | 21:57.79 | 1500/1650  | 19:59.99 | 19:59.99 | 20:23.99 |
| 35.99    | 39.99    | 40.59    | 50 Back    | 32.99    | 36.59    | 37.19    |
| 1:16.99  | 1:25.49  | 1:26.69  | 100 Back   | 1:07.99  | 1:15.49  | 1:16.69  |
| 2:46.99  | 3:05.39  | 3:07.79  | 200 Back   | 2:35.99  | 2:53.09  | 2:55.59  |
| 40.99    | 45.49    | 46.49    | 50 Breast  | 35.99    | 39.89    | 40.89    |
| 1:25.99  | 1:35.39  | 1:37.39  | 100 Breast | 1:16.99  | 1:25.49  | 1:27.49  |
| 2:59.99  | 3:19.79  | 3:32.79  | 200 Breast | 2:42.99  | 3:00.89  | 3:04.89  |
| 34.99    | 38.79    | 39.49    | 50 Fly     | 30.99    | 34.39    | 35.09    |
| 1:12.99  | 1:20.99  | 1:22.39  | 100 Fly    | 1:04.99  | 1:12.09  | 1:13.49  |
| 2:45.99  | 3:04.19  | 3:07.09  | 200 Fly    | 2:20.99  | 2:36.49  | 2:39.29  |
| 2:40.99  | 2:58.69  | 3:01.89  | 200 IM     | 2:27.99  | 2:44.29  | 2:47.49  |
| 5:34.99  | 6:11.79  | 6:18.19  | 400 IM     | 5:18.99  | 5:54.09  | 6:00.49  |



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

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### APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

*(Note: Return signed Declaration form with entry fees to Meet Entry Chairman, Patty Stratton)*

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** Northwest Region YMCA Swimming Championships

**Meet Date(s):** March 2-4, 2018

**Meet Host:** Boise Y Swim Team

**Meet Location:** Boise City Aquatic Center, 5959 N. Discovery Pl. Boise, ID 83713

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Pacific Region North YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the Pacific Region North YMCA Swimming Championships.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA or the Boise Y Swim Team, their agents, representatives or assigns, and the West YMCA/Boise City Aquatic Center for any and all injuries which may be suffered by participants at the Pacific Region North YMCA Swimming Championships. Furthermore, we understand that the YMCA of the USA, the Boise Y Swim Team, and the West YMCA/Boise City Aquatic Center are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



# NORTHWEST REGION YMCA SWIMMING CHAMPIONSHIPS

## March 2-4, 2018

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### APPENDIX 4: INVITATION TO OFFICIATE

You are hereby invited to officiate at the 2018 Pacific Region North YMCA Swimming Championships to be held at the Boise City Aquatic Center in Boise, ID. The meet will be conducted over a 2½ day period with the meet beginning on Friday, March 2 at 5:00 pm. A mandatory officials briefing session will be held 45 minutes prior to the start of each sessions. The dress is white shirt/blouse; navy blue pants, shorts, or skirts; white socks; and white shoes.

We have put aside 25 Polo meet shirts for officials who indicate their intention to officiate a minimum of at least 8 hours during the 2 ½ day Regional Championship meet. The Invitation to Officiate form must be completed and returned prior to **February 15, 2018** in order for an official to be eligible for a free polo. After the deadline, shirts can be purchased from our vendor at a discounted rate.

Key deck assignments will be given to those officials who agree to work all sessions of the meet. Qualified officials must return their application no later than **February 22, 2018** if they want an assigned position. The meet referee will be Vicki Marsh. Applications can be scanned and emailed to: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com) or mailed to Vicki at the address below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Team: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I will work at all sessions \_\_\_\_\_ or

I can't work at all sessions; I will be able to work:

Friday \_\_\_\_\_ Saturday am \_\_\_\_\_ Saturday pm \_\_\_\_\_ Sunday \_\_\_\_\_

Key position(s) desired (i.e. chief judge, starter, deck referee): \_\_\_\_\_

#### **CURRENT CERTIFICATION**

YMCA/LSC Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

National Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

Nat'l Champ Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

**Y-Only Certified Officials:** Please read section in the Meet Information related to Y-only officials' requirements.

#### **PLEASE RETURN THIS INVITATION TO:**

#### **Please circle polo shirt size:**

Vicki Marsh, 2680 N. Columbine Ave, Boise, ID 83713

Small    Medium    Large    X-Large

Email: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com)