

SNAKE RIVER WINTER CHAMPIONSHIP MEET

West Family YMCA/Boise City Aquatic Center

February 16-18, 2024

HOST: Boise YMCA Swim Team

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., **Sanction #24-07** In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

All applicable adults participating in or associated with this meet, acknowledge they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and they understand compliance with MAAPP policy is a condition of participation in the conduct of competition.

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 $\frac{3}{4}$ 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: 25 yard x 50 meter indoor pool with Ten 8-foot lanes in the competition course and Six 8-foot lanes in the warm up/warm down course; Blocks with 10 degree slope and back foot rest; 6" anti-wave lane lines; and spectator seating for 800 people.

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 from 6 feet to 13 feet at the start and turn ends in the competition course and from 5 feet to 4 feet in the warm up/warm down course.

TIMING: Daktronics Omnisport 6000 Timing System with eight lane scoreboard; Hy-Tek Meet Manager for Window Software with Timing Console Interface.

MEET FORMAT: This meet is a combination of timed finals and preliminary/finals events. Fly over starts will be used at the discretion of the meet referee(s).

TIMED FINALS: All 8 & Under events, all relays, all events 400 yards and longer, 11-12 year old 200 butterfly, 200 breaststroke, and 200 backstroke, and all events Friday evening will be swum as timed finals.

PRELIMS/FINALS: All events not covered under timed finals. The top 8 qualifiers in the prelims will advance to finals.

MEET DIRECTOR: Tina Akpan
Email: t_akpan@msn.com

MEET REFEREE: Teri White Email: teriwhite53@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.

SCHEDULE: Friday Timed Finals:

Warm-ups: 3:15 p.m. – 3:55pm (13-19 year old)

3:55 pm – 4:20 pm (12 & under old)

Finals Begin: 4:30 pm

Saturday and Sunday Prelim Warm-Up

Saturday & Sunday:

Prelim Warm-ups session 2 and 4: 7:15 a.m. – 7:55 a.m. (13-19 year old)

7:55 am- 8:20 am (12 & under)

Prelims Begin: 8:30 a.m.

9 & Over Finals

Saturday:

Finals Warm Ups: 3:15 – 4:15 p.m.

Finals Start: 4:30 p.m.

Sunday:

Finals Warm Ups: 3:30 – 4:15 p.m.

Finals Start: 4:30 p.m.

MEETINGS: Coaches: There will be a mandatory coaches meeting 15 minutes prior to the start of morning warm ups on Friday and Saturday only.

Officials: There will be an officials meeting 45 minutes prior to the start of the meet each day. (3:45 p.m. for Friday; 7:45 a.m. Saturday and Sunday preliminary sessions; 3:45 p.m. Saturday's final session; and 3:45 p.m. for Sunday's Final session.

ELIGIBILITY: ALL SWIMMERS MUST BE USA SWIMMING AND SNAKE RIVER SWIMMING REGISTERED for the 2024 registration year. Flex athletes are not allowed to compete in Championships Meets. Those athletes currently registered as Flex members must upgrade to Premium Year-round Athletes prior to the team's entries being sent to the host team.

Swimmers age on February 16, 2024 will be determine age group for the entire meet.

Athletes with disabilities may enter any age appropriate event without meeting the qualifying standard. Please provide advance notice to the Meet Referee of any necessary accommodations your disabled swimmer may need.

Please include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming. DECK REGISTRATION WILL NOT BE ACCEPTED. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

ENTRIES:

Each Swimmer may enter seven (7) individual events with no more than three (3) individual events per day and two (2) relays per day. Each team may enter a maximum of 3 relays per gender per age group per event.

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

Swimmers must have obtained the qualifying time in those events that have a time standard.

Swimmers must have a time to enter any event which does not have a time standard. NT's will not be accepted with the exception of all relays.

Eight & under swimmers may swim in either 8 & U or 10 & Under events but cannot enter more events than the daily limit. 10 & U events will be scored as one age group (10 & U) however if an 8 & Under swims in a 10 & Under event and places 3rd, the swimmer will receive 3rd place points toward their 8 & Under high point total.)

Swimmers may enter the 1650 Freestyle with an 800/1000 qualified time. Those swimmers should enter at the 1650 qualifying time and note their proof of time on their entry.

Bonus Events: If one qualifying time is made, a swimmer may add 3 bonus swims with an established time. Bonus events may be used up to the maximum 7 events. Bonus events must be 200 yards or less.

Entries will need to be sent as described below via email. Submit team entries via 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: BYSTmeetentries@ymcatvidaho.org. We require the following files: Meet Entry cl2 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.

All swimmers must be on the team master entry form and the surcharge paid including relay only swimmers.

ENTRY FEES: \$3.00 per individual event; \$8.00 per relay event; \$30.00 Surcharge per swimmer

Make checks payable to **Boise Y Swim Team**. All fees, including late entry fees, must be received within one week of the February 7 entry deadline. One check per team, please.

DEADLINE: Entries must be postmarked by Monday, February 5, 2024 and received no later than 6 pm Wednesday February 7, 2024. **Entries AND payment must be received by the entry deadline!**

Send Entries to: BYSTmeetentries@ymcatvidaho.org

Send Fees to:

Mail Entry Fees to:

Linda Conger
Tomlinson South Meridian YMCA
5155 Hillside Ave
Meridian, ID 83642
email: BYSTmeetentries@ymcatvidaho.org

RULES: All events will be governed by current USA Swimming rules.

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.

BACKSTROKE: The "ledge starting device" will be available during the meet and its use is optional. All swimmers who wish to use the backstroke starting device need to be certified by their coach to use it.

Relay cards will be given to coaches in their packets. Relay cards must have the correct first and last names of the swimmers, in order, written on the card at the start of that relay's race.

Except for deck seeded events, swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet.

All swimmers in the 400 IM and the 1650 Freestyles MUST provide their own timers and counter. Two (2) timers are required for each swimmer.

At the Meet Referee's discretion, **prelim** events may be combined by age, gender, distance, and/or stroke trying to allow for at least one empty lane between such combined events.

Check-In:

- Individual events 400 yards and longer will be deck seeded, after a positive check-in, and may, at the discretion of the meet referee, be combined and swum without regard

to age and /or gender. These events may be swum fastest to slowest and may alternate female and male heats.

- 500 freestyle swimmers must check in by 3:45pm on Friday. 400 IM swimmers must check in by 10:00am on Saturday. 1650 freestyle swimmers must check in by 10:00am on Sunday.
- **Please Note:** Swimmers who do not check in by the designated deadline shall not be seeded.

Scratching from Finals:

- A swimmer, who qualifies for a final race based upon the results of a preliminary race, has until 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course they may not swim in finals. Said swimmer must then return to the Clerk of Course within 30 minutes following their last individual event to declare his/her final intention to swim/scratch the event.
- A swimmer who fails to compete in a final race, from which they have not properly scratched, shall be barred from competing in their next individual event. Additionally, said swimmer will not be allowed to swim any individual events on succeeding days unless they declare their intent to swim with the Meet Referee prior to the beginning of warm-ups on each succeeding day.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

AWARDS: Individual Events: 1st – 8th SRS Champs Medals
Relay Events: 1st – 8th Ribbons
High Point Awards: 1st Place Trophy each Age Group Female and Male
Team Awards: 1st Place Trophy - Total Points
Team Awards: 1st Place Banner - Percentage of Best Times
Team Awards: 1st Place Banner – Points per Swimmer

TIME TRIALS: Will be offered, based on available time as determined by the Referee. **The normal schedule of warm ups and events will not be altered or delayed for time trials.** Each trial swim will count as one (1) toward the daily event limit with the combination of time trials and meet events not to exceed three (3) events per day, and seven (7) total individual events. Entries must be turned into the computer table with a \$3.00 fee one-half hour before projected end of the day’s preliminary events, which will be announced during the preliminary session.

HEAT SHEETS: Heat Sheets for prelim sessions will be available on Boise Y Website. Finals heat sheet will be posted on website before each finals session. Heat sheets will also be posted. Meet results will not be mailed out. Results will be available on the Snake River Swimming website in PDF and HTML formats.

RESULTS: Complete Meet Results, Meet Results File, and meet backup will be available at the Snake River Swimming website: www.snakeriverswimming.org after the conclusion of the meet. Real time Results will also be on Meet Mobile.

MISC: **ALL TEAMS WILL BE ASSIGNED LANES TO STAFF FOR TIMING DURING THE MEET.** It will be their responsibility to rotate their own timers. A schedule of assigned lanes will be posted and listed in the heat sheet.

DECK CHANGING: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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.

Uses of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms or locker rooms.

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.

Snake River Swimming safety guidelines and warm-up procedures will apply. NO DIVING into the competition or warm up/warm down courses. Racing starts will be allowed when all teams assigned to a warm up lane agree to do so and notify the teams on either side of them that they will be doing starts. The warm-up/warm down course will be available for warm-up/warm down during the entire course of the meet.

CONCESSIONS: No food will be allowed on deck. All food will be confined to the bleacher areas. Coolers will be allowed in the bleacher area only.

VENDORS: Northwest Designs

HOSPITALITY: A Hospitality area will be provided for coaches and officials.

Safe Sport: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. · The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. · The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. · Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand

knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

· For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>. · All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after February 16, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after February 16, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Medical Supervision: There is an AED on site and a lifeguard will be on duty during the meet.

2024 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER

SCHEDULE OF EVENTS

FRIDAY, FEBRUARY 16, 2024 – Evening Timed Finals Session

Warm up: 3:15 – 3:45pm Meet Starts: 4:00 p.m.

Session 1

Female Event #	QT- SCY	Prelim/Timed Final	Event	Prelim/Timed Final	QT-SCY	Male Event #
1	--	Timed Final	8 & U 100 IM	Timed Final	--	2
3	3:58.99	Timed Final	10 & U 200 IM	Timed Final	3:58.99	4
5	3:20.99	Timed Final	11-12 200 IM	Timed Final	3:17.99	6
7	2:49.99	Timed Final	13-14 200 IM	Timed Final	2:39.99	8
9	2:46.99	Timed Final	15-19 200 IM	Timed Final	2:31.99	10
11	--	Timed Final	8 & U 100 Freestyle	Timed Final	--	12
13	3:38.99	Timed Final	9-10 200 Freestyle	Timed Final	3:38.99	14
15	7:38.99	Timed Final	11-12 500 Free	Timed Final	7:27.99	16
17	6:47.99	Timed Final	13-14 500 Freestyle	Timed Final	6:26.99	18
19	6:40.99	Timed Final	15-19 500 Freestyle	Timed Final	6:10.99	20
21	--	Timed Final	11-19 800 Freestyle Relay	Timed Final	--	22

2024 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS

SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 17, 2024– Preliminary Session

13 & Over Warm up: 7:15 a.m. – 7:55 a.m. 12 & Under Warm up: 7:55 a.m. – 8:20 a.m.

Meet Starts: 8:30 a.m.

Session 2

Female Event #	QT-SCY	Prelim/Timed Final	Event	Prelim/Timed Final	QT-SCY	Male Event #
23	--	Timed Final	8 & U 25 Freestyle	Timed Final	--	24
25	41.99	Prelim/Final	9-10 50 Freestyle	Prelim/Final	41.99	26
27	35.99	Prelim/Final	11-12 50 Freestyle	Prelim/Final	34.99	28
29	30.99	Prelim/Final	13-14 50 Freestyle	Prelim/Final	28.99	30
31	29.99	Prelim/Final	15-19 50 Freestyle	Prelim/Final	26.99	32
33	--	Timed Final	8 & U 100 Medley Relay	Timed Final	--	34
35	--	Timed Final	10 & U 200 Medley Relay	Timed Final	--	36
37	--	Timed Final	12 & U 200 Medley Relay	Timed Final	--	38
39		Timed Final	14 & U 200 Medley Relay	Timed Final		40
41		Timed Final	19 & U 200 Medley Relay	Timed Final		42
43	--	Timed Final	8 & U 50 Breaststroke	Timed Final	--	44
45	2:04.99	Prelim/Final	10 & U 100 Breaststroke	Prelim/Final	2:04.99	46
47	1:39.99	Prelim/Final	11-12 100 Breaststroke	Prelim/Final	1:36.99	48
49	3:10.99	Prelim/Final	13-14 200 Breaststroke	Prelim/Final	2:56.99	50
51	3:05.99	Prelim/Final	15-19 200 Breaststroke	Prelim/Final	2:48.99	52
53	3:00.99	Prelim/Final	11-12 200 Freestyle	Prelim/Final	2:54.99	54
55	2:21.99	Prelim/Final	13-14 200 Freestyle	Prelim/Final	2:19.99	56
57	2:18.99	Prelim/Final	15-19 200 Freestyle	Prelim/Final	2:06.99	58
59	--	Timed Final	8 & U 50 Backstroke	Timed Final	--	60
61	1:47.99	Prelim/Final	10 & U 100 Backstroke	Prelim/Final	1:47.99	62
63	1:29.99	Prelim/Final	11-12 100 Backstroke	Prelim/Final	1:27.99	64
65	2:46.99	Prelim/Final	13-14 200 Backstroke	Prelim/Final	2:36.99	66
67	2:42.99	Prelim/Final	15-19 200 Backstroke	Prelim/Final	2:27.99	68
69	--	Timed Final	8 & U 25 Butterfly	Timed Final	--	70
71	50.99	Prelim/Final	9-10 50 Butterfly	Prelim/Final	50.99	72
73	38.99	Prelim/Final	11-12 50 Butterfly	Prelim/Final	39.99	74
75	3:19.99	Timed Final	11-12 200 Butterfly	Timed Final	3:15.99	76
77	1:16.99	Prelim/Final	13-14 100 Butterfly	Prelim/Final	1:11.99	78
79	1:14.99	Prelim/Final	15-19 100 Butterfly	Prelim/Final	1:07.99	80
81	--	Timed Final	12 & U 400 Freestyle Relay	Timed Final	--	82
83		Timed Final	14 & U 400 Freestyle Relay	Timed Final		84
85		Timed Final	19 & U 400 Freestyle Relay	Timed Final		86
87	1:48.99	Prelim/Final	9-10 100 IM	Prelim/Final	1:48.99	88
89	1:29.99	Prelim/Final	11-12 100 IM	Prelim/Final	1:25.99	90
91	6:54.99	Timed Final	11-12 400 IM	Timed Final	6:43.99	92
93	6:03.99	Timed Final	13-14 400 IM	Timed Final	5:41.99	94
95	5:55.99	Timed Final	15-19 400 IM	Timed Final	5:26.99	96

Session 3 – Finals Saturday

Female Event #	Event	Male Event #
25	9-10 50 Freestyle	26
27	11-12 50 Freestyle	28
29	13-14 50 Freestyle	30
31	15-19 50 Freestyle	32
45	10 & U 100 Breaststroke	46
47	11-12 100 Breaststroke	48
49	13-14 200 Breaststroke	50
51	15-19 200 Breaststroke	52
53	11-12 200 Freestyle	54
55	13-14 200 Freestyle	56
57	15-19 200 Freestyle	58
61	10 & U 100 Backstroke	62
63	11-12 100 Backstroke	64
65	13-14 200 Backstroke	66
67	15-19 200 Backstroke	68
71	9-10 50 Butterfly	72
73	11-12 50 Butterfly	74
77	13-14 100 Butterfly	78
79	15-19 100 Butterfly	80
87	9-10 100 IM	88
89	11-12 100 IM	90

2024 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS

SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 18, 2024 - Preliminary Session

13 & Over Warm up: 7:15 a.m. – 7:55 a.m. 11-12 Warm up: 7:55 a.m. – 8:20 a.m.

Meet Starts: 8:30 a.m.

Session 4

Female Event #	QT-SCY	Prelim/Timed Final	Event	Prelim/Time Final	QT-SCY	Male Event #
97	--	Timed Final	8 & U 50 Freestyle	Timed Final	--	98
99	1:35.99	Prelim/Finals	9-10 100 Freestyle	Prelim/Finals	1:35.99	100
101	1:18.99	Prelim/Finals	11-12 100 Freestyle	Prelim/Finals	1:15.99	102
103	1:05.99	Prelim/Finals	13 -14 100 Freestyle	Prelim/Finals	1:02.99	104
105	1:03.99	Prelim/Final	15-19 100 Freestyle	Prelim/Final	57.99	106
107	--	Timed Final	12 & U 400 Medley Relay	Timed Final	--	108
109		Timed Final	14 & U 400 Medley Relay	Timed Final		110
111		Timed Final	19 & U 400 Medley Relay	Timed Final		112
113	--	Timed Final	8 & U 25 Breaststroke	Timed Final	--	114
115	56.99	Prelim/Finals	9-10 50 Breaststroke	Prelim/Finals	56.99	116
117	44.99	Prelim/Finals	11-12 50 Breaststroke	Prelim/Finals	44.99	118
119	3:49.99	Timed Finals	11-12 200 Breaststroke	Timed Finals	3:59.99	120
121	1:27.99	Prelim/Final	13-14 100 Breaststroke	Prelim/Final	1:21.99	122
123	1:25.99	Prelim/Final	15-19 100 Breaststroke	Prelim/Final	1:16.99	124
125	--	Timed Final	8 & U 25 Backstroke	Timed Final	--	126
127	50.99	Prelim/Finals	9-10 50 Backstroke	Prelim/Finals	50.99	128
129	44.00	Prelim/Finals	11-12 50 Backstroke	Prelim/Finals	39.99	130
131	2:59.99	Timed Final	11-12 200 Backstroke	Timed Final	3:04.99	132
133	1:16.99	Prelim/Final	13-14 100 Backstroke	Prelim/Final	1:11.99	134
135	1:14.99	Prelim/Final	15-19 100 Backstroke	Prelim/Final	1:08.99	136
137	--	Timed Final	8 & U 50 Butterfly	Timed Final	--	138
139	1:59.99	Prelim/Finals	10 & U 100 Butterfly	Prelim/Finals	1:59.99	140
141	1:42.99	Prelim/Finals	11-12 100 Butterfly	Prelim/Finals	1:27.99	142
143	2:48.99	Prelim/Finals	13-14 200 Butterfly	Prelim/Finals	2:38.99	144
145	2:45.99	Prelim/Final	15-19 200 Butterfly	Prelim/Final	2:31.99	146
147		Timed Final	8 & U 100 Freestyle Relay	Timed Final	--	148
149	--	Timed Final	10 & U 200 Freestyle Relay	Timed Final	--	150
151	--	Timed Final	12 & U 200 Freestyle Relay	Timed Final	--	152
153		Timed Final	14 & U 200 Freestyle Relay	Timed Final		154
155		Timed Final	19 & U 200 Freestyle Relay	Timed Final		156
157	25:23.99	Timed Final	11-12 1650 Freestyle	Timed Final	24:51.99	158
159	23:23.99	Timed Final	13-14 1650 Freestyle	Timed Final	22:18.99	160
161	23:05.99	Timed Final	15-19 1650 Freestyle	Timed Final	21:35.99	162

**Finals - Sunday
Session 5**

Female Event #	Event	Male Event #
99	9-10 100 Freestyle	100
101	11-12 100 Freestyle	102
103	13-14 100 Freestyle	104
105	15-19 100 Freestyle	106
115	9-10 50 Breaststroke	116
117	11-12 50 Breaststroke	118
121	13-14 100 Breaststroke	122
123	15-19 100 Breaststroke	124
127	9-10 50 Backstroke	128
129	11-12 50 Backstroke	130
133	13-14 100 Backstroke	134
135	15-19 100 Backstroke	136
139	10 & U 100 Butterfly	140
141	11-12 100 Butterfly	142
143	13-14 200 Butterfly	144
145	15-19 200 Butterfly	146

SECTION 2- SAFETY GUIDELINES:

A. COACHES RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling
 - a. a minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce the *Safety Guidelines and Warm-up Procedures* as outlined in Article IX
 - b. marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
 - d. for continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - 1) they are currently certified by Red Cross in Advanced Lifesaving and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director
 - 2). a marshal is provided to supervise the work of the lifeguards
2. Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet." In addition, a copy of SRS, Inc. Safety Guidelines and Warm-up Procedures shall be included with each invitation, either within the invitation or as a separate page.
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

C. MISCELLANEOUS

1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Snake River Swimming Qualifying times for Winter & Summer Championships

8 & Under

- No time standard
- Do need a time in an event to swim. If want to swim 10 & under events must have the qualifying time.
- NT will not be accepted

Girls		9/10	Boys	
Yard	LCM		Yard	LCM
41.99	47.99	50 Free	41.99	47.99
1:35.99	1:47.99	100 Free	1:35.99	1:47.99
3:38.99	4:05.99	200 Free	3:38.99	4:05.99
50.99	58.99	50 Back	50.99	58.99
1:47.99	2:05.99	100 Back	1:47.99	2:05.99
56.99	1:03.99	50 Breast	56.99	1:03.99
2:04.99	2:20.99	100 Breast	2:04.99	2:20.99
50.99	56.99	50 Fly	50.99	56.99
1:59.99	2:15.99	100 Fly	1:59.99	2:15.99
1:48.99	NA	100 IM	1:48.99	NA
3:58.99	4:29.99	200 IM	3:58.99	4:29.99

Girls		11/12	Boys	
Yard	LCM		Yard	LCM
35.99	40.99	50 Free	34.99	39.99
1:18.99	1:29.99	100 Free	1:15.99	1:26.99
3:00.99	3:22.99	200 Free	2:54.99	3:17.99
7:38.99	6:53.99	400/500 Free	7:27.99	6:45.99
25:23.99	26:15.99	1500/1650 Free	24:51.99	25:43.99
40.99	45.99	50 Back	39.99	46.99
1:29.99	1:43.99	100 Back	1:27.99	1:40.99
3:16.99	3:44.99	200 Back	3:11.99	3:39.99
44.99	50.99	50 Breast	44.99	50.99
1:39.99	1:53.99	100 Breast	1:36.99	1:51.99
3:40.99	4:12.99	200 Breast	3:34.99	4:04.99
38.99	43.99	50 Fly	39.99	43.99
1:29.99	1:41.99	100 Fly	1:27.99	1:38.99
3:19.99	3:44.99	200 Fly	3:13.99	3:40.99
1:29.99	NA	100 IM	1:25.99	NA
3:20.99	3:46.99	200 IM	3:17.99	3:43.99
6:54.99	7:49.99	400 IM	6:43.99	7:39.99

Snake River Swimming Qualifying times for Winter & Summer Championships

Girls		13/14	Boys	
Yard	LCM		Yard	LCM
30.99	34.99	50 Free	28.99	32.99
1:05.99	1:14.99	100 Free	1:02.99	1:12.99
2:21.99	2:41.99	200 Free	2:19.99	2:37.99
6:47.99	6:06.99	400/500 Free	6:26.99	5:49.99
23:23.99	24:06.99	1650/1500 Free	22:18.99	23:06.99
37.99	41.99	50 Back	36.99	39.99
1:16.99	1:29.99	100 Back	1:11.99	1:23.99
2:46.99	3:12.99	200 Back	2:36.99	3:02.99
42.99	46.99	50 Breast	39.99	43.99
1:27.99	1:42.99	100 Breast	1:21.99	1:34.99
3:10.99	3:39.99	200 Breast	2:56.99	3:25.99
35.99	38.99	50 Fly	34.99	37.99
1:16.99	1:26.99	100 Fly	1:11.99	1:21.99
2:48.99	3:12.99	200 Fly	2:38.99	3:00.99
2:49.99	3:15.99	200 IM	2:39.99	3:04.99
6:03.99	6:55.99	400 IM	5:41.99	6:32.99

Girls		15-19	Boys	
Yard	LCM		Yard	LCM
29.99	34.99	50 Free	26.99	30.99
1:03.99	1:14.99	100 Free	57.99	1:06.99
2:18.99	2:37.99	200 Free	2:06.99	2:26.99
6:40.99	6:06.99	400/500 Free	6:10.99	5:33.99
23:05.99	24:06.99	1650/1500 Free	21:35.99	22:08.99
36.99	39.99	50 Back	33.99	36.99
1:14.99	1:29.99	100 Back	1:08.99	1:20.99
2:42.99	3:12.99	200 Back	2:27.99	2:53.99
41.99	45.99	50 Breast	36.49	39.99
1:25.99	1:42.99	100 Breast	1:16.99	1:29.99
3:05.99	3:39.99	200 Breast	2:48.99	3:15.99
34.99	38.99	50 Fly	31.99	34.99
1:14.99	1:26.99	100 Fly	1:07.99	1:17.99
2:45.99	3:12.99	200 Fly	2:31.99	2:52.99
2:46.99	3:15.99	200 IM	2:31.99	2:56.99
5:55.99	6:55.99	400 IM	5:26.99	6:14.99

Snake River Swimming Championships Invitation to Officiate

You are cordially invited to officiate at the 2024 Snake River Swimming Championships to be held at the Boise City Aquatic Center in Boise, ID Feb 16-18, 2024. The meet will be conducted over a 2½ day period with the meet beginning on Friday PM. St and Sunday are prelims and finals so two sessions each day. The mandatory official’s meeting will be held 45 minutes prior to the start of each session. The dress is white shirt/blouse; khacki 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 at least 4 sessions of the meet. The Invitation to Officiate form must be completed by **February 1, 2024** 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 1, 2024** if they want an assigned position. The meet referee is Teri White. Applications can be scanned and emailed to: teriwhite53@gmail.com

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 pm _____ Sat am _____ Sat pm _____

Sun am: _____ Sun pm: _____

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

CURRENT CERTIFICATIONS

LSC Position Certified: _____ Expiration: _____

National Position Certified: _____ Expiration: _____

Nat'l Champ Position Certified: _____
Expiration: _____

Polo Shirt size: These are unisex:

Small: _____ Med: _____ Large: _____ XL: _____ XXL: _____ 3XL: _____

Return Form no later than Feb 1st 2024 to both Teri White (teriwhite53@gmail.com)
With your intention to officiate and to vicki50marsh@gmail.com to organize polo's.