

# Boise Y Swim Team

## WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER

**SPONSOR:** Boise Y Swim Team

**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:** Tina Akpan Email: [t\\_akpan@msn.com](mailto:t_akpan@msn.com)

**ELIGIBILITY:** The swim meet is open to all USA Swimming registered swimmers. All age group/senior swimmers must hold a current USA Swimming registration card. Age of the swimmer on the first day of the meet will determine swimmer's age group, i.e. December 20, 2025. Deck registration will not be provided.

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.

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

No Times (NT) will be accepted for all events.

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.

**SWIMMER LIMIT** This swim meet will be limited to a 300 swimmer maximum.

**ENTRY LIMIT:** All swimmers may enter 3 events on Saturday, 3 events on Sunday.

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

|                  |                       |                    |                     |
|------------------|-----------------------|--------------------|---------------------|
| <b>SCHEDULE:</b> | Saturday, December 20 | <b>Warm-up:</b>    | 7:30-8:20 am        |
|                  |                       | <b>Meet Start:</b> | 8:30 am             |
|                  | Sunday, December 21   | <b>Warm-up:</b>    | 7:30 a.m. – 8:20 am |
|                  |                       | <b>Meet Start:</b> | 8:30 am             |

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.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Saturday at 7:15 am. Team packets with heat sheets will be available at the Saturday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Saturday/Sunday at 7:45 am).

**ENTRIES:** 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). "No times" (NT) will be accepted.

Be sure to 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.

Submit team entries via email using Hy-Tek TEAM MANAGER software or by submitting a TeamUnify SDIF file.

EMAIL (required): Email entries as an attachment to the following email address: [BYSTmeetentries@ymcatvidaho.org](mailto: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.

**FEES:** \$3.00 per event; \$25.00 per swimmer surcharge

**All fees must reach the entry address within one week of the deadline. Do not plan on bringing the check to the meet—it must be received before the meet begins or the SRS penalty of \$100 will be assessed. ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.**

**DEADLINE:** Entries must be received no later than 6:00 p.m. on **Wednesday, December 10, 2025**  
**LATE ENTRIES WILL NOT BE ACCEPTED.**

**Email Entry Files to:** Linda Conger – [BYSTmeetentries@ymcatvidaho.org](mailto:BYSTmeetentries@ymcatvidaho.org)

**Mail Fees to:** Linda Conger  
Tomlinson South Meridian YMCA  
5155 Hillsdale Ave  
Meridian, ID 83642

**RULES:** All age group events will be governed by current USA Swimming rules. **All events will be timed finals and swum fastest to slowest as Consolidated Events (Section 102.1.4) with mixed genders and ages.**

All adult USA Swimming members (18 & older swimmers) must complete the Athlete Training Program before they will be allowed to swim in the meet.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Please turn in any scratches to the meet referee.

All events, except for the 500 freestyle, 400 IM, and 1650 yard Freestyle will be pre-seeded. In order to be seeded, swimmers must check in at the Clerk Of Course no later than 8:30am on Saturday for Event #10, and no later than 8:30 am for events 20 & 21 on Sunday. Swimmers who do not check in by the deadline will not be seeded in the event.

The 1650 will be open to swimmers ages 11 & over. As with other events, the 1650 will be a mixed gender event and will be swum fastest to slowest. Please Note: NT will not be accepted for this event.

**SCORING:** No scoring

**HEAT SHEETS:** Heat sheets will not be sold at the meet. They will be emailed to teams prior to the start of the meet and will be posted.

**RESULTS:** Meet Mobile will also be active. Follow the link to the results file. Complete Meet Results in PDF and HTML, Meet Results File, and Meet Backup will be available on the Boise YMCA Swim Team website after the conclusion of the meet.

**MISC:** **THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS FOR ALL TEAMS UNDERNEATH THE SCOREBOARD. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS.** A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting teams' timing lane assignments will be included in the heat sheet and posted on the team web site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org).

**Mixed 1650 Freestyle swimmers must provide their own timers and counters, mixed 500 free must provide their own counters.**

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. The kiddie pool, teaching pool and slide will be open during this swim meet but is off limits to swim meet participants. The deck in those areas is also off limits. Swimmers and spectators must sit in bleachers or in some limited areas around the 50-meter pool.

Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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

**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.

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

**CONCESSIONS:** 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.

**HOSPITALITY:** A hospitality room 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](http://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 December 20, 2025, 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 December 20, 2025, 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.

# Candy Cane Invitational

## ORDER OF EVENTS

**Saturday, December 20, 2025**

**Warm-Ups – 7:30am – 8:20am    Start – 9:30am**

| <b>Event #</b> | <b>Mixed Gender</b> | <b>Event</b>                          |
|----------------|---------------------|---------------------------------------|
| 1              | Mixed               | 50 Yard Freestyle                     |
| 2              | Mixed               | 8 & Under 25 Yard Freestyle           |
| 3              | Mixed               | 100 Yard Breaststroke                 |
| 4              | Mixed               | 11 & Over 200 Yard Backstroke         |
| 5              | Mixed               | 8 & Under 25 Yard Backstroke          |
| 6              | Mixed               | 50 Yard Backstroke                    |
| 7              | Mixed               | 100 Yard Butterfly                    |
| 8              | Mixed               | 12 & Under 100 Yard Individual Medley |
| 9              | Mixed               | 9 & Over 200 Yard Individual Medley   |
|                |                     | <b>10 Minute Break</b>                |
| 10             | Mixed               | 10 & Over 500 Yard Freestyle          |

**All events will be swum fastest to slowest.**

**500 Free must provide counter \* please no one over 8:00**

**Sunday, December 15, 2024**

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

| <b>Event #</b> | <b>Mixed Gender</b> | <b>Event</b>                    |
|----------------|---------------------|---------------------------------|
| 11             | Mixed               | 100 Yard Freestyle              |
| 12             | Mixed               | 11 & Over 200 Yard Breaststroke |
| 13             | Mixed               | 8 & Under 25 Yard Breaststroke  |
| 14             | Mixed               | 50 Yard Breaststroke            |
| 15             | Mixed               | 100 Yard Backstroke             |
| 16             | Mixed               | 11 & Over 200 Yard Butterfly    |
| 17             | Mixed               | 8 & Under 25 Yard Butterfly     |
| 18             | Mixed               | 50 Yard Butterfly               |
| 19             | Mixed               | 9 & Over 200 Freestyle          |
|                |                     | <b>10 Minute Break</b>          |
| 20             | Mixed               | 11 & Over 400 Individual Medley |
|                |                     | <b>10-minute Break</b>          |
| 21             | Mixed               | 11 & over 1650 Freestyle        |

**400 IM will be swum fastest to slowest.**

**1650 will be swum fastest to slowest.**

**Swimmers must provide their own timers and counters for 1650**

## Snake River Safety Guidelines and Warm-Up Procedures

### Section 1 -- Warm-Up Procedures:

#### A. General Warm-Up (First 30-45 minutes)

1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up.

#### B. Specific Warm-Up (Last 30-45 minutes)

| POOL    | PUSH/PACE | RECOMMENDED LANE USE |                    |
|---------|-----------|----------------------|--------------------|
|         |           | RACING STARTS        | GENERAL WARM-UP    |
| 6 Lane  |           | 1 & 6    2 & 5       | 3 & 4              |
| 8 Lane  | 1 & 8     | 2 & 7                | 3, 4, 5, & 6       |
| 9 Lane  | 1 & 9     | 2 & 8                | 3, 4, 5, 6, & 7    |
| 10 Lane | 1 & 10    | 2 & 9                | 3, 4, 5, 6, 7, & 8 |

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS.** Circle swimming only.

### 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 these Safety Guidelines and Warm-up Procedures.
  - 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.
  - c. 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) The host club must provide a marshal 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."
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.

**BOISE YMCA Candy Cane Invitational  
ENTRY FORM FOR SWIMMERS NOT USING TEAM MANAGER**

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

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