

Boise Y Swim Team
Candy Cane Invitational
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER
December 16-17, 2023

SPONSOR: Boise Y Swim Team Sanction: SRS 23-29
USMS Sanction: 593-S006

**Approval &
SANCTION:**

Held under the sanction of USA Swimming, Snake River Swimming and US Masters Swimming. All current USA Swimming rules and Snake River Swimming Policies & Procedures Manual will apply. All athletes must be currently registered with USA Swimming or US Masters Swimming.

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.

LIABILITY: "In granting this sanction it is understood and agreed that USA Swimming (USAS) and Snake River Swimming (SRS) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet."

TYPE: Timed Finals.

LOCATION: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right on Chinden. Go approximately ¾ mile to Discovery Place, turn right. Follow Discovery to West YMCA/Aquatic Center. From Highway 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, travelling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

FACILITIES: 25-yard x 50 meter indoor pool with depth equal to 4 feet or less than 13 feet; 10 eight-foot lanes, Spectrum starting blocks with hand rails and fins at deep end of pool; 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(5). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end.

TIMING: Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

MEET REFEREE: Vicki Marsh Email: vicki50marsh@gmail.com

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.

OFFICIALS: We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.

MEET

DIRECTOR: Tina Akpan Email: t_akpan@msn.com

ELIGIBILITY: The meet is open to all USA Swimming registered swimmers, USMS 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 16, 2023. Deck registration will not be provided.

All Masters swimmers must be registered with USMS.

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.

ENTRY LIMIT: All swimmers may enter 4 events on Saturday, 4 events on Sunday morning, and 1 event on Sunday afternoon (1650 Free).

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. If initial timeline is over the 4 hours teams will be contacted to drop to 3 events per swimmer.

SCHEDULE:	Saturday, December 16	Warm-up:	12:00 p.m. 12:50 p.m.
		Meet Start:	1:00 P.M.
	Sunday, December 17	Warm-up:	8:30 a.m. – 9:20 am
		Meet Start:	9:30 a.m.

A warm-up period for the 1650 will begin immediately following the conclusion of the morning session The approximate afternoon start time will be posted on the Boise Y website: www.boiseyswimteam.org

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

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted.

MEETINGS: COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Saturday at 11:45 a.m. and Sunday morning at 8:15 a.m. (if needed). 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 at 12:15 p.m., Sunday morning at 7:45 a.m.)

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

DEADLINE: Declare intention to swim through team website by **Monday, December 4, 2023** **LATE ENTRIES WILL NOT BE ACCEPTED.**

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 events will include both Masters and USA Swimming members seeded together according to submitted entry times.

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

Masters must submit a copy of their USMS card, their entry form which includes the waiver form (included with this invitation), and their fees by the entry deadline.

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 1 pm on Saturday for Event #10, and no later than 9:30 am for events 20 & 21 on Sunday.

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 be accepted for this event.

SCORING: No scoring

AWARDS: **Participation awards will be provided.**

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.

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.

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) 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 16, 2023, 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 16, 2023, 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 16, 2023

Warm-Ups – 12:00 p.m. - 12:50 p.m. Start – 1:00 p.m.

Event #	Mixed Gender	Event
1	Mixed	8 & Under 25 Yard Freestyle
2	Mixed	50 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	11 & Over 200 Yard Individual Medley
		10 Minute Break
10	Mixed	11 & Over 500 Yard Freestyle

All events will be swum fastest to slowest.

500 Free must provide counter

Sunday, December 17, 2023

Warm-Ups - 8:30 - 9:20 a.m. Start - 9:30 a.m.

Event #	Mixed Gender	Event
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	11 & Over 200 Freestyle
		10 Minute Break
20	Mixed	11 & Over 400 Individual Medley

All events will be swum fastest to slowest.

Sunday, December 17, 2023

1650 Yards Freestyle

Warm-Ups – Immediately following the conclusion of the Sunday Morning Session

Event #	Mixed Gender	Event
21	Mixed	11 & Over 1650 Yard Freestyle

The 1650 will be swum fastest to slowest.

Swimmers must provide their own timers and counters.

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
8 Lane	1 & 8	2 & 7	3 & 4
9 Lane	1 & 9	2 & 8	3, 4, 5, & 6
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, & 7

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

ENTRY FORM FOR MASTERS SWIMMERS

(One form per swimmer. This form must be signed!)

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

Name:				USMS #: DOB	Age:	Gender: M/F
Event #	LC Time	SCY/SCM	Date	Meet Where Time Was Done		

“I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.”

Signature

Date