

IGLOO SWIM MEET

January 7, 2023

Twin Falls City Pool--756 Locust Street North, Twin Falls, ID

Sponsor: Magic Valley Marlins

Sanction: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #23-01
In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet. (202.2.7)

Location: Twin Falls City Pool; 756 Locust Street North, Twin Falls, ID 83301; Phone: 208-734-2336

Format: This meet will be run as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheet posted at the meet, with the exception of the 500 free which will be deck seeded. Heats will be ordered slowest to fastest. Events and heats may be combined at the discretion of the Meet Referee.

Events will be run as either Open or 10 and under and 11 and over.

Facilities: 8 lane, 25 yard pool. The minimum water depth, measured in accordance with Article 103.2.3 is 10.5 ft. at the start end and 4.5 ft at the turn end. Kiefer-McNeil lane lines and Kiefer starting blocks. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

Timing: Colorado Timing System and two manual stop watches, Hy-Tek Meet Manager for Windows.

Meet Referee:

Jennifer Cluff
208-404-1693

Meet Director:

Jodi Stapelman
208-431-1559
rubyjoray@yahoo.com

Meet Entries:

Jodi Stapelman
208-431-1559
P.O.BOX 2523
Twin Falls, ID 83301
rubyjoray@yahoo.com

Eligibility: All swimmers must hold current USA registration cards. The swimmer must be USA Swimming registered by the entry deadline of Monday, Dec. 27th, 2022. Age of the swimmer on the first day of the meet will determine the swimmer's age group. Any swimmer entered in the meet who is not USA swimming registered will be subject to a \$50.00 fine.

Entry Info: Swimmers may enter up to a maximum of 4 individual events. All events will be pre-seeded, with the exception of the 500 Free which will be deck seeded. Entries may be limited in the 500 Free if needed to accommodate the 4 hour rule. Positive check in will be required for the 500 Free. NT's and converted times will be accepted. **Entry & Fee Deadline:** Entries must be emailed and fees postmarked no later than Mon. Dec. 27th, 2022. Late entries will not be accepted.

Scoring: Events will be swum as either Open or 10 and under and 11 and over, but will be scored separately as 8 & Under, 9-10, 11-12, 13-14, 15-18. The scoring will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 by individual event. Scoring may be adjusted upward depending on the number of entries.

Awards: 1-3 medals and 4-6 ribbons will be awarded for each event.

There will be NO team awards.

Fees: \$28.00 per swimmer – (\$9.00 awards, hospitality, \$9.00 SRS fees, \$10.00 pool fees) All fees must accompany entries. One check per team made payable to: *Magic Valley Marlins* and mailed to Magic

Valley Marlins, P.O. Box 2523 Twin Falls, Id. 83301. SRS surcharge fees will be waived for Outreach swimmers if requested by submitting team. No refunds given for events entered, but not swam.

Officials: There will be an officials meeting five minutes after the start of the second warm up (8:30 A.M.). We appreciate and will need the help of certified deck officials from other clubs. Any officials attending the meet please call or email the meet referee in advance of the meet.

Schedule: There will be a coaches' meeting 15 minutes prior to the start of warm-ups the day of the meet (7:45 A.M.).

Warm-ups: 1st session: 8:00 A.M. - 8:25 A.M.

2nd session: 8:25 A.M. – 8:50 A.M.

Meet start: 9:00 A.M.

Rules: Current USA Swimming Rules will apply. All events will be governed by 2022 USA Swimming Rules and Regulations. Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current Snake River Swimming safety guidelines and warm-up procedures will be followed. These are included with this invitation. No diving off the starting blocks or deck during warm-ups except at the direction of the meet referee. Racing starts will be allowed in the designated sprint lanes during the last 10 minutes of each warm-up period.

Any swimmer entered in the meet, unaccompanied by a USA Swimming 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 swimmer/s will be required to start from in the water

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.

Misc:

Safe Sport

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

Use of audio or visual recording devices, including a cell phone is not permitted in changing areas, restrooms or locker rooms.

Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA 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

- Each team will be expected to provide timers and officials.
- Seating is limited. It is recommended that spectators and swimmers bring chairs.
- Heat sheets will be available for \$3 at the meet.
- Results will be posted at the entrance to the bathrooms.
- Meet Mobile may be accessible during the meet.
- Hospitality will be provided for coaches and officials.
- 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

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Schedule of Events

Warm-ups: 1st session: 8:00 – 8:25 A.M.
2nd session: 8:25 – 8:50 A.M.

Meet Starts: 9:00 A.M.

Swimmers may swim up to 4 events

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	200 IM	2
3	OPEN	50 Freestyle	4
5	10 & U	50 Backstroke	6
7	11 & over	200 Backstroke	8
9	OPEN	100 Breaststroke	10
11	OPEN	200 Freestyle	12
13	10 & U	50 Butterfly	14
15	11 & over	200 Butterfly	16
17	OPEN	100 Backstroke	18
19	10 & U	50 Breaststroke	20
21	11 & over	200 Breaststroke	22
23	OPEN	100 Freestyle	24
25	OPEN	100 Butterfly	26
27	10 & U	100 IM	28
29	11 & over	500 Freestyle	30

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

GENERAL WARM-UP (First 30-45 minutes)

NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of the 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.

No sprinting allowed during general warm-up session

All lanes are to be used for general warm-up.

SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	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

Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.

Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.

General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.

SECTION 2 -- SAFETY GUIDELINES:

COACHES' RESPONSIBILITIES

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

HOST TEAM RESPONSIBILITIES

Marshaling:

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.

Marshals shall be current members of United States Swimming.

Marshals shall have the authority to remove from the pool, for the remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.

For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:

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.

The host club must provide a marshal to supervise the work of the lifeguards.

Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-up.

Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

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."

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.

Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [INSERT THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.