

Nampa Swim Team
April Pools
April 1-2, 2023

SPONSORED BY: Nampa Swim Team, Inc.

SANCTIONED BY: All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction # 23-07. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)

LOCATION: Harward Recreational Center
131 Constitution Way
Nampa, Idaho 83686
(208) 465-2288

FACILITIES: 8 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9' at the start end and 4.7' at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

MEET REFEREE: Chad Schaffer – Email: chad@tokcommercial.com
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.

MEET DIRECTOR: Amy Moulton
Email: nst.meetdirector@yahoo.com

ELIGIBILITY: Swimmers must hold current 2023 USA registration cards. Age of swimmer on the first day of the meet (April 1, 2023) determines the swimmer's age for the meet.

MEETINGS: **COACHES:** There will be mandatory coaches meeting 15 minutes prior to the start of warm-ups each day of the meet

OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each day of the meet.

MEET FORMAT: This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets at the meet. All events will be swum as timed finals. Heats will be ordered slowest to fastest.

SCHEDULE:

Warm-Up Date	Who	Time	Meet Starts
Saturday	13 & O	8:00am-8:20am	9:00am
	12 & U	8:30am-8:50am	
Sunday	13 & O	8:00am-8:20am	9:00am
	12 & U	8:20am-8:50am	

CONDUCT: Current USA Swimming rules will govern this meet.

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 swimmer's legal guardian to ensure compliance with this requirement.

Snake River Swimming warm-up and safety procedures will apply. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups and cool down.

Under USA Swimming Rule 102.8 for Deck Changing – Changing into or out of swimsuits outside designated locker room areas by swimmer 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.

This is a no card meet.

Heats of timed final events may be combined at the discretion of the meet referee.

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 room(s) any time athletes, coaches, officials, and/or spectators are present.

Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

ENTRIES:

Saturday and Sunday – All swimmers may enter **three individual events** each day.

A Team Manager Event import file will be available to download with the initial notification of the meet.

NO TIMES ARE ACCEPTED, with the following exception:

- All swimmers **MUST** have an entry for the 500 free and 400 IM (coaches may submit an estimated time, only if no time exists)
- Coaches may estimate entry times only **when no time exists**, for seeding purposes in any event, and are **encouraged** to do so for any event 200 yards or longer. Please estimate conservatively.
- Please indicate which events have estimated times, in an email with your entry file.

Enter in short course yard times only. Entries must be submitted by 8pm on March 24th, 2023 and may be submitted as an attached file via email (nst.meetdirector@yahoo.com) to Amy Moulton by those teams using the Hy-Tek CommLink. Entry file must include converted times. **Include a hard copy of entries if submitted through email.**

Entries must include the following information: swimmer’s name, age, team, team code, USA Swimming registration number, event name and number, and best time **short course yards**.

Please report scratches to the Clerk of Course prior to start of meet each day.

Following the meet, the Team Manager Import File, Meet Manager Backup File, and html results will be posted to the LSC website: www.snakeriverswimming.org

Deck registration will not be provided. Anyone entered in the meet, whom is not properly registered with USA Swimming, is subject to a \$50 fine.

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 limits of 4 hours.

TIME TRIALS: Time trials will not be offered.

ENTRY FEES: \$38.00 per individual (\$1.75 timing system, \$9.00 SRS funds, \$5.75 pool rent/lifeguards, \$15.50 awards, admin, & hospitality, \$6.00 heat sheet fee.)

DEADLINE: Entries must be received no later than 8 pm Friday, March 24th, 2023.
Payment must be received within one week of the entry deadline!

Make checks payable to Nampa Swim Team. One check per team, please.

Send Entries to: nst.meetdirector@yahoo.com

Send Fees to: Amy Moulton
c/o NST PO Box 753
Nampa, Idaho 83653

SCORING: This meet will not be scored.

AWARDS: Each swimmer will receive a participation award.

MISC: Concessions will NOT be available at the pool.

Heat Sheets will be available through Meet Mobile or sent to coaches the night before the meet.

A hospitality room will be provided for coaches and officials.

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 Schedule of Events

Saturday – April 1st		Sunday – April 2nd	
Event		Event	
1	Girls 13 & Over 200 Medley Relay	35	Girls 13 & Over 200 Freestyle Relay
2	Boys 13 & Over 200 Medley Relay	36	Boys 13 & Over 200 Freestyle Relay
3	Girls 12 & Under 200 Medley Relay	37	Girls 12 & Under 200 Freestyle Relay
4	Boys 12 & Under 200 Medley Relay	38	Boys 12 & Under 200 Freestyle Relay
5	Girls 13 & Over 50 Freestyle	39	Girls 13 & Over 100 Freestyle
6	Boys 13 & Over 50 Freestyle	40	Boys 13 & Over 100 Freestyle
7	Girls 12 & Under 50 Freestyle	41	Girls 12 & Under 100 Freestyle
8	Boys 12 & Under 50 Freestyle	42	Boys 12 & Under 100 Freestyle
9	Girls 13 & Over 100 Butterfly	43	Mixed 8 & Under 25 Freestyle
10	Boys 13 & Over 100 Butterfly	45	Girls 13 & Over 50 Butterfly
11	Girls 12 & Under 100 Butterfly	46	Boys 13 & Over 50 Butterfly
12	Boys 12 & Under 100 Butterfly	47	Girls 12 & Under 50 Butterfly
13	Mixed 8 & Under 25 Butterfly	48	Boys 12 & Under 50 Butterfly
15	Girls 11 & Over 200 Breaststroke	49	Girls 11 & Over 200 Backstroke
16	Boys 11 & Over 200 Breaststroke	50	Boys 11 & Over 200 Backstroke
17	Girls 12 & Under 50 Breaststroke	51	Girls 12 & Under 50 Backstroke
18	Boys 12 & Under 50 Breaststroke	52	Boys 12 & Under 50 Backstroke
19	Girls 13 & Over 50 Breaststroke	53	Girls 13 & Over 50 Backstroke
20	Boys 13 & Over 50 Breaststroke	54	Boys 13 & Over 50 Backstroke
21	Girls 12 & Under 100 Backstroke	55	Girls 12 & Under 100 Breaststroke
22	Boys 12 & Under 100 Backstroke	56	Boys 12 & Under 100 Breaststroke
23	Girls 13 & Over 100 Backstroke	57	Girls 13 & Over 100 Breaststroke
24	Boys 13 & Over 100 Backstroke	58	Boys 13 & Over 100 Breaststroke
25	Mixed 8 & Under 25 Backstroke	59	Mixed 8 & Under 25 Breaststroke
27	Girls 13 & Over 200 IM	61	Girls 13 & Over 200 Freestyle
28	Boys 13 & Over 200 IM	62	Boys 13 & Over 200 Freestyle
29	Girls 12 & Under 100 IM	63	Girls 12 & Under 200 Freestyle
30	Boys 12 & Under 100 IM	64	Boys 12 & Under 200 Freestyle
31	Girls 11 & Over 200 Butterfly	65	Girls 13 & Over 100 IM
33	Mixed 12 & Over 500 Freestyle	66	Boys 13 & Over 100 IM
		67	Girls 12 & Under 200 IM
		68	Boys 12 & Under 200 IM
		69	Mixed 13 & Over 400 IM