

**Nampa Swim Team
Reindeer Games
December 2-3, 2023**

- SPONSORED BY:** Nampa Swim Team, Inc.
- SANCTIONED BY:** All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction #_____. 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 Recreation 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
- OFFICIALS:** We expect and appreciate the help of certified USA Swimming Officials from each participating team.
- ELIGIBILITY:** Swimmers must hold current **2023** USA registration cards. Age of swimmer on the first day of the meet (December 2, 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. The 500 free and 1650 free will be deck seeded. All events will be swum as timed finals. Heats will be ordered slowest to fastest.

SCHEDULE:

Warm-Up Date	Who	Time	Meet Starts
Saturday Morning	13 & O	8:00am-8:30am	9:15am
	12 & U	8:30am-9:00am	
Sunday Morning	13 & O	8:00am-8:30am	9:15pm
	12 & U	8:30am-9:00am	

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.

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.

SAFE SPORT:

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

Meet Sanction:

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.

Meet Announcement:

- 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 [insert first date of the actual competition], 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 2nd, 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: This meet will have trained CPR certified lifeguards on duty during the entirety of the swim meet.

ENTRIES: Saturday and Sunday – All swimmers may enter **three individual events per 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.
- All swimmers swimming the 500 free and 1650 free will need to provide their own counters.

Enter in short course yard times only. Entries 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 who 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, \$6.00 meet program, \$15.50 awards, admin, & hospitality.)

Fees can be mailed to: Nampa Swim Team
C/O Amy Moulton
Po Box 753
Nampa, ID 83653

ENTRY DEADLINE:

Make checks payable to Nampa Swim Team. All fees must accompany entries. **One check per team please. Entries must be received by November 24, 2023, at 5pm.** Late entries will not be accepted.

SCORING: This meet will not be scored

AWARDS: Participation awards will be provided for each athlete.

MISC: Each team will be expected to provide timers during the entire course of the meet. Teams will be notified of assigned lanes.

Concessions will not be available at the pool.

Heat Sheets will be available through Meet Mobile and will be posted on the pool deck.
Coaches will also be emailed a copy of the heat sheet the Friday before the meet.

A hospitality room will be provided for coaches and officials.

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**Saturday
Session 1**

Girls	Events	Boys
1	8 & Under 25 Free	2
3	200 Free	4
5	100 Breast	6
7	8 & Under 25 Breast	8
9	50 Breast	10
11	200 Back	12
13	8 & Under 25 Back	14
15	100 Free	16
17	50 Fly	18
19	8 & Under 25 Fly	20
21	200 IM	22
23	500 Free (Mixed)	24

**Sunday
Session 2**

Girls	Events	Boys
25	50 Free	26
27	200 Fly	28
29	50 Back	30
31	100 Back	32
33	200 Breast	34
35	100 IM	36
37	100 Fly	38
39	400 IM (Mixed)	40
41	1650 Free (Mixed)	42