

Spook Splash 2023
Voltage Aquatics Team
Saturday, October 21, 2023

- Sponsor:** Voltage Aquatics Team, Idaho Falls, Idaho
- Sanction:** This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction No: #23-25. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C (4). The minimum water depth measured in accordance with Article 103.2.3 is 5' at the start end and 3.5' at the turn end.
- Location:** Wes Deist Aquatic Center 149 E 7th St Idaho Falls, Id. Phone: 208-612-8519
- Course:** 8 lane, 25 yard indoor pool. Pool depth minimum is 3.5', maximum pool depth is 5.0'. Equipped with 8 KDI Paragon starting blocks, backstroke flags, and anti-wave lane lines
- Format:** Serving as an Invitational meet, all events will be pre-seeded and are swum as timed finals. All 25 yard events will start from a push start at the shallow end of the pool. Coaches should report all event scratches prior to the start of the meet.
- Timing:** Daktronics Timing System
- Meet Referee:** Glenn Roth
3400 Sparrow Hawk
Idaho Falls, ID 83401
(208) 523-1002
swimmerg1@hotmail.com
Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and regulations.
- Meet Directors:**
- | | |
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| Linda Keele
3129 Homestead Ln.
Idaho Falls, ID 83404
(208) 589-0298
linda keele00@gmail.com | Christine Dustin
2833 Holly Pl.
Idaho Falls, ID 83402
(503) 539-4621
christine@merrells.org |
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- Eligibility:** All swimmers must hold a current 2023 USA Swimming registration card. Swimmer's age group will be determined by his/her age on the first day of the meet, October 21, 2023.
- Entries:** Each swimmer may enter a total of 5 events with no more than 4 individual events. The meet is set-up for online entries for those teams who use Team Unify. An invite has already been sent to those teams in Snake River Swimming. Please go to www.voltageaquatics.org to enter online or follow the email instructions that were previously sent to you.

All other teams using Hy-Tek, Meet Manager, and Commlink II programs should send their meet entry file attached to an e-mail to lindakeele00@gmail.com. *A printout or .pdf file of entries must also be sent.* If using the latest version of Team Manager and Commlink II, include relays and include a printout of all relays. Entries must include the following information: Swimmer's name, age, registration number, team name, team code, event name and number, and best time in short course yards. "No times" will be allowed.

The meet will be pre-seeded. Deck entries will not be accepted.

In accordance with **USA Swimming rule 302.4 False Registration**, the LSC will fine a team \$100.00 (plus the cost of the athlete's registration) for each swimmer entering a meet when that swimmer is not properly registered as a USA Swimming athlete. The fee for unattached, improperly registered swimmers will be assessed to the swimmer.

As prescribed in **Article 205.3.1 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 four hours.

Fees: \$2.25 per individual event entry; a surcharge of \$22.00 per swimmer is required (\$4.00 Snake River Fee, \$4.50 Facility fee, \$2.50 Administrative Fee, \$3.00 Timing System fee, \$8.00 Award Fee). All fees must accompany entries. No refunds or credits will be given for events entered but not swum. Awards will not be mailed if not picked up at the meet. One check per team, please. **Make checks payable to Voltage Aquatics.**

Entry Deadline: **All entries must be received via email no later than midnight, October 12, 2023.**

No late entries or paper entries will be accepted.

Mail entry fees to:

Voltage Aquatics
P.O. Box 2423
Idaho Falls Id 83403

Schedule: Doors open at 7:30 am
Warm-ups: 9 years and younger: 8:00 a.m.
10 years and older: 8:25 a.m.
Meet Start: 9:00 a.m.

Meeting: Coaches: 7:45 am
Officials: 8:15 am

Conduct: **Current USA Swimming rules will apply including the Minor Athlete Abuse Prevention Policy.** Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, restrooms or locker rooms.

- Warm-ups:** No diving or backstroke starts allowed from the blocks or edge of the pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups.
- Meet Marshals will be present. Coaches are expected to actively supervise their swimmers. 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.
- Deck Changing:** **Under USA Swimming Rule 202.2.9.I for Deck Changing**-Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Areas included are, but not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.
- Drone:** 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.
- Protests:** Protests will be handled in the manner described in section **102.11 of the USA Swimming Rules and Regulations**.
- Timers:** Each team will be expected to provide timers during the entire course of the meet. VOLT would appreciate the assistance of officials who are current members of USA Swimming from participating teams as well.
- Relay cards:** Relay cards will be given to the coaches in their packets at the coaches meeting. Relay cards require FIRST AND LAST NAMES of the swimmers, in proper order, written on the back of the relay cards. *Please note: the 2nd and 4th legs of the 100 yd. relays will begin in the water.*
- Scoring & Awards:** Every swimmer will receive a participation award. Awards will be given for top placers in each age group.
- Events will be swum 8 & under, 9&10, 11&12, 13&over, but will be scored separately as 6&under, 7&8, 9&10, 11&12, 13&over. Ribbons will be given 1st – 8th for each individual event by age group. High point trophies will be given in each age group for 1st, 2nd and 3rd place.
- Misc.:** Eastern Idaho Public Health guidelines will be followed at this meet.

Tables and chairs will be provided for coaches in designated areas. Heat sheets will be available for \$5. Goggles will be available for purchase. No other equipment will be available.

All events are swum as timed finals. Coaches should report all event scratches prior to the start of the meet. All events will be pre-seeded. **Deck entries WILL NOT be accepted.** “No times” will be allowed.

At the Meet Referee’s discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

The meet referee will waive the empty lane requirement with the concurrence of the coaches of the affected swimmers for all combined events.

Medical Supervision: Certified lifeguards will supervise the event at all times. All lifeguards are certified in CPR, water rescue, and emergency response. An AED is at the facility and all lifeguards are trained to use the AED.

Safe Sport:

- 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 July 28, 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 July 28, 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.

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SCHEDULE OF EVENTS

Saturday, October 21, 2023

Warm-ups:

9 & under: 8:00 a.m.

10 & over: 8:25 a.m.

Meet Starts: 9:00 a.m.

Female Event #	EVENT	Male Event #
1	8 & under 100 yd. Freestyle	2
3	9 & 10 100 yd. Freestyle	4
5	11 & 12 100 yd. Freestyle	6
7	13 & over 100 yd. Freestyle	8
9	8 & under 25 yd. Butterfly	10
11	9 & 10 50 yd. Butterfly	12
13	11 & 12 50 yd. Butterfly	14
15	13 & over 100 yd. Butterfly	16
17	8 & under 100 yd. Freestyle Relay	18
19	12 & under 200 yd. Freestyle Relay	20
21	19 & under 400 yd. Freestyle Relay	22
23	8 & under 100 yd. IM	24
25	9 & 10 100 yd. IM	26
27	11 & 12 100 yd. IM	28
29	13 & over 200 yd. IM	30
31	8 & under 25 yd. Backstroke	32
33	9 & 10 50 yd. Backstroke	34
35	11 & 12 50 yd. Backstroke	36
37	13 & over 100 yd. Backstroke	38
39	8 & under 25 yd. Freestyle	40
41	9 & 10 200 yd. Freestyle	42
43	11 & 12 200 yd. Freestyle	44
45	13 & over 200 yd. Freestyle	46
47	8 & under 25 yd. Breaststroke	48
49	9 & 10 50 yd. Breaststroke	50
51	11 & 12 50 yd. Breaststroke	52
53	13 & over 100 yd. Breaststroke	54
55	8 & under 50 yd. Freestyle	56
57	9 & 10 50 yd. Freestyle	58
59	11 & 12 50 yd. Freestyle	60
61	13 & over 50 yd. Freestyle	62

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)

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

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) marshalls, 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. Marshalls shall be current members of United States Swimming.
 - c. Marshalls 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.
 - d. For continuous warm-up pools, lifeguards from the host facility may serve as marshalls, 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.