



**Boise Swim Club**  
**Fall Frenzy ~ September 13, 2025**

**Sponsor:** Boise Swim Club

**Location:** Borah Pool ~ 801 Aurora Dr. Boise, Idaho 83709

**Type:** Short Course Timed Finals

**Sanction #25-26.** The meet is held under sanction of USA Swimming, Inc. and Snake River Swimming, Inc. This meet has been sanctioned by Snake River Swimming and current USA Swimming rules and Snake River Swimming Policies & Procedures will apply. All athletes must be currently registered as annual members for 2024 with USA Swimming. Snake River Swimming does not allow on-deck USA Swimming registrations. The conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA 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 is a condition of participation in the conduct of competition.

**Liability:** In granting this sanction and by any person's participation in the meet, it is understood and agreed that 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. It is further understood that Snake River Swimming, Inc., Boise Swim Club, the City of Boise and all officials, shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**Facilities:** 25 yard, 6 lane, outdoor pool with starting blocks and racing lane lines. The minimum water depth is 12' at the start end and 4' at the turn end.

**Timing:** Manual timing will be used – 3 watches on each lane.

**Pool Certification:** The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

**Meet Referee:**  
Christ Geffros  
208-861-9019

**Meet Director:**  
Deb Hill  
208-890-2610

**Meet Entries:**  
Deb Hill  
[Boiseswimclub@gmail.com](mailto:Boiseswimclub@gmail.com)

**Officials:** We appreciate the help of certified officials from each participating team. If you know of an official attending the meet, please have them contact the meet referee in advance. There will be an official meeting forty -five (45) minutes prior to the start of the meet.

**Schedule:** Coaches' meeting 7:45am and Officials meeting at 8:15am

**Warm-ups:** 8:00-8:25am ~ 13 & Over swimmers 8:25-8:50am ~ 12 & under

**Meet:** starts at 9am

**Eligibility:** Open to all members of Snake River Swimming and USA Swimming. All swimmers must hold current USA Swimming registration cards. All USA Swimming members 18 years and over must have completed the MAAPP Safe Sport requirements at least 24 hours preceding the meet in order to swim in the meet. Age of the swimmer on the day of the meet will determine the swimmer's age group (September 13, 2025).

**Entries:** Swimmers may enter up to 3 individual events. As prescribed in Article 205.3.1 of USA Swimming Rules and Regulations, entries will be limited to those swimmers that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours. Athletes not to exceed a total number of 250 swimmers.

**NOTE: ENTRIES FOR BUTTERFLY, BREASTSTROKE AND BACKSTROKE ARE LIMITED TO ONE EVENT EACH PER STROKE**, providing they do not exceed the meet maximum of **3 individual events** (i.e., a 12-year-old swimmer may enter either the 100 Breast or 50 Breast). This is due to the limited time between events. Swimmers may, however, enter 2 freestyle events if they choose.

**NO TIME TRIALS OFFERED IN THIS MEET. THERE ARE NO RELAYS IN THIS MEET.**

**Rules:** All events will be governed by current USA Swimming rules. All events will be swum as timed finals. Events will be swum slowest to fastest. All events will be pre-seeded, and no deck entries will be allowed.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. **NO DIVING** off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-up.

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 swimmers will be required to start from the water.

All 25-yard events will start at the turn end of the pool in the water.

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current SRS Swimming safety guidelines and warm-up procedures will be followed.

Under USA Swimming Rule 102.8 changing into or out of swimsuits outside designated locker room areas by swimmers 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.

The rules of USA Swimming will govern the conduct of the meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind starting blocks. Glass containers, tobacco products, or alcoholic beverages are not allowed in the swimming venue. Operation of drone, or any 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.

**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](http://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 September 14th, 2024 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 [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition.

**Medical Supervision:** There is an AED on site and a lifeguard will be on duty during the meet.

**Fees: \$35.00 per swimmer. (Includes \$4 Snake River Swimming fee, \$16 facility fee, \$15 awards, admin, hospitality) Payable to Boise Swim Club. One check per team. Mail meet fees to:**

**Boise Swim Club**

**C/O Deb Hill  
4074 E. Hardesty St.  
Boise, Idaho 83716**

Entries must include the swimmer's name, age, event name and number. Entries should include the swimmer's best short course yard time if the swimmer has a time for the event. However, no time (NT) is acceptable.

**Please submit your entry file via email using Hy-Tek Team Manager software (cl2 file) or submit a Team Unify SDIF file. Email entry file and the Meet Entry report to:**

**Deb Hill at [boiseswimclub@gmail.com](mailto:boiseswimclub@gmail.com)**

**Deadline:** Swimmers must declare their intention to swim in the meet no later than Friday, September 5, 2025.

**Scoring:** This is a non-scoring meet.

**Awards: 1-6<sup>th</sup> in each age group for 8 & under, 9-10, 11-12, 13 and up**

**Heat Sheets:** Heat Sheets will be posted at the meet, on the Boise Swim Club website and sent to teams via email prior to the meet.

**Results:** Can be found on the Boise Swim Club website and the SRS website when completed.

**COVID 19:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a 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. We will be following current Covid 19 protocols at the time of the meet.

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 [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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## **Boise Swim Club Fall Frenzy Meet Order of Events**

### **Order of Events**

| <b>Girls</b> | <b>Event</b>            | <b>Boys</b> |
|--------------|-------------------------|-------------|
| 1            | 13 & Over 50 Freestyle  | 2           |
| 3            | 11 – 12 50 Freestyle    | 4           |
| 5            | 10 & U 50 Freestyle     | 6           |
| 7            | 8 & U 25 Freestyle      | 8           |
| 9            | 11 & Over 200 Breast    | 10          |
| 11           | Open 100 Breast         | 12          |
| 13           | 12 & Under 50 Breast    | 14          |
| 15           | 8 & U 25 Breaststroke   | 16          |
| 17           | 11 & Over 200 Back      | 18          |
| 19           | Open 100 Back           | 20          |
| 21           | 12 & Under 50 Back      | 22          |
| 23           | 8 & U 25 Backstroke     | 24          |
| 25           | 11 & Over 200 Fly       | 26          |
| 27           | Open 100 Fly            | 28          |
| 29           | 12 & Under 50 Fly       | 30          |
| 31           | 8 & U 25 Butterfly      | 32          |
| 33           | 13 & Over 100 Freestyle | 34          |
| 35           | 11 - 12 100 Freestyle   | 36          |
| 37           | 9 - 10 100 Freestyle    | 38          |
| 39           | 8 & U 50 Freestyle      | 40          |
| 41           | 9 & Over 200 IM         | 42          |
| 43           | 12 & Under 100 IM       | 44          |
| 45           | Open 200 Freestyle      | 46          |
| 47           | 11 & Over 500 Freestyle | 48          |
| 49           | 11 & Over 400 IM        | 50          |