

Voltage Aquatics Team presents
The 2025 Mashed Potato Dash Swim Meet
July 12th, 2025

Sponsor: Voltage Aquatic Swim Team, Idaho Falls, Idaho.

Sanction: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., - Sanction No. 25-21. 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.

Date: Saturday, July 12th, 2025

Location: Idaho Falls Wes Deist Aquatic Center
149 East 7th Street
Idaho Falls, Idaho 83401
(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 will be swum as timed finals. Coaches should report all event scratches prior to the start of the meet.

Timing: Daktronics Timing System

Meet Referee: Aaron Balsmeier
3815 Colts Glen Lane
Idaho Falls, ID 83404
(208) 206-7074
abalsmeier@yahoo.com

Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.

Meet Director: Christine Dustin
2833 Holly Place
Idaho Falls, ID 83402
(503) 539-4621
christine@merrells.org

Eligibility: All swimmers must hold a current 2025 USA Swimming registration card. A swimmer's age group will be determined by his/her age on the first day of the meet, July 12th, 2025.

Entries: Swimmers may enter a maximum of four individual events and one relay.

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 email christine@merrells.org. A printout of entries must also be sent. 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.

Deck entries will not be accepted.

All entrants must be registered no later than the entry deadline of Monday, June 30th.

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 to be 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.

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.

Relay cards will be given to the coaches in their packets in the coaches meeting as the projected schedule allows. Relay cards require FIRST AND LAST NAMES of the swimmers, in proper order, written on the back of the relay cards. 8&Under 2nd and 4th Relay legs will start at the turn end from within the water. 8&Under 25 yard races will start in the water at the turn end of the pool.

Fees: \$2.25 per individual event entry; \$6.00 per relay event entry; a surcharge of \$27.50 per swimmer is required (\$4.00 Snake River Fee, \$10.00 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 and must be picked up at the meet. One check per team, please. **Make checks payable to Voltage Aquatics.**

Deadline: **Entries must be received via email no later than midnight on Monday, June 30th, 2025.**

No late entries or paper entries will be accepted.

Mail entry fees to:

Voltage Aquatics
P.O. Box 2423
Idaho Falls ID, 83403

Schedule: **Saturday, July 12th:**

Doors open: 7:30am
Warm-ups (12&over): 8:00am-8:25am
Warm-ups (11&under): 8:25am-8:50am
Meet starts: 9:00am

Meeting: Coaches: Saturday, July 12 at 7:45am

Officials: Saturday, July 12 at 8:15am

Schedule can be changed with the agreement of the meet referee and all attending coaches.

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 during the last 15 minutes of both 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.
Scoring/Awards:	Ribbons will be given for each event for those swimming 1 st through 8 th based on age group finishes. All swimmers will receive a participation prize.
Misc.:	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.
Hospitality:	A hospitality room for coaches and officials will provide snacks and a light meal.
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 before July 12, 2025, 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 before July 12, 2025 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.

Schedule of Events
Voltage Aquatics Team presents
The 2025 Mashed Potato Dash Swim Meet
July 12th, 2025

Warm-ups — 12&older: 8:00-8:25am, 11&under: 8:25-8:50am
 Meet start: 9:00am

EVENT # FEMALE	EVENTS	EVENT # MALE
1	Open 100 Fly	2
3	Open 50 Back	4
5	8 & Under 25 Free	6
7	Open 100 Breast	8
9	Open 50 Free	10
11	8 & Under 25 Breast	12
13	OPEN MIXED 200 Free Relay	14
15	8 & Under MIXED 100 Free Relay	16
17	Open 100 Back	18
19	Open 50 Breast	20
21	8 & Under 25 Back	22
23	Open 100 Free	24
25	Open 50 Fly	26
27	8 & Under 25 Fly	28
29	Open 200 Free	30

***There will possibly be a fun Mr. Potato Head Relay at the conclusion of the meet. More information will be provided at the meet.