

Nampa Swim Team
April Pools
April 5-6, 2025

SPONSORED BY: Nampa Swim Team, Inc.

SANCTIONED BY: All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction #25-14. 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: Victor Wong – Email: wongvic@gmail.com
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.

MEET DIRECTOR: Bruce Singkhaophet
Email: nst.meetdirector@yahoo.com

ELIGIBILITY: Swimmers must hold current 2025 USA registration cards. Age of swimmer on the first day of the meet (April 5, 2025) 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-8:30am	9:15am
	12 & U	8:30am-9:00am	
Sunday	13 & O	8:00am-8:30am	9:15am
	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.

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.

SAFE SPORT:

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

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 **April 5th, 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.*

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** 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 26th, 2025 and may be submitted as an attached file via email (nst.meetdirector@yahoo.com) to Bruce Singkhaophet 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 29th, 2024.
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: Bruce Singkhaophet
c/o NST PO Box 753
Nampa, Idaho 83653

SCORING: This meet will not be scored.

AWARDS: No Awards

MISC: Concessions will 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 5th

Event
1 Girls 13 & Over 200 Medley Relay
2 Boys 13 & Over 200 Medley Relay
3 Girls 12 & Under 200 Medley Relay
4 Boys 12 & Under 200 Medley Relay
5 Girls 13 & Over 50 Freestyle
6 Boys 13 & Over 50 Freestyle
7 Girls 12 & Under 50 Freestyle
8 Boys 12 & Under 50 Freestyle
9 Girls 13 & Over 100 Butterfly
10 Boys 13 & Over 100 Butterfly
11 Girls 12 & Under 100 Butterfly
12 Boys 12 & Under 100 Butterfly
13 Mixed 8 & Under 25 Butterfly
15 Girls 11 & Over 200 Breaststroke
16 Boys 11 & Over 200 Breaststroke
17 Girls 12 & Under 50 Breaststroke
18 Boys 12 & Under 50 Breaststroke
19 Girls 13 & Over 50 Breaststroke
20 Boys 13 & Over 50 Breaststroke
21 Girls 12 & Under 100 Backstroke
22 Boys 12 & Under 100 Backstroke
23 Girls 13 & Over 100 Backstroke
24 Boys 13 & Over 100 Backstroke
25 Mixed 8 & Under 25 Backstroke
27 Girls 13 & Over 200 IM
28 Boys 13 & Over 200 IM
29 Girls 12 & Under 100 IM
30 Boys 12 & Under 100 IM
31 Girls 11 & Over 200 Butterfly
33 Mixed 12 & Over 500 Freestyle

Sunday – April 6th

Event
35 Girls 13 & Over 200 Freestyle Relay
36 Boys 13 & Over 200 Freestyle Relay
37 Girls 12 & Under 200 Freestyle Relay
38 Boys 12 & Under 200 Freestyle Relay
39 Girls 13 & Over 100 Freestyle
40 Boys 13 & Over 100 Freestyle
41 Girls 12 & Under 100 Freestyle
42 Boys 12 & Under 100 Freestyle
43 Mixed 8 & Under 25 Freestyle
45 Girls 13 & Over 50 Butterfly
46 Boys 13 & Over 50 Butterfly
47 Girls 12 & Under 50 Butterfly
48 Boys 12 & Under 50 Butterfly
49 Girls 11 & Over 200 Backstroke
50 Boys 11 & Over 200 Backstroke
51 Girls 12 & Under 50 Backstroke
52 Boys 12 & Under 50 Backstroke
53 Girls 13 & Over 50 Backstroke
54 Boys 13 & Over 50 Backstroke
55 Girls 12 & Under 100 Breaststroke
56 Boys 12 & Under 100 Breaststroke
57 Girls 13 & Over 100 Breaststroke
58 Boys 13 & Over 100 Breaststroke
59 Mixed 8 & Under 25 Breaststroke
61 Girls 13 & Over 200 Freestyle
62 Boys 13 & Over 200 Freestyle
63 Girls 12 & Under 200 Freestyle
64 Boys 12 & Under 200 Freestyle
65 Girls 13 & Over 100 IM
66 Boys 13 & Over 100 IM
67 Girls 12 & Under 200 IM
68 Boys 12 & Under 200 IM
69 Mixed 13 & Over 400 IM