



Sawtooth Aquatic Club Sawtooth Last Chance Time Trial

July 5th, 2025

Idaho Central Aquatic Center

3575 S. Findley Ave., Boise, ID 83705

Sanction #25-25

Held under sanction of Snake River Swimming, and USA Swimming, Inc.



Schedule	Saturday, July 5th
Warm-ups	12:15 PM
Meet Start	1:00 PM

Meet Director:

Ann Erwin: erwina@slhs.org (208) 841-2181

Meet Referee:

Chris Geffros: Cgeffros@yahoo.com (208) 982-0878

Officials:

All are welcome to help.

Facility:

- Indoor Myrtha competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane, uniform depth of 6 feet 7 inches (2 meters).
- Events will be hand timed.
- Indoor 25-yard, 6-lane tank serves as the warmup pool, and has uniform depth of 4 feet.
- Indoor bleacher- style seating for 1,000 spectators
- Onsite parking for administrative personnel, officials & Coaches.
- Free parking for spectators, team vehicles, and buses is available on all adjacent streets.

Entry Fees:

- Surcharge: \$20.00

Eligibility:

All swimmers must be registered with USA Swimming.

Entry Information:

- Each swimmer may enter up to three (3) individual events for the meet. Only 1 distance event can be chosen by each swimmer is the final set of events (400 free, 400 IM, 800 free, 1500).
- On-deck USA Swimming registration will not be permitted. No on-deck team transfer will be permitted.
- Deck entries and/or event substitutions may be permitted at the discretion of the meet referee.
- **Timed Final Heats:** All individual events will be pre-seeded with no penalty for a failure to show.

Awards & Scoring:

- No scoring or awards.

Meet Rules:

- Current USA Swimming rules will govern the meet.
- Entries will be seeded LCM-SCY-SCM
- Events will be swim slowest to fastest and will be combined men and women and all ages

WARM-UP PROCEDURES:

- Feet-first entry only.
- Circle swim counter-clockwise only.
- Last 15 minutes of warm-up period:
- Lanes 1 & 8—pace lanes, no diving
- Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
- Lanes 3, 4, 5 & 6—general warm-up, no diving
- Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closes promptly five (5) minutes prior to the start of competition.
- Warm-ups may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center For SafeSport’s Centralized Disciplinary Database, USA Swimming’s List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming’s List of Individuals Suspended or Ineligible – Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

SAFETY INFORMATION (cont):

- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the facility by the lobby doors and in the northeast corner of the facility under the scoreboard.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Shaving is not permitted anywhere in the venue.
- Deck changes are prohibited.
- 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.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to

make arrangements prior to the start of warm-ups and to so notify the Meet Referee.

- Any swimmer entered in the meet must be certified by a USA Swimming coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted on the competition deck and must remain in the bleacher area.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by approval to be members of USA Swimming and shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming 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 event
- It is further understood that Snake River Swimming, Sawtooth Aquatic Club and Idaho Competitive Aquatics 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 event.

ENTRY SUBMITTAL INFORMATION: Entries will be accepted upon receipt of all of the following prior to the entry deadline, 6:00 PM (MST) Wednesday, July 2, 2025.

1. Entry File from Team Manager or equivalent.
2. Meet Entry Reports for individual events (sorted by swimmer)
3. Email entry files and reports to Patty Stratton (patty@gbacswim.com)
4. Entry Fee Check should be written to Sawtooth Aquatic Club and should be delivered to the Clerk of Course.

Submittal Formats and Notes:

- **Electronic files:** email items #1, #2, and #3.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- All entry times will be assumed to be LCM unless otherwise indicated.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Email:** patty@gbacswim.com



Sawtooth Aquatic Club
Sawtooth Last Chance Time Trial
July 5th, 2025
Idaho Central Aquatic Center



Event Order

Event #	Event
1	100 Free
2	50 Breast
3	200 IM
4	100 Fly
5	50 Back
5 Minute Break	
6	200 Free
7	100 Back
8	50 Fly
9	200 Breast
5 Minute Break	
10	200 Back
11	50 Free
12	100 Breast
13	200 Fly
5 Minute Break	
14	400 Free
15	400 IM
16	800 Free
17	1500 Free