

Snake River Swimming
2025 LCM Summer Champs
Idaho Central Aquatic Center
July 18-20, 2025
Sanction #25-23

Sponsor: Idaho Competitive Aquatics & Sawtooth Aquatic Club

Sanction: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #25-23. In granting this sanction, it is understood and agreed that USA Swimming, 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. (202.2.7)

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.

Location: Idaho Central Aquatic Center; 3575 S. Findley; Boise, ID 83705

Facilities: 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). Electronic timing and LCD scoreboard systems. Indoor 25 yard, 6 lane tank serves as the warm-up pool and has uniform depth of 4 feet. Indoor bleacher-style seating for 1000 spectators. Backstroke wedges will be available but use is optional.

Parking: Onsite parking for administrative personnel, coaches, and officials. Free street parking is available on TK Ave and Diamond.

Pool Certification: The competition course has been certified in accordance with Article 103.

Timing: Colorado Timing System with two back-up buttons and two manual stop watches. Hy-Tek Meet Manager software 8.0.

Meet Referee:	Chad Schaffer chad@tokcommercial.com	Meet Director:	Ryan Stratton ryan@strattoncpa.com	Meet Entries:	Patty Stratton patty@gbacswim.com
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Officials: In order to be on deck and serve in their official capacity, all coaches and officials must be currently registered members of USA Swimming and shall visibly display their membership credentials at all times. We appreciate the help of certified USA Swimming officials from each participating team. Please call or email the meet referee in advance of the meet to let him/her know what sessions you plan to work.

Schedule:

<i>SUBJECT TO CHANGE</i>	Friday, July 18	Saturday, July 19	Sunday, July 20
Prelims 13 & O Warm-Up	7:15 – 7:55 am	7:15 – 7:55 am	7:15 – 7:55 am
Prelims 12 & U Warm-Up	7:55 – 8:25 am	7:55 – 8:25 am	7:55 – 8:25 am
Prelims Start	8:30 am	8:30 am	8:30 am
Finals Warm-Ups	5:15 – 5:55 pm	5:15 – 5:55 pm	3:15 – 3:55 pm
Finals Start	6:00 pm	6:00 pm	4:00 pm

- Meetings:** At the Referees discretion, there will be a coaches' meeting 15 minutes prior to the start of warm-ups each day of the meet (7:00 am).
- There will be a mandatory officials' meeting 45 minutes before the start time of the meet (7:45 am for prelim sessions and 5:15 pm for finals sessions Friday and Saturday and 3:15 pm for Sunday).
- Eligibility:** ALL SWIMMERS MUST BE CURRENT USA SWIMMING MEMBERS AND REGISTERED AS A MEMBER OF SNAKE RIVER SWIMMING. Swimmers must be registered by the entry deadline of Wednesday, July 9, 2025. Deck registration will not be provided.
- Flex Athlete members of USA Swimming are not eligible to swim in this LSC Championship meet.
- If a swimmer, who is not properly registered with USA Swimming, competes in a sanctioned competition, SRS 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 swam in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.
- 18 & Older swimmers must complete their APT at least 24 hours preceding the meet in order to compete in the meet.
- Age of the swimmer on the first day of the meet will determine swimmer's age group.
- Format:** This meet is a combination of timed finals and preliminary/final events. Prelim events and heats may be combined and fly over starts may be used at the discretion of the Meet Referee.
- Timed Finals:** All 8 & Under events; 9-10 200 or longer events; 11-12 200 Back, Breaststroke and Butterfly events; all relays; and all 400 M and longer events.
- Prelims & Finals:** All events not covered under timed finals. The top 8 qualifiers in each event for 10 & Under, 9-10, 11-12, 13-14 & 15-19 will advance to the final for scoring and placing. All 10 & Under events are open to 8 & Under swimmers. However, 10 & Under events will be awarded and scored as one age group (i.e. – if an 8 & Under swims in a 10 Under event and places 3rd, the swimmer will receive 3rd place points toward their 8 & Under high point total.)
- Swimmers will swim in pre-seeded heats as designated in the heat sheets. Preliminary heats will be seeded according to USA Swimming Rules (102.5.1).
- Rules:** Current USA Swimming Rules will apply. All events will be governed by 2025 USA Swimming Rules and Regulations. Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current Snake River Swimming safety guidelines and warm-up procedures will be followed. These are included with this invitation. No diving off the starting blocks or deck during warm-ups except at the direction of the meet referee. Racing starts will be allowed in the designated sprint lanes during the last 10 minutes of each warm-up period.

Protests will be handled in the manner described in Section 102.22 of the USA Swimming Rules and Regulations.

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 swimmer/s will be required to start from in the water

This is a no card meet for all events except relays. All swimmers should be on deck at the designated heat and lane for their events. Relay cards will be available at the Clerk of Course each morning. Swimmers must give relay cards to the timers at the time of their event with the first and last names of the swimmers written in order on the card. Relay names can be changed on the card up until the relay is called to the blocks.

Positive Check-In: All swimmers in events 400 M Freestyle, 800 M Freestyle, 1500 M Freestyle and 400 M Individual Medley must check in with the Clerk of Course by 10:00am on the day of the event. Swimmers who do not check-in by the 10:00am deadline will not be seeded.

Seeding: Swimmers will swim in pre-seeded heats as designated in the heat sheet, with the exception of the 400 IM, 400 Free, 800 Free, and 1500 Free. These distance events will be deck seeded and will be swum fastest to slowest, alternating girls and boys.

Scratching from Finals: A swimmer, qualifying for a final race based upon the results of a preliminary race, has 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course they may not intend to compete in the final. Said swimmer must then return to the Clerk of Course within 30 minutes following their last individual event to declare his/her final intention to swim/scratch the event.

A swimmer who fails to compete in a final of a prelim/final race, from which they have not properly scratched, shall be barred from competing in their next individual event. Additionally, said swimmer will not be allowed to swim any individual events on succeeding days unless they declare their intent to swim with the Meet Referee prior to the beginning of warm-ups on each succeeding day.

Swimmers in distance events (800 and 1500 freestyle) must provide two timers as well as a person to count laps.

Entry Info: All swimmers, except 8 & Under swimmers, must have a verified qualifying time to enter any event. NT's will not be accepted with the exception of relays. Times will be verified through SWIMS. If times cannot be proven for an event, coaches will be notified and given the opportunity to provide proof of the time or to enter the swimmer in another event. There are no qualifying times for 8 & Under swimmers. However, they must have a verifiable time in all events they wish to enter.

Swimmers may enter seven (7) individual events, with no more than three (3) individual events per day and one (1) relay per day. Teams are restricted to three (3) relays per relay event.

Relay only swimmers must be on the team master entry form and pay the swimmer surcharge.

Swimmers, ages 13 and over, entering the 50 M Backstroke, the 50 M Breaststroke and the 50 M Butterfly may enter with either a 50 or 100 meter/yard time. However, it is to the swimmer's advantage to enter with a 50 time rather than a 100 time.

If a swimmer qualifies for the 800 Free, the swimmer may also swim the 1500 Free, assuming they have a time for the 1500. Those swimmers should enter at the 1500 meet qualifying time and note their proof of time on their entry report.

If one qualifying time is made, a swimmer may have 3 bonus swims with an established time which can be proven in SWIMS. Bonus swims must be 200 yards/meters or less.

The 200 Breast, 200 Back and 200 Fly will be combined as 11-14 for prelims but will be broken out by age group (11-12 and 13-14) for finals and for scoring.

Athletes who meet the following criteria may enter any age appropriate event under the inclusion and diversity qualifying standards.

- P1- non ambulatory (wheelchair bound): limited use of all four extremities
- P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.
- P3- single limb deficiencies, visual impairment (legally blind), and intellectual impairments, ambulatory without significant assistance.
- Swimmers with disabilities will use the 2024-2028 Parallel B Time Standards for their age group for entry qualification. Swimmers 17-19 may use the 15-16 B time standards.

Please highlight and clearly mark these swimmers on your meet entry report. Provide advance notice to the Meet Referee of any necessary accommodations your swimmer may need.

Submitting

Entries: Entries must include swimmer's name, USA Swimming ID number, age, event name and number, and the swimmer's best time. **Do not convert, as times must be verified through SWIMS.** Times will be seeded LCM/SCM/SCY.

Submit entries using either a Team Unify SDIF file or using Hy-Tek Team Manager Software.

Email the following files: TM cl2 file or SDIF file, with individual and relay entries; Meet Entry Report, including Relays; Meet Entry Fee Report; and Team Information Form.

Email your entry file and reports as attachments to: patty@gbacswim.com

Deadline: Entries must be received no later than 6:00pm Wednesday, July 9th, 2025. Late entries will not be accepted.

Fees:	\$30.00	Surcharge per swimmer, including relay only swimmers (\$9.00 SRS fees, \$17.00 pool fees, \$2.00 timing system, \$2.00 hospitality)
	\$ 3.00	Per individual event
	\$ 12.00	Per relay event

SRS surcharge fees will be waived for Outreach swimmers if requested by submitting team.

No refunds will be given for events entered, but not swam.

All fees must reach the entry address no later than Wednesday, July 16. Do not plan on bringing the check to the meet—it must be received before the meet begins or a SRS penalty of \$100 will be assessed. Make checks payable to **Idaho Competitive Aquatics**. One check per team!

Mail to: Patty Stratton
2017 S. Roosevelt, Boise, ID 83705
patty@gbacswim.com

Late

Entries: If a swimmer who has not previously been entered in the meet achieves a first-time qualifying time between the regular entry deadline and Sunday, July 13, 2025, we will accept a late entry up until 5:00pm on July 13, 2025. Late Entry Fees are \$40.00 surcharge and \$6.00 per individual event.

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2
All combined events will be scored separately according to age groups.
Mixed Relays – Points will be divided equally to Male and Female Team Scores.

Awards: Individual Event Awards:	1 st – 8 th	SRS Championship Medals
Relay Events:	1 st – 8 th	Ribbons
High Point Awards:	1 st Place	8&U/9-10/11/12–Trophy; 13-14/15-19—Towel
Team Award:	1 st – 3 rd Places	Plaque – Total Points
Team Award:	1 st Place	Plaque – Percentage of Best Times
Team Award:	1 st Place	Plaque – Points per Swimmer
Team Award:	1 st Place	Plaque – Team Spirit

Time

Trials: Time trials will be offered at the conclusion of each day's preliminary events, if time permits. Each trial swim will count as one (1) toward the daily event limit, with the combination of time trials and meet events not to exceed three (3) events per day, and seven (7) individual events. Entries must be turned in to the Admin Table with a **\$6** fee one-half hour before projected end of the day's preliminary.

Miscellaneous:

Deck Access: 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.

Medical Supervision: There are two AEDs on site (southwest corner by lobby doors and northwest corner under the scoreboard) and a lifeguard will be on duty during the meet.

Safe Sport: 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.

Locker Rooms: Locker rooms are for athletes only. Bathrooms located off the lobby are for spectators only.

Deck Marshals: Deck marshals will be assigned to supervise warm-ups. Deck Marshals have the authority to remove any swimmer, coach, or club who do not follow the safety rules during the warm-up periods.

Deck Changing: Changing into or out of swimsuits outside designated locker room areas by athletes is prohibited. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks. Swimmers are asked to use the Aquatic Dressing Rooms only.

Recording Devices: Uses of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms or locker rooms.

Drones: 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.

Snake River Swimming Safety Guidelines and Warm-up Procedures will apply. NO DIVING into the competition or warm up/warm down courses. Racing starts will be allowed when all teams assigned to a warm up lane agree to do so and notify the teams on either side of them that they will be doing starts. The warm-up/warm down course will be available for warm-up/warm down during the entire course of the meet.

Timing: All teams will be assigned lanes to staff for timing for prelim and final sessions based on the number of swimmers each team has entered in the meet. It will be each team's responsibility to rotate their timers. A schedule of assigned lanes will be posted on the SRS website before the meet and posted at Clerk of Course.

Heat Sheets for all sessions will be available on the meet website and on Meet Mobile. Heat sheets will also be posted in the facility.

Results: Complete meet results as a PDF, the meet results file, and the team scoring report will be available on the Snake River Swimming website: www.snakeriverswimming.org after the conclusion of the meet. Daily results will be posted on the meet website as soon as possible after each session and will be available through Meet Mobile.

Concessions: No food will be allowed on deck. Food and coolers will be confined to the bleachers or outside grass areas.

Vendor: ???

Hospitality: A Hospitality area will be provided for officials and coaches.

Venue Rules:

- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted in the facility.
- 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.
- Please keep your team area clean and pick up all trash before leaving each session.
- Tents can be set up in the turf area to the north of the pool. However, you may NOT stake the tents into the turf and must use weights or ballast to secure your tent.

2025 Snake River Swimming Summer Championships

Idaho Central Aquatic Center

Schedule of Events & Qualifying Times

Friday, July 18, 2025 Prelims Start: 8:30am

Girls	Type	LCM	SCY	Event	SCY	LCM	Type	Boys
1	P/F	1:48.99	1:35.99	9-10 100 Freestyle	1:35.99	1:48.99	P/F	2
3	P/F	1:29.99	1:18.99	11-12 100 Freestyle	1:18.99	1:29.99	P/F	4
5	P/F	1:14.99	1:05.99	13-14 100 Freestyle	1:02.99	1:11.99	P/F	6
7	P/F	1:12.99	1:03.99	15-19 100 Freestyle	57.99	1:05.99	P/F	8
9	P/F	2:20.99	2:04.99	10 & U 100 Breaststroke	2:10.99	2:27.99	P/F	10
11	T Final	4:12.99	3:40.99	11-12 200 Breaststroke	3:40.99	4:12.99	T Final	12
13	P/F	3:36.99	3:10.99	13-14 200 Breaststroke	2:56.99	3:20.99	P/F	14
15	P/F	3:30.99	3:05.99	15-19 200 Breaststroke	2:48.99	3:11.99	P/F	16
17	P/F	46.99	40.99	11-12 50 Backstroke	40.99	46.99	P/F	18
19	P/F	42.99	37.99	13-14 50 Backstroke	36.99	41.99	P/F	20
21	P/F	41.99	36.99	15-19 50 Backstroke	33.99	38.99	P/F	22
23	T Final	---	---	8 & U 200 Free Relay	---	---	T Final	24
25	T Final	---	---	10 U 200 Free Relay	---	---	T Final	26
27	T Final	---	---	12 U 200 Free Relay	---	---	T Final	28
29	T Final	---	---	14 U 200 Free Relay	---	---	T Final	30
31	T Final	---	---	19 U 200 Free Relay	---	---	T Final	32
33	T Final	---	---	8 & U 50 Butterfly	---	---	T Final	34
35	P/F	57.99	50.99	9-10 50 Butterfly	52.99	59.99	P/F	36
37	P/F	1:41.99	1:29.99	11-12 100 Butterfly	1:29.99	1:41.99	P/F	38
39	P/F	1:26.99	1:16.99	13-14 100 Butterfly	1:11.99	1:21.99	P/F	40
41	P/F	1:24.99	1:14.99	15-19 100 Butterfly	1:07.99	1:16.99	P/F	42
43	P/F	3:46.99	3:20.99	11-12 200 Individual Medley	3:20.99	3:46.99	P/F	44
45	P/F	3:11.99	2:49.99	13-14 200 Individual Medley	2:39.99	3:00.99	P/F	46
47	P/F	3:08.99	2:46.99	15-19 200 Individual Medley	2:31.99	2:51.99	P/F	48
49	T Final	6:53.99	7:38.99	11-12 400 Freestyle	7:38.99	6:53.99	P/F	50
49	T Final	6:04.99	6:47.99	13-14 400 Freestyle	6:26.99	5:45.99	P/F	50
49	T Final	5:57.99	6:40.99	15-19 400 Freestyle	6:10.99	5:31.99	P/F	50

Events 11-14 will be combined for prelims with the top eight 13-14 year olds advancing to finals.

400 Freestyle will be swum combined 11-19 but scored and awarded 11-12, 13-14, 15-19. In order to be seeded, check-in at the Clerk of Course is required by 10:00 am Friday. The event will be swum fastest to slowest, alternating women's and men's heats.

2025 Snake River Swimming Summer Championships

Idaho Central Aquatic Center

Schedule of Events & Qualifying Times

Saturday, July 19, 2025 Prelims Start: 8:30am

Girls	Type	LCM	SCY	Event	SCY	LCM	Type	Boys
51	T Final	---	---	8 & U 50 Freestyle	---	---	T Final	52
53	P/F	47.99	41.99	9-10 50 Freestyle	41.99	47.99	P/F	54
55	P/F	40.99	35.99	11-12 50 Freestyle	35.99	40.99	P/F	56
57	P/F	35.99	30.99	13-14 50 Freestyle	28.99	32.99	P/F	58
59	P/F	34.99	29.99	15-19 50 Freestyle	26.99	30.99	P/F	60
61	P/F	2:21.99	2:05.99	10 & U 100 Butterfly	2:05.99	2:21.99	P/F	62
63	T Final	3:44.99	3:19.99	11-12 200 Butterfly	3:19.99	3:44.99	T Final	64
65	P/F	3:10.99	2:48.99	13-14 200 Butterfly	2:38.99	2:59.99	P/F	66
67	P/F	3:07.99	2:45.99	15-19 200 Butterfly	2:31.99	2:51.99	P/F	68
69	P/F	50.99	44.99	11-12 50 Breaststroke	44.99	50.99	P/F	70
71	P/F	48.99	42.99	13-14 50 Breaststroke	39.99	45.99	P/F	72
73	P/F	47.99	41.99	15-19 50 Breaststroke	36.99	42.99	P/F	74
75	T Final	---	---	8 & U 200 Medley Relay	---	---	T Final	76
77	T Final	---	---	10 & U 200 Medley Relay	---	---	T Final	78
79	T Final	---	---	12 & U 200 Medley Relay	---	---	T Final	80
81	T Final	---	---	14 & U 200 Medley Relay	---	---	T Final	82
83	T Final	---	---	19 & U 200 Medley Relay	---	---	T Final	84
85	T Final	---	---	8 & U 50 Backstroke	---	---	T Final	86
87	P/F	58.99	50.99	9-10 50 Backstroke	50.99	58.99	P/F	88
89	P/F	1:43.99	1:29.99	11-12 100 Backstroke	1:29.99	1:43.99	P/F	90
91	P/F	1:27.99	1:16.99	13-14 100 Backstroke	1:11.99	1:21.99	P/F	92
93	P/F	1:24.99	1:14.99	15-19 100 Backstroke	1:08.99	1:18.99	P/F	94
95	P/F	4:36.99	4:05.99	10 & U 200 Individual Medley	4:05.99	4:36.99	P/F	96
97	T Final	7:49.99	6:54.99	11-12 400 Individual Medley	6:54.99	7:49.99	T Final	98
97	T Final	6:50.99	6:03.99	13-14 400 Individual Medley	5:41.99	6:26.99	T Final	98
97	T Final	6:41.99	5:55.99	15-19 400 Individual Medley	5:26.99	6:09.99	T Final	98
99	T Final	12:45.99	14:11.99	13-14 800 Freestyle	13:17.99	12:00.99	T Final	100
99	T Final	12:17.99	13:52.99	15-19 800 Freestyle	12:51.99	11:33.99	T Final	100

Events 63-66 will be combined for prelims with the top eight 13-14 year olds advancing to finals.

400 IM will be swum combined 11-19 but scored and awarded 11-12, 13-14, 15-19. In order to be seeded, check-in is required by 10:00am on Saturday. The event will be swum fastest to slowest, alternating women's and men's heats.

800 Freestyle will be swum combined 13-19 but scored and awarded 13-14 & 15-19. In order to be seeded, check-in at the Clerk of Course is required by 10:00am on Saturday. The event will be swum fastest to slowest, alternating women's and men's heats.

Schedule of Events & Qualifying Times
Sunday, July 20, 2025 Prelims Start: 8:30am

Girls	Type	LCM	SCY	Event	SCY	LCM	Type	Boys
101	T Final	---	---	8 & U 100 Freestyle	---	---	T Final	102
103	P/F	4:06.99	3:38.99	9-10 200 Freestyle	3:45.99	4:14.99	P/F	104
105	P/F	3:24.99	3:00.99	11-12 200 Freestyle	3:00.99	3:24.99	P/F	106
107	P/F	2:40.99	2:21.99	13-14 200 Freestyle	2:19.99	2:38.99	P/F	108
109	P/F	2:37.99	2:18.99	15-19 200 Freestyle	2:06.99	2:24.99	P/F	110
111	P/F	45.99	39.99	11-12 50 Butterfly	39.99	45.99	P/F	112
113	P/F	40.99	35.99	13-14 50 Butterfly	34.99	39.99	P/F	114
115	P/F	39.99	34.99	15-19 50 Butterfly	31.99	36.99	P/F	116
117	T Final	---	---	8 & U Mixed 200 Free Relay	---	---	---	---
118	T Final	---	---	10 & U Mixed 200 Free Relay	---	---	---	---
119	T Final	---	---	12 & U Mixed 200 Free Relay	---	---	---	---
120	T Final	---	---	14 & U Mixed 200 Free Relay	---	---	---	---
121	T Final	---	---	19 & U Mixed 200 Free Relay	---	---	---	---
123	T Final	---	---	8 & U 50 Breaststroke	---	---	T Final	124
125	P/F	1:04.99	56.99	9-10 50 Breaststroke	56.99	1:04.99	P/F	126
127	P/F	1:53.99	1:39.99	11-12 100 Breaststroke	1:39.99	1:53.99	P/F	128
129	P/F	1:39.99	1:27.99	13-14 100 Breaststroke	1:21.99	1:33.99	P/F	130
131	P/F	1:37.99	1:25.99	15-19 100 Breaststroke	1:16.99	1:27.99	P/F	132
133	P/F	2:05.99	1:47.99	10 & U 100 Backstroke	1:47.99	2:05.99	P/F	134
135	T Final	3:44.99	3:16.99	11-12 200 Backstroke	3:16.99	3:44.99	T Final	136
137	P/F	3:07.99	2:46.99	13-14 200 Backstroke	2:36.99	2:56.99	P/F	138
139	P/F	3:03.99	2:42.99	15-19 200 Backstroke	2:27.99	2:46.99	P/F	140
141	T Final	23:52.99	23:23.99	13-14 1500 Freestyle	22:18.99	22:45.99	T Final	142
141	T Final	23:33.99	23:05.99	15-19 1500 Freestyle	21:35.99	22:01.99	T Final	142

Events 135-138 will be combined for prelims with the top eight 13-14 year olds advancing to finals.

1500 Freestyle will be swum 13-19 but scored and awarded 13-14 & 15-19. In order to be seeded, check-in at the Clerk of Course is required by 10:00am on Sunday. The event will be swum fastest to slowest, alternating women's and men's heats.

Snake River Swimming Summer Championships
Idaho Central Aquatic Center Boise, ID
July 18-20, 2025

TEAM INFORMATION

(Please include the Team Information Form if sending entries electronically.)

TEAM NAME: _____ CLUB CODE: _____

CONTACT NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH(ES) ATTENDING MEET: _____

While in Boise our coach can be reached at: _____

Motel Name/Phone #

The following statement must be signed by coach or team representative:

I have read the meet information and attest that all swimmers entered are athlete members of
USA Swimming and registered as a Snake River swimmer.

Signature: _____ Date: _____

ENTRY SUMMARY

_____ Swimmers x \$30.00/swimmer = \$ _____

_____ Individual Events x \$3.00 each = \$ _____

_____ Relays x \$12.00 each = \$ _____

Team Total = \$ _____

(Make Checks Payable to Idaho Competitive Aquatics)

ENTRY DEADLINE – 6:00 pm Wednesday, July 9, 2025

Mail Team Information Form and Check to: **Patty Stratton**
2017 S. Roosevelt Street
Boise, ID 83705
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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) marshals, 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. Marshals shall be current members of United States Swimming.
 - c. Marshals shall have the authority to remove from the pool, for 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 marshals, 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.