

Boise Y Swim Team
January Winter Invitational
WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER
January 24th and 25th, 2026

SPONSOR: Boise Y Swim Team Sanction: SRS2601-SM03

**Approval &
SANCTION:**

The meet is held under sanction of United States Swimming, Inc. and Snake River Swimming, Inc. **Sanction:** **#SRS2601-SM03** "In granting this sanction 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."

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 policy is a condition of participation in the conduct of competition.

LIABILITY: "In granting this sanction 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 meet."

TYPE: Timed Finals.

LOCATION: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right on Chinden. Go approximately ¾ mile to Discovery Place, turn right. Follow Discovery to West YMCA/Aquatic Center. From Highway 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, travelling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

FACILITIES: 25-yard x 50 meter indoor pool with depth equal to 4 feet or less than 13 feet; 10 eight-foot lanes, Spectrum starting blocks with hand rails and fins at deep end of pool; 6" anti-wave lane lines; and spectator seating for 800 people.

The competition course has been certified with USA Swimming in accordance with 104.2.2C(5).

The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end.

TIMING: Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

**MEET
REFEREE:** Vicki Marsh Email: vicki50marsh@gmail.com

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

OFFICIALS: We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.

**MEET
DIRECTOR:** Tina Akpan Email: t_akpan@msn.com

ELIGIBILITY: The meet is open to all USA Swimming registered swimmers. All age group/senior swimmers must hold a current USA Swimming registration card. Age of the swimmer on the first day of the meet will determine swimmer's age group, i.e. January 24, 2026. Deck registration will not be provided.

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.

BACKSTROKE: The "ledge starting device" will be available during the meet and is solely optional. All swimmers who wish to use the backstroke starting device need to be certified by their coach to use it.

No Times (NT) will be accepted for all events except the 500 freestyle and 400 IM which have qualifying times.

Athletes with disabilities may enter any age appropriate event without meeting the qualifying standard. Please provide advance notice to the Meet Referee of any necessary accommodations your disabled swimmer may need.

ENTRY LIMIT: All swimmers may enter 3 individual and 1 relay events each day.

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 limit of 4 hours.

SCHEDULE:	Saturday, January 24	Warm-up:	7:45 AM
		Meet Start:	9:00 AM.
	Sunday, January 25	Warm-up:	7:45 AM
		Meet Start:	9:00 a.m.

To help the sessions adhere to the projected time line, flyover starts will be used.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted.

MEETINGS: COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Saturday at 7:30 a.m. and Sunday morning at 7:30 a.m. (if needed). Team packets with heat sheets will be available at the Saturday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Saturday and Sunday morning at 8:00 a.m.)

ENTRIES: Entries must include swimmer's name, age, event name and number, and the swimmer's **best short course yard time. Please do not convert.** If short course meter or long course meter times are submitted, they will be seeded after all short course yard times (SCY/SCM/LCM). "No times" (NT) will be accepted for all events except the 500 freestyle and 400 IM.

Be sure to include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming. **DECK REGISTRATION WILL NOT BE ACCEPTED.** 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.

Submit team entries via email using Hy-Tek TEAM MANAGER software or by submitting a TeamUnify SDIF file.

EMAIL (required): Email entries as an attachment to the following email address: BYSTmeetentries@ymcatvidaho.org. We require the following files: Meet Entry cl2 File with individual and relay entries; Meet Entry Report, including Relays; and Meet Entry Fee Report. These reports can be generated in Team Unify or in Team Manager.

FEES: \$3.00 per event; \$30.00 per swimmer

All fees must reach the entry address within one week of the deadline. Do not plan on bringing the check to the meet—it must be received before the meet begins or the SRS penalty of \$100 will be assessed. ONE CHECK PER TEAM! Make checks payable to Boise Y Swim Team.

DEADLINE: Entries must be received no later than 6:00 p.m. on **Wednesday , January 14, 2026. LATE ENTRIES WILL NOT BE ACCEPTED.**

Email Entry Files to: Linda Conger – BYSTmeetentries@ymcatvidaho.org

Mail Fees to: Linda Conger
Tomlinson South Meridian YMCA
5155 Hillsdale Ave
Meridian, ID 83642

RULES: All age group events will be governed by current USA Swimming rules. **Events may be combined regardless of gender per meet referees discretion.**

All adult USA Swimming members (18 & older swimmers) must complete the Athlete Training Program before they will be allowed to swim in the meet.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Please turn in any scratches to the meet referee.

All events, except for the 500 freestyle, 400 IM, will be pre-seeded. In order to be seeded and swim the event, swimmers must check in at the Clerk Of Course no later than 30 minutes after the start of the meet for the given session.

All events will be swum fast to slow.

SCORING: No scoring

HEAT SHEETS: Heat sheets will not be sold at the meet. They will be emailed to teams prior to the start of the meet and will be posted.

RESULTS: Meet Mobile will also be active. Follow the link to the results file. Complete Meet Results in PDF and HTML, Meet Results File, and Meet Backup will be available on the Boise YMCA Swim Team website after the conclusion of the meet.

MISC: **THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS FOR ALL TEAMS UNDERNEATH THE SCOREBOARD. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS.** A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting teams' timing lane assignments will be included in the heat sheet and posted on the team web site: www.boiseyswimteam.org.

500 free must provide their own counters and timers will be swum fastest to slowest alternating women then men. The 400 IM will be swum fastest to slowest alternating women then men.

Swimmers are asked to use the Aquatic Dressing Rooms only. Day passes for the YMCA facility will be available for purchase by visiting teams and families.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. The use of recording devices and cameras including cell phones are not permitted behind the blocks.

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.

DECK CHANGES - Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned and approved meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

CONCESSIONS: No food will be allowed on deck. All food will be confined to the bleacher areas. Coolers will be allowed in the bleacher area only.

HOSPITALITY: A hospitality room will be provided for coaches and officials.

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) 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 January, 24, 2026, 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 January 24, 2026, 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 Supervision: There is an AED on site and a lifeguard will be on duty during the meet.

Saturday, January 24, 2026

Warm up: 7:45am – 8:45am – Meet Start: 9:00am

Girls	Event	Boys
1	13 & over 100 Free	2
3	12 & under 100 Free	4
5	13 & over 200 Medley Relay	6
7	12 & under 200 Medley Relay	8
9	10 & under 200 Medley Relay	10
11	13 & over 200 IM	12
13	12 & under 200 IM	14
15	13 & over 50 Breast	16
17	12 & under 50 Breast	18
19	11 & over 200 Fly	20
21	13 & over 100 Back	22
23	12 & under 100 Back	24
25	11 & over 200 Breast	26
27	13 & over 50 Fly	28
29	12 & under 50 Fly	30
	5 min break	
31	11 & over 500 Free	32

500 will be swum fastest to slowest alternating women and men

Sunday, January 25, 2026

Warm up: 7:45-8:45am – Meet Starts at 9:00

Girls	Event	Boys
33	13 & over 50 Free	34
35	12 & under 50 Free	36
37	13 & over 100 Fly	38
39	12 & under 100 Fly	40
41	13 & over 200 Free Relay	42
43	12 & under 200 Free Relay	44
45	10 & under 200 Free Relay	46
47	13 & over 100 IM	48
49	12 & under 100 IM	50
51	13 & over 50 Back	52
53	12 & under 50 Back	54
55	13 & over 200 Free	56
57	12 & under 200 Free	58
59	13 & over 100 Breast	60
61	12 & under 100 Breast	62
63	11 & over 200 Back	64
	5 Minute break	
65	11 & over 400 IM	66

400 IM will be swum fastest to slowest alternating women / men

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)

POOL	PUSH/PACE	RECOMMENDED LANE USE	
		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 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.
 - c. 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.