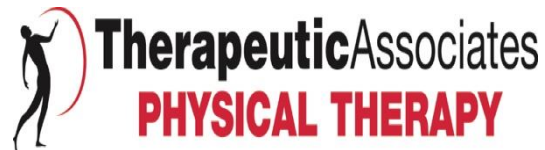


Boise Swim Club Sponsors! Thank you for your support!



Idaho Fitness Academy
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Boise Swim Club Shamrock Invite March 14, 2026

Host: Boise Swim Club

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713

Type: Short Course Timed Finals

Sanction # SR2603-SM02 The meet is held under sanction of USA Swimming, Inc. and Snake River Swimming, Inc. This meet has been sanctioned by Snake River Swimming and current USA Swimming rules, and Snake River Swimming Policies & Procedures will apply. All athletes must be currently registered as annual members for 2026 with USA Swimming. Snake River Swimming does not allow on-deck USA Swimming registrations. The conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

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.

Liability: In granting this sanction and by any person's participation in the meet, 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. It is further understood that Snake River Swimming, Inc., all meet

officials, West Family YMCA, and Boise Swim Club 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 meet.

Facilities: 25-yard x 50-meter indoor pool with Ten 8-foot lanes in the competition course and Six 8-foot lanes in the warmup/warm down course; Blocks with 10-degree slope and back footrest; 6" anti-wave lane lines; and spectator seating for 800 people.

The minimum water depth, measured in accordance with Article 103.2.3, is from 6 feet to 13 feet at the start and turn ends in the competition course and from 5 feet to 4 feet in the warmup/warm down course.

Pool Certification: The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

Meet Referee: Vicki Marsh vicki50marsh@gmail.com

Meet Director: Deb Hill boiseswimclub@gmail.com

Meet Entries: Deb Hill boiseswimclub@gmail.com

Officials: We appreciate the help of certified officials from each participating team. If you know of an official attending the meet, please contact the meet referee in advance. There will be an official meeting forty-five (45) minutes prior to the start of the meet.

Schedule: Coaches' meeting 1:45pm and Officials meeting at 2:15pm

Warmups: 2pm-2:25pm ~ 13 & Over swimmers; 2:25-2:50pm ~ 12 & under

Meet: Meet Starts at 3pm

Eligibility: Open to all 2026 USA Swimming registered members. All swimmers must hold current USA Swimming registration cards. All USA Swimming members 18 years and over must have completed the MAAPP Safe Sport requirements in order to swim in the meet. The age of the swimmer on the day of the meet will determine the swimmer's age group (March 14, 2026).

Entries: Swimmers may enter up to 3 individual events. As prescribed in Article 205.3.1 of 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. Athletes not to exceed a total number of 250 swimmers.

NOTE: ENTRIES FOR BUTTERFLY, BREASTROKE AND BACKSTROKE ARE LIMITED TO ONE EVENT EACH PER STROKE, providing they do not exceed the meet maximum of 3 individual events (i.e., a 12-year-old swimmer may enter either the 100 Breast or 50 Breast). This is due to the limited time between events. Swimmers may, however, enter 2 freestyle events if they choose.

NO TIME TRIALS OFFERED IN THIS MEET.

Rules: All events will be governed by current USA Swimming rules. All events will be swum as timed finals. Events will be swum slowest to fastest. All events will be pre-seeded, and no deck entries will be allowed.

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 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.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes for the last 10 minutes of warm-up.

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 swimmers will be required to start from the water.

All 25-yard events will start at the bleacher side of the pool. Swimmers will start from the pool deck or in the water.

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current SRS Swimming safety guidelines and warm-up procedures will be followed.

Under USA Swimming Rule 102.8 changing into or out of swimsuits outside designated locker room areas by swimmers 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.

The rules of USA Swimming will govern the conduct of the meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind starting blocks. Glass containers, tobacco products, or alcoholic beverages are not allowed in the swimming venue. Operation of drone, or any 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.

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 ages 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 March 14, 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.

Fees: \$35.00 per swimmer

(Includes \$4 Snake River Swimming fee, facility fee, timing system, awards, admin, hospitality)

Payable to Boise Swim Club. One check per team. Mail hard copies of entries and meet fees to:

**Boise Swim Club
C/O Debra Hill
4074 E. Hardesty St.
Boise, Idaho 83716**

Entries must include the swimmer's name, age, event name, and number. Entries should include the swimmer's best short course yard time if the swimmer has a time for the event. However, no time (NT) is acceptable.

Please submit your entry file via email using Hy-Tek Team Manager software (cl2 file) or submit a Team Unify SDIF file. Email entry file and the Meet Entry report to:

Deb Hill: boiseswimclub@gmail.com

Deadline: Swimmers must declare their intention to swim in the meet no later than Friday, March 6, 2026.

Scoring: This is a non-scoring meet.

Awards: Participation award and heat winner duckies

Heat Sheets: Heat Sheets will be posted at the meet and sent to teams via email prior to the meet.

Results: Can be found on the Boise Swim Club and SRS websites when completed.



Boise Swim Club Shamrock Invite Events

Female Event #	Event	Male Event #
1	Open 200 Freestyle	2
3	13 & Over 50 Freestyle	4
5	11-12 50 Freestyle	6
7	9-10 50 Freestyle	8
9	8 & Under 25 Free	10
11	11 & Over 200 Breaststroke	12
13	Open 100 Breaststroke	14
15	12 & Under 50 Breaststroke	16
17	8 & Under 25 Breaststroke	18
19	11 & Over 200 Backstroke	20
21	Open 100 Backstroke	22
23	12 & Under 50 Backstroke	24
25	8 & Under 25 Backstroke	26
27	11 & Over 200 Butterfly	28
29	Open 100 Butterfly	30
31	12 & Under 50 Butterfly	32
33	8 & Under 25 Butterfly	34
35	13 & Over 100 Free	36
37	11-12 100 Free	38
39	10 & Under 100 Free	40
41	8 & Under 50 Free	42
43	9 & Over 200 IM	44
45	12 & Under 100 IM	46
47	11 & Over 400 IM	48
49	11 & Over 500 Free	50