

**SNAKE RIVER SUMMER CHAMPIONSHIP
COMBINATION TIMED FINALS & PRELIM/FINAL EVENTS
July 30 – August 1, 2010**

SPONSOR: Boise YMCA Swim Team

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction #10-12. In granting this sanction, 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 injury to anyone during the conduct of the event.

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 $\frac{3}{4}$ 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: 50 meter x 25 yard indoor pool with depth equal to 4 feet or less than 13 feet; 8 eight foot lanes; paragon-style blocks at deep end of pool; 6" anti-wave lane lines; 2-lane instructional pool will be available for warm-ups during the meet. There are no blocks at the shallow end of the pool (4'); spectator seating for 800 people.

The competition course has been certified with USA Swimming in accordance with 104.2.2C(4).

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 electronic scoreboard and two (2) backup watches per lane. Hy-Tek Meet Manager for Windows software with Timing Console interface. Each team will be required to provide timers during the entire course of the meet. Assigned lanes will appear in the heat sheet.

MEET REFEREE: Mark Eyolfson
3233 E. Redstone Dr., Boise, ID 83712
(208) 344-8293

Email: trock2@cableone.net

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: **Ruthie Palmatier**
5306 N. Noble Fir Avenue
Boise, ID 83713
208-841-8898
ruthie_palmatier@msn.com

MEET FORMAT: This meet is a combination of timed finals and preliminary/finals events.

Timed Finals: All 10 & under events, all relays and all events 400 meters and longer.

Prelims & Finals: All events not covered under timed finals. The top 8 qualifiers in each event will advance for final scoring and placing.

Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet. Preliminary heats will be seeded according to USA Swimming Rules (102.5.1).

| | | | |
|------------------|------------------------------|------------------------|-----------------------|
| Schedule: | <u>Preliminaries</u> | | |
| | Friday & Saturday | | |
| | Warm-ups: | 7:15-7:55 a.m. | 13-19 |
| | | 7:55-8:25 a.m. | 12 & under |
| | Prelims Begin: | 8:30 a.m. | |
| | Sunday | | |
| | Warm-ups: | 7:00-7:40 a.m. | 1500 |
| | 1500 begin | 7:45 a.m. | |
| | General warm-up: | 9:00-9:40 a.m. | 13-19 |
| | | 9:40-10:10 a.m. | 12 & under |
| | Begin | 10:15 a.m. | |
| | <u>Finals</u> | | |
| | Friday and Saturday | | |
| | Warm-ups: | 5:15-5:55 p.m. | |
| | Finals Begin | 6:00 p.m. | |
| | Sunday | | |
| | Warm-ups: | 3:15-3:55 p.m. | |
| | Finals Begin: | 4:00 p.m. | |

MEETINGS: COACHES: There will be a mandatory coaches meeting 15 minutes before the start of warm-ups each day.

OFFICIALS: There will be an officials meeting 45 minutes prior to the start of the meet each day.

RULES: All age group events will be governed by current USA Swimming rules.

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.

This is a no card meet for all events except relays and distance 400 Meters or longer. All other swimmers should be on deck at the designated heat and lane for their events. Distance event cards must be picked up from the swimmer's coach prior to the start of the event and handed to the timers. Relay cards will be given to coaches in their packets. Swimmers must give relay cards to the timers at the time of their event with the first and last names and ages of the swimmers, in order, written on the back of the card.

At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

Events 400 meters and longer will be deck seeded as one event and may, at the discretion of the meet referee, be swum without regard to age and /or gender. All combined events will be scored separately according to age group. These events shall be swum fastest to slowest. All swimmers in events 400 M Freestyle, 800 M Freestyle and 400 M Individual Medley must check in with the Clerk of Course by 10:00 a.m. on the day of the event. Swimmers in the 1500 M Freestyle must check in by the end of Finals Saturday.

A swimmer qualifying for a final race based upon the results of a preliminary race has until 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course that they may not intend to compete. 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 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.

All events will begin from the diving block end of the pool. Relay exchanges at the shallow end of the pool will require the swimmers to start from in the water.

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 the last 15 minutes of warm-up. Two lanes in the competition pool will be available for warm-ups during the entire course of the meet.

ELIGIBILITY:

- 1) Swimmers must be registered both with Snake River Swimming for 2010 as well as with USA Swimming, Inc. Swimmers age on July 30, 2010 will be determine age group for the entire meet.
- 2) Swimmers must have obtained the qualifying time in those events that have a time standard. all other events swimmers must have a time. To swim in the 10 & Under events, swimmers must have obtained the 9-10 qualifying time. Times will be verified through SWIMS. (If times cannot be proven that event will be dropped.) Swimmers ages 13 and Over entering events for the 50 M backstroke (event #17 through event #20), 50 M breaststroke (event #63 through event #66), and the 50 M butterfly (event #115 through event #118) may enter with either a 50 or 100 meter/yard time. These events will be seeded like all other events. Therefore, it is to the swimmer's best advantage to enter with a 50 rather than a 100 time.
- 3) 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.

AWARDS:

Relay Events: 1st – 4th Ribbons

Individual Awards: 1st – 8th Medals
9th – 16th Ribbons

Team Awards: High Point: 1st – 3rd

Snake River Swimming High Points per swimmer:

Traveling trophy

Qualifications: Minimum amount of swimmers – 8
Minimum amount of splashes – 56

Snake River Swimming Percent Best Times:

Traveling Trophy

Qualifications: Minimum amount of swimmers – 8
Minimum amount of splashes “that count” – 56
*8 swimmers with 7 legal splashes

ENTRIES: **Swimmers may enter seven (7) individual events with no more than three (3) individual events per day and one (1) relay per day.**

Entries must include swimmer's name, 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. **NO TIMES ARE NOT ACCEPTED, EXCEPT FOR RELAYS.**

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.

EMAIL (required): Email entries as an attachment to the following email address: stratton@cablone.net. We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated with the TEAM MANAGER software in Microsoft Word format.

Please Note: Teams who do not have Hy-Tek's Team Manager Program may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek.com/downloads.html> According to the Hy-Tek website: TEAM MANAGER Lite is basically TEAM MANAGER with the following features enabled:

Standard Set-Up and Options Features

Enter Teams, Athletes, Relays, Meets and Browsers

Specifying Meet Entry Custom Times by Event or by Name

Import of Meet Events from a Hy-Tek MEET MANAGER Database

Export of Meet Entries to send to the meet host by diskette or over the internet

Meet Entry Report

This free download will allow teams to create the necessary meet entry file. We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software.

Proof of individual entry times is required. This can be accomplished in Team Manager by checking "Include Proof of Time" under "Meets: Reports: Entry Reports".

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number. Relay only swimmers must be on the team master entry form and the surcharge paid.

A signed Statement of Verification must be included with the team entry, indicating that all swimmers entering the meet are registered with USA Swimming.

ALL SWIMMERS MUST BE USA SWIMMING REGISTERED. Deck registration will not be provided! Please contact Snake River Registration Chairman Dina Luptak, (208) 525-2047 for registration information.

All entrants must be registered no later than the entry deadline of July 20, 2010.

ENTRY FEES:

\$2.50 per individual event

\$6.00 per relay event

\$10.75 Surcharge per swimmer (\$1.75 pool rental, \$3.75 lifeguard, \$2.75 timing equipment, and \$2.50 Snake River Swimming travel fund).

Make checks payable to **Boise YMCA Swim Team**. All fees must accompany entries. One check per team please.

ENTRY

DEADLINE: Entries must be postmarked by July 20, 2010 and received no later than 6pm **Tuesday, July 21, 2010**. Entries AND payment must be received by the due date.

We prefer entries by email; however, all entry fees must arrive no later than **Tuesday, July 21, 2010**

LATE ENTRIES WILL NOT BE ACCEPTED.

Send entries and fees to:

Patty Stratton

2017 S Roosevelt

Boise, ID 83705

(208) 376-1135

E-Mail: stratton@cablone.net

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

TIMED TRIALS: Will be offered at the conclusion of each day's preliminary events. 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. Entries must be turned into the computer table with a \$3.00 fee one-half hour before projected end of the day's preliminary events.

RESULTS: **Realtime Results will be available online at the Boise YMCA Swim Team website:** www.boiseyswimteam.org. Follow the link to the results file. Complete Meet Results, Meet Results File, and meet backup will available at the Boise YMCA Swim Team website: www.boiseyswimteam.org after the conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

MISC: Swimmers in distance events must provide a person to count laps and at least one timer.

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.

Heat Sheets for prelim sessions will be available for \$5.00 and final sessions for \$1.00. Heat sheets will also be posted. Meet results will not be mailed out. Results will be available on the Boise Y Swim Team website in PDF and HTML formats.

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. The Y facility does not open on Sunday until 12 noon.

CONCESSIONS: Concessions will be available all day Friday, Saturday and Sunday. No food will be allowed on deck. All food will be confined to the bleacher and concession areas. Coolers will be allowed in the bleacher area only.

VENDORS: Aquaholics

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

Special Rates Available for 2010 Snake River Summer Champs

Springhill Suites: 939-8266

Hilton Garden Inn Boise-Eagle: 938-9600

TownePlace Suites: 884-8550

Cambria Suites: 208-914-2052

Courtyard by Marriott: 331-2700

**SNAKE RIVER SUMMER CHAMPIONSHIPS
SCHEDULE OF EVENTS
Friday, July 30, 2010
Timed Finals***

| Female | | Event Name | Male |
|----------------|--------|---------------------|----------------|
| Event # | | | Event # |
| 1 | 9-10 | 50 M FREESTYLE* | 2 |
| 3 | 11-12 | 50 M FREESTYLE | 4 |
| 5 | 13-14 | 50 M FREESTYLE | 6 |
| 7 | 15-19 | 50 M FREESTYLE | 8 |
| 9 | 10 & U | 100 M BUTTERFLY* | 10 |
| 11 | 11-12 | 100 M BUTTERFLY | 12 |
| 13 | 13-14 | 200 M BUTTERFLY | 14 |
| 15 | 15-19 | 200 M BUTTERFLY | 16 |
| 17 | 13-14 | 50 M BACKSTROKE | 18 |
| 19 | 15-19 | 50 M BACKSTROKE | 20 |
| 21 | 10 & U | 100 M BREASTSTROKE* | 22 |
| 23 | 11-12 | 100 M BREASTSTROKE | 24 |
| 25 | 13-14 | 200 M BREASTSTROKE | 26 |
| 27 | 15-19 | 200 M BREASTSTROKE | 28 |
| 29 | 11-12 | 200 M IND MEDLEY | 30 |
| 31 | 13-14 | 200 M IND MEDLEY | 32 |
| 33 | 15-19 | 200 M IND MEDLEY | 34 |
| 35 | 12 & U | 400 M FREE RELAY* | 36 |
| 37 | 14 & U | 400 M FREE RELAY* | 38 |
| 39 | 19 & U | 400 M FREE RELAY* | 40 |
| 41 | 11-19 | 400 M FREESTLYE* | 42 |

Swimmers may enter 3 events (not to exceed 7 events total
for the meet) plus 1 relay each day.

The 11-19 400 Freestyle will be scored and awarded 11-12, 13-14, 15-19.

Swimmers entered in the 400 Freestyle **must check in** with the
Clerk of Course by 10:00 a.m.

**SNAKE RIVER SUMMER CHAMPIONSHIPS
SCHEDULE OF EVENTS
Saturday, July 31, 2010
Timed Finals***

| Female | | Event Name | Male |
|----------------|--------|----------------------|----------------|
| Event # | | | Event # |
| 43 | 8 & U | 50 M FREESTYLE* | 44 |
| 45 | 9-10 | 100 M FREESTYLE* | 46 |
| 47 | 11-12 | 100 M FREESTYLE | 48 |
| 49 | 13-14 | 100 M FREESTYLE | 50 |
| 51 | 15-19 | 100 M FREESTYLE | 52 |
| 53 | 8 & U | 50 M BUTTERFLY* | 54 |
| 55 | 9-10 | 50 M BUTTERFLY* | 56 |
| 57 | 11-12 | 50 M BUTTERFLY | 58 |
| 59 | 13-14 | 100 M BUTTERFLY | 60 |
| 61 | 15-19 | 100 M BUTTERFLY | 62 |
| 63 | 13-14 | 50 M BREASTSTROKE | 64 |
| 65 | 15-19 | 50 M BREASTSTROKE | 66 |
| 67 | 8 & U | 50 M BACKSTROKE * | 68 |
| 69 | 9-10 | 50 M BACKSTROKE* | 70 |
| 71 | 11-12 | 50 M BACKSTROKE | 72 |
| 73 | 13-14 | 100 M BACKSTROKE | 74 |
| 75 | 15-19 | 100 M BACKSTROKE | 76 |
| 77 | 10 & U | 200 M IND MEDLEY * | 78 |
| 79 | 13-19 | 400 M IND MEDLEY* | 80 |
| 81 | 8 & U | 200 M MEDLEY RELAY * | 82 |
| 83 | 10 & U | 200 M MEDLEY RELAY * | 84 |
| 85 | 12 & U | 200 M MEDLEY RELAY * | 86 |
| 87 | 14 & U | 200 M MEDLEY RELAY * | 88 |
| 89 | 19 & U | 200 M MEDLEY RELAY * | 90 |
| 91 | 11-19 | 800 M FREESTLYE* | 92 |

Swimmers may enter 3 events (not to exceed 7 events total
for the meet) plus 1 relay each day.

The 13-19 Individual Medley will be scored and awarded 13-14, 15-19.
Swimmers entered in the 400 M Ind. Medley must check in with the Clerk of Course by 10:00 a.m.

The 11-19 800 M Freestyle will be scored and awarded 11-12, 13-14, 15-19.
Swimmers entered in the 800 M Freestyle must check in with the Clerk of Course by 10:00 a.m.

**SNAKE RIVER SUMMER CHAMPIONSHIPS
SCHEDULE OF EVENTS
Sundaym August 1, 2010
Timed Finals***

| Female Event # | | Event Name | Male Event # |
|---------------------------|--------|--------------------|-------------------------|
| 93 | 13-19 | 1500 M FREESTLYE* | 94 |
| 95 | 8 & U | 200 M FREE RELAY* | 96 |
| 97 | 10 & U | 200 M FREE RELAY* | 98 |
| 99 | 12 & U | 200 M FREE RELAY* | 100 |
| 101 | 14 & U | 200 M FREE RELAY* | 102 |
| 103 | 19 & U | 200 M FREE RELAY* | 104 |
| 105 | 8 & U | 100 M FREESTYLE* | 106 |
| 107 | 10 & U | 200 M FREESTYLE* | 108 |
| 109 | 11-12 | 200 M FREESTYLE | 110 |
| 111 | 13-14 | 200 M FREESTYLE | 112 |
| 113 | 15-19 | 200 M FREESTYLE | 114 |
| 115 | 13-14 | 50 M BUTTERFLY | 116 |
| 117 | 15-19 | 50 M BUTTERFLY | 118 |
| 119 | 8 & U | 50 M BREASTSTROKE* | 120 |
| 121 | 9-10 | 50 M BREASTSTROKE* | 122 |
| 123 | 11-12 | 50 M BREASTSTROKE | 124 |
| 125 | 13-14 | 100 M BREASTSTROKE | 126 |
| 127 | 15-19 | 100 M BREASTSTROKE | 128 |
| 129 | 10 & U | 100 M BACKSTROKE* | 130 |
| 131 | 11-12 | 100 M BACKSTROKE | 132 |
| 133 | 13-14 | 200 M BACKSTROKE | 134 |
| 135 | 15-19 | 200 M BACKSTROKE | 136 |

Swimmers may enter 3 events (not to exceed 7 events total
for the meet) plus 1 relay each day.

The 13-19 Freestyle will be scored and awarded 13-14, 15-19.

Swimmers entered in the 1500 M Freestyle must check in with the
Clerk of Course by the end of Finals Saturday evening.

**2010 Snake River Summer Championship
Qualifying Times**

| | Girls | | 8 & under | | Boys | |
|---------|--------------|---------|----------------------|---------|-------------|---------|
| Yards | SCM | LCM | Events | Yards | SCM | LCM |
| 2:00.89 | 2:14.92 | 2:18.59 | 100 Free | 2:00.89 | 2:14.92 | 2:20.08 |

| | Girls | | 9/10 | | Boys | |
|---------|--------------|---------|-------------------|---------|-------------|---------|
| Yards | SCM | LCM | Event | Yards | SCM | LCM |
| 1:34.89 | 1:45.90 | 1:48.99 | 100 Free | 1:36.89 | 1:48.14 | 1:52.27 |
| 3:28.19 | 3:52.35 | 3:58.59 | 200 Free | 3:32.19 | 3:56.82 | 4:05.31 |
| 1:51.39 | 2:04.32 | 2:10.59 | 100 Back | 1:53.39 | 2:06.55 | 2:15.80 |
| 2:02.99 | 2:17.29 | 2:23.49 | 100 Breast | 2:06.99 | 2:21.73 | 2:28.35 |
| 1:57.49 | 2:11.13 | 2:13.97 | 100 fly | 1:59.49 | 2:13.36 | 2:17.66 |
| 3:35.19 | 4:00.17 | 4:08.20 | 200 IM | 3:39.19 | 4:04.63 | 4:15.76 |

| | Girls | | 11/12 | | Boys | |
|----------|--------------|----------|----------------------|----------|-------------|----------|
| Yards | SCM | LCM | Event | Yards | SCM | LCM |
| 1:20.59 | 1:29.94 | 1:32.39 | 100 Free | 1:22.59 | 1:32.18 | 1:35.70 |
| 2:51.49 | 3:11.40 | 3:16.21 | 200 Free | 2:55.49 | 3:15.86 | 3:22.88 |
| 7:14.79 | 6:20.39 | 6:31.00 | 400/500 Free | 7:14.79 | 6:20.39 | 6:33.48 |
| 15:01.79 | 13:09.19 | 13:32.49 | 800/1000 Free | 14:47.09 | 13:05.09 | 13:35.89 |
| 1:33.49 | 1:44.34 | 1:49.60 | 100 Back | 1:35.49 | 1:46.57 | 1:54.36 |
| 1:44.29 | 1:56.40 | 1:59.87 | 100 Breast | 1:46.29 | 1:58.63 | 2:04.17 |
| 1:39.09 | 1:50.59 | 1:52.99 | 100 fly | 1:41.09 | 1:52.82 | 1:56.46 |
| 3:12.99 | 3:35.39 | 3:42.60 | 200 IM | 3:16.99 | 3:39.85 | 3:49.86 |

**2010 Snake River Summer Championship
Qualifying Times**

| | Girls | | 13/14 | | Boys | |
|----------|--------------|----------|-----------------------|----------|-------------|----------|
| Yards | SCM | LCM | Event | Yards | SCM | LCM |
| 1:12.99 | 1:21.46 | 1:23.69 | 100 Free | 1:09.49 | 1:17.56 | 1:20.52 |
| 2:38.49 | 2:56.89 | 3:01.34 | 200 Free | 2:36.59 | 2:54.77 | 3:01.03 |
| 6:54.29 | 6:02.46 | 6:12.56 | 400/500 Free | 6:49.99 | 5:58.70 | 6:11.09 |
| 13:08.39 | 11:29.76 | 11:43.92 | 800/1000 Free | 12:52.39 | 11:15.76 | 11:39.00 |
| 23:34.19 | 23:29.96 | 24:10.45 | 1500/1650 Free | 23:09.19 | 23:05.03 | 23:59.58 |
| 1:24.49 | 1:34.30 | 1:39.05 | 100 Back | 1:20.69 | 1:30.06 | 1:36.63 |
| 2:59.79 | 3:20.66 | 3:29.79 | 200 Back | 2:50.79 | 3:10.61 | 3:21.17 |
| 1:35.59 | 1:46.69 | 1:49.87 | 100 Breast | 1:33.39 | 1:44.23 | 1:49.10 |
| 3:14.39 | 3:37.39 | 3:41.40 | 200 Breast | 3:10.39 | 3:33.49 | 3:41.90 |
| 1:24.69 | 1:34.52 | 1:36.57 | 100 fly | 1:20.89 | 1:30.28 | 1:33.19 |
| 3:01.39 | 3:22.44 | 3:25.89 | 200 Fly | 2:52.29 | 3:12.29 | 3:18.95 |
| 2:59.99 | 3:20.88 | 3:27.60 | 200 IM | 2:53.49 | 3:13.63 | 3:22.44 |
| 6:16.09 | 6:59.74 | 7:09.33 | 400 IM | 6:06.79 | 6:49.36 | 7:04.03 |

| | Girls | | 15-19 | | Boys | |
|----------|--------------|----------|-----------------------|----------|-------------|----------|
| Yards | SCM | LCM | Event | Yards | SCM | LCM |
| 1:09.89 | 1:18.00 | 1:20.09 | 100 Free | 1:07.59 | 1:15.44 | 1:18.32 |
| 2:29.29 | 2:46.62 | 2:50.81 | 200 Free | 2:28.89 | 2:46.17 | 2:52.13 |
| 6:45.99 | 5:55.20 | 6:05.10 | 400/500 Free | 6:33.39 | 5:44.17 | 5:56.09 |
| 12:53.99 | 11:17.16 | 12:53.99 | 800/1000 Free | 12:38.39 | 11:03.59 | 11:26.33 |
| 23:06.19 | 23:05.04 | 23:41.73 | 1500/1650 Free | 22:25.89 | 22:21.86 | 23:14.70 |
| 1:21.99 | 1:31.51 | 1:36.12 | 100 Back | 1:14.49 | 1:23.14 | 1:29.21 |
| 2:52.69 | 3:12.73 | 3:21.51 | 200 Back | 2:42.79 | 3:01.69 | 3:11.74 |
| 1:32.49 | 1:43.29 | 1:46.31 | 100 Breast | 1:23.69 | 1:33.40 | 1:37.77 |
| 3:02.69 | 3:24.39 | 3:28.08 | 200 Breast | 2:58.69 | 3:20.39 | 3:28.26 |
| 1:20.99 | 1:30.39 | 1:32.35 | 100 fly | 1:13.59 | 1:22.13 | 1:24.78 |
| 2:57.59 | 3:18.20 | 3:21.58 | 200 Fly | 2:44.79 | 3:03.92 | 3:10.29 |
| 2:55.59 | 3:15.97 | 3:22.53 | 200 IM | 2:46.29 | 3:05.59 | 3:14.04 |
| 6:06.89 | 6:49.48 | 6:58.82 | 400 IM | 5:51.29 | 6:32.06 | 6:46.12 |

SNAKE RIVER WARM-UP PROCEDURES AND SAFETY GUIDELINES

SECTION 1- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 20-45 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
4. Divide by age groups as follows:
 - a. Swimmers 12 & under, 20-30 minutes general warm-up
 - b. Swimmers 13 & over, 30-45 minutes 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.
4. Divided by age groups as follows:
 - a. Swimmers 12 & under, 10-15 minutes specific warm-up
 - b. Swimmers 13 & over, 15-20 minutes specific warm-up
5. Recommended lane use for Specific Warm-up Session:
 - a. 6 lane pool - push/pace in lanes 1 & 6
racing starts in lanes 2, 3 & 4
general warm-up in lane 5
 - b. 8 lane pool - push/pace in lanes 1 & 8
racing starts in lanes 3, 4, 5 & 6
general warm-up in lanes 2 & 7
 - c. 10 lane pool - push/pace in lanes 1, 2 & 10
racing starts in lanes 4, 5, 6 & 7
general warm-up in lanes 3, 8, & 9

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 the *Safety Guidelines and Warm-up Procedures* as outlined in Article IX
 - 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.
 - 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). a marshal is provided 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." In addition, a copy of SRS, Inc. Safety Guidelines and Warm-up Procedures shall be included with each invitation, either within the invitation or as a separate page.
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.

C. MISCELLANEOUS

1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Statement of Verification

I, _____, as coach/team representative of

_____ (name of team). Verify that all swimmers entering
_____ (name of meet) are registered swimmers with USA

Swimming. This form must accompany the meet entry.

(Signature)

**Penalty for Non-Registration of Swimmers
effective January 1, 1998**

The Registration Chairman will verify that all swimmers competing in a meet are registered with USA Swimming as Athlete Members no later than four days prior to the meet start date. The swimmer's date of registration must be on or before the meet entry due date listed in the meet invitation. The date of registration for a swimmer is determined by (a) the postmark on the envelope bearing the registration form and fees or (b) the date the form and fees are hand-delivered to the Registration Chairman. A signed verification form must accompany each team and unattached swim meet entry, regardless of method of submission (disk, electronic, hard copy, or phone).

In accordance with USA Rule 302.4 False Registration, the LSC will fine a team \$25 (plus the cost of the athlete's registration) for each swimmer entering a meet when that swimmer is not properly registered as a USA Swimming registered athlete. The fee for unattached, improperly registered swimmers will be assessed to the swimmer.

The fine and registration fees must be paid to the Registration Chairman before the swimmer may swim in the meet. In the absence of the Registration Chairman at a meet where a fine and registration fees must be paid, the fine, form, and fees are to be submitted to the Meet Referee, who will mail or hand-deliver them to the Registration Chairman. Fines will be deposited in the General Fund of Snake River Swimming.

In the event that verification can not be completed prior to a meet, and unregistered swimmers are found to have been entered in a meet, the \$25 fine will still be imposed. The fine, fees, and registration form must be submitted to the Registration Chairman no later than the first day of the swimmer's next competition, or the swimmer will not be permitted to swim in that meet.