



<b>SCHEDULE:</b>	Friday, May 18	<b>Warm Up:</b>	4:30 - 5:20 p.m.
		<b>Start:</b>	5:30 p.m.
	Saturday, May 19	<b>6-8, 9-10, 11-12</b>	
	Sunday, May 20	<b>Warm-up:</b>	7:30 - 8:20 a.m.
	(a.m. sessions)	<b>Start:</b>	8:30 a.m.
	Saturday, May 19	<b>13 &amp; Over</b>	
	(p.m. session)	<b>Warm-up:</b>	1:00 p.m.
		<b>Senior Recognition:</b>	1:45 p.m.
		<b>Start:</b>	2:00 p.m.
	Sunday, MAY 20	<b>Warm-up:</b>	12:30 p.m.
	(p.m. session)	<b>Meet Start:</b>	1:30 p.m.

If a morning session runs past the 1:00 pm (Sat) and 12:30 pm (Sun) warm-up time, the afternoon session warm-up will start immediately at the conclusion of the morning session and run for 50 minutes.

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.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon at 4:15 p.m. and Saturday morning at 7:15 a.m. Team packets (heat sheets and relay cards) will be available at the Friday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Friday afternoon at 4:45 p.m., mornings at 7:45 a.m., and afternoons 45 minutes before the afternoon session start time. Please check the Boise Y website for the approximate afternoon start time.)

**ENTRIES: ALL SWIMMERS MAY ENTER ONE EVENT ON FRIDAY AND 3 EVENTS PLUS 1 RELAY ON SAT AND SUN.**

- Entries must include swimmer's name, age, event name and number, and the swimmer's **best long course meter time. Please do not convert.** If short course meter or short course yard times are submitted, they will be seeded after all long course meter times (LCM/SCM/SCY).
- "No times" (NT) will be accepted. 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. **DECK REGISTRATION WILL NOT BE ACCEPTED.**
- Relay only swimmers must be entered in the meet and pay the meet surcharge.
- 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: [brettnkay@msn.com](mailto:brettnkay@msn.com). 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.
- The Meet Results file and Meet Manager Backup file, as well as the results in PDF and HTML, will be posted on the team website: [www.boiseyswimteam.org](http://www.boiseyswimteam.org), Look for the link under "News".

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.

**FEES:** \$2.25 per event; \$6.00 per relay; \$11.00 per swimmer (\$1.75 pool rental & \$3.75 lifeguard fee, \$2.75 timing equipment, \$2.75 Snake River Travel & Zone Funds).

**All fees must accompany entries and reach the entry address by the deadline.** Do not plan on bringing the check to the meet—it must be received by the entry deadline in order for your entries to be accepted. **ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.**

**DEADLINE:** Entries must be postmarked by **Monday, May 7, 2012** or received no later than 6:00 p.m. **on Wednesday, May 9, 2012. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: **Kay Hunt**  
5431 N Cattail Way  
Boise , ID 83714  
(208) 949-9460 **E-Mail:** [brettnkay@msn.com](mailto:brettnkay@msn.com)

Web Site information : [www.Boiseyswimteam.org](http://www.Boiseyswimteam.org)

**RULES:** All age group events will be governed by current USA Swimming rules. All events will be swum as timed finals.

**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 EXCEPT FOR RELAY EVENTS. ALL OTHER SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Relay cards will be given to coaches in their packets Friday night at the Coaches' Meeting. All relay cards must have the first and last names and ages of the swimmers, in order, written on the back of the card. Please turn in any relay scratches to the meet referee.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS.

Both the 12 & under and 13 & Over portions of the meet will be pre-seeded, except for the 400 meter freestyle and 800 meter freestyle.

11 & Over individual events will be scored and awarded 11-12, 13-14, and 15 & Over. 13 & Over individual events will be scored, and awarded 13-14 and 15 & Over. 13 & Over Relay events will be scored and awarded as 13 and Over.

Events for 11 & Over, 13 & Over and/or 15 & Over will include both Masters and USA Swimming members, seeded together according to entered times. Scoring for 15 and Over events will be only for

USA swimming members. There will be no scoring or awards for US Masters swimmers and Masters swimmers are not eligible for relays.

The 800 Meter Freestyle is limited to three heats each men and women (6 total heats). Swimmers slower than the fastest 24 women and fastest 24 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Thursday, May 10, 2012 at which time the coach may select an alternate event for said swimmer(s) who do not make it into the fastest 24 swimmers' heats. **A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

The 1500 Meter Freestyle is limited to two heats each men and women (4 total heats). Swimmers slower than the fastest 16 women and fastest 16 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Thursday, May 10, 2012 at which time the coach may select an alternate event for said swimmer(s) who do not make it into the fastest 16 swimmers' heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

In order to be seeded, the 800 Freestyle and 400 Freestyle swimmers must check in at the computer table no later than 15 minutes after the start of their respective sessions for events 61 & 62 Saturday afternoon, events 91 & 92 Sunday morning, and events 123 & 124 Sunday afternoon.

The 400 IM, 400 Meter Freestyle, 800 Meter Freestyle and 1500 Meter Freestyle events will be seeded fastest to slowest and will be swum alternating women and men. 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.

**200 Meter Relays--Due to the depth of the pool at the shallow end, swimmers in the 2nd and 4th leg of the relay will start from in the water.**

**SCORING:** Individual Events: 11-9-8-7-6-5-4-3-2-1 Relays: 22-18-16-14-12-10-8-6-4-2

**AWARDS:** Individual Events: Medals: 1<sup>st</sup>--8<sup>th</sup> Ribbons: 9<sup>th</sup> to 16<sup>th</sup>  
Relay Events: Ribbons: 1<sup>st</sup> – 4<sup>th</sup>

**Each meet participant will receive a participant award**

**TIME TRIALS:** If time permits, time trials will be offered at the end of day both Saturday and Sunday, afternoon sessions only. Time trials will be limited to one time trial per swimmer per day, and will be limited to those events no greater than 400 meters in distance for those swimmers 11 and Over, and 200 meters for those swimmers 10 and Under. Each trial swim will count as one (1) event toward the daily limit, with a combination of time trials and meet events not to exceed three (3) individual events per day. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trials sign-ups must be accompanied with a \$ 5.00. Swimmers must be entered in the meet and must have paid the meet surcharge in order to swim in time trials. Sign up for Time Trials will be at the computer table.

**HEAT SHEETS:** Heat sheets will be available for \$6.00. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

**RESULTS:** **Realtime Results will be available online at the Boise YMCA Swim Team website: [www.boiseyswimteam.org](http://www.boiseyswimteam.org).** 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](http://www.boiseyswimteam.org).

**Friday 400 IM swimmers must provide their own timers and 1500 Meter Freestyle swimmers must provide their own counters and timers. Saturday 800 Freestyle swimmers must provide their own counters and timers and Sunday 400 Meter Freestyle swimmers must provide their own timers.**

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.

**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

**VENDORS:** Swim & Run Shop will be selling aquatic supplies. Meet t-shirts will also be available.

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

**HOUSING:** **Special Rates Available for 2012 Spring Fling Invitational**  
Country Inn & Suites: 208-639-3300  
Towne Place Suites: 208-884-8550  
Hilton Garden Inn Boise-Eagle: 938-9600  
Springhill Suites: 208-939-8266

**BOISE YMCA SPRING FLING  
LONG COURSE INVITATIONAL  
ORDER OF EVENTS**

**Friday, May 18, 2012**  
Warm-Ups - 4:30 - 5:20 p.m. Start - 5:30 p.m.

<b>Girls</b>		<b>Event</b>		<b>Boys</b>
1	11 & O	400 Meter Ind. Medley	11 & O	2
3	11 & O	1500 Meter Freestyle	11 & O	4

**400 IM & 1500 Freestyle swimmers must provide their own counters and timers.**

**Saturday, Morning - May 19, 2012**  
Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

<b>Girls</b>		<b>Event</b>		<b>Boys</b>
5	6-8	100 Meter Freestyle	6-8	6
7	9-10	100 Meter Freestyle	9-10	8
9	11-12	100 Meter Freestyle	11-12	10
11	6-10	200 Meter Medley Relay	6-10	12
13	12-UN	200 Meter Medley Relay	12-UN	14
15	9-10	100 Meter Backstroke	9-10	16
17	11-12	100 Meter Backstroke	11-12	18
19	6-8	50 Meter Breaststroke	6-8	20
21	9-10	50 Meter Breaststroke	9-10	22
23	11-12	50 Meter Breaststroke	11-12	24
25	6-8	50 Meter Butterfly	6-8	26
27	9-10	50 Meter Butterfly	9-10	28
29	11-12	50 Meter Butterfly	11-12	30
31	9-10	200 Meter Freestyle	9-10	32
33	11-12	200 Meter Freestyle	11-12	34

**Saturday Afternoon, May 19, 2012**  
Warm-Ups – 1:00 - 1:50 p.m. Start – 2:00 p.m

<b>Girls</b>		<b>Event</b>		<b>Boys</b>
35	13 & O	200 Meter Medley Relay	13 & O	36
37	13-14	100 Meter Breaststroke	13-14	38
39	15 & O	100 Meter Breaststroke	15 & O	40
41	13-14	50 Meter Freestyle	13-14	42
43	15 & O	50 Meter Freestyle	15 & O	44
45	13-14	200 Meter Butterfly	13-14	46
47	15 & O	200 Meter Butterfly	15 & O	48
49	13-14	100 Meter Backstroke	13-14	50
51	15 & O	100 Meter Backstroke	15 & O	52
53	13-14	200 Meter Freestyle	13-14	54
55	15 & O	200 Meter Freestyle	15 & O	56
57	13-14	50 Meter Butterfly	13-14	58
59	15 & O	50 Meter Butterfly	15 & O	60
61	13 & O	800 Meter Freestyle	13 & O	62

**Saturday 800 Freestyle swimmers must provide their own counters and timers.**

**BOISE YMCA SPRING FLING  
LONG COURSE INVITATIONAL  
ORDER OF EVENTS**

**Sunday, May 20, 2012**

**Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.**

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
63	6-8	50 Meter Freestyle	6-8	64
65	9-10	50 Meter Freestyle	9-10	66
67	11-12	50 Meter Freestyle	11-12	68
69	6-10	200 Meter Freestyle Relay	6-10	70
71	12-UN	200 Meter Freestyle Relay	12-UN	72
73	9-10	100 Meter Breaststroke	9-10	74
75	11-12	100 Meter Breaststroke	11-12	76
77	9-10	200 Meter Individual Medley	9-10	78
79	11-12	200 Meter Individual Medley	11-12	80
81	6-8	50 Meter Backstroke	6-8	82
83	9-10	50 Meter Backstroke	9-10	84
85	11-12	50 Meter Backstroke	11-12	86
87	9-10	100 Meter Butterfly	9-10	88
89	11-12	100 Meter Butterfly	11-12	90
91	11-12	400 Meter Freestyle	11-12	92

**Sunday 400 Freestyle swimmers must provide their own timers.**

**Sunday Afternoon, May 20, 2012**

**Warm-Ups - 12:30 - 1:20 p.m. Start - 1:30 p.m.**

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
93	13 & O	200 Meter Freestyle Relay	13 & O	94
95	13-14	50 Meter Backstroke	13-14	96
97	15 & O	50 Meter Backstroke	15 & O	98
99	13-14	200 Meter Breaststroke	13-14	100
101	15 & O	200 Meter Breaststroke	15 & O	102
103	13-14	100 Meter Freestyle	13-14	104
105	15 & O	100 Meter Freestyle	15 & O	106
107	13-14	200 Meter Backstroke	13-14	108
109	15 & O	200 Meter Backstroke	15 & O	110
111	13-14	100 Meter Butterfly	13-14	112
113	15 & O	100 Meter Butterfly	15 & O	114
115	13-14	200 Meter Ind. Medley	13-14	116
117	15 & O	200 Meter Ind. Medley	15 & O	118
119	13-14	50 Meter Breaststroke	13-14	120
121	15 & O	50 Meter Breaststroke	15 & O	122
123	13 & O	400 Meter Freestyle	13 & O	124

**Sunday 400 Freestyle swimmers must provide their own timers.**

## 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 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.