

SNAKE RIVER WINTER CHAMPIONSHIPS
FEBRUARY 20 – 22, 2009
Hosted by Nampa Swim Team, Inc.

Sanction: All events held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #09-04. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. (202.2.7)

Location: Nampa Recreation Center
 131 Constitution Way
 Nampa, ID 83686
 (208) 465-2288

Facility: 8 lane, 25 yard indoor pool. Pool depth of 4.7 feet to 5.9 feet. Equipped with eight starting blocks, backstroke flags, anti wave lane lines, and electronic timing by Colorado Time Systems.

Meet Director: Idha Pora
 119 Walnut Creek Way
 Nampa, ID 83686
 (208) 442-1695
 Email: the1poras@aol.com

Meet Referee: Ron Gipson
 315 Hilldrop Street
 Caldwell, ID 83605
 (208) 454-8498

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

Officials: We appreciate the help of certified officials from other clubs.

Schedule:

Friday Warm-ups:	12 & Under	4:00–4:30 p.m.
	13 - 19	4:30–5:10 p.m.
Friday Meet Begins:		5:15 p.m.
Saturday Prelim Warm-ups:	12 & Under	7:15–7:45 a.m.
	13 - 19	7:45–8:25 a.m.
Saturday Prelim Meet Begins:		8:30 a.m.
Finals Warm-up:		4:30-5:25 p.m.
Finals Begin:		5:30 p.m.
Sunday Warm-Ups:	1650y event	7:00-7:40 a.m.
Begins:		7:45 a.m.
	12 & Under	9:15-9:45 a.m.
	13 - 19	9:45-10:25 a.m.
Sunday Meet Begins:		10:30 a.m.

****Subject to change due to number of 1650y heats.****

Meetings: **COACHES:** There will be a mandatory coaches meeting 15 minutes prior to the start of each warm up session.

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OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each swimming competition session.

Conduct: Current USA Swimming rules will govern this meet.

Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

This is a no card meet except for relays and the 500y/1650y Freestyles. All other swimmers will be on deck at the designated heat and lane for their events. Cards for distance events will be picked up at the Clerk of Course.

Relay cards will be given to coaches in their meet packets. All relay cards must have the first and last names and ages of the swimmers, in order, written on the card. Relay swimmers must be entered on the master relay entry form and all fees paid.

Events 400 yards and longer, at the discretion of the meet referee, may be deck seeded without regard to age and gender and may swum fastest to slowest. These events will be scored separately according to age group and gender. Swimmers must check in with Clerk of Course no later than 30 minutes after the conclusion of warm-ups.

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.

Any 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.

Events which are being started at the shallow end of the pool (25 yard events and 100 yard relay exchanges) will require the swimmers to start from in the water.

Heats of timed final events may be combined at the discretion of the meet referee.

Eligibility: Swimmers must hold current 2009 USA Swimming registration cards. Swimmers age will be determined by his/her age on the first day of the meet, February 20, 2009. Swimmers must have met the 2009 Snake River Championships qualifying times (for events 100 yards or longer).

Note: It is the legal responsibility of each club to ensure that each swimmer listed on the Master Entry Form is USA Swimming Registered for the current year. There will be no on-deck USA Swimming registration.

Meet Format: This meet is a combination of timed finals and preliminary/finals events.

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Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet.

Friday: All events will be swum as timed finals.

Saturday: All 10 year old and under events and all relays will be swum as timed finals during the preliminary session. Events for 11–19 year old swimmers will be swum as prelims/finals. For events 77 – 80, (11-12 year old, 200 yard Individual Medley and 13–19 year old, 400 Individual Medley), the top 8 seeded swimmers will swim during the finals session. These events will be scored based on fastest times whether swum during the prelim or final sessions.

Sunday: All events will be swum as timed finals.

Challenge 50's (Backstroke, Breaststroke and Butterfly) will be offered for 13 – 19 year old swimmers. Swimmers are allowed to enter **one (1)** Challenge 50 event. These events **WILL** count against the swimmers **Friday** event limit and **WILL** be scored. The Challenge 50's Semi-finals (top 8 swimmers) will be held Saturday during the finals session, and the Challenge 50's Finals (top 4 swimmers) will be held on Sunday.

Entries:

Friday: swimmers may enter **two (2)** events – **challenge 50's count as an event. You may only enter in ONE challenge 50.**

Saturday: swimmers may enter **three (3)** individual events and one (1) relay event – **challenge 50's semi-finals do NOT count as a daily event.**

Sunday: swimmers may enter **three (3)** individual events and one (1) relay event – **challenge 50's finals do NOT count as a daily event.**

A Team Manager event import file will be available to download on the home page of the Nampa Swim Team: www.nstsharks.com.

YOU MUST HAVE ACHIEVED THE SRS WINTER CHAMPIONSHIPS QUALIFYING TIMES for events 100 yards or longer. You must have a time for 25 and 50 yard events (NO TIMES will not be accepted for events of 50 yards or less) except the challenge 50's. Enter in best actual time (do not use conversion). Entries may be submitted on a 3.5" disk or as an attached file via email (kristinw@cableone.net) by those teams using Hy-Tek CommLink. If submitting via email, a diskette, print out, and proper fees must also be submitted by the entry due date (02/11/09).

Entries must include the following information:

Swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best actual time (do not use conversion).

All swimmers entering the meet must be registered with USA Swimming no later than the entry deadline date of **FEBRUARY 11, 2009.**

Following the meet, the Team Manager Import File, Meet Manager backup file, and html results will be posted on the team website: www.nstsharks.com, and on the LSC website: www.snakeriverswimming.org.

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Deck registration will not be provided.

Entry Fees: **\$2.00** per individual event.
 \$2.00 per challenge event
 \$6.00 per relay event.
 \$8.50 surcharge per swimmer (\$2.50 SRS Travel Fund, \$3.00 Timing System, \$3.00 Pool Fee).

Entry Deadline: Make checks payable to NST. All fees must accompany entries.
One check per team please.
Entry must be received by 6:00 p.m., February 11, 2009.
 Late entries will not be accepted.
 Mail entries to: **NST - P.O. Box 753 Nampa, ID 83653.**

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

Awards:

Relay Events:	1 st – 3 rd	Ribbons
Individual Event Awards:	1 st – 8 th	Medals
	9 th – 16 th	Ribbons
Challenge 50's	1 st – 3 rd	Plaques
Team High Point:	1 st – 3 rd	Trophy
Points/Swimmers (Traveling Trophy)	Qualifications: Minimum of 8 swimmers with a minimum of 56 splashes.	
% Best Times (Traveling Trophy)	Qualifications: Minimum of 8 swimmers with a minimum of 56 "legal" splashes.	

Time Trials: Time trials will be offered at the conclusion of Saturday's Preliminary Session and Sunday's events. Each swimmer may swim one (1) time trial each day. Entries must be turned into the Clerk of Course table with a **\$2.00 fee**, 30 minutes prior to the projected end of the day's events.
Time trials event will count towards the daily maximum of events.

Timers: Each team will be expected to provide timers during the entire course of the meet each day. Teams will be assigned lanes for the sessions based on number of swimmers entered.

Swimmers/clubs are responsible for providing their own timers and lap counter for the 500y Freestyle swims on Friday evening and 1650y Freestyle swims on Sunday morning.

Swimmers/clubs are also responsible for providing their own timers for any time trial event.

M i s c.: A hospitality room will be provided for coaches and officials.
 Concession will be available at the pool.

Heat sheet: \$6.00
Finals Heat sheet: \$1.00

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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)

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.

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QUALIFYING TIMES

GIRLS

BOYS

			8 & UNDER			
LCM	SCM	Yards	Events	Yards	SCM	LCM
2:18.59	2:13.49	2:00.89	100 Free	2:00.89	2:13.49	2:18.59
	2:24.29	2:10.29	100 IM	2:10.29	2:24.29	

			9/10			
LCM	SCM	Yards	Events	Yards	SCM	LCM
1:48.79	1:44.49	1:34.89	100 Freestyle	1:36.89	1:46.99	1:41.09
3:58.59	3:49.39	3:28.19	200 Freestyle	3:32.19	3:54.89	4:02.09
2:07.19	2:02.29	1:51.39	100 Backstroke	1:53.39	2:06.29	2:09.49
2:20.59	2:17.29	2:02.99	100 Breaststroke	2:06.99	2:21.09	2:25.09
2:11.99	2:09.09	1:57.49	100 Butterfly	1:59.49	2:10.99	2:14.29
	2:08.09	1:56.09	100 IM	1:58.09	2:10.49	
4:03.89	3:57.39	3:35.19	200 IM	3:39.19	4:02.19	4:08.29

			11/12			
LCM	SCM	Yards	Events	Yards	SCM	LCM
1:32.39	1:28.69	1:20.59	100 Freestyle	1:22.59	1:31.29	1:35.29
3:15.59	3:08.99	2:51.49	200 Freestyle	2:55.49	3:14.29	3:22.59
6:25.09	6:15.39	7:14.79	500 Freestyle	7:14.79	6:11.59	6:33.59
13:32.49	13:09.19	15:01.79	1000 Freestyle	14:47.09	13:05.09	13:35.89
1:59.19	1:42.69	1:33.49	100 Backstroke	1:35.49	1:46.29	1:51.79
1:51.29	1:56.39	1:44.29	100 Breaststroke	1:46.29	1:58.09	2:03.79
	1:48.89	1:39.09	100 Butterfly	1:41.09	1:50.79	1:54.29
3:38.69	1:47.89	1:37.79	100 IM	1:39.79	1:49.49	
	3:32.89	3:12.99	200 IM	3:16.99	3:37.69	3:49.69

QUALIFYING TIMES

GIRLS

BOYS

			13/14			
LCM	SCM	Yards	Events	Yards	SCM	LCM
1:23.69	1:20.39	1:12.99	100 Freestyle	1:09.49	1:16.79	1:20.19

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3:00.79	2:54.69	2:38.49	200 Freestyle	2:36.59	2:53.39	3:00.79
6:06.99	5:57.69	6:54.29	400/500 Freestyle	6:49.99	5:50.39	6:11.09
11:30.39	11:26.49	13:08.39	800/1000 Freestyle	12:52.39	10:23.29	11:30.79
24:00.49	23:18.99	23:34.19	1500/1650 Freestyle	23:09.19	22:43.69	23:47.99
1:36.49	1:32.79	1:24.49	100 Backstroke	1:20.69	1:29.89	1:34.39
3:24.49	3:19.29	2:59.79	200 Backstroke	2:50.79	3:09.69	3:17.79
1:49.29	1:46.69	1:35.59	100 Breaststroke	1:33.39	1:43.79	1:48.79
3:36.49	3:37.39	3:14.39	200 Breaststroke	3:10.39	3:33.49	3:30.49
1:35.19	1:33.09	1:24.69	100 Butterfly	1:20.89	1:28.69	1:31.39
3:20.59	3:19.39	3:01.39	200 Butterfly	2:52.29	3:08.59	3:16.29
3:23.99	3:18.59	2:59.99	200 IM	2:53.49	3:11.69	3:22.29
6:59.99	6:54.69	6:16.09	400 IM	6:06.97	6:46.09	7:01.49

			15/16			
LCM	SCM	Yards	E v e n t s	Yards	SCM	LCM
1:20.09	1:16.69	1:09.89	100 Freestyle	1:07.59	1:14.59	1:17.99
2:50.29	2:44.49	2:29.29	200 Freestyle	2:28.89	2:44.89	2:51.89
5:59.59	5:50.59	6:45.99	400/500 Freestyle	6:33.39	5:36.19	5:56.09
11:17.79	11:13.99	12:53.99	800/1000 Freestyle	12:38.39	11:03.59	11:18.29
23:31.99	22:51.29	23:06.19	1500/1650 Freestyle	22:25.89	22:01.19	23:03.49
1:33.59	1:30.09	1:21.99	100 Backstroke	1:14.49	1:22.99	1:27.19
3:16.39	3:11.39	2:52.69	200 Backstroke	2:42.79	3:00.79	3:08.49
1:45.69	1:43.29	1:32.49	100 Breaststroke	1:23.69	1:32.99	1:37.49
3:27.79	3:24.39	3:02.69	200 Breaststroke	2:58.69	3:20.39	3:26.89
1:30.99	1:28.99	1:20.99	100 Butterfly	1:13.59	1:20.69	1:23.19
3:16.39	3:15.19	2:57.59	200 Butterfly	2:44.79	3:00.29	3:07.69
3:18.99	3:13.69	2:55.59	200 IM	2:46.29	3:03.79	3:13.89
6:49.69	6:44.59	6:06.89	400 IM	5:51.29	6:28.89	6:43.69

Friday Evening Schedule of Events
February 20, 2009

Warm-ups: **12 & Under** **4:00 – 4:30 p.m.**
 13 – 19 **4:30 – 5:10 p.m.**
Meet begins: **5:15 p.m.**

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GIRLS EVENT #	AGE	EVENT NAME		BOYS EVENT #
1	13-19	50 Y Challenge Backstroke	(P/S/F)	2
3	13-19	50 Y Challenge Breaststroke	(P/S/F)	4
5	13-19	50 Y Challenge Butterfly	(P/S/F)	6
7	8 & U	25 Y Backstroke	(TF)	8
9	9/10	50 Y Backstroke	(TF)	10
11	11/12	50 Y Backstroke	(TF)	12
13	13/14	100 Y Backstroke	(TF)	14
15	15-19	100 Y Backstroke	(TF)	16
17	8 & U	100 Y Freestyle	(TF)	18
19	9/10	200 Y Freestyle	(TF)	20
21	11/12	500 Y Freestyle	(TF)	22
23	13-19	500 Y Freestyle	(TF)	24

Note: The 13 - 19 500 Y Freestyle will be scored and awarded 13-14, 15-19.

Saturday Schedule of Events

February 21, 2009

Prelim Warm-up: 12 & Under 7:15-7:45 a.m.

13 - 19 7:45-8:25 a.m.

Prelims Begin: 8:30 a.m.

Finals Warm-up: 4:30-5:25 p.m.

Finals Begin: 5:30 p.m.

GIRLS EVENT #	AGE	EVENT NAME		BOYS EVENT #
25	8 & U	100 Y Medley Relay	(TF)	26
27	10 & U	200 Y Medley Relay	(TF)	28
29	12 & U	200 Y Medley Relay	(TF)	30
31	14 & U	200 Y Medley Relay	(TF)	32
33	19 & U	200 Y Medley Relay	(TF)	34
35	8 & U	50 Y Freestyle	(TF)	36
37	9/10	100 Y Freestyle	(TF)	38
39	11/12	100 Y Freestyle	(P/F)	40
41	13/14	100 Y Freestyle	(P/F)	42
43	15-19	100 Y Freestyle	(P/F)	44
45	8 & U	100 Y Individual Medley	(TF)	46
47	9/10	100 Y Individual Medley	(TF)	48
49	11/12	100 Y Individual Medley	(P/F)	50
51	13/14	200 Y Individual Medley	(P/F)	52
53	15-19	200 Y Individual Medley	(P/F)	54
55	8 & U	25 Y Breaststroke	(TF)	56
57	9/10	100 Y Breaststroke	(TF)	58
59	11/12	100 Y Breaststroke	(P/F)	60

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61	13/14	200 Y Breaststroke	(P/F)	62
63	15-19	200 Y Breaststroke	(P/F)	64
65	8 & U	50 Y Butterfly	(TF)	66
67	9/10	100 Y Butterfly	(TF)	68
69	11/12	100 Y Butterfly	(P/F)	70
71	13/14	100 Y Butterfly	(P/F)	72
73	15-19	100 Y Butterfly	(P/F)	74
75	8 & U	50 Y Backstroke	(TF)	76
77	9/10	100 Y Backstroke	(TF)	78
79	11/12	100 Y Backstroke	(P/F)	80
81	13/14	200 Y Backstroke	(P/F)	82
83	15-19	200 Y Backstroke	(P/F)	84

Sunday Schedule of Events February 22, 2009

1650 Y - Warm-ups begin: 7:00-7:40 a.m.
1650 Y - Event begins: 7:45 a.m.

85	13-19	1650 yd Freestyle	(TF)	86
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Note: The 13-19 1650 Y Freestyle will be scored and awarded 13/14 and 15-19.

Warm-ups begin: 12 & Under 9:15-9:45 a.m., 13 – 19 9:45-10:25 a.m.
Meet begins: 10:30 a.m. ** Subject to change due to number of 1650 heats.

<u>GIRLS EVENT #</u>	<u>AGE</u>	<u>EVENT NAME</u>		<u>BOYS EVENT #</u>
87	8 & U	100 Y Freestyle Relay	(TF)	88
89	10 & U	200 Y Freestyle Relay	(TF)	90
91	12 & U	200 Y Freestyle Relay	(TF)	92
93	14 & U	200 Y Freestyle Relay	(TF)	94
95	19 & U	200 Y Freestyle Relay	(TF)	96
97	8 & U	25 Y Freestyle	(TF)	98
99	9/10	50 Y Freestyle	(TF)	100
101	11/12	50 Y Freestyle	(TF)	102
103	13/14	50 Y Freestyle	(TF)	104
105	15-19	50 Y Freestyle	(TF)	106
107	8 & U	50 Y Breaststroke	(TF)	108
109	9/10	50 Y Breaststroke	(TF)	110
111	11/12	50 Y Breaststroke	(TF)	112
113	13/14	100 Y Breaststroke	(TF)	114
115	15-19	100 Y Breaststroke	(TF)	116
117	11/12	200 Y Freestyle	(TF)	118
119	13/14	200 Y Freestyle	(TF)	120
121	15-19	200 Y Freestyle	(TF)	122

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123	8 & U	25 Y Butterfly	(TF)	124
125	9/10	50 Y Butterfly	(TF)	126
127	11/12	50 Y Butterfly	(TF)	128
129	13/14	200 Y Butterfly	(TF)	130
131	15-19	200 Y Butterfly	(TF)	132
133	9/10	200 Y Individual Medley	(TF)	134
135	11/12	200 Y Individual Medley	(TF)	136
137	13-19	400 Y Individual Medley	(TF)	138

Note: The 13 - 19 400 Y IM will be scored and awarded 13-14, 15-19.