

4th ANNUAL SUMMER HEAT MEET INVITATIONAL
JULY 10, 11, 12, 2009

- SPONSOR: Magic Valley YMCA Marlins Swim Team
- SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction # 09-11. 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: YMCA/City Pool
756 Locust Street North
Twin Falls, ID 83301
(208) 734-2336
- FACILITIES: 8 Lane, 50 meter x 21 yard outdoor pool with depth equal to 3.5 feet or less than 10.5 feet. Equipped with Keifer-Mcneil lane lines, paragon starting blocks, backstroke flags. There are no blocks at the shallow end of the pool (3.5'). The competition pool has not been certified in accordance with USA Swimming rule 104.2.2C(4)
- MEET REFEREES: Kyle Bodily
5331 Nez Perce
Pocatello, ID 83204
(208) 232-1958
Kdbodily@msn.com
Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations
- MEET DIRECTOR: Joy Crist
2674 E 4256 N
Twin Falls, ID 83301
Phone: (208)308-8870
Email: jcrist@ierh.org
- MEET FORMAT: This meet is timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet. Snake River Swimming Warm-Up and Safety procedures will apply.
- Schedule:**
- | | | |
|-----------------------------------|------------------------|----------------------|
| <u>Friday</u> | | |
| Warm-ups: | 4:00-4:30 p.m. | 13-19 |
| | 4:30- 4:55 p.m. | 12& under |
| Meet Begins: | 5:00 p.m. | |
| <u>Saturday and Sunday</u> | | |
| Warm-ups: | 8:00-8:30 a.m. | 13-19 |
| | 8:30-8:55 a.m. | 12 &under |
| Meet Begin: | 9:00 a.m. | |

RULES: Current USA Swimming rules will apply. This is a no card meet for all events except distance 400 Meters or longer. All other swimmers should be on deck at the designated heat and lane for their events. All swimmers in events 400 meters and longer must check in with the Clerk of Course by 11:00 a.m. on the day of their event or by 5:00 pm for Friday events. Distance event cards must be picked up prior to the start of the event and handed to the timers.

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 but scored separately according to age group. These events may be swum fastest to slowest.

All events will begin from the diving block end of the pool

TIMING: Colorado Timing System with electronic scoreboard and two (2) backup watches per lane. Hy-Tek Meet Manager for Windows software with Timing Console interface. Hand times will be used for events of 50 Meters. Each team will be required to provide timers during the entire course of the meet. Assigned lanes will appear in the heat sheet.

ELIGIBILITY: Open to all USA Swimmers only currently registered (2009) with USA Swimming, Inc. Swimmers age on July 10, 2009 will be determine age group for the entire meet.

AWARDS: All participants will receive an award. Awards will be given in each age group 8 & U, 9-10, 11-12, 13-14, 15-19 based on a high point system. No team awards will be given.

MISC: Help from certified officials will be needed for each day for on-deck judging and administrative. Please notify the meet director (Joy Crist) prior to the meet; a sign-up sheet will be available Friday for those able to help. There will be an officials meeting at the start of the second session of warm-ups each day.

At the Referees discretion, there will be a coaches meeting fifteen (15) minutes prior to the start of warm-ups each day of the meet.

Swimmers in distance events must provide a person to count laps and two timers.

Concessions, swimming supplies and heat sheets will be available at the pool.

According to Twin Falls City ordinance there will be NO dogs allowed on pool premises.

TIMED TRIALS: Will be offered at the conclusion of each day's events. Entries must be turned into the computer table with a \$2.00 fee one-half hour before projected end of the day's events.

Time trials will be limited to one per day per swimmer, and will count against event total for the day.

ENTRIES:

Swimmers may enter eight (8) individual events with no more than three (3) individual events per day.

NO TIMES ARE ACCEPTED, Submit in long course times only.

Entries may be submitted on a 3-1/2" disk or as an attached file via e-mail by those teams using the Hy-Tek Commlink program. A printout of entries must also be sent. Entries may also be submitted on the enclosed entry sheets. Relays may be sent on disk if using newest version of Team Manager and Commlink.

Proof of individual entry times is required. This can be accomplished by checking "Include Proof of Time" under "Meets: Reports: Entry Reports". USA Swimming's Swims database will be used to verify individual entry times.

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 surcharges 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 June 27, 2009 at 6:00pm.

ENTRY FEES:

\$22.00 for the entire meet (\$1.75 travel fund, \$1.75 timing system, \$5.75 pool fees, \$7.75 awards, \$5.00 admin.) Make checks payable to **Magic Valley Marlins Swim Team**. All fees must accompany entries. One check per team please.

ENTRY DEADLINE:

Entries must be received by June 27, 2009 at 6:00 pm
LATE ENTRIES WILL NOT BE ACCEPTED.

Mail entries and entry fees to:

Beth Malina

694 Cindy Dr.

Twin Falls, ID 83301

(208) 308-0252

Email: bjmalina6@msn.com

SCORING:

Individual Events: 9-7-6-5-4-3-2-1

4th ANNUAL SUMMER HEAT MEET
SCHEDULE OF EVENTS
Friday July 10, 2009
Timed Finals

Female		Event Name	Male
Event #			Event #
1	13-14	50 M BUTTERFLY	2
3	15-19	50 M BUTTERFLY	4
5	13-14	50 M BACKSTROKE	6
7	15-19	50 M BACKSTROKE	8
9	13-14	50 M BREASTSTROKE	10
11	15-19	50 M BREASTSTROKE	12
13	8&U	200 M FREESTYLE	14
15	12&U	400 M FREESTYLE	16
17	11& OVER	1500 M FREESTYLE	18

Swimmers may enter 3 events (not to exceed 8 events total for the meet)
The 11-19 1500 Freestyle will be scored and awarded 11-12, 13-14, 15-19.
Swimmers entered in the 1500 Freestyle must check in with the Clerk of Course by 5:00
p.m.

**4th ANNUAL SUMMER HEAT MEET
SCHEDULE OF EVENTS
Saturday July 11, 2009
Timed Finals**

Female Event #		Event Name	Male Event #
19	13-14	50 M FREESTYLE	20
21	15-19	50 M FREESTYLE	22
23	8&U	50 M BUTTERFLY	24
25	9-10	50 M BUTTERFLY	26
27	11-12	50 M BUTTERFLY	28
29	13-14	100 M BUTTERFLY	30
31	15-19	100 M BUTTERFLY	32
33	9-10	100 M BACKSTROKE	34
35	11-12	100 M BACKSTROKE	36
37	13-14	200 M BACKSTROKE	38
39	15-19	200 M BACKSTROKE	40
41	8&U	50 M FREESTYLE	42
43	9-10	50 M FREESTYLE	44
45	11-12	50 M FREESTYLE	46
47	13-14	100 M FREESTYLE	48
49	15-19	100 M FREESTYLE	50
51	9-10	100 M BREASTSTROKE	52
53	11-12	100 M BREASTSTROKE	54
55	13-14	200 M BREASTSTROKE	56
57	15-19	200 M BREASTSTROKE	58
59	8&U	200 M I.M.	60
61	9-10	200 M I.M.	62
63	11-12	200 M I.M.	64
65	13-14	200 M I.M.	66
67	15-19	200 M I.M.	68
69	11-19	800 FREESTYLE	70

Swimmers may enter 3 events (not to exceed 8 events total for the meet)

The 11-19 800 Freestyle will be scored and awarded 11-12, 13-14, 15-19.

Swimmers entered in the 800 Freestyle must check in with the Clerk of Course by 11:00
a.m.

**4th ANNUAL SUMMER HEAT MEET
SCHEDULE OF EVENTS
Sunday, July 12, 2009
Timed Finals**

Female Event #		Event Name	Male Event #
71	11-19	400 M I.M.	72
73	9-10	100 M BUTTERFLY	74
75	11-12	100 M BUTTERFLY	76
77	13-14	200 M BUTTERFLY	78
79	15-19	200 M BUTTERFLY	80
81	8&U	50 M BACKSTROKE	82
83	9-10	50 M BACKSTROKE	84
85	11-12	50 M BACKSTROKE	86
87	13-14	100 M BACKSTROKE	88
89	15-19	100 M BACKSTROKE	90
91	9-10	100 M FREESTYLE	92
93	11-12	100 M FREESTYLE	94
95	13-14	200 M FREESTYLE	96
97	15-19	200 M FREESTYLE	98
99	8&U	50 M BREASTSTROKE	100
101	9-10	50 M BREASTSTROKE	102
103	11-12	50 M BREASTSTROKE	104
105	13-14	100 M BREASTSTROKE	106
107	15-19	100 M BREASTSTROKE	108
109	8&U	100 M FREESTYLE	110
111	9-10	200 M FREESTYLE	112
113	11-12	200 M FREESTYLE	114
115	13-19	400 M FREESTYLE	116

Swimmers may enter 3 events (not to exceed 8 events total for the meet)

The 11-19 400 Individual Medley and the 11-19 400 Freestyle will be scored and awarded 11-12, 13-14, 15-19. Swimmers entered in the 400 M Ind. Medley must check in with the Clerk of Course by 9:00 a.m. Swimmers entered in the 400 M Freestyle must check in with the Clerk of Course by 11:00 a.m.

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	RECOMMENDED LANE USE		GENERAL WARM-UP
	PUSH/PACE	RACING STARTS	
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.

Hotel Information in Twin Falls For Summer Heat Meet

Red Lion

1357 Blue Lakes Blvd. North
Twin Falls, ID 83301
208-352-5002
208-733-3813 fax

Best Western

1377 Blue Lakes Blvd North
Twin Falls, ID 83301
208-736-8000

Holiday Inn Express

1910 Fillmore St. N
Twin Falls, ID 83301
208-732-6001

Hampton Inn (new)

1658 Fillmore St. North
Twin Falls, ID 83301
208-734-2233

Comfort Inn

1893 Canyon Springs Rd
Twin Falls, ID 83301
208-734-7494

Shilo Inn Suites

1586 Blue Lakes Blvd North
Twin Falls, ID 83301
208-733-7545

Ameritel Inn

539 Poleline Rd
Twin Falls, ID 83301
736-9600
736-6757 fax