

# SNAKE RIVER WINTER CHAMPIONSHIPS

February 19-21, 2010

**Sponsor:** Idaho Falls Swim Team

**Sanction:** All events held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #10-01. 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:** Idaho Falls Wes Deist Aquatic Center  
149 East 7th Street  
Idaho Falls, Idaho 83401  
(208) 612-8519

**Facility:** 8 lane, 25 yard indoor pool. Pool depth minimum is 3.5', maximum pool depth is 5.0'. Equipped with 8 KDI Paragon starting blocks, backstroke flags, anti wave lane lines, and electronic timing by type of timing System. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

**Meet Director:** Wendy Lowe  
4280 Stonebrook Lane  
Idaho Falls, ID 83404  
(208) 522-0704 (h); (208) 523-6668 (w)  
[wlowe@cableone.net](mailto:wlowe@cableone.net)

**Meet Referee:** Al Luptak  
2125 Darah  
Idaho Falls, ID 83402  
(208) 525-2047 (h); (208) 526-2715 (w)

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

**Meet Format:** **This meet is a timed finals event.** Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet.

10 & under events: 8 & under swimmers may swim if they have met the 9/10 qualifying standard.

Schedule: Friday

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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## Saturday morning session

Warm-ups	12 & under	7:15-7:45 a.m.
	13 - 19	7:45-8:25 a.m.
Meet Begins		8:30 a.m.

## Saturday afternoon session

Warm-ups	12 & under	4:00-4:30 p.m.
	13 - 19	4:30-5:10 p.m.
Meet Begins		5:15 p.m.

## Sunday

Warm-ups	1650	7:00-7:40 a.m.
1650 Event Begins		7:45 a.m.
Warm-ups**	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 1650y heats.*

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

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

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

**Eligibility:**

- 1) Swimmers must be Snake River Swimming registered and must hold current 2010 USA Swimming registration cards. Swimmers age will be determined by his/her age on the first day of the meet, February 19, 2010.
- 2) Swimmers must have obtained the qualifying time in for those events that have a time standard (see attached). **Converted times will not be accepted.** For all other events swimmers must have a time. **No Times will not be accepted.** Times will be verified through SWIMS and converted times cannot be verified.
- 3) Swimmers with a permanent physical disability may enter any age appropriate event without meeting the qualifying standard. Please provide advance notice to the Meet Referee of any necessary accommodations your swimmer may need.

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

## Awards:

Relay Events:	1 <sup>st</sup> – 4 <sup>th</sup>	Ribbons
Individual Event Awards:	1 <sup>st</sup> – 8 <sup>th</sup>	Medals
	9 <sup>th</sup> – 16 <sup>th</sup>	Ribbons

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Team High Point:	1 <sup>st</sup> – 3 <sup>rd</sup>	Trophy
Snake River High Points/ Swimmer (Traveling Trophy)	Qualifications: Minimum of 8 swimmers with a minimum of 56 splashes.	
Snake River % Best Times (Traveling Trophy)	Qualifications: Minimum of 8 swimmers with a minimum of 56 "legal" splashes.	

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

All swimmers must have achieved the SRS Championships Qualifying Times for events 100 yards or longer and must have a time for 25 and 50 yard events.

EMAIL (recommended): Email entries as an attachment to the following email address: wendy@p2-solution.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.

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.

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**All swimmers must be USA Swimming registered.** No deck entries or registration will be allowed! Please contact Snake River Registration Chairman Dina Luptak, (208) 525-2047 for registration information.

**All entrants must be registered with USA Swimming no later than the entry deadline of February 9, 2010.**

**Entry Fees:**     **\$2.75** per individual event  
                      **\$6.00** per relay event  
                      **\$10.00** surcharge per swimmer (\$2.50 Snake River Travel Fund, \$2.00 timing system, \$5.50 pool fee)

Make checks payable to Idaho Falls Swim Team. One check per team please.

**Entry Deadline:** Entries must be received no later than February 9, 2010. Late entries will NOT be accepted! Entry fees must arrive no later than February 17, 2010.

Send fees and Statements of Verification to:  
Idaho Falls Swim Team-Winter Champs  
Attention: Wendy Lowe, Meet Director  
PO Box 2004  
Idaho Falls, ID 83403-2004  
wendy@p2-solution.com

**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.

This is a no card meet except for relays, the 500y/1650y Freestyles, and 400 Individual Medleys.

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, except for the 1650 freestyle – swimmers will check in on Saturday night for that event.

**Rules:**         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.

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**Time Trials:** Time trials will be offered at the conclusion of Saturday's morning 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 **\$2.75 fee**, 30 minutes prior to the projected end of the day's events. Swimmers/clubs are responsible for providing their own timers for time trial events.

***Time trials event will count towards the meet (total) and 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, 400y IM swims on Saturday morning, and 1650y Freestyle swims on Sunday morning.

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

**Misc.:** A hospitality room will be provided for coaches and officials. Concessions will be available at the pool.

Heat sheet: \$6.00

# SNAKE RIVER WINTER CHAMPIONSHIPS

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## Friday Evening Schedule of Events

February 19, 2010

**Warm-ups: 12 & Under 4:00 – 4:30 p.m.**

**13 – 19 4:30 – 5:10 p.m.**

**Meet begins: 5:15 p.m.**

<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT NAME</b>	<b>BOYS EVENT #</b>
1	8 & under	50 Y Backstroke	2
3	9/10	50 Y Backstroke	4
5	11/12	50 Y Backstroke	6
7	13/14	50 Y Backstroke	8
9	15-19	50 Y Backstroke	10
11	8 & under	100 Y Individual Medley	10
13	9/10	100 Y Individual Medley	12
15	11/12	100 Y Individual Medley	14
17	13/14	200 Y Individual Medley	16
19	15-19	200 Y Individual Medley	18
21	11/12	500 Y Freestyle	22
23	13/14	500 Y Freestyle	24
25	15-19	500 Y Freestyle	26

# SNAKE RIVER WINTER CHAMPIONSHIPS

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## Saturday Morning Schedule of Events February 20, 2010

**Warm-ups: 12 & under                      7:15-7:45 a.m.**  
**13-19                                7:45-8:25 a.m.**

**Meet begins:                                    8:30 a.m.**

<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT NAME</b>	<b>BOYS EVENT #</b>
27	8 & U	100 Y Medley Relay	28
29	10 & U	200 Y Medley Relay	30
31	12 & U	200 Y Medley Relay	32
33	14 & U	200 Y Medley Relay	34
35	19 & U	200 Y Medley Relay	36
37	8 & U	25 Y Freestyle	38
39	9/10	50 Y Freestyle	40
41	11/12	50 Y Freestyle	42
43	13/14	50 Y Freestyle	44
45	15-19	50 Y Freestyle	46
47	8 & U	25 Y Breaststroke	48
49	10 & under	100 Y Breaststroke	50
51	11/12	100 Y Breaststroke	52
53	13/14	100 Y Breaststroke	54
55	15-19	100 Y Breaststroke	56
57	13/14	200 Y Backstroke	58
59	15-19	200 Y Backstroke	60
61	8 & U	50 Y Butterfly	62
63	9/10	50 Y Butterfly	64
65	11/12	50 Y Butterfly	66
67	13/14	50 Y Butterfly	68
69	15-19	50 Y Butterfly	70
71	13/14	400 Y Individual Medley	72
73	15-19	400 Y Individual Medley	74

# Snake River Winter Championships

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## Saturday Afternoon session

February 20, 2010

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

<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT NAME</b>	<b>BOYS EVENT #</b>
75	8 & U	100 Y Freestyle	76
77	9/10	100 Y Freestyle	78
79	11/12	100 Y Freestyle	80
81	13/14	100 Y Freestyle	82
83	15-19	100 Y Freestyle	84
85	10 & U	200 Y Individual Medley	86
87	11/12	200 Y Individual Medley	88
89	13/14	200 Y Butterfly	90
91	15-19	200 Y Butterfly	92
93	8 & under	50 Y Breaststroke	94
95	9/10	50 Y Breaststroke	96
97	11/12	50 Y Breaststroke	98
99	13/14	50 Y Breaststroke	100
101	15-19	50 Y Breaststroke	102
103	12 & under	400 Y Freestyle Relay	104
105	14 & under	400 Y Freestyle Relay	106
107	19 & under	400 Y Freestyle Relay	108

# SNAKE RIVER WINTER CHAMPIONSHIPS

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## Sunday Schedule of Events

**February 21, 2010**

**1650 Y - Warm-ups: 7:00-7:40 a.m.**

**1650 Y - Event begins: 7:45 a.m.**

**Warm-ups: 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.**

<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT NAME</b>	<b>BOYS EVENT #</b>
109	13/14	1650 yd Freestyle	110
111	15-19	1650 yd Freestyle	112
113	8 & U	100 Y Freestyle Relay	114
115	10 & U	200 Y Freestyle Relay	116
117	12 & U	200 Y Freestyle Relay	118
119	14 & U	200 Y Freestyle Relay	120
121	19 & U	200 Y Freestyle Relay	122
123	8 & Under	25 Y Backstroke	124
125	10 & under	100 Y Backstroke	126
127	11/12	100 Y Backstroke	128
129	13/14	100 Y Backstroke	130
131	15-19	100 Y Backstroke	132
133	8 & under	50 Y Freestyle	134
135	10 & under	200 Y Freestyle	136
137	11/12	200 Y Freestyle	138
139	13/14	200 Y Freestyle	140
141	15-19	200 Y Freestyle	142
143	8 & U	25 Y Butterfly	144
145	10 & under	100 Y Butterfly	146
147	11/12	100 Y Butterfly	148
149	13/14	100 Y Butterfly	150
151	15-19	100 Y Butterfly	152
153	13-14	200 Y Breaststroke	154
155	15-19	200 Y Breaststroke	156

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## 2010 Snake River Championship Qualifying Times

Girls			8 & under	Boys		
Yards	SCM	LCM	Events	Yards	SCM	LCM
2:00.89	2:13.49	2:18.59	<b>100 Free</b>	2:00.89	2:13.49	2:18.59
2:10.29	2:24.29		<b>100 IM *</b>	2:10.29	2:24.29	

\*Only offered at Winter Champs

Girls			9/10	Boys		
Yards	SCM	LCM	Event	Yards	SCM	LCM
1:34.89	1:44.49	1:48.79	<b>100 Free</b>	1:36.89	1:46.99	1:41.09
3:28.19	3:49.39	3:58.59	<b>200 Free</b>	3:32.19	3:54.89	4:02.09
1:51.39	2:02.29	2:07.19	<b>100 Back</b>	1:53.39	2:06.29	2:09.49
2:02.99	2:17.29	2:20.59	<b>100 Breast</b>	2:06.99	2:21.09	2:25.09
1:57.49	2:09.09	2:11.99	<b>100 fly</b>	1:59.49	2:10.99	2:14.29
1:56.09	2:08.09		<b>100 IM *</b>	1:58.09	2:10.49	
3:35.19	3:57.39	4:03.89	<b>200 IM</b>	3:39.19	4:02.19	4:08.29

\*Only offered at Winter Champs

Girls			11/12	Boys		
Yards	SCM	LCM	Event	Yards	SCM	LCM
1:20.59	1:28.69	1:32.39	<b>100 Free</b>	1:22.59	1:31.29	1:35.29
2:51.49	3:08.99	3:15.59	<b>200 Free</b>	2:55.49	3:14.29	3:22.59
7:14.79	6:15.39	6:25.09	<b>400/500 Free</b>	7:14.79	6:11.59	6:33.59
15:01.79	13:09.19	13:32.49	<b>800 Free *</b>	14:47.09	13:05.09	13:35.89
1:33.49	1:42.69	1:46.79	<b>100 Back</b>	1:35.49	1:46.29	1:51.79
1:44.29	1:56.39	1:59.19	<b>100 Breast</b>	1:46.29	1:58.09	2:03.79
1:39.09	1:48.89	1:51.29	<b>100 fly</b>	1:41.09	1:50.79	1:54.29
1:37.79	1:47.89		<b>100 IM *</b>	1:39.79	1:49.49	
3:12.99	3:32.89	3:38.69	<b>200 IM</b>	3:16.99	3:37.69	3:49.69

\* Summer Champs only

\*Winter Champs only

# SNAKE RIVER WINTER CHAMPIONSHIPS

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## 2010 Snake River Championship Qualifying Times

Girls			13/14	Boys		
Yards	SCM	LCM	Event	Yards	SCM	LCM
1:12.99	1:20.39	1:23.69	<b>100 Free</b>	1:09.49	1:16.79	1:20.19
2:38.49	2:54.69	3:00.79	<b>200 Free</b>	2:36.59	2:53.39	3:00.79
6:54.29	5:57.69	6:06.99	<b>400/500 Free</b>	6:49.99	5:50.39	6:11.09
13:08.39	11:26.49	11:30.39	<b>800/1000 Free*</b>	12:52.39	11:23.29	11:30.79
23:34.19	23:18.99	24:00.49	<b>1500/1650 Free</b>	23:09.19	22:43.69	23:47.99
1:24.49	1:32.79	1:36.49	<b>100 Back</b>	1:20.69	1:29.89	1:34.39
2:59.79	3:19.29	3:24.49	<b>200 Back</b>	2:50.79	3:09.69	3:17.79
1:35.59	1:46.69	1:49.29	<b>100 Breast</b>	1:33.39	1:43.79	1:48.79
3:14.39	3:37.39	3:36.49	<b>200 Breast</b>	3:10.39	3:33.49	3:30.49
1:24.69	1:33.09	1:35.19	<b>100 fly</b>	1:20.89	1:28.69	1:31.39
3:01.39	3:19.39	3:20.59	<b>200 Fly</b>	2:52.29	3:08.59	3:16.29
2:59.99	3:18.59	3:23.99	<b>200 IM</b>	2:53.49	3:11.69	3:22.29
6:16.09	6:54.69	6:59.99	<b>400 IM</b>	6:06.79	6:46.09	7:01.49

\* Summer Champs only

Girls			15-19	Boys		
Yards	SCM	LCM	Event	Yards	SCM	LCM
1:09.89	1:16.69	1:20.09	<b>100 Free</b>	1:07.59	1:14.59	1:17.99
2:29.29	2:44.49	2:50.29	<b>200 Free</b>	2:28.89	2:44.89	2:51.89
6:45.99	5:50.59	5:59.59	<b>400/500 Free</b>	6:33.39	5:36.19	5:56.09
12:53.99	11:13.99	11:17.79	<b>800/1000 Free*</b>	12:38.39	11:03.59	11:18.29
23:06.19	22:51.29	23:31.99	<b>1500/1650 Free</b>	22:25.89	22:01.19	23:03.49
1:21.99	1:30.09	1:33.59	<b>100 Back</b>	1:14.49	1:22.99	1:27.19
2:52.69	3:11.39	3:16.39	<b>200 Back</b>	2:42.79	3:00.79	3:08.49
1:32.49	1:43.29	1:45.69	<b>100 Breast</b>	1:23.69	1:32.99	1:37.49
3:02.69	3:24.39	3:27.79	<b>200 Breast</b>	2:58.69	3:20.39	3:26.89
1:20.99	1:28.99	1:30.99	<b>100 fly</b>	1:13.59	1:20.69	1:23.19
2:57.59	3:15.19	3:16.39	<b>200 Fly</b>	2:44.79	3:00.29	3:07.69
2:55.59	3:13.69	3:18.99	<b>200 IM</b>	2:46.29	3:03.79	3:13.89
6:06.89	6:44.59	6:49.69	<b>400 IM</b>	5:51.29	6:28.89	6:43.69

\*Summer Champs only