

**Nampa Swim Team
April Pools
April 7 – 8, 2018**

SPONSORED BY: Nampa Swim Team, Inc.

SANCTIONED BY: All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction # 18-10. 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 the event. (202.2.7)

LOCATION: Nampa Recreational Center
131 Constitution Way
Nampa, Idaho 83686
(208) 465-2288

FACILITIES: 8 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9’ at the start end and 4.7’ at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

MEET REFEREE: Shannon Tuft & Kim Walton
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.

MEET DIRECTOR: Terri Adams
Email: tadams5257@yahoo.com

OFFICIALS: We expect and appreciate the help of certified USA Swimming Officials from each participating team.

ELIGIBILITY: Swimmers must hold current **2018** USA registration cards. Age of swimmer on the first day of the meet (**April 7, 2018**) determines the swimmer’s age for the meet.

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

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

MEET FORMAT: This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet, with exception of the 500 free and 400IM, which will be deck seeded. All events will be swum as timed finals. Heats will be ordered slowest to fastest.

SCHEDULE:

Warm-Up Date	Who	Time	Meet Starts
Saturday	12 & U	8:00am-8:30am	9:15am
	13 & O	8:30am-9:00am	
Sunday	12 & U	8:00am-8:30am	9:15am
	13 & O	8:30am-9:00am	

CONDUCT: Current USA Swimming rules will govern this meet.

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 swimmer’s legal guardian to ensure compliance with this requirement.

Snake River Swimming warm-up and safety procedures will apply. 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.

Under USA Swimming Rule 102.8 for Deck Changing – Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

This is a no card meet except for relays and 500 free. All other swimmers will be on deck at 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 back of the card. Relay swimmers must be entered on the master relay entry form and all fees paid.

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

The 500 free and 400 IM will be deck seeded. All 500 free swimmers must check in with the Clerk of Course by 10:00am Saturday, April 7th and 400 IM swimmers must check in with the Clerk of Course by 10:00am on Sunday, April 8th. All 500 free swimmers must provide 2 timers and lap counters.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ENTRIES:

Saturday & Sunday – All swimmers may enter **three individual events and one relay event per day**.

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

NO TIMES ARE ACCEPTED, with the following exception:

- All swimmers **MUST** have an entry for the 500 free and 400 IM (coaches may submit and estimated time, only if no time exists).
- Coaches may estimate entry times **only when no time exists**, for seeding purposes in any event, and are **encouraged** to do so for any event 200 yards or longer. Please estimate conservatively.
- Please indicate which events have estimated times, in an email with your entry file.

Enter in short course yard times only. Entries may be submitted as an attached file via email (tadams5257@yahoo.com) **Terri Adams** by those teams using the Hy-Tek Commlink. Entry file must include converted times. **Include a hard copy of entries if submitted via disk or email.**

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in **short course yards.**

Please report scratches to Clerk of Course prior to start of meet each day.

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.

Deck registration will not be provided. Anyone entered in the meet, whom is not properly registered with USA Swimming, is subject to a \$50 fine.

As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

TIME TRIALS: Time trials will be offered at the conclusion of Saturday and Sunday's events at the discretion of the referee.

ENTRY FEES: \$32.00 per individual (\$1.75 timing system, \$9.00 SRS funds, \$5.75 pool rent/lifeguards, \$15.50 awards, admin, hospitality).

ENTRY DEADLINE: Make checks payable to Nampa Swim Team. All fees must accompany entries. **One check per team please. Entries must be received by March 26th.** Late entries will not be accepted.

Mail entries to: Terri Adams
c/o NST
PO Box 753
Nampa, Idaho 83653
208.258.0839

SCORING: Events may be combined at the discretion of the referee but will be scored separately as 8 & under, 9-10, 11-12, 13-14, 15-19. The scoring will be: 30-25-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 by individual event. Scoring may be adjusted upward depending on the number of entries.
Relays will not receive points.

AWARDS: Every swimmer will receive a participation trophy or medal. The award will be in high point order for the age group as specified under the scoring section, both for boys and girls.

MISC: Each team will be expected to provide timers during the entire course of the meet each day. Assigned lanes will appear in the heat sheet.

Concessions will be available at the pool.

Heat Sheets will be available for \$6.00

A hospitality room will be provided for coaches and officials.

Apparel may be available onsite from vendor.

2018 April Pools
April 7 – 8, 2018
Schedule of Events

Day 1		Day 2	
1	Girls 8 & Under 100 Freestyle Relay	57	Girls 8 & Under 100 Medley Relay
2	Boys 8 & Under 100 Freestyle Relay	58	Boys 8 & Under 100 Medley Relay
3	Girls 12 & Under 200 Freestyle Relay	59	Girls 12 & Under 200 Medley Relay
4	Boys 12 & Under 200 Freestyle Relay	60	Boys 12 & Under 200 Medley Relay
5	Girls 13-19 400 Freestyle Relay	61	Girls 13-19 400 Medley Relay
6	Boys 13-19 400 Freestyle Relay	62	Boys 13-19 400 Medley Relay
7	Girls 9-10 200 IM	63	Girls 8 & Under 50 Backstroke
8	Boys 9-10 200 IM	64	Boys 8 & Under 50 Backstroke
9	Girls 11-12 200 IM	65	Girls 9-10 50 Backstroke
10	Boys 11-12 200 IM	66	Boys 9-10 50 Backstroke
11	Girls 13-14 200 IM	67	Girls 11-12 200 Backstroke
12	Boys 13-14 200 IM	68	Boys 11-12 200 Backstroke
13	Girls 15-19 200 IM	69	Girls 13-14 100 Backstroke
14	Boys 15-19 200 IM	70	Boys 13-14 100 Backstroke
15	Girls 8 & Under 100 Backstroke	71	Girls 15-19 100 Backstroke
16	Boys 8 & Under 100 Backstroke	72	Boys 15-19 100 Backstroke
17	Girls 9-10 100 Backstroke	73	Boys 8 & Under 100 IM
18	Boys 9-10 100 Backstroke	74	Girls 8 & Under 100 IM
19	Girls 11-12 100 Backstroke	75	Girls 9-10 50 Butterfly
20	Boys 11-12 100 Backstroke	76	Boys 9-10 50 Butterfly
21	Girls 13-14 200 Backstroke	77	Girls 11-12 200 Butterfly
22	Boys 13-14 200 Backstroke	78	Boys 11-12 200 Butterfly
23	Girls 15-19 200 Backstroke	79	Girls 13-14 100 Butterfly
24	Boys 15-19 200 Backstroke	80	Boys 13-14 100 Butterfly
25	Girls 8 & Under 50 Butterfly	81	Girls 15-19 100 Butterfly
26	Boys 8 & Under 50 Butterfly	82	Boys 15-19 100 Butterfly
27	Girls 9-10 100 Butterfly	83	Girls 8 & Under 100 Freestyle
28	Boys 9-10 100 Butterfly	84	Boys 8 & Under 100 Freestyle
29	Girls 11-12 100 Butterfly	85	Girls 9-10 50 Freestyle
30	Boys 11-12 100 Butterfly	86	Boys 9-10 50 Freestyle
31	Girls 13-14 200 Butterfly	87	Girls 11-12 50 Freestyle
32	Boys 13-14 200 Butterfly	88	Boys 11-12 50 Freestyle
33	Girls 15-19 200 Butterfly	89	Girls 13-14 50 Freestyle
34	Boys 15-19 200 Butterfly	90	Boys 13-14 50 Freestyle
35	Girls 8 & Under 50 Freestyle	91	Girls 15-19 50 Freestyle
36	Boys 8 & Under 50 Freestyle	92	Boys 15-19 50 Freestyle
37	Girls 9-10 100 Freestyle	93	Girls 8 & Under 50 Breaststroke
38	Boys 9-10 100 Freestyle	94	Boys 8 & Under 50 Breaststroke
39	Girls 11-12 100 Freestyle	95	Girls 9-10 50 Breaststroke
40	Boys 11-12 100 Freestyle	96	Boys 9-10 50 Breaststroke
41	Girls 13-14 100 Freestyle	97	Girls 11-12 200 Breaststroke
42	Boys 13-14 100 Freestyle	98	Boys 11-12 200 Breaststroke
43	Girls 15-19 100 Freestyle	99	Girls 13-14 100 Breaststroke
44	Boys 15-19 100 Freestyle	100	Boys 13-14 100 Breaststroke
45	Girls 8 & Under 100 Breaststroke	101	Girls 15-19 100 Breaststroke
46	Boys 8 & Under 100 Breaststroke	102	Boys 15-19 100 Breaststroke
47	Girls 9-10 100 Breaststroke	103	Girls 9-10 200 Freestyle
48	Boys 9-10 100 Breaststroke	104	Boys 9-10 200 Freestyle
49	Girls 11-12 100 Breaststroke	105	Girls 11-12 200 Freestyle
50	Boys 11-12 100 Breaststroke	106	Boys 11-12 200 Freestyle
51	Girls 13-14 200 Breaststroke	107	Girls 13-14 200 Freestyle
52	Boys 13-14 200 Breaststroke	108	Boys 13-14 200 Freestyle
53	Girls 15-19 200 Breaststroke	109	Girls 15-19 200 Freestyle
54	Boys 15-19 200 Breaststroke	110	Boys 15-19 200 Freestyle
55	Mixed 11-19 500 Freestyle	111	Mixed 11-19 400 IM