

Lucky Duck Swim Meet

Saturday, March 9, 2019

Hosted by Portneuf Valley Krakens



- SANCTION** This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., 19-XX. In granting this approval, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event.
- DATE** Saturday, March 9, 2019
- LOCATION** Reed Gym Pool at Idaho State University
1291 Martin Luther King Jr Blvd
Pocatello, ID 83209
- TYPE & FORMAT** Invitational meet. All races are timed finals.
- REFEREE** Glenn Roth swimmerg1@hotmail.com
- DIRECTOR** Karen Homstad karen.homstad@gmail.com
- SCHEDULE**
- | | |
|--------------------------|-------------|
| Coaches' meeting | 7:45am |
| Officials meeting | 8:15am |
| Warmups, ages 11 & Older | 8-8:30am |
| Warmups, ages 10 & Under | 8:30-8:50am |
| Meet start | 9:00am |
| Meet end | 1:00pm |
- COURSE** 6 lane 25 yard indoor pool. Water depth measured in accordance with Article 103.2.3 is 3.5' minimum and 12.0' maximum. KDI Paragon starting blocks. Equipped with backstroke flags and antiwave lane lines. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).
- TIMING** This is a 3 stopwatch hand timed (manual) event.
- FEES** Flat fee of \$20 per swimmer. Outreach swimmers should deduct \$4 per entry fee.
- Payable to Portneuf Valley Krakens and due by the start of the meet. Send team payment (lump sum; no individual payments) to:
Portneuf Valley Krakens
144 Wilson
Pocatello, ID 83201

ELIGIBILITY

Swimmer's age group will be determined by his/her age the first day of the meet.

All swimmers must be currently registered with USA Swimming. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

ENTRIES

Swimmers may enter 4 individual events and one (1) relay event. Deck registration will not be provided for individual events. Events will be pre-seeded.

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.

Times to be submitted SCY. No time (NT) is acceptable.

THIS MEET IS LIMITED TO THE FIRST 150 REGISTRANTS, BUT TEAMS WILL NOT BE SPLIT.

Teams should use a Hy-Tek program and email their meet entry file to karen.homstad@gmail.com

You will receive email confirmation of receipt of entries within 24 hours. If you haven't received this confirmation, call (208) 2339-7669.

DEADLINE

ENTRIES MUST BE RECEIVED MONDAY, MARCH 4, 2019, by noon.

SCORING & AWARDS

This meet will not be scored. Swimmers will receive a participation prize.

CONDUCT

Current USA Swimming will apply.

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

Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool.

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

Deck Changing: Changing into or out of swimsuits outside designated locker room areas by athletes 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.

202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

103.13 /M/ DRONES — 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.

103.2.2 – 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.

CONCESSIONS

Meet programs will be sold at the meet.

Selection of drinks and snacks will be for sale during the meet.

MISC.

Events 25 yards in length will start in the deep end of the pool.

Coaches should report all event scratches prior to the start of the meet.

Volunteer timers may be needed from participating teams.

Marshals and USA Swimming officials will be provided by the participating teams.

EVENTS

GIRLS EVENT #	AGE	DISTANCE	STROKE	BOYS EVENT #
1	10 & Under	100 yard	Freestyle	2
3	11 & Over	100 yard	Freestyle	4
5	8 & Under	25 yard	Backstroke	6
7	Open	50 yard	Backstroke	8
9	Open	100 yard	Backstroke	10
11	8 & Under	25 yard	Breaststroke	12
13	Open	50 yard	Breaststroke	14
15	Open	100 yard	Breaststroke	16
17	8 & Under	25 yard	Butterfly	18
19	Open	50 yard	Butterfly	20
21	Open	100 yard	Butterfly	22
23	Open	200 yard	Freestyle	24
25	10 & Under	100 yard	Individual Medley (IM)	26
27	11 & Over	100 yard	Individual Medley (IM)	28
29	8 & Under	25 yard	Freestyle	30
31	Open	50 yard	Freestyle	32
33	Open	200 yard	Individual Medley (IM)	34
35	10 & Under	100 yard	Freestyle Relay	36
37	Open	200 yard	Freestyle Relay	38