

# Nampa Swim Team

## 2009 Koudelka Memorial Invitational

### October 10 - 11, 2009

<b>SPONSORED BY:</b>	Nampa Swim Team, Inc.
<b>SANCTIONED BY:</b>	All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction <b>#09-13</b> . 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)
<b>LOCATION:</b>	Nampa Recreation Center 131 Constitution Way Nampa, Idaho 83686 (208) 465-2288
<b>FACILITIES:</b>	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. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).
<b>MEET REFEREE:</b>	<b>Ron Gipson</b> 315 Hilldrop St., Caldwell, ID 83605 Phone: home (208) 454-8498 <b>Email:</b> cgipson4@cableone.net <i>Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.</i>
<b>MEET DIRECTOR:</b>	<b>Kristin Wilson &amp; Jill Jones</b> 610 AUTUMN PLACE Nampa, ID 83686 Phone: home (208) 467-7763 <b>Email:</b> kristinw@cableone.net
<b>OFFICIALS:</b>	Officials, who are current members of USA Swimming to be provided by the participating teams.
<b>ELIGIBILITY:</b>	Swimmers must hold current <b>2009 or 2010</b> USA registration cards. Age of the swimmer on the first day of the meet ( <b>October 10, 2009</b> ) determines the swimmer's age for the meet. .
<b>MEETINGS:</b>	<b>COACHES:</b> There will be a mandatory coaches meeting 15 minutes prior to the start of warm-ups each day of the meet..  <b>OFFICIALS:</b> There will be an officials meeting 45 minutes prior to the start of each day of the meet.
<b>MEET FORMAT:</b>	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.

<b>SCHEDULE:</b>	<b>Warm-Up Date      Who      Time      Meet Starts</b>			
	Saturday	12 & U	8:00-8:30a	
		13 & O	8:30-9:00a	9:15a
	Sunday	12 & U	8:00-8:30a	
		13 & O	8:30-9:00a	9:15a
<b>CONDUCT:</b>	<p>Current USA Swimming rules will govern this meet.</p> <p>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.</p> <p>This is a no card meet except for relay and the 500 free. 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.</p> <p>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.</p> <p>Heats of timed final events may be combined at the discretion of the meet referee.</p> <p>The 500 free will be deck seeded as one event and may, at the discretion of the meet referee, be swum fastest to slowest, without regard to age and/or gender. All 500 free swimmers must check in with the Clerk of Course. All 500 free swimmers must provide timers and lap counters.</p>			
<b>ENTRIES:</b>	<p><b>Saturday &amp; Sunday</b> – All swimmers may enter <b>four individual events and one relay event per day.</b></p> <p>A Team Manager event import file will be available to download on the home page of the Nampa Swim Team: <a href="http://www.nstsharks.com">www.nstsharks.com</a></p> <p><b>NO TIMES ARE ACCEPTED.</b> Enter in short course yard times only. Entries may be submitted as an attached file via email (<b>sambodine@q.com</b>) by those teams using the Hy-Tek Commlink. <b><u>Include a hard copy of entries if submitted via disk or email.</u></b></p> <p><b>Entries</b> must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in <b><u>short course yards.</u></b></p> <p>A signed Statement of Verification must be included with the team</p>			



# 2009 Koudelka Memorial Invite

## SATURDAY SCHEDULE OF EVENTS

October 10, 2009

Timed Finals

Girls	Event	Boys
1	10 & Under 100y Free Relay	2
3	12 & Under 200y Free Relay	4
5	13 & Over 400y Free Relay	6
7	8 & Under 25y Free	8
9	9-10 50y Free	10
11	11-12 50y Free	12
13	13 & Over 50y Free	14
15	9-10 200y IM	16
17	11-12 200y IM	18
19	13 & Over 400y IM	20
21	8 & Under 50y Back	22
23	9-10 100y Back	24
25	11-12 100y Back	26
27	13 & Over 200y Back	28
29	8 & Under 25y Fly	30
31	9-10 50y Fly	32
33	11-12 50y Fly	34
35	13 & Over 100y Fly	36
37	8 & Under 50y Breast	38
39	9-10 100y Breast	40
41	11-12 100y Breast	42
43	13 & Over 200y Breast	44
45	8 & Under 50y Free	46
47	9-10 100y Free	48
49	11-12 100y Free	50
51	13 & Over 100y Free	52

## SUNDAY SCHEDULE OF EVENTS

October 11, 2009

Timed Finals

Girls	Event	Boys
53	10 & Under 100y Medley Relay	54
55	12 & Under 200y Medley Relay	56
57	13 & Over 400y Medley Relay	58
59	8 & Under 50y Fly	60
61	9-10 100y Fly	62
63	11-12 100y Fly	64
65	13 & Over 200y Fly	66
67	8 & Under 25y Breast	68
69	9-10 50y Breast	70
71	11-12 50y Breast	72
73	13 & Over 100y Breast	74
75	8 & Under 100y Free	76
77	9-10 200y Free	78
79	11-12 200y Free	80
81	13 & Over 200y Free	82
83	8 & Under 25y Back	84
85	9-10 50y Back	86
87	11-12 50y Back	88
89	13 & Over 100y Back	90
91	8 & Under 100y IM	92
93	9-10 100y IM	94
95	11-12 100y IM	96
97	13 & Over 200y IM	98
	<i>Break if Needed</i>	
99	11 & Over 500y Free	100

500 Free scored 11-12, 13 & Over

# **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.