Sawtooth Aquatic Club
1st Annual Sawtooth Winter Invitational
January 12-14, 2024
Idaho Central Aquatic Center
3575 S. Findley Ave., Boise, ID 83705

Sanction #24-01

Held under sanction of Snake River Swimming, and USA Swimming, Inc.

Schedule	Friday, January 12	Saturday, January 13	Sunday, January 14
Prelims Warm-up	7:30 AM	7:30 AM	7:30 AM
Prelims Start	9:00 AM	9:00 AM	8:30 AM
Finals Warm-up	5:00 PM	5:00 PM	4:00 PM
Finals Start	6:00 PM	6:00 PM	5:00 PM

Meet Director:
Ryan Stratton: ryan@strattoncpa.com or (208) 409-2293

Meet Referee:
Teri White: teriwhite53@gmail.com (253) 370-8261

Officials:
Application to officiate are accepted by clicking **HERE**.

Facility:
- Indoor Myrtha competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane, uniform depth of 6 feet 7 inches (2 meters).
- Electronic timing and LCD scoreboard systems.
- Indoor 25-yard, 6-lane tank serves as the warmup pool, and has uniform depth of 4 feet.
- Indoor bleacher- style seating for 1,000 spectators
- Onsite parking for administrative personnel, officials & Coaches.
- Bus parking available at adjacent Flying J Travel Center Truck Stop.
- Free parking for spectators, team vehicles, and buses is available on all adjacent streets.

Entry Fees:
- Surcharge: $30.00
- Individual Event: $15.00
- Relay: $20.00

Eligibility:
All swimmers must be registered with USA Swimming or a FINA member covered under USA Swimming's "open border" policy.

Entry Information:
- Each swimmer may enter up to six (6) individual events for the meet, but no more than three (3) per day. In addition, each swimmer may participate on one (1) relay team per relay event. Entries exceeding this limit will be scratched without notification at the discretion of the meet directors.
- On-deck USA Swimming registration will not be permitted. No on-deck team transfer will be permitted.
- No deck entries or event substitutions will be permitted for either individual or relay events.
- This meet will offer a maximum two bonus events if a single qualification standard has been met.
- Time Trials are TBD.
- **Individual Events 400m or shorter:** All individual events 400m or shorter will be Prelims/Finals events with four heats of Finals for each.
- **Preliminary Heats:** All individual events other than the 800 Freestyle will be pre-seeded with no penalty for a failure to show.
- **Finals Heats:** D, C, B, and A heats (two bonus finals, consolation final, and final). The D heat will be priority filled with swimmers ages 14-under.

Awards & Scoring:
- Team: Top 3 Men's & Women's teams.
- High Point: Top male & female swimmer.
- Scoring: Top 24 of each individual event will compete in 3 heats of scoring finals. There will be 1 non-scoring heat of each event.
- Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relays: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (Only top two from any team may score)

Meet Rules:
- Current USA Swimming rules will govern the meet.
- The time standards for this meet apply only to USA Swimming athletes. To enter an individual event, those swimmers must have met the event qualifying time in USA Swimming or FINA sanctioned, approved, or observed competition.

Individual Events 400m or shorter: All individual events 400m or shorter will be Prelims/Finals events with four heats of Finals for each.

- Preliminary heats of all individual events other than the 800m Freestyle will be pre-seeded with no penalty for a failure to show.
- Finals Heats of all Prelims/Finals Individual Events: Any swimmer qualifying for a D, C, B, or A (two bonus finals, consolation final, or final) race of an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet unless properly scratched.
- Intention to Scratch: Once the swimmers qualifying as finalists, consolation finalists, or bonus finalists are announced, those swimmers have thirty (30) minutes to declare their intention to scratch with the Administrative Referee, and until thirty (30) minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Intentions to scratch and final/definite scratches must be made directly with the Administrative Official, unless otherwise announced at the Coaches' Meeting.
- Athletes not announced as a finalist, consolation finalist, or bonus finalist will not be penalized for a failure to scratch during an event's 30-minute window. However, reseeding may result from scratches during that period. Reseeding due to scratches made after the initial 30-minute window will be at the discretion of the Meet Referee.

800m Freestyles: These events will be deck-seeded fast-to-slow, requiring a positive check-in with the Clerk of Course by the announced deadline in order to swim.

- Competition will begin immediately following the Sunday preliminary session. Swimmers must provide their own timers and, if desired, counter.
- These events may be limited to the top 32 entries.

Relays: These events will be deck-seeded slow-to-fast, requiring a positive check-in with the Clerk of Course by the 8:15 AM deadline in order to swim.

- All heats of the 400 free relay will be swum during the preliminary session. The top eight relay teams by seed time of all other relay events will swim during the finals session and all other teams will be swum with the preliminary heats.
- Relay cards will be provided prior to each session and completed forms should be provided to the timers before the start of the heat.

WARM-UP PROCEDURES:

- Feet-first entry only.
- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
- Lanes 1 & 8—pace lanes, no diving
- Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
- Lanes 3, 4, 5 & 6—general warm-up, no diving
- Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-ups may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center For SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible – Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the facility by the lobby doors and in the northeast corner of the facility under the scoreboard.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Shaving is not permitted anywhere in the venue.
- Deck changes are prohibited.
- 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.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming or of a FINA-member organization coach included in USA Swimming's "open

border" policy or of an NCAA (or respective collegiate governing body) coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming, a FINA-member organization included in USA Swimming's "open border" policy, or of an NCAA (or respective collegiate governing body) coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted on the competition deck and must remain in the bleacher area.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by approval to be members of USA Swimming, of a FINA member covered by USA Swimming's "open border" policy, or of the NCAA (or respective collegiate governing body) shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming, of a FINA member covered by USA Swimming's "open border" policy, or of the NCAA (or respective collegiate governing body).
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- 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 injuries to anyone during the conduct of the event
- It is further understood that Snake River Swimming, Sawtooth Aquatic Club and Idaho Competitive Aquatics shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ENTRY SUBMITTAL INFORMATION: Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 6:00 PM (MST), January 2, 2024.

1. Entry File from Team Manager or equivalent.
2. Meet Entry Reports for individual events (sorted by swimmer) and relay events (sorted by event) from Team Manager or equivalent.
3. Meet Entry Fee Report from Team Manager or equivalent.
4. Meet Entry Fees—one check payable to the Sawtooth Aquatic Club
5. Team Information Sheet

Submittal Formats and Notes:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline except deck entries.
- All entry times will be assumed to be LCM unless otherwise indicated.
- Be sure to include all relay-only swimmers – name, gender, USA Swimming ID number & team affiliation on all electronic files and hard copies, and appropriate surcharges must be included with the entry.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to:** Patty Stratton, 2017 S. Roosevelt Street, Boise ID 83705
- **Email:** patty@gbacswim.com
- **Questions:** Meet Director

Late Entries: Swimmers who achieve a first-time individual qualifying standard between the meet entry deadline and Sunday, January 7, may be sent by email. These entries must be received by 6:00 PM MST. These times may not be used to improve the seed time of a previously submitted entry. Only individual events may be entered during this window; no relay entries will be accepted after the January 2 deadline.

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Event Order & Standards

Women's Event #	LCM	SCY	Friday Prelims	SCY	LCM	Men's Event #
1	NTS	NTS	200 meter Mixed Free Relay	NTS	NTS	*1*
2	5:01.29	5:34.99	400 meter Free	5:17.59	4:46.69	3
4	2:40.79	2:19.49	200 meter Individual Medley	2:11.39	2:31.69	5
6	30.49	26.79	50 meter Free	24.59	28.29	7
8	NTS	NTS	400 meter Medley Relay	NTS	NTS	9
			Friday Finals - Same order as prelims			
			Saturday Prelims			
10	NTS	NTS	200 meter Mixed Medley Relay	NTS	NTS	*10*
11	5:41.29	4:58.69	400 meter Individual Medley	4:40.49	5:22.59	12
13	1:11.19	1:02.69	100 meter Butterfly	58.49	1:06.79	14
15	2:23.19	2:04.99	200 meter Free	1:57.49	2:14.79	16
17	1:23.89	1:12.29	100 meter Breaststroke	1:06.79	1:17.89	18
19	1:13.89	1:02.99	100 meter Backstroke	58.69	1:08.89	20
21	NTS	NTS	800 meter Free Relay	NTS	NTS	22
			Saturday Finals - Same order as prelims			
			Sunday Prelims			
23	NTS	NTS	400 meter Free Relay	NTS	NTS	24
25	2:38.09	2:17.09	200 meter Backstroke	2:08.39	2:29.59	26
27	1:06.19	57.99	100 meter Free	53.89	1:01.79	28
29	3:00.49	2:36.79	200 meter Breaststroke	2:25.09	2:48.79	30
31	2:38.59	2:18.79	200 meter Butterfly	2:09.99	2:28.59	32
33	10:20.99	11:31.59	800 meter Freestyle	10:58.09	9:56.29	34
			Sunday Finals - Same order as prelims			

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TEAM INFORMATION

(Please include the Team Information Form if sending entries electronically.)

TEAM NAME: _____ CLUB CODE: _____

CONTACT NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

_____

COACH(ES) ATTENDING MEET: _____

While in Boise, our coach can be reached at: _____

_____

Motel Name/Phone #

The following statement must be signed by coach or team representative:
I have read the meet information and attest that all swimmers entered are athlete members of USA Swimming, of a FINA member covered under USA Swimming's "Open Border" policy, or of an NCAA (or respective collegiate governing body) team.

Signature: _____ Date: _____

ENTRY SUMMARY

____ Swimmers x $30.00/swimmer	**=**	**$ _____**
____ Individual Events x $15.00 each	**=**	**$ _____**
____ Relays x $20.00 each	**=**	**$ _____**
Team Total	**=**	**$ _____**

(Make Checks Payable to Sawtooth Aquatic Club)

ENTRY DEADLINE – 6:00 pm Tuesday, January 2, 2024

Mail Team Information Form and Check to:

Sawtooth Winter Invitational
c/o Patty Stratton
2017 S. Roosevelt Street
Boise, ID 83705

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RELAY FORM

Team Name:			
Team Code:		**LSC Code:**	
Coach:		**Home Phone:**	
Coach's USA ID#:		**Office Phone:**	
E-Mail Address:		**Cell Phone:**	

Enter the time only for each relay team in the appropriate place below. Swimmer names will be required on the relay entry forms provided at the meet.

Event #	Event	Team A	Team B	Team C	Team D
1	Mixed 200 Freestyle Relay				
8	Women's 400 Medley Relay				
9	Men's 400 Medley Relay				
10	Mixed 200 Medley Relay				
21	Women's 800 Free Relay				
22	Men's 800 Free Relay				
23	Women's 400 Free Relay				
24	Men's 400 Free Relay				

Relays = $20.00/Relay

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MASTER ENTRY FORM

(Please use form ONLY if not submitting entries electronically.)

Team Name:			
Team Code:		**LSC Code:**	
Coach Name:		**Home Phone:**	
E-Mail Address:		**Office Phone:**	
Team Mailing		**Cell Phone:**	
City, State, Zip		**Pool Phone:**	

Name:				**USA #:**	**Age:**	**Gender:**
Event #	**Time**		**Date**	**Meet Where Time Was Done**		

Name:				**USA #:**	**Age:**	**Gender:**
Event #	**Time**		**Date**	**Meet Where Time Was Done**		

Name:				**USA #:**	**Age:**	**Gender:**
Event #	**Time**		**Date**	**Meet Where Time Was Done**		

Swimmer Surcharge = $30.00/Swimmer **Individual Entries = $15.00/Event**