



**2026 MT. WEST
AGE GROUP
CHAMPIONSHIPS**

BOISE, ID

WELCOME !

2026 MT. WEST AGE GROUP
CHAMPIONSHIPS– BOISE, ID

Meet Referee

Keith Lambert

Inland Empire

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- ▶ **Administrative Referee – Tracy Haling, WY**
 - ▶ **Lead AO & HyTek Team – Patty Stratton, Gwynne Chandler,
Ann Erwin SR**
 - ▶ **Chief Judge – Rick Edge, IE**
 - ▶ **Head Starter – Holly Alleva, PN**
 - ▶ **Time Trial Ref – Keith Lambert IE**
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National Evaluator

Mike Trexler, NC

Meet Director

Ryan Stratton

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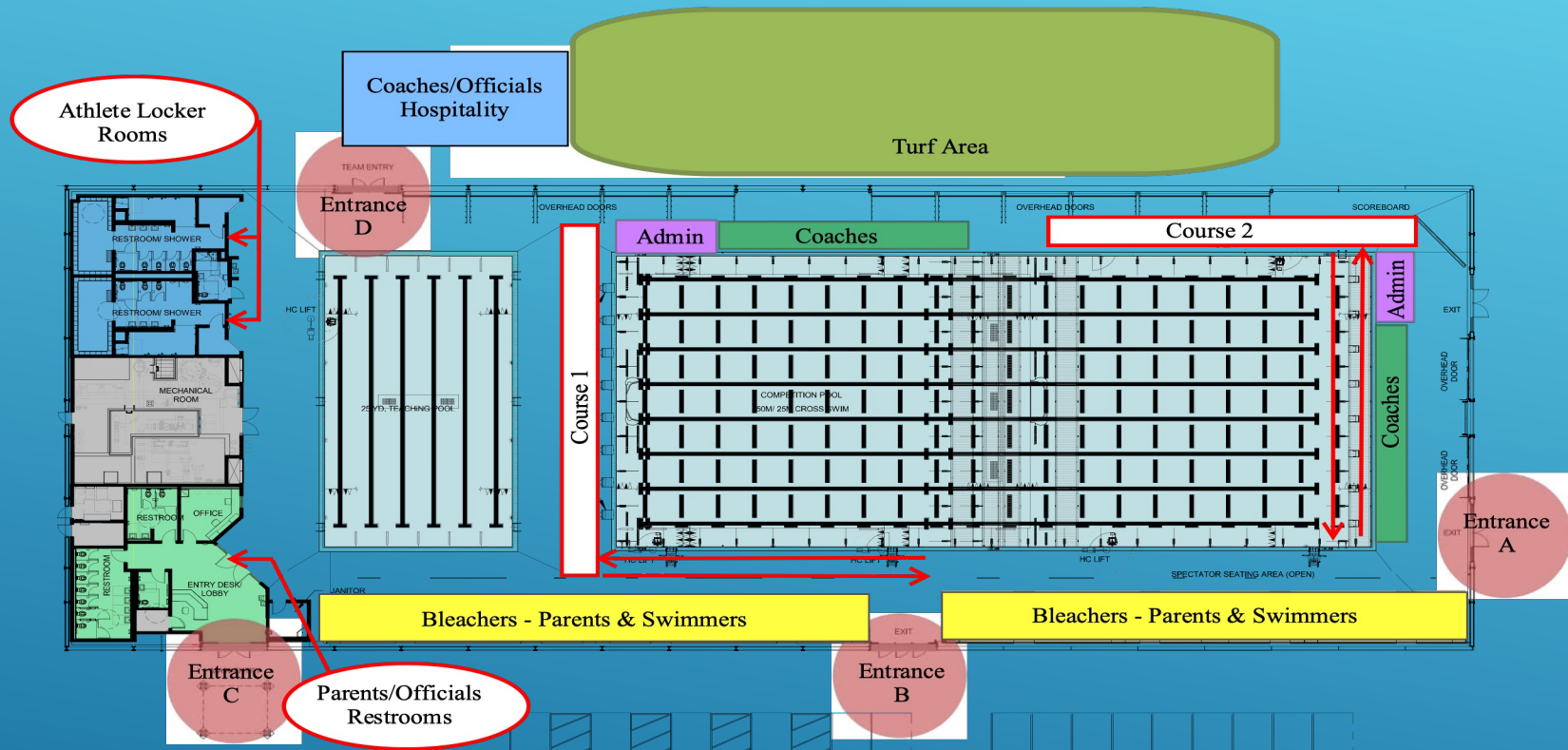
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MEET HOST

Idaho Competitive Aquatics
Idaho Central Aquatic Center



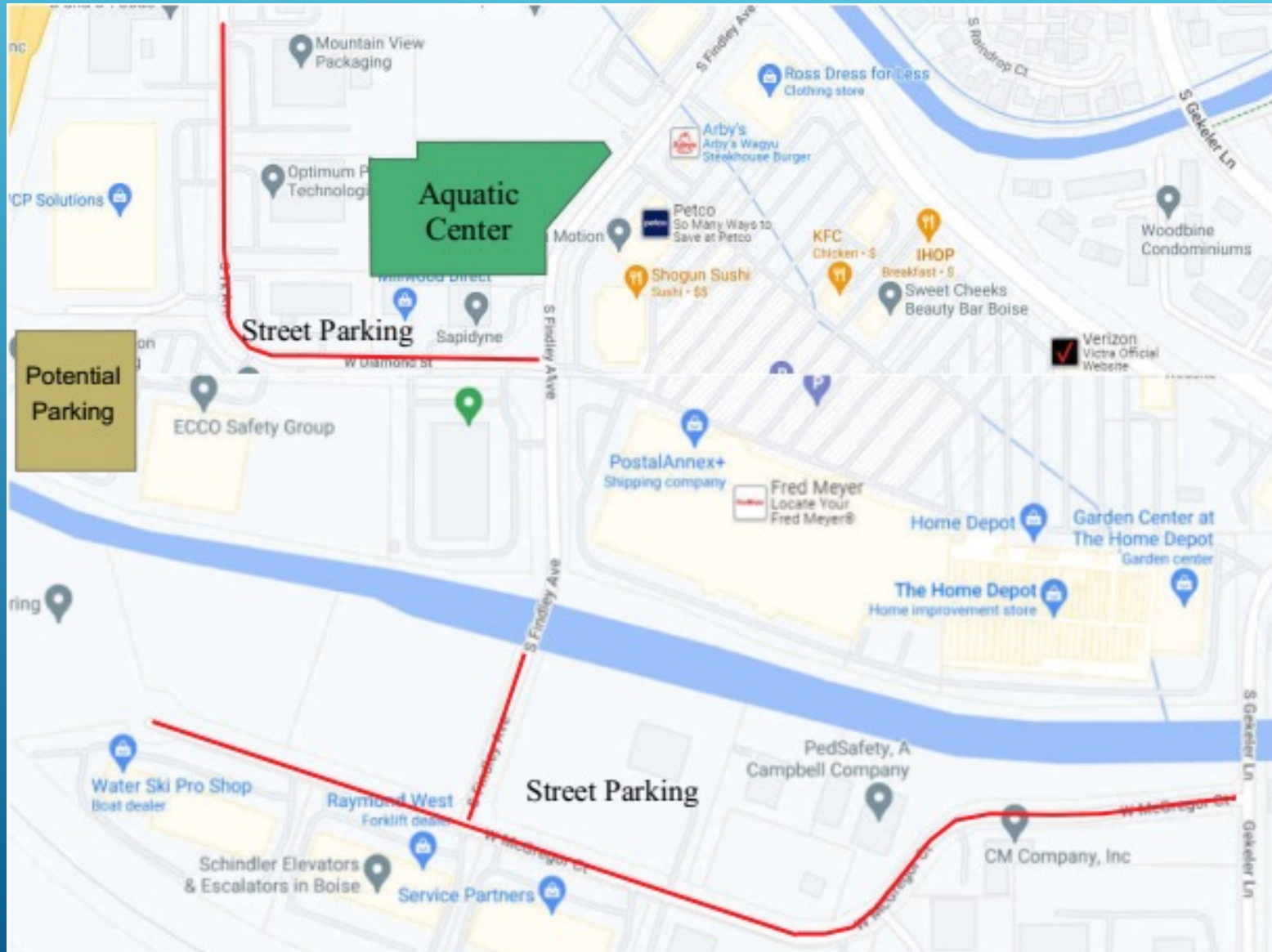
FACILITY LAYOUT



Idaho Central Aquatic Center

LOCATION OF FACILITY & PARKING

3575 S. FINDLEY AVE, BOISE, ID 83705



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Facility Notes

- ▶ Lifeguards are the First Responders; Coaches/others follow their lead
- ▶ Team Tents
 - ▶ We are tenting the outside area for your use. No rental fee required.
- ▶ Spectators
 - ▶ Must remain in bleachers, behind the railing.
 - ▶ Spectator restrooms located in Lobby area.
 - ▶ Must stay off competition deck unless volunteering.
 - ▶ Volunteer positions available at boisesessionals.com
 - ▶ Apparel Vendor located outside Entrance C.


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Schedule- Prelims

- ▶ Warm-Up Schedule:
 - ▶ 7:00 – 7:40 a.m. 13-over
 - ▶ 7:40 – 8:20 a.m. 12-Under
 - ▶ 8:20 a.m. – 8:50 all (starts and sprints)
- ▶ Competition 9:00 AM
- ▶ Time Trials
 - ▶ Approximately 15 minutes following conclusion of Prelims
 - ▶ Approximately one (1) hour on Friday, Saturday & Sunday
 - ▶ Distance Time Trials will be offered Friday ONLY
 - ▶ 1650 is only offered on Sunday, Swum with the slowest it in 1650 in main session

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Schedule- Finals

- ▶ Warm-Ups 4:00 PM – 4:50 PM
 - ▶ Competition 5:00 PM
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Scratches – Deadline is 5:30 p.m.

- ▶ **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 500 Freestyle (3:00 on Thursday), the 400 IM, and all 1650 Freestyle events in order to swim.
- ▶ Swimmers checking in for these events who fail to show for the swim will be disqualified from the next individual event of the meet in which they are entered.
- ▶ **Relays & 1650 Freestyle athletes** may request to **swim in prelims** session:
- ▶ **FINALS Scratches/Intent to Scratch:** *Within 30 minutes* of announcement of qualifiers
- ▶ **SUNDAY FINALS**
 - ▶ ***If your team is leaving after Sunday Prelims – PLEASE notify Admin***

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Be Mindful of Event Limits

- ▶ 3 individual events/day (including TT)
- ▶ 7 individual events/meet (not including TT)
- ▶ 1 time trial events per day
- ▶ Must properly SCRATCH by **deadline of 5:30** each night—DFS and NS count towards event limit

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No-Shows

- ▶ *All 10U preliminary heats, all 11&O timed finals and relays, there is no penalty for no show.*
- ▶ **Finals:** Swimmers qualifying for the finals of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.

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Prelim Seeding Reminder

- ▶ Prelims—Fast to slow with the top 3 heats of 200 or less, and the top 2 heats of 400 or more are circle-seeded * ***Fastest Athlete in Heat 1***

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Meet Operations – On Deck Admin. Referee

- ▶ Declared False Starts:
 - ▶ Pre-session – see the On-Deck Table
 - ▶ During the session – see the Chief Judge or the Deck Referee at the Starting area.
- ▶ Questions regarding Disqualifications – Report to Chief Judge in starting area.
- ▶ Special Needs or Requests – Please coordinate with Tracy Helling in advance (or Keith & Ryan).

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Meet Operations – Relay Cards

Names are due at the resolution desk by *6:00 pm*

Relay Cards:

- ▶ Will be available to take to the blocks from Admin

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Meet Operations – Finals & Awards

- ▶ **Finals – 1 Heat per Age Group**
- ▶ *Championship Final WILL report to their block & introduced at the starting blocks.*
 - ▶ Alternates must be in the start area ready to swim; we will not call for alternates.
- ▶ **Awards: Top 8 Individual Events – Top 3 Relays**
 - ▶ *Championship A Final Awards will be presented immediately following their swim to the Top 8 Finishers.*
 - ▶ Awards to be presented by the Coach of the 1st Place athlete (if coach is available).

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Meet Operations - Swim-offs

- Swim-offs may be required for ties in positions for 8 & 9, 9 & 10 or 10 & 11
- ▶ *Coaches Cell Phone #s are REQUIRED*



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▶ **Time Trials**

- TT Referee – Keith Lambert
- Coordinator – Ryan Stratton (ryan@strattoncpa.com / 208-409-2293)
- Offered on (Thur/Fri/Sat/ and Sun)
- Starts approx. 15 minutes after end of prelims for no longer than one hour
- Each Day's Sign-up offered at clerk of course at 8:00 a.m.
- Sign-ups close at. 10:00AM. .
- Time Trials for the 1650 Free Distance events to be offered only on Sunday at the discretion of the Meet Ref
- Must stay within limit of 3 individual events per day—any overages over entry limit will be scratched without refund.
- Limit of 1 time trial per day.

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REMINDERS

- ▶ *Provide own timers (2) for time trials, 400 IM & 1650 Freestyles, and a person to count, if desired.*
- ▶ Changing in or out of swimsuits other than in locker rooms is prohibited.
- ▶ No Paddles or Fins allowed in Competition pool. All Equipment may be used in warm-down pool.
- ▶ **REQUIRED:** *Coaches must present USAS certification to receive credential*

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IMPORTANT LINKS:

- ▶ <https://mwagc.com> – *All meet info*

IMPORTANT NUMBERS:

- ▶ *Ryan Stratton – 208-409-2293*
- ▶ *Keith Lambert – 509-844-1993*
- ▶ *Tracy Haling – 307-690-1786*

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QUESTIONS?

