

2024 WY JHSR Fall in the Hole Invitational

Pinedale Aquatic Center, Pinedale, WY

November 15-17, 2024

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.
SANCTION # WY-2025-01

Host Team: Jackson Hole Stingrays Swim Club

Location: Pinedale Aquatics Center, 535 North Tyler Ave, Pinedale, WY 82941 307-367-2832

Meet Director	Stacie Moses	JHSRmeetdirector@gmail.com	303-941-9985
Meet Referee	Jerod DeLay	jerodrdelay@yahoo.com	307-760-5341
Administrative Referee	Susan Huckeby	shuckeby@msn.com	406-491-4698
Meet Entries Chair	Tracy Haling	JHSRmeetdirector@gmail.com	307-690-1786

Meet format:

This is an age group meet with a mix of timed final and preliminary/final events as described herein and will be conducted in accordance with the current policies and procedures of Wyoming Swimming. This meet will be conducted in short course yards.

Preliminaries and finals will be swum in all individual events except for the following timed final events: all designated 8&Under individual events, 500 free and 400 IM. Preliminaries will be swum with combined age groups as noted in the order of events.

Finals will consist of an A final and a B final swum in reverse order. The top 8 qualifiers from each defined age group and gender (10&Under, 11-12, 13-14, 15-16 and 17&Over) will advance to the A final and places 9-16 will advance to the B final.

If an individual wants a split time in any event, the coach or swimmer shall complete a split request form available at the on-deck resolution desk.

Swimmers in the 500 and 400 IM must provide two timers and a counter (as appropriate). Positive check-in is required no later than 30 minutes after the start of the day's prelims session to be seeded in the meet. These events will be competed fastest to slowest, combined age and gender.

The warm-up/cool down pool will be open during the meet and available for use by swimmers when directly supervised by a team coach. Entry into this pool will be feet first only.

Meet schedule:

Preliminary warm-ups will start no earlier than 7:00am with the meet starting no earlier than 8:30am. Finals warm-ups will start no earlier than 4:00 pm with finals to start at 5:00pm. **Warm-up times and meet start times will be confirmed after entries have been received.** A final schedule of times will be emailed out to teams by November 12, 2024.

Liability:

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., Jackson Hole Stingrays Swim Club, and Pinedale Aquatics Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No area of the venue should be considered secure. The above named are not liable for items lost or stolen.

Any club or individual entering a swimmer in a sanctioned meet who is not an Athlete Member in good standing of USA Swimming shall be fined fifty dollars (\$50) for each non-compliant swimmer entered. Such fine shall be payable to WYSI within ten (10) days of notification of the infraction.

Pool:

This is a 25-yard, 8 lane pool equipped with non-turbulent lane markers, starting blocks and backstroke flags. At the starting end of the pool, water depth is 12ft deep at 3' 3½" to 12ft at 16'5" from starting end. The pool depth is 5ft deep at 3'3 ½" from turn end of pool to 8ft at 16'5" from turning end.

The 4 lane warm-up/warm down pool is located across the bulkhead from the competition pool and is 3.5ft deep gradually increasing to 4.5ft closest to the bulkhead.

The meet host will ensure required course dimensions.

Timing:

Colorado Timing System, with 8 lane scoreboard and semi-automatic backup and 2 manual back up watches per lane.

Eligibility:

No swimmer will be permitted to compete unless the swimmer is a currently registered athlete member in good standing as provided in USA Swimming Article 302.

There will be NO on-deck registrations.

Age groups:

Swimmer's age will be determined by his/her age on the first day of the meet, November 15, 2024. Age groups are 8&Under, 10&Under, 11-12, 13-14, 15-16 and 17&Over.

Results will be posted by listed age group and gender.

Disabilities:

Swimmers with disabilities are encouraged to attend. Contact the Meet Referee if you need special considerations. Swimmers with disabilities must be identified at the time entries are submitted. In accordance with USA Swimming rule Article 105 the Meet Referee has the authority to accommodate swimmers with disabilities. The team entry representative must notify the Meet Referee of accommodation and modification requests at the time of entry submission.

Entry limits: Entries for this meet will be limited to 350 swimmers. Teams will not be split.

Teams, unattached swimmers, or swimmers traveling without a coach who are interested in reserving space in the meet should submit early entries by October 15th and update times no later than November 6, 2024.

Teams that are part of the Western Wyoming District (Jackson Hole Stingrays, Sublette County Swim Team, Kemmerer Swim Club, Sweet Water Aquatics Team, Rawlins Rebels and High Altitude Swim Club and Unattached swimmers in the WWDC) will be given priority registration and are expected to comprise an estimated 175 of the 350 entries. There will be NO on deck entries.

Each swimmer is limited to three (3) individual events each day with a maximum of eight (8) individual events for the meet. 8&Under swimmers may compete throughout the meet in 8&Under individual events or 10&Under individual events, but not both.

Awards:

A participation gift will be given to all entered swimmers.

Entries:

Electronic entries (such as Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be submitted. Times should be submitted in yards or converted LCM or SCM. No time (NT) entries will be accepted.

ALL ENTRIES AND UPDATED TIMES MUST BE EMAILED to JHSRmeetdirector@gmail.com by no later than 11:59 pm on **November 6, 2024**.

Email MUST include:

1. Either a Zip file or sd3 file
2. PDF of meet entries sorted by athlete name
3. Entry fee report
4. Name, email address and phone number of the coach attending the meet for questions

All Unattached swimmers shall submit entries by directly emailing JHSRmeetdirector@gmail.com.

Entry verification:

An email response will be sent to the person submitting the entry confirming receipt of the entry and entry acceptance within 24 hours of receipt. Entries are not confirmed until the email has been received.

Entry fees:

Participation fee of \$8 plus \$8 per event. There will be NO refunds. Submit fees in US dollars.

All clubs should pay with one check made payable to JHSR. Mail entry fees to: JHSR, PO Box 6968, Jackson, WY 83002. Checks may be turned in at the resolution desk if not postmarked by November 6, 2024.

Seeding:

This meet will be pre-seeded except for the 400 IM and 500 Free. The Meet Referee reserves the right to combine events and heats of differing age, gender, distance and/or stroke per section 102.7.2.

Resolution Desk:

There will be an on-deck administrative official's table, referred to hereafter as the resolution desk.

Coaches or athletes shall scratch from prelims and/or finals, complete a form to request an initial distance split, complete positive checks ins for the 500 and 400 IM and pick up any DQ slips that have not been delivered. In addition, swim-offs will be handled through the resolution desk. Heat sheets for any re-seeded event, including distance events, will be available at the resolution desk.

Clerk of Course:

There will be a Clerk of Course. Swimmers should report to the Clerk of Course for prelims and finals. Heat and lane assignments will appear in the program.

Scratch procedures for preliminaries:

Scratches received after Thursday evening will count towards the daily individual entry limits. Scratches for preliminaries are due at the on-deck resolution table 15 minutes prior to the start of each preliminary session; after this time swimmers may use a declared false start in preliminaries. There is no penalty for missing a preliminary or timed final event.

Scratch procedures for finals:

Any swimmer wishing to scratch from a final for which they have qualified must scratch, or declare their intention to scratch, within 30 minutes after the preliminary results for each individual event are announced. Swimmers should report to the administrative official at the resolution desk to scratch from a final event or declare their intent to scratch. Swimmers who declare an intention to scratch but fail to return to the resolution desk to scratch the event within 30 minutes after their last individual preliminary event is completed will be seeded into finals.

A declared false start may not be used to scratch from finals.

If a swimmer is a no-show for a final event, this will result in the swimmer being scratched from their next individual event. However, a swimmer may buy back in to their next individual event with a payment of \$25. Payment must be made at the resolution desk. Checks should be made payable to JHSR. **Failure to show for a Sunday final will result in a \$25 penalty and will be billed to the team.**

Failure to report for finals due to a sudden onset illness, injury, or circumstances beyond the control of the swimmer may be considered as an exception to the rule by the Meet Referee.

Finals procedures:

All finalists shall report to the Clerk of Course for finals. All alternates shall report to the Deck Referee. The B final will be swum first followed by the A final. If the B final of an event has already been swum, no alternates will be added in the A final if there is an empty lane(s). There is no penalty if the alternate fails to show for finals.

Scoring:

The meet will not be scored.

Warm-ups:

Prelim warm-ups and meet start time: Warm-up sessions will be assigned twenty (20) minutes sessions. Warm-up procedures will comply with Wyoming Swimming Inc. guidelines. Dive starts will be allowed only during the last five (5) minutes of each warm-up and will be one-way swimming only. Relay exchange starts are not allowed. **USA Swimming swimmers must be under the supervision of a coach at all times.** Swimmers attending without a coach shall notify the Meet Director to receive warm-up assignments.

There will be a short warm-up prior to the 500 free on Friday.

Finals Warm-ups:

Finals warm-ups are **open**, and lanes will be designated as follows: Lanes 1 and 8, push-pace circle swimming, Lanes 2 and 7 one-way dive starts, Lanes 3 and 4, 12&Under circle swimming, Lanes 5 and 6, 13&Over circle swimming. A Deck Referee will be on duty invigilating and has the authority to adapt this procedure to the needs of the athletes. Please see the Deck Referee if changes are desired.

USA Swimming Registration:

All coaches and officials must be registered and in good standing with USA Swimming. All coaches and officials must present their USA Swimming membership card in the USA Swimming app to the Meet Referee, or designee, to be allowed to coach or officiate and receive their deck pass at this meet.

Officials:

All certified USA Swimming officials are invited to officiate at this meet. Each Wyoming team shall provide official(s) to work the meet based on the number of swimmers entered into the meet: 1-9 swimmers—No official required. 10-17 swimmers—One official required. 18-25 swimmers—Two officials required. 26 or more swimmers—Three officials required.

Each participating WYSI club shall provide to the Meet Director and the Meet Referee the names of the officials who will be representing their club by the entry deadline, November 6, 2024. If this is unknown, you must contact the Meet Referee to discuss alternate plans for being in compliance with this rule. The Meet Referee will notify the Officials Chair regarding compliance with this rule.

Officials requesting an assigned position should fill out the attached application and submit to the Meet Referee by November 6, 2024.

Officials' meetings will be held in the hospitality room one hour prior to each session.

Training time will be available for apprentice officials. Contact the Meet Referee prior to the meet if you would like to train. Apprentice officials should wear the official clothing listed below.

Officials dress for this meet is white over black. White short-sleeve collared polo shirt with black bottoms, black socks and black shoes. Men may wear black pants or shorts and women may also wear black skirts or black capris for both prelims and finals.

Coaches:

A coaches' meeting time will be posted along with final timeline.

Timers:

It is requested teams help by providing timers. A volunteer request will be sent out along with timelines.

Medical supervision:

Lifeguards are on duty for the meet. There is an AED located in the lifeguard office, one outside gymnasium doors and one upstairs in the fitness area.

Concessions:

A variety of food and drinks will be available for purchase each day.

Hospitality:

Coaches and officials will have a separate hospitality room providing food and drinks.

Meet Programs:

Meet programs will be available for sale at the meet at the concessions stand.

Spectators: Only athletes, coaches, officials, timers and meet personnel may be on deck. Spectators may sit in the balcony seating area.

Results:

Unofficial results will be posted on Meet Mobile. Final results will be emailed to all teams and posted to the Wyoming Swimming website.

Rules:

Current USA Swimming rules will govern this meet.

Any swimmer entered in the meet 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 without the use of the backstroke ledge. 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.

DECK CHANGES ARE PROHIBITED. Swimmers changing into or out of swimsuits other than in the appropriate women's or men's locker room, is prohibited. Locker rooms are for swimmers entered in the meet only.

Public, non-athlete restrooms are located on the second floor, adjacent to the spectator seating area. Only athletes are allowed to use the locker rooms.

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

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

This meet may be covered by the media, including photographs, video, webcasting, and other forms or obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Time trials: Time trials will not be offered.

Technical Suits:

Per USA Swimming rules (102.8.1.F), No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. (1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials. (2) A Technical Suit is one that has the following components: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.). The age of the swimmer is determined on the first day of the meet.

Safe Sport:

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

All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before November 17, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before November 17, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>.

2024 WY JHSR Fall in the Hole Invitational Order of Events

Session 1: FRIDAY PRELIMS November 15, 2024		
Girls	Event	Boys
1	12&Under 200 Free	2
3	13&Over 200 Free	4
5	8&Under 50 Back T/F	6
7	12&Under 50 Back	8
9	13&Over 100 Back	10
11	8&Under 50 Fly T/F	12
13	9-12 100 Fly	14
15	13&Over 200 Fly	16
17	8&Under 50 Breast T/F	18
19	9-12 100 Breast	20
21	13&Over 100 Breast	22
23	Warm-up for 500 Free Mixed 9&Over 500 Free T/F	23

Session 2: FRIDAY FINALS November 15, 2024		
Girls	Event	Boys
1a	10&Under 200 Free	2a
1b	11-12 200 Free	2b
3a	13-14 200 Free	4a
3b	15-16 200 Free	4b
3c	17&Over 200 Free	4c
7a	10&Under 50 Back	8a
7b	11-12 50 Back	8b
9a	13-14 100 Back	10a
9b	15-16 100 Back	10b
9c	17&Over 100 Back	10c
13a	9-10 100 Fly	14a
13b	11-12 100 Fly	14b
15a	13-14 200 Fly	16a
15b	15-16 200 Fly	16b
15c	17&Over 200 Fly	16c
19a	9-10 100 Breast	20a
19b	11-12 100 Breast	20b
21a	13-14 100 Breast	22a
21b	15-16 100 Breast	22b
21c	17&Over 100 Breast	22c

Session 3: SATURDAY PRELIMS November 16, 2024		
Girls	Event	Boys
25	8&Under 50 Free T/F	26
27	12&Under 50 Free	28
29	13&Over 50 Free	30
31	8&Under 25 Breast T/F	32
33	12&Under 50 Breast	34
35	13&Over 200 Breast	36
37	8&Under 25 Free T/F	38
39	12&Under 100 Back	40
41	13&Over 200 Back	42
43	9-12 200 IM	44
45	Mixed 13&Over 400 IM T/F	45

Session 4: SATURDAY FINALS November 16, 2024		
Girls	Event	Boys
27a	10&Under 50 Free	28a
27b	11-12 50 Free	28b
29a	13-14 50 Free	30a
29b	15-16 50 Free	30b
29c	17&Over 50 Free	30c
33a	10&Under 50 Breast	34a
33b	11-12 50 Breast	34b
35a	13-14 200 Breast	35a
35b	15-16 200 Breast	35b
35c	17&Over 200 Breast	35c
39a	10&Under 100 Back	40a
39b	11-12 100 Back	40b
41a	13-14 200 Back	42a
41b	15-16 200 Back	42b
41c	17&Over 200 Back	42c
43a	9-10 200 IM	44a
43b	11-12 200IM	44b

Session 5: SUNDAY PRELIMS November 17, 2024		
Girls	Event	Boys
47	8&Under 100 Free T/F	48
49	12&Under 100 Free	50
51	13&Over 100 Free	52
53	8 Under 25 Fly T/F	54
55	12&Under 50 Fly	56
57	13&Over 100 Fly	58
59	8&Under 25 Back T/F	60
61	12&Under 100 IM	62
63	8&Under 100 IM T/F	64
65	13&Over 200 IM	66

Session 6: SUNDAY FINALS November 17, 2024		
Girls	Event	Boys
49a	10&Under 100 Free	50a
49b	11-12 100 Free	50b
51a	13-14 100 Free	52a
51b	15-16 100 Free	52b
51c	17&Over 100 Free	52c
55a	10&Under 50 Fly	56a
55b	11-12 50 Fly	56b
57a	13-14 100 Fly	58a
57b	15-16 100 Fly	58b
57c	17&Over 100 Fly	58c
61a	10&Under 100 IM	62a
61b	11-12 100 IM	62b
65a	13-14 200 IM	66a
65b	15-16 200 IM	66b
65c	17&Over 200 IM	66c

Officials Request for Assigned Position

To: Jerod DeLay
Meet: 2024 Fall in the Hole Invitational
Dates: November 15-17, 2024
Location: Pinedale, WY LSC: WYSI
Email form to: jerodrdelay@yahoo.com
Return form by November 6, 2024

Please consider me for assignments at the above meet:

Name: _____ LSC: _____
USAS member ID # _____
Email: _____ Phone: _____
Mailing Address: _____

I will work the following sessions:

Friday	Prelims _____	Finals _____
Saturday	Prelims _____	Finals _____
Sunday	Prelims _____	Finals _____

Current Certification and Expiration:

Stroke & Turn Judge: _____
Chief Judge: _____
Starter: _____
Deck Referee: _____
Administrative Referee: _____
Admin Official: _____

Requested positions:

You must work all sessions at the meet for a position of Admin Referee, Deck Referee or Starter. Check positions requested. If more than requested, number each in order of importance beginning with 1 as most important.

Stroke and Turn Judge: _____
Chief Judge: _____
Starter: _____
Deck Referee: _____
Administrative Referee: _____
Admin Official: _____