



## 2025 UV Rays May Invitational

**Hosted by**  
**Utah Valley Aquatics**

Held under the sanction of USA Swimming

**Sanction #UT25-49**  
**May 2, 2025**

*In granting this sanction, 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 this event. It is further understood that Utah Swimming LSC and Utah Valley Aquatics club 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.*

<b>Location:</b>	<b>Orem Fitness Center</b> 575 West Center St. Orem, Utah 84058 Emergency calls the day of the meet: 385-985-6625		
<b>Session Date and Time:</b>	Session	Warm Up	Meet Starts
	Friday, May 2, 2025	4:00 pm	5:00 pm
<b>Facility:</b>	<p>Pool Specifications:</p> <p>50-meter pool with eight (8) lanes Start End Water Depth: 6.5 feet @ 1 meter from wall; 8.0 feet @ 5 meters from wall Turn End Water Depth: 3.5 feet @ 1 meter from wall; 5.0 feet @ 5 meters from wall</p> <p>Timing: Colorado Timing System with a horn start</p> <p>Pool Certification: The host will ensure the required course dimensions.</p> <p>Our facility will have lifeguards, and an AED Device. Paramedics are on call from the Orem Fire Department.</p>		
<b>Meet Director:</b>	Heather Riding	385-985-6625	h_riding@hotmail.com
<b>Meet Referee:</b>	Pierre Guzman	801-368-5265	pierre@guz.me
<b>Meet Starter:</b>	Connie Christensen	801-368-7474	conniexensen@gmail.com
<b>Meet Admin:</b>	Natalie Mottishaw	801-201-7824	uvrays.meets@gmail.com

<b>Eligibility:</b>	<p>This meet is open to all swimmers affiliated with Utah Valley Aquatics, Basin Blast, WFFM, Cougar Club and invited unattached members who are 2025 Registered USA Swimming athletes.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Swimmer's age on the first day of the meet determines the age group for the entire competition.</p> <p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.</p> <p>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 the MAAPP policy is a condition of participation in the conduct of this competition.</p>
<b>Deck Registration:</b>	No deck registration will be accepted; swimmers must be registered members of USA Swimming at time of entry.
<b>Entry Limits, Fees, and Deadlines</b>	<p>This meet will be limited to the number of swimmers required to comply with the 4-hour rule.</p> <p>No Time (NT) entries are allowed. No deck entries.</p> <p>Individual swimmers may enter up to THREE (3) individual events.</p> <p>Surcharge per participating swimmer: \$15.00 Individual event: \$ 5.00</p> <p>All fees must accompany entries and are nonrefundable, even in the event of inclement weather. One team check is recommended. Make checks payable to Utah Valley Aquatics. Mail checks to:</p> <p>Utah Valley Aquatics PO Box 1964 Provo, Utah 84603</p> <p><b>All entries must be received (in the hands of the below designated person) by 11:59 pm, Wednesday, April 23, 2025</b></p> <p>E-mail entries to: <a href="mailto:uvrays.meets@gmail.com">uvrays.meets@gmail.com</a></p> <ul style="list-style-type: none"><li>• Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the USI Official Entry form found on the sanctions page of the Utah Swimming website (<a href="http://www.swimutah.com">www.swimutah.com</a>) must make sure that each form is signed and provide time verification for each entry. Entries are not accepted without said verification.</li><li>• Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A meet host report of entries received will be used to resolve any entry issues.</li></ul>



	<ul style="list-style-type: none"> <li>• A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.</li> </ul>
<b>Entry Rules:</b>	<p>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming LCM, non-conforming SCY, non-conforming SCM.</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <ul style="list-style-type: none"> <li>• <i>The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.</i></li> </ul> <p><i>Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet, the submitter, whether the swimmer, coach, parent, or team representative, certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct. (UTSI Rules and Regulations 1.3 and 1.4) The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification via the SWIMS database. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time submitted. It is understood that an automatic call before the review section may be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i></p>
<b>Meet Format, Check-in and Scratches:</b>	<ul style="list-style-type: none"> <li>• This meet will run as timed finals</li> <li>• Time Trials will not be offered</li> <li>• The 400 Free will be seeded fastest to slowest</li> <li>• This meet is negative check-in, except for the 400 Free. Positive check-in for the 400 Free will close at 5:30 pm Friday May 2, 2025</li> <li>• Swimmers participating in the 400 Free will need to provide their own timers. Timers must be at least 11 years old</li> <li>• Swimmers that miss their race will not be allowed to swim that event, but no further penalty will be assessed</li> <li>• <b>Scratches are due to <a href="mailto:uvrays.meets@gmail.com">uvrays.meets@gmail.com</a> by 3:00 p.m. on Friday, May 2, 2025.</b></li> </ul>
<b>Warm Up:</b>	<p>USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.9 will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> <li>• <b>Warm-up:</b> Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.</li> <li>• All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist <b>unaccompanied swimmers</b> make arrangements for</li> </ul>



	<p>such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3</p> <p><b>Lanes 2, 4 and 6 will be open for one way dive starts 20 minutes before the meet starts.</b></p> <p>The meet Referee may make changes at any time as determined to be in the best interest of the athletes and the conduct of the meet.</p>
<b>Dive Certification:</b>	"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. 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." 202.4.11D
<b>Concussion:</b>	Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303
<b>Restrictions:</b>	<ul style="list-style-type: none"> <li>• Deck changes are prohibited. 202.4.11I</li> <li>• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.11H</li> <li>• 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. 202.4.11J</li> </ul>
<b>Adaptive Swimming:</b>	In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
<b>Scoring:</b>	No scoring of events.
<b>Awards:</b>	There will be no awards.
<b>Results:</b>	Final results will be available on the Utah Valley Aquatics website in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.
<b>Deck Access:</b>	Deck access is limited to swimmers, coaches, officials, and meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
<b>Officials:</b>	Visiting officials will receive a gift card.
<b>Hospitality:</b>	Hospitality will be available for coaches and officials.
<b>Timers:</b>	All teams with more than 10 swimmers will be required to provide 2 timers. Lane assignments will be emailed before the meet. <b>Timers must be at least 11 years old.</b>
<b>Parking:</b>	Free parking is available next to the building.
<b>Website:</b>	For meet info, please visit the Utah Valley Aquatics website at <a href="http://www.uvrays.org">http://www.uvrays.org</a> .





**SESSION 1**  
**Friday Afternoon, May 2**  
**(Warm-up 4:00 pm – Start 5:00 pm)**

Women	Event Description	Men
1	<b>11 &amp; Over Mixed 400 IM</b>	1
2	<b>Open Mixed 200 Free</b>	2
3	<b>Open Mixed 50 Back</b>	3
4	<b>Open Mixed 50 Fly</b>	4
5	<b>11 &amp; Over Mixed 200 Fly</b>	5
6	<b>Open Mixed 100 Breast</b>	6
7	<b>11 &amp; Over Mixed 200 Back</b>	7
8	<b>Open Mixed 100 Free</b>	8
9	<b>11 &amp; Over Mixed 200 Breast</b>	9
10	<b>Open Mixed 100 Back</b>	10
11	<b>Open Mixed 50 Breast</b>	11
12	<b>13 &amp; Over Mixed 50 Free</b>	12
13	<b>12 &amp; Under 50 Free</b>	13
14	<b>Open Mixed 100 Fly</b>	14
15	<b>11 &amp; Over Mixed 200 IM</b>	15
16	<b>12 &amp; Under Mixed 400 Free*</b>	16
17	<b>13 &amp; Over 400 Free*</b>	17

\*Swimmers participating in the 400 Free will need to provide their own timers.