

CCA Fall Pentathlon

Cheyenne, WY

November 2, 2024

Held under the sanction of USA Swimming/Wyoming: WY-2025-05

Meet Director	Shelley Hood	ccameetdirector@gmail.com	970-232-5291
Meet Referee	Jerod Delay	jerodrdelay@yahoo.com	307-760-5341
Admin Official	Lara Pietsch or designee	pietsch@bresnan.net	307-631-0759

SESSIONS: (format the chart to fit your meet)

Date	Session Name	Warm up	Start
November 2, 2024	Session One	0800	0900

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received.
Any updated session times received from the meet host will be reflected on the EVENT page of the Wyoming Swimming website.

FACILITY	- Central High School, 5500 Education Dr, Cheyenne, WY 82009 - Include: 25 yards 6 lanes - At starting end of the pool, the depth is 12 ft. deep at 3'3 1/2" to 10 ft. at 16'5" from starting end. The pool depth is 4 ft. deep at 3'3 1/2" from turn end of pool to 4ft at 16'5" from turning end. - Altitude is 6,063 feet above sea level - Daktronics Timing System/Colorado Time System, with 6 lane scoreboard and semi-automatic backup, and 2 manual back up timers per lane. All clubs will be expected to provide timers based on the number of swimmers their club has participating in the meet. - The host will ensure the required course dimensions.
FORMAT:	- Timed Finals 25-yard events will start at the start end and will be timed with 2 watches - Pentathlon – all swimmers must legally compete in all five events to be included in scoring - Heats will be pre-seeded 24hrs prior to the meet.
SCRATCHES	Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.
COURSE	SCY
ELIGIBILITY	- All swimmers must be USA Swimming registered members as per Article 302. - Age is determined by the age of the swimmer on the first day of the 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. - Coaches must be registered and in good standing before the start of the meet. - 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. - Deck registrations will NOT be accepted.

	List any other discriminating factors for eligibility of the meet (qualifying times, qualifying periods, classifications, age restrictions, etc.)
DISABILITY SWIMMERS	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. - The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRIES	- Entries are due October 27, 2024 - Electronic entries should be emailed as an attachment to ccameetdirector@gmail.com. - Mail payment to: - Matt Snyder - PO Box 712 - Cheyenne, WY 82003 - Entries will be acknowledged within 48 hours if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> - All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) - Athletes may enter as many events as they choose but may only compete in a maximum of 5 individual events per day for timed final events - Deck entries accepted with approval of the Meet Referee
FEES	- Each swimmer will be charged the \$8 WYSI participation fee, \$7 facility fee. - Individual events will be charged at \$5 per event.
MEET MOBILE	MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
WARM-UP	- Detailed warm-up info will be emailed out to all teams entered into the meet. - Warm-up procedures shall follow WYSI Policy III.H.4 - The Meet Safety Committee shall consist of the Meet Referee, Meet Director and the Host Club Safety Coordinator acting as the Meet Safety Director. This committee shall prepare and implement an action plan to ensure safety is considered during warm-up sessions and swimming competition. The committee shall review the warm-up procedures with the coaches and marshals monitoring the warm-up sessions. - Coaches shall supervise their swimmers throughout the pre-meet warmup session. Coaches must remain on deck during the warm-up periods of their swimmers.
AWARDS	Awards will be presented to the top 3 girls and boys in each age group.
SCORING	- The meet will be scored. Awards will be compiled based on the combined score of the possible five events each athlete may swim. - Age groups: 8 & under; 9-10; 11-12; 13-14; and 15 & over - Scoring will be as follows (1st – 16th): 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
LEGAL SPLITS	Legal splits may be approved by the Meet Referee, the requesting team must supply 3 extra watches for the split. Requests must be requested 30 minutes prior to race.
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers.

RULES	• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Deck Changing is PROHIBITED.
SAFETY	• No shaving is permitted at the competition site. • No glass containers are permitted within the facility.
SAFE SPORT	• The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. • Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency • 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 • 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 www.usaswimming.org/report. • All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing 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 during the meet, 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. • All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.
CHANGES TO THE MEET	• Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Sanction Chair. Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
WEATHER/FACILITY PROTOCOL	• If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.

MEET JURY	The Meet Jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete. When possible, the members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.
DECK ACCESS	Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming Membership Card in the USA Swimming App (no photos or screenshots) when asked.
OFFICIALS	- Each WYSI 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, 18-25 Swimmers – Two officials, 26 or more Swimmers – Three officials. - Each WYSI team shall provide the names of the official(s) who will be representing their team at the meet at the time their entries are submitted. Failure to provide the required number of officials may result in no awards (medals, ribbons, trophies, high point, etc.) being provided to such Club or its swimmers and an additional fine of \$500. 00 payable to the Host Club on or before the first day of the meet. - Officials meetings will be at least 30 minutes prior to the start of a session
WAIVERS	“It is understood and agreed that 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.”

Warm ups 8:30 am

Meet starts: 9:45 am

EVENTS:

- 1 **Mixed 8 & under 25 Butterfly**
- 2 **Mixed 9-12 50 Butterfly**
- 3 **Mixed 13 & over 100 Butterfly**
- 4 **Mixed 8 & under 25 Backstroke**
- 5 **Mixed 9-12 50 Backstroke**
- 6 **Mixed 13 & over 100 Backstroke**
- 7 **Mixed 8 & under 25 Breaststroke**
- 8 **Mixed 9-12 50 Breaststroke**
- 9 **Mixed 13 & over 100 Breaststroke**
- 10 **Mixed 8 & under 25 Freestyle**
- 11 **Mixed 9-12 50 Freestyle**
- 12 **Mixed 13 & over 100 Freestyle**
- 13 **Mixed 12 & under 100 Individual Medley**
- 14 **Mixed 13 & over 200 Individual Medley**

All events will be swum mixed, but scored separately according to age group and gender.