

Rawlins Pumpkin Plunge

October 4-5, 2024

HELD UNDER the SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.

SANCTION # WY-2025-02

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., **Rawlins Rebel Swim Team** and the **Rawlins 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.

Whether submitting entries electronically or on paper, by the action of entering the swimmer in this Wyoming Swimming, Inc. meet/event, the person entering the swimmer, whether a coach, team representative, parent or swimmer, certifies that the swimmer is a registered member of USA Swimming and further agrees that a penalty of \$50 shall be assessed by Wyoming Swimming, Inc. to anyone entering a swimmer who is not registered with USA Swimming prior to the entry deadline.

Host: Rawlins Rebels Swim Team

Location: Rawlins Aquatic Center 1401 Colorado St, Rawlins, WY 82301

Meet Time: The meet start times are as follows: Friday, October 4th, 5:15 p.m., Saturday, October 5th, 11:15 a.m. with warm ups 1 hour and 15 minutes prior to meet.

Pool: Regulation Short Course, 25-yard, eight lane competition pool with anti-wave lane lines. At the starting end of the pool, the depth is 8 and ½ feet to 4 feet deep at distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. There is a separate warm-up and cool-down pool that is 20-yards, 3 lanes. The warm-up pool is not equipped with starting blocks. The host will ensure the course dimensions.

Timing: Colorado Timing System 6000 with touchpads Timing System, with (8) lane scoreboard and semi-automatic backup, and 2 manual back up timers per lane.

Meet Director:

Jessica Johansson
211 N 7th St
Sinclair, WY 82334
307-259-4359
jmjohn08@gmail.com

Referee:

Dan Diver
551 Santa Fe Trail
Powell, WY 82435
530-370-2002
daniel_diver@comcast.net

Administrative Official:

Andrea Larsen
1616 Pacific St
Rawlins, WY 82301
801-360-1719
andrea.larsen87@gmail.com

Rules: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the US Swimming Minor Athlete Abuse Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

USA Swimming rules state that at a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start 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 and Officials **MUST** display their current USA membership card in the app (no photos or screenshots) to gain deck access. The Meet Referee and/or Meet Director reserves the right to deny deck access if coach does not comply or the card is no longer valid/current.

Deck changes are prohibited.

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

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 720-531-0340 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 athletes age 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 October 6, 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 October 6, 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.

Eligibility: No swimmer will be permitted to compete unless the swimmer is a member 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, October 4th, 2024. Age groups are as follows: 8-Under, 9-10, 11-12, 13-14, 15 & Over

Relays: Each team may enter as many relays as they want.

Awards: Participation gift will be given to each entered swimmer.

Entries: All events will be pre-seeded, timed finals.

Each swimmer is limited to a maximum of five (5) individual events per day, with a total of ten (10) individual events per meet and one relay per day.

Please submit entry times in YARDS format.

There will be NO on deck entries.

Swimmers in the 400 IM and the 500 Freestyle must provide their own timers and counters. These events will be seeded fastest to slowest.

DUE TO TIME CONSTRAINTS, THE MEET WILL BE LIMITED TO THE FIRST 250 ENTRIES RECEIVED. Team entries will not be split. In the event that a team's entries result in 250+ swimmers, all swimmers from that team will be accepted.

Entry Fees: \$7 per event. \$12 per relay. WYSI participation fee of \$8.

Deadline: Email entries to rawlinsswimteam@gmail.com by **Wednesday September 25th, 2024**. Email via HY-TEC with Printable PDF hard copy

. Make checks payable to: **Rawlins Swim Team (RST)**

Clubs please pay with one check. There will be no refunds

Mail Payments To:
Rawlins Swim Team
PO Box 2224
Rawlins, WY 82301

Disabilities: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special considerations. Swimmers with disabilities must be identified at the time entries are submitted.

Medical Needs: Life guards will be on deck and available should an emergency arise.

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.

Meetings: Officials meeting will be 45 minutes prior to the start of the meet each day. Coaches meeting will be 15 minutes prior to the start of the meet each day.

Warm Ups: Warm up procedures will comply with USA Swimming and Wyoming Swimming, Inc. Dive Starts (one-way) will be allowed only during the last five (5) minutes of each warm up. USA Swimmers must be under the supervision of a coach at all times. A schedule of warm-up times and lane assignments will be determined after the entry deadline when the number of contestants has been determined. The warm-up schedule will be emailed to all coaches no later than 3 days prior to the meet along with psych sheet.

Timers: Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. Please have your timers ready to go.

Concessions: Limited concessions will be available with drink and snack options only.

2024 Rawlins Pumpkin Plunge
List of Events- All events will be mixed

Mixed	Event
Friday 5:15 PM Start	
1	Open 100 Free
2	10 and under 25 Free
3	12 & under 50 Breast
4	10 and under 25 Fly
5	12 & under 50 Back
6	9 & over 100 Fly
7	12 & under 100 IM
8	Open Girls 200 Free Relay
9	Open Boys 200 Free Relay
10	9 & over 500 Free

Mixed	Event
Saturday 11:15 AM Start	
11	Open 50 Free
12	9 & older 200 Free
13	9 & older 200 IM
14	10 and under 25 Back
15	9 & older 100 Back
16	13 & over 200 Back
17	12 & under 50 Fly
18	13 & older 200 Fly
19	10 and under 25 Breast
20	9 & older 100 Breast
21	13 & over 200 Breast
22	Open Girls 200 Medley Relay
23	Open Boys 200 Medley Relay
24	13 & Older 400 IM