

2025 RST IMX Fall Breakout

Rawlins, WY

October 3-4, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-01

Meet Director	Jessica Johansson	Rawlinsswimteam@gmail.com	307-259-4359
Meet Referee	Carrie Runnion	carrierunnion@gmail.com	307-871-2190
Admin Official	Andrea Larsen	Rawlinsswimteam@gmail.com	801-360-1719

SESSIONS:

Date	Session Name	Warm up	Start
Friday, October 3	Session 1	3:45pm	5:00pm
Saturday, October 4	Session 2	9:45am	11:am

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	• Rawlins Aquatic Center 1401 Colorado St, Rawlins, WY 82301 • Regulation Short Course, 25-yard, eight lane competition pool with antiwave 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 cooldown pool that is 20-yards, 3 lanes. The warm-up pool is not equipped with starting blocks. • The host will ensure the required course dimensions • Spectator seating is available on the second-floor balcony • A Colorado Timing System, with 8 lane scoreboard, semi-automatic backup, and 2 manual backup watches per lane will be used.
FORMAT:	• Breakout events use the 50 freestyles in a multiple-round elimination style shootout/ skins format. As shown in the schedule of events, the meet starts with all entrants in each gender from Events 1 & 2 (50 free), and continuing with the top, 16, 8, 4, and 2 times respectively from each previous round until there is one winner for each gender. • IMX, IMR & IM Mini events: ○ IMX ▪ 10 & under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM ▪ 11-12-year-olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM ▪ 13 & Older: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM ○ IMR ▪ 10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM ▪ 11-12-year-olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM ▪ 13 & Older: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM ○ IM Mini ▪ 8 & Under: 50 Free, 25 Back, 25 Breast, 25 Fly, 100 IM • All heats will be seeded slow to fast • All events EXCEPT the 50 freestyle are timed finals. • Flyover starts will be used for forward starts. Swimmers should remain in the pool until the next heat starts or as otherwise directed by the Starter and/or Deck Referee. • 25-yard events will be in water starts starting at the turn end and will be timed with the automatic timing system.

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. - Breakout participants who wish to scratch their remaining rounds are requested to notify the Referee within TEN (:10) minutes of the conclusion of the previous round. - Any athlete not reporting for or competing in the Breakout events will not be allowed to swim the missed race but will not be penalized further.
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.
CUT PROTOCOL	If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour policy using the following cut protocols in any order deemed necessary. For this meet, teams may be asked to cut relay events.
ENTRIES	- Electronic entries should be emailed as an attachment to the administrative official. - Electronic entries (such as Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be submitted. 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 individual who can answer questions about entries 5. Names of officials representing each individual team, including trainees, if applicable. Please copy the Meet Referee on this email. Officials requesting a specific position or training opportunity should email the Meet Referee in advance. - Mail payment to: - o Rawlins Swim Team - o PO Box 2224 - o Rawlins, WY 82301 - Entry deadline is September 25, 2025, end of day. - 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) - Individual swimmers may enter up to nine (9) individual events; the 50 Free (Breakout) is counted towards one of the nine events.

	- Swimmers are limited to at most THREE (3) individual events and one relay on Friday night. Saturday will be limited to SIX (6) individual events and one relay. - Deck entries will not be accepted
RELAYS	- Swimmers are limited to one relay per session - Relays will be unlimited per team per event - Mixed Relays must consist of four swimmers, two of each gender. Relays without two of each gender may swim but will be disqualified. The leadoff time can be entered in as a legal split - No deck entered relays will be allowed
TIME TRIALS	Time trials will not be offered
FEES	- Individual Event Fee: \$7 - Relay Event Fee: \$8 - Swimmer Participation Fee is \$8.00 per swimmer
ADMISSIONS & PROGRAMS	- Admissions: Free - Programs: \$2
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	- Warmup information and lane assignments will be emailed out at a minimum of three (3) days prior to 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	- All swimmers participating in the meet will receive a special participation gift. - IMX, IMR and IM Mini: 1st -3rd overall highest point totals for 8 & under, 10 & under, 11-12, 13-14 and 15-18 age groups. - Swimmers will Choose an IM track to compete in. Swimmers must legally complete all IMX, IMR or IM Mini events for their age group to be eligible for awards. Events are identified in the order of event page - Swimmers will not be eligible to earn awards from multiple IM tracks. - Breakout awards (Shootout/Skins elimination): The Breakout female winner and male winner will receive a trophy. The 2nd - 8th place finishers in each gender will also receive distinctive awards at the conclusion of the meet. - Awards will be presented at the conclusion of the meet. Teams must make arrangements to pick up awards. They will not be mailed.
SCORING	- Using the USA Swimming/Meet Manager Single-Year Age Group Power Point Calculator, swimmers selecting the IMX Track will earn an IMX Score per IMX event. Swimmers selecting the IMR Track will earn an IMR Score per IMR event. 8 & under swimmers selecting the IM Mini track will earn an "IM Mini" score - Self-chosen events will not be counted in scores.
LEGAL SPLITS	Split times will be entered into the meet results and uploaded into SWIMS if requested prior to the completion of the meet, and if in compliance with USA Swimming rules (102.23.1.d). It is best practice to have 3 stopwatches to document the swim and the swimmer or coach should request the split 30 minutes prior to the race and requires approval of the Meet Referee.
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. • Lifeguards are on duty for this meet. There is an AED located in the lifeguard office
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.
FACILITY RULES	• Locker rooms on the competition pool side will be unavailable for Friday night • A lifeguard and coach must be present while utilizing the dive well for warmups/ cool downs
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	● The Host team is responsible for procuring the following 3 positions: Meet Referee, Admin Official, and the Meet Director; these 3 do not need to be directly associated with the host team. Any club hosting a home meet must also provide two (2) officials for each day of their meet in addition to the three named above. Such officials must be current and in good standing. ● All WYSI Clubs participating in any WYSI sanctioned meets are required to provide the following number of officials: ○ 1-9 Swimmers - No Officials (unless you are the Host Club, then it shall be two (2) officials) ○ 10-17 Swimmers – One (1) Official ○ 18-25 Swimmers - Two (2) Officials ○ 26 or more Swimmers - Three (3) Officials ● Each non-host club shall submit the name of the official(s) they are providing at the time their entries are submitted to the Host Club and Meet Referee. Non-host clubs will have authority to list officials not registered with their club if they have such official's consent to do so. It shall be the non-Host Club's responsibility to ensure that they have the required number of officials based on the number of total entries over the course of the meet or to have fulfilled this requirement as per the Meet Referee's discretion. If a non-host club does not fulfill their obligation, a fine of \$1000 will be assessed by WYSI and invoiced upon completion of the meet. It is the Meet Referee's responsibility to notify the treasurer to invoice such club. ● If a Host Club does not fulfill their obligation of ensuring adequate minimal staffing of a meet, a fine of \$1000 will be assessed by WYSI and invoiced upon completion of the meet. It is the Meet Referee's responsibility to notify the treasurer to invoice such club. ● Officials' meetings will be at least 30 minutes prior to the start of a session
GENERAL	● Hospitality will be provided for officials, coaches and meet volunteers ● Limited concessions will be available
WAIVERS	● It is understood and agreed that USA Swimming, Wyoming, Swimming, Rawlins Swim Team, and Rawlins Aquatic Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ORDER OF EVENTS ON NEXT PAGE

**2025 RST IMX Fall Breakout
ORDER OF EVENTS**

Friday Session 1				IM Mini	IMR Event Break Down			IMX Event Break Down		
Event #	Event Description	Gender	Age	8 & Under	10 & Under	11-12	13 & Older	10 & Under	11-12	13 & Older
Breakout - 1	50 Free	Boys	Open	X	Elimination round Boys					
Breakout - 2	50 Free	Girls	Open	X	Elimination round Girls					
3	25 Free	Mixed	8 & Under							
4	200 Fly	Mixed	11 & Older							X
5	50 Breast	Mixed	14 & Under		X	X				
6	25 Back	Mixed	8 & Under	X						
Breakout	50 Free	Boys	Open	Elimination round Top 16 Boys						
Breakout	50 Free	Girls	Open	Elimination round Top 16 Girls						
7	100 Back		Open				X	X	X	
8	100 IM	Mixed	12 & Under	X	X	X				
9	200 Free Relay	Mixed	Open							
10	500 Free		Open						X	X

X- designates events needed to be eligible for IMX, IMR or IM Mini awards.

Saturday Session 2				IM Mini	IMR Events			IMX Events		
Event #	Event Description	Gender	Age	8 & Under	10 & Under	11-12	13 & Older	10 & Under	11-12	13 & Older
Breakout	50 Free	Boys	Open	Elimination round Top 8 Boys						
Breakout	50 Free	Girls	Open	Elimination round Top 8 Girls						
11	200 Free	Mixed	Open			X	X	X		
12	100 Free		Open		X					
13	200 IM		Open				X	X	X	X
Breakout	50 Free	Boys	Open	Swim-off Elimination round Top 4 Boys						
Breakout	50 Free	Girls	Open	Swim-off Elimination round Top 4 Girls						
14	25 Breast	Mixed	8 & Under	X						
15	100 Breast		Open				X	X	X	
16	200 Breast	Mixed	11 & Older							X
17	50 Back		14 & Under		X	X				
18	200 Back		11 & Older							X
19	25 Fly	Mixed	8 & Under	X						
20	50 Fly	Mixed	14 & Under		X	X				
21	100 Fly		Open				X	X	X	
Breakout	50 Free	Boys	Open	Swim-off Elimination round Top 2 Boys						
Breakout	50 Free	Girls	Open	Swim-off Elimination round Top 2 Girls						
22	200 IM Relay	Mixed	Open							
23	400 IM	Mixed	11 & Older							X