

2025 WY CCA Reindeer Dash
Cheyenne East High School
 December 5-7, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-17

Meet Director	Shelley Hood	ccameetdirector@gmail.com	970-232-5291
Meet Referee	Jerod DeLay or designee	Jeroddelay@yahoo.com	307-760-5341
Admin Official	Jennifer Doering	j.doering333@gmail.com	307-631-8512

SESSIONS: UPDATED START TIME FOR SATURDAY

Date	Session Name	Warm up	Start
12.05.25	Session 1 - Day 1	5:00 pm	6:00 pm
12.06.25	Session 2 - Day 2	8:00 am	9:00 am
12.07.25	Session 3 - Day 3	8:00 am	9:00 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	• Cheyenne East HS – 2800 E. Pershing BLVD, Cheyenne – please enter using the north west doors closest to the pool • Indoor 25YARD, 10 Lane Pool equipped with non-turbulent lane markers, starting blocks, & backstroke flags. At starting end of the pool, the depth is 7' deep at 3'3 ½" to 7' to 14' deep at 16'5" from starting end. The pool depth is 14' deep at 3'3 ½" from turn end of pool to 7' to 14' at 16'5" from turning end. This is subject to change based on the high school team setup. • Altitude is 6,063 feet above sea level. • The host will ensure the required course dimensions.
FORMAT:	• Timed Finals • 25-yard events will start at start end and will be timed with 2 watches • The meet will be pre-seeded. • Swimmers in the 1000 & 500 must provide their own counters. • Positive check-in required at the start of warm ups. • The 1000, 500, and 400 IM will be swam fastest to slowest. • 1000 Free may be limited to the fastest 8 Female and 8 Male entrants. Limits will be announced by December 1, 2025.
SCRATCHES	• Scratches should be turned into the Meet Director 45min prior to the start of the session starting.
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.
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	• Electronic entries should be emailed as an attachment to the entry chairperson. • All entries must be received by November 30, 2025 @ 5pm • Mail payment to: ○ Matt Snyder ATTN: Treasurer 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 and compete in no more than 5 individual events each day • 1000 Free may be limited to the fastest 8 Female and 8 Male entrants. Limits will be announced by December 1, 2025. • Deck entries, for those already entered into the meet, may be accepted if there is space in an existing heat for the desired event.
TIME TRIALS	• NO TIME TRIALS WILL BE OFFERED.
FEES	• Participation Fee: \$15.00 per swimmer – this includes the WYSI participation fee • Individual Event Fee: \$5.00 per event
ADMISSIONS & PROGRAMS	• Admissions: free • Programs: free
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	• Warm-up information will be provided two days before Session 1. • 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	• High point awards will be presented to the top 6 scorers in each age and gender based on total points achieved throughout the meet. Age groups are defined as 10 & Under; 11-12; 13-14; and 15 & Over.
SCORING	• The meet will be scored as follows for each event by age group: 1st place: 9 points; 2nd place: 7 points; 3rd place: 6 points; 4th place: 5 points; 5th place: 4 points; 6th place: 3 points; 7th place: 2 points; 8th place: 1 point
LEGAL SPLITS	• If a legal split is desired, the coach from the athlete's team must receive approval from the Deck Ref prior to the start of the session. • Example: 3 extra watches, requested 20 minutes prior to session.

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 <u>Tech Suit Restriction for 12-and-Under Swimmers</u>.
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	● 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 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 briefing will begin 1 hour prior to the start of each session. Official uniform will be white polo shirt over black shorts, skirt, or pants, black socks, and predominately black shoes. Please contact the Meet Referee to advise of your availability. Trainees are welcome on deck.
GENERAL	● Concessions may be offered, this will be confirmed closer to the date of the meet.
WAIVERS	● It is understood and agreed that USA Swimming, Wyoming Swimming, Capital City Athletics, and Cheyenne East High School shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Session 1 – Dec 5, 2025		
6:00 pm Start		
1	11 & Over	1000 Free
2	12 & Under	200 Back
3	Open	400 IM
4	12 & Under	200 Breast
5	12 & Under	200 Fly
6	Open	500 Free

Session 2 – Dec 6, 2025		
9:00 AM Start		
7	Open	100 Free
8	10 & U	25 Fly
9	Open	50 Fly
10	12 & Under	100 IM
11	13 & Over	200 Fly
12	Open	200 IM
13	Open	100 Back
14	10 & U	25 Breast
15	Open	50 Breast
16	13 & Over	200 Breast

Session 3 – Dec 7, 2025		
9:00 AM Start		
17	10 & U	25 Back
18	13 & Over	200 Back
19	Open	100 Fly
20	10 & U	25 Free
21	Open	200 Free
22	Open	50 Free
23	Open	100 Breast
24	Open	50 Back