

2025 Southeast District Meet

Cheyenne East High School, Cheyenne, WY

February 15-16, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2025-28

Meet Director	Shelley Hood and Will Westervelt	ccomeetdirector@gmail.com	970-232-5291
Meet Referee	Jerod DeLay or designee	jeroddelay@yahoo.com	307-760-5341
Admin Official	Jennifer Doering	ccomeetdirector@gmail.com	307-631-8512

SESSIONS: (format the chart to fit your meet)

Date	Session Name	Warm up	Start
02/15/25	Session One	9:15 AM	10:15 AM
02/16/25	Session Two	9:15 AM	10:15 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 not be pre-seeded - Positive check-in required for 500 Free and 400 IM. All swimmers must positively check-in by 10:00AM
SCRATCHES	Scratches should be turned into the Meet Director 30min 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. - 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	• Electronic entries should be emailed as an attachment to the entry chairperson. • All entries must be received by Monday, February 10, 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 on Saturday and 4 individual events on Sunday. • Deck entries, for those already entered into the meet, may be accepted if there is space in an existing heat for the desired event. • LATE UPDATE – 1A: 13 & OVER – 50 FREESTYLE
FEES	• Individual Event Fee: \$7 per event • Facility Fee: \$10 per swimmer • Swimmer Participation Fee is \$8.00 per swimmer
ADMISSIONS & PROGRAMS	• 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	• 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	• Awards will be given to the top 6 in each sex and age group. Age groups are defined as 9-10; 11-12; 13-14; and 15 & Over. 8 & U awards will be give for 8 & under designated events only.
SCORING	• The meet will not be scored.
LEGAL SPLITS	• If a legal split is desired, the coach from the athlete's team must receive approval from the Deck Ref prior from the to the start of the session. • Example:3 extra watches, requested 20 minutes prior to session.
TIME TRIALS	• Time Trials will not be offered.
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 45 minutes prior to the start of a session.
GENERAL	• Concessions may be offered, this will be confirmed closer to the date of the meet.
WAIVER	• 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.

Session 1**Saturday****Warm-up 9:15 am****Tentative Meet Start 10:15 am**

MIXED	Events
1A	13 & Over 50 Free – UPDATED
1	8 & Under 25 yard Butterfly
2	9-12 50 yard Butterfly
3	13 & Over 100 Fly
4	8 & Under 25 yard Backstroke
5	9-12 50 yard Backstroke
6	13 & Over 100 Backstroke
7	8 & Under 25 yard Breaststroke
8	9-12 50 yard Breaststroke
9	13 & Over 100 Breaststroke
10	8 & Under 25 yard Freestyle
11	9-12 50 yard Freestyle
12	13 & Over 100 Freestyle
13	12 & Under 100 Individual Medley
14	13 & Over 200 Individual Medley

Session 2 - Sunday AM – Distance Events (All age groups)**Warm-up 9:15 am Tentative Meet Start 10:15 am**

MIXED	EVENTS
15	10 & Under 200 Free
16	11 & Over 500 Free
17	8 & Under 50 Fly
18	12 & Under 100 yard Butterfly
19	11 & Over 200 yard Butterfly
20	8 & Under 50 Back
21	12 & Under 100 Back
22	11 & Over 200 Back
23	8 & Under 50 Breast
24	12 & Under 100 Breast
25	11 & Over 200 Breast
26	8 & Under 50 Free
27	12 & Under 100 Free
28	11 & Over 200 Free
29	12 & Under 200 IM
30	13 & Over 400 IM