

2025 WY GST Pentathlon LCM

CCSD Aquatic Center

May 29, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2025-40

Meet Director	Matt Olsen	gillettegatorswim@gmail.com	425-466-8061
Meet Referee	Dwayne Hunt	dabht08@gmail.com	307-660-9103
Admin Official	Liz Hunter	landthunter@yahoo.com	307-299-4347

SESSIONS:

Date	Session	Warm up	Officials Meeting	Coaches Meeting	Start
Thursday, May 29	1	4:30pm	4:45pm	4:55pm	5:10pm

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.

HOST:	● Gillette Swim Team (GST) ● Address: PO Box 4398, Gillette, WY 82717-4398 ● Email: gillettegatorswim@gmail.com
FACILITY	● Facility: Campbell County School District (CCSD) Aquatic Center ● Address: 800 E. Warlow Dr, Gillette, WY 82716 ● Indoor, 50-meter pool with 8 lanes, equipped with non-turbulent lane markers, starting blocks, & backstroke flags. Pool measures at a minimum depth of 4 feet and a maximum depth of 13 feet, measured for a distance of 3 feet 3 ½ inches (1 meter) to 16 feet 5 inches (5 meters) from both end walls. ● Colorado GEN7 Timing System, with 10 lane scoreboard and semi-automatic backup, and two (2) manual back up timers per lane. ● The host will ensure the required course dimensions.
FORMAT:	● Pre-seeded, Timed Finals ● All events will be competed slow-to-fast.
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	● LCM (Long Course Meters)
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.
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: ○ Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed.
ENTRIES	● Electronic entries shall be emailed as an attachment to the Meet Director by May 25, 2025. ● Preferred method of emailed entries is via HY-TEK. ● Email address to send entries is gillettegatorswim@gmail.com ● Mail payment to: ○ Matt Olsen, PO Box 4398, Gillette, WY 82717-4398 ● 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 five (5) individual events per day for timed final events. ● On-Deck Entries will be accepted only if there is a lane available and the swimmer is either already entered in other events or presents his/her USA Membership card. ● Late entries will be accepted only at the Meet Director's discretion. If late entries are accepted, they will be charged \$8.00 per event. No additional heats will be created to accommodate late entries.
RELAYS	● There will be no relays.
TIME TRIALS	● There will be no time trials.
FEES	● Individual Event Fee: \$8.00 per event ● Swimmer Participation Fee: \$8.00 per swimmer (goes to WYSI)
ADMISSIONS & PROGRAMS	● Admissions: Free ● Programs: Free (scanned QR code)
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 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. ● The first 15-20 minutes of the warm-up session shall be general warm-up. Swimmers must enter the water feet first. No sprinting or pace work. All lanes will be used for general warm-up. ● The last 5-10 minutes of the warm-up session shall be specific warm-up. Each team will be assigned a lane. Diving will only be allowed from the starting end of the pool (attached blocks). Diving will include a one-length swim. Swimmers will then climb out of the pool and walk back to continue. No one is allowed on the starting block until a back stroker has executed his/her start. ● A USA Swimming Certified Coach must be present at each lane to ensure safety between swimmers. Coaches should maintain as much contact with their swimmers as possible, verbal and visual, throughout the warm-up periods. 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	● Ribbons for individual events will be awarded by gender for 8 & Under, 9-10, and 11-12 age groups for 1st through 8th place using combined time totals from all five events. (GST will not mail leftover ribbons. Please designate someone from your team to stay to pick up ribbons.)

SCORING	The swimmer legally completing all five events in his or her age group in the least amount of time shall place first, the swimmer completing all five events in the second fastest time shall place second, etc.
LEGAL SPLITS	A legal split may be requested 30 minutes prior to the race. Swimmer is to provide three (3) extra timers. Host club will provide watches.
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. - A first aid station is located on deck by the elevated bleacher location.
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	• NO SMOKING OR TOBACCO PRODUCTS ARE ALLOWED IN THE AQUATIC CENTER OR ON THE AQUATIC CENTER GROUNDS. This includes, but not limited to, cigarettes, cigars, chewing tobacco, electronic cigarettes, and vapor pens.
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 meeting shall be at the start of warm-ups in a designated place by the Meet Referee.
GENERAL	• Limited concessions may be provided. • Clerk of Course: There will be no Clerk of Course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking the position behind the blocks.
WAIVERS	• “It is understood and agreed that USA Swimming, Wyoming Swimming, Gillette Swim Team and the Campbell County School District 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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ORDER OF EVENTS – Distances in METERS

Thursday, May 29, 2025 Warm ups begin at 4:30 pm Officials meeting at 4:45 pm Coaches meeting at 4:55 pm Meet starts at 5:10 pm	
Mixed	Age/Event
1	12 & Under 50 Fly
2	13 & Over 100 Fly
3	12 & Under 50 Back
4	13 & Over 100 Back
5	12 & Under 50 Breast
6	13 & Over 100 Breast
7	12 & Under 50 Free
8	13 & Over 100 Free
9	12 & Under 200 IM
10	13 & Over 200 IM