

**2025 WY JHSR December Intrasquad Meet**  
**Teton County Recreation Center**  
**220 N. King Street, Jackson Hole, WY**  
**Saturday, December 20, 2025**

Held under the sanction of USA Swimming/Wyoming: WY-2026-26

<b>Meet Director</b>	Nina Lenz	<a href="mailto:JHSRmeetdirector@gmail.com">JHSRmeetdirector@gmail.com</a>	307-690-2041
<b>Meet Referee</b>	Tracy Haling	<a href="mailto:Tracy.Haling@gmail.com">Tracy.Haling@gmail.com</a>	307-690-1786
<b>Entry Chair</b>	Tracy Haling	<a href="mailto:jhstingrayboard@gmail.com">jhstingrayboard@gmail.com</a>	307-690-1786
<b>Admin Official</b>	Dessa Reimer	<a href="mailto:HMReimer@hollandhart.com">HMReimer@hollandhart.com</a>	307-413-2310

**SESSIONS:**

<b>Date</b>	<b>Session Name</b>	<b>Warm up</b>	<b>Start</b>
<b>Saturday, December 20</b>	Jingle Bells	Doors open at 7 AM, warmups begin at 7:20	8:15 AM

<p>The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. <b>Any updated session times received from the meet host will be reflected on the EVENT page of the Wyoming Swimming website.</b></p>	
<b>FACILITY</b>	<ul style="list-style-type: none"> <li>Teton County Parks and Recreation Center pool is an indoor 25 yard, 8 lane pool equipped with non-turbulent lane markers, starting blocks and backstroke flags. At the starting end of the pool, the depth is 12 feet. At the turning end, the depth is 3 ½ feet. The competition course has been certified in accordance with 104.2.2C(4) and documentation will be provided upon request.</li> <li>Timing: Colorado Timing System with 8 lane scoreboard and semi-automatic backup, with 2 manual back-up timers per lane for events 50 yards or greater.</li> <li>The host will ensure the required course dimensions.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Pre-seeded, timed finals</li> <li>25 yard events will start at the start end and will be timed with 3 watches.</li> </ul>
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>Scratch sheets will be used for the session and must be turned in at the control table 30 minutes before the start of each session.</li> </ul>
<b>COURSE</b>	<ul style="list-style-type: none"> <li>SCY</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>All swimmers must be USA Swimming registered members as per Article 302.</li> <li>Age is determined by the age of the swimmer on the first day of the meet.</li> <li>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.</li> <li>Coaches must be registered and in good standing before the start of the meet.</li> <li>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.</li> <li>Deck registrations will NOT be accepted.</li> <li>This meet is open only to swimmers currently registered with the Jackson Hole Stingrays swim team.</li> </ul>

<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>CUT PROTOCOL</b>	<ul style="list-style-type: none"> <li>• 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. <ul style="list-style-type: none"> <li>○ Relays will be cut.</li> </ul> </li> </ul>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>• Entries will be submitted using Active and payment will be collected using the credit card on file.</li> <li>• The deadline for entries is: December 15, 2025</li> <li>• All entry times must be entered in the specified meet course. Coach's times may be used instead of NT's.</li> <li>• Athletes may enter 3 individual events and 1 relay.</li> <li>• Deck entries will NOT be accepted.</li> <li>• No refunds will be given.</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>• Relays will be festive and times will not be uploaded into SWIMS.</li> <li>• Relays will consist of four (4) swimmers and may consist of any combination of age and gender.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• NO TIME TRIALS WILL BE OFFERED.</li> </ul>
<b>FEES</b>	<ul style="list-style-type: none"> <li>• Individual Event Fee: \$8</li> <li>• Relays: No charge</li> <li>• WYSI Swimmer Participation Fee is \$8.00 per swimmer</li> </ul>
<b>ADMISSIONS &amp; PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Admissions: Free</li> <li>• Programs:Free</li> </ul>
<b>MEET MOBILE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• Warm-up procedures shall follow WYSI Policy III.H.4</li> <li>• Coaches shall supervise their swimmers throughout the pre-meet warmup session. Coaches must remain on deck during the warm-up periods of their swimmers.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• No awards.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>
<b>LEGAL SPLITS</b>	<ul style="list-style-type: none"> <li>• Requests for split times must be made to the Meet Referee 30 minutes prior to the race..</li> </ul>
<b>SWIMWEAR</b>	<ul style="list-style-type: none"> <li>• Per USA Swimming rules (102.8.1.F), 12 &amp; 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 <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a>.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• Operation of a <b>DRONE</b>, 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.</li> <li>• 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>.</li> <li>• Deck Changing is <b>PROHIBITED</b>.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• No shaving is permitted at the competition site.</li> <li>• No glass containers are permitted within the facility.</li> <li>• Lifeguards will be available during this meet. An AED is located outside the lifeguard room.</li> </ul>
<b>SAFE SPORT</b>	<ul style="list-style-type: none"> <li>• 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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>● The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) 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.</li> <li>● 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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency</li> <li>● 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</li> <li>● 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 <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>● 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.</li> <li>● 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.</li> </ul>
<b>FACILITY RULES</b>	<ul style="list-style-type: none"> <li>● The competition pool has been reserved for use for this event. All other areas of the facility will be available for use with a facility fee that can be paid at the front desk.</li> </ul>
<b>CHANGES TO THE MEET</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>WEATHER/ FACILITY PROTOCOL</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>MEET JURY</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● All WYSI Clubs participating in any WYSI sanctioned meets are required to provide the following number of officials:</li> </ul>

	<ul style="list-style-type: none"> <li>○ 1-9 Swimmers - No Officials (unless you are the Host Club, then it shall be two (2) officials)</li> <li>○ 10-17 Swimmers – One (1) Official</li> <li>○ 18-25 Swimmers - Two (2) Officials</li> <li>○ 26 or more Swimmers - Three (3) Officials</li> </ul> <ul style="list-style-type: none"> <li>● 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.</li> <li>● 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.</li> <li>● An Officials meeting will be held 30 minutes prior to the start of the meet. A coaches meeting will be held 10 minutes before the start of warmups.</li> <li>● Officials’ dress for this meet is white polo over black pants/skirt/skort/shorts and black socks and shoes. Holiday bling is encouraged.</li> </ul>
<b>WAIVERS</b>	<ul style="list-style-type: none"> <li>● “It is understood and agreed that USA Swimming, Wyoming, Swimming, Jackson Hole Stingrays swim team, and Teton County Recreation Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”</li> </ul>

## 2025 WY JHSR December Intrasquad Saturday, December 20, 2025

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

### ORDER OF EVENTS

<b>Warm-up: 7:20 AM, Start: 8:15 AM</b>
1. Mixed 8&Under 25 Back
2. Mixed 9&Over 200 Freestyle
3. Mixed Open 50 Backstroke
4. Mixed Open 100 Freestyle
5. Mixed 8&Under 25 Freestyle
6. Mixed 13&Over 200 Backstroke
7. Mixed Open 50 Freestyle
8. Mixed 9&Over 100 Backstroke
9. Holiday Fun 100 Relay

