

2025 WY JHSR Fall in the Hole
Pinedale Aquatic Center
535 N. Tyler Ave, Pinedale, Wyoming 82941
November 14-16, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-10

Meet Director	Stacie Moses	JHSRmeetdirector@gmail.com	303-941-9985
Meet Referee	Jerod DeLay	jerodrdelay@yahoo.com	307-760-5341
Entry Chair	Tracy Haling	Tracy.haling@gmail.com	307-690-1786
Administrative Referee	Susan Huckleby	shuckleby@msn.com	406-491-4698

- SESSIONS:** Warm up times and meet start times will be confirmed after entries have been received. There will be a minimum of 2 hours between the end of the prelims session and the beginning of finals. A final schedule of times will be emailed out to teams by November 11, 2025.

Date	Session Name	Warm up	Start
Friday, November 14	Prelims	No earlier than 7:40am	9:00am
	Finals	One hour prior to finals	
Saturday, November 15	Prelims	No earlier than 7:40am	9:00am
	Finals	One hour prior to finals	
Sunday, November 16	Prelims	No earlier than 7:40am	9:00am
	Finals	One hour prior to finals	

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	- This is a 25-yard, 8 lane pool equipped with non-turbulent lane markers, starting blocks and backstroke flags. At the starting end of the pool, water depth is 12ft deep at 3' 3½" to 12ft at 16'5" from starting end. The pool depth is 5ft deep at 3'3 ½" from turn end of pool to 8ft at 16'5" from turning end. - The 4 lane warm up/warm down pool is located across the bulkhead from the competition pool and is 3.5ft deep gradually increasing to 4.5ft closest to the bulkhead. - Colorado Timing System, with 8 lane scoreboard and semi-automatic backup and 2 manual back up watches per lane. 25-yard events will start at the turn end and timed with the starting system described above. - The meet host will ensure required course dimensions.
FORMAT:	- This is an age group meet with a mix of timed final and preliminary/final events and will be conducted in accordance with the current policies and procedures of Wyoming Swimming. - Preliminaries and finals will be swum in all individual events except for the following timed final events: All designated 8&Under individual events, 500 free and 400 IM. Preliminaries will be swum as combined age groups and gender as noted in the order of events. - Finals will consist of an A final and a B final swum in reverse order. The top 8 qualifiers from each defined age group and gender (10&Under, 11-12, 13-14, 15&Over) will advance to the A final and places 9-16 will advance to the B final. - Swimmers in the 500 and 400 IM must provide two timers and a counter (as appropriate). Positive check-in is required no later than 30 minutes after the start of the day's prelims session to be seeded in the meet. These events will be competed fastest to slowest, combined age and gender.

	• The Meet Referee reserves the right to combine events and heats of differing age, gender, distance and/or stroke per section 102.7.2. • There will be an on-deck administrative official's desk or resolution desk. Coaches or athletes may scratch from prelims and/or finals, complete a form to request an initial distance split, complete positive checks ins for the 500 and 400 IM and pick up any DQ slips that have not been delivered. In addition, swim-offs will be handled through the resolution desk. Heat sheets for distance events and any re-seeded event may be picked up here.
SCRATCHES	• Scratch procedures for preliminaries: For Friday: scratches from preliminary and timed finals events, must be received by 4pm on Thursday, November 13th via email to the Entry Chair. For Saturday and Sunday: scratches from preliminary and timed finals events must be submitted to the resolution desk 15 minutes after the start of finals the previous day. Any scratches after the deadline will be considered a Declared False Start and will count towards individual entry limits. • Scratch procedures for finals: Any swimmer wishing to scratch from a final for which they have qualified must scratch, or declare their intention to scratch, within 30 minutes after the preliminary results for each individual event are announced. Swimmers should report to the administrative official at the resolution desk to scratch from a final event or declare their intent to scratch. Swimmers who declare an intention to scratch but fail to return to the resolution desk to scratch the event within 30 minutes after their last individual preliminary event is completed will be seeded into finals. • A declared false start may not be used to scratch from finals. • If a swimmer is a no-show for a final event, this will result in the swimmer being barred from their remaining final events that session. Additionally, the swimmer must report to the Meet Referee their intention to compete in any individual events on succeeding days. • No penalty shall apply for failure to scratch or compete in an individual event in finals if the Meet Referee is notified in the event of a quick-onset illness, injury or circumstances beyond the swimmer's control. The Meet Referee will have the final decision. • Penalty no-show for a Sunday final will result in a \$25 fine and will be billed to the team for each individual no-show event.
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.
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: ○ Entries may be limited for events over 200 yards.
ENTRIES	● Entry limits for this meet will be limited to 300 swimmers. Teams will not be split. ● Electronic entries should be emailed as an attachment to the entry chairperson at tracy.haling@gmail.com. ● The deadline for entries is: November 4, 2025 ● Payment may be made via Venmo @JH_Stingrays, one team check may be brought to the meet and paid to the resolution desk or a payment check may be mailed to : Jackson Hole Stingrays PO Box 6968 Jackson WY 83001 ● 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> ● Each swimmer is limited to three (3) individual events each day with a maximum of eight (8) individual events for the meet, except for 8&Under swimmers who may compete in four (4) timed final events each day for a maximum of 12 events for the meet. 8&Under swimmers may compete throughout the meet in 8&Under individual events or 10&Under individual events, but not both. If an 8&Under swims in 10&Under individual events, the limit to three (3) individual events each day applies. ● There will be NO on-deck entries.
TIME TRIALS	● Time trials will NOT be offered.
FEES	● Individual Event Fee: \$8 ● Swimmer Participation Fee is \$8 per swimmer
ADMISSIONS & PROGRAMS	● Admissions: Free for spectators. The competition pool has been reserved for this event. Use of other facility amenities require fees paid at the front desk. ● Programs: \$5
MEET MOBILE	● MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access).
WARM-UP	● Warm up schedules and lane assignments will be emailed out once the entries have been received. ● Warm-up procedures shall follow WYSI Policy III.G.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	● There will be awards for all swimmers advancing to finals. All entered swimmers will receive a participation award.
SCORING	● The meet will not be scored.
LEGAL SPLITS	● If an individual wants a split time in any event, the coach or swimmer should complete a split request form available at the resolution desk a minimum of 30 minutes prior to the race and provide the three necessary timers.
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 the meet. There is an AED located in the lifeguard office, in addition to those located outside the gymnasium doors and upstairs in the fitness area.
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	• The competition pool has been reserved for this event. All other areas of the facility are available for use with a facility fee that can be paid at the front desk.
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. ● Uniforms will be white polo shirt with black shorts, skirts, or slacks and black socks and shoes. ● Officials' meetings will be held 45 minutes prior to the start of a session in the party room. There will be a coaches' meeting on Friday morning 10 minutes prior to the start of the session, on deck by starting block 1. All other coaches' meetings will be scheduled as needed.
GENERAL	● Hospitality will be provided for officials and coaches in the party room. ● A variety of food and drinks will be available for purchase each day at the concessions stand located on the second-floor balcony spectator seating area. ● Only swimmers, coaches, officials, timers and meet personnel will be allowed on deck.
WAIVERS	● "It is understood and agreed that USA Swimming, Wyoming, Swimming, Jackson Hole Stingrays, and the Pinedale Aquatics 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

	Friday, Nov. 14 Prelims	
Girls	Event	Boys
1	13&Over 200 Butterfly	2
3	Mixed 8&Under 25 Butterfly TF	3
5	12&Under 50 Backstroke	6
7	13&Over 50 Backstroke	8
9	Mixed 8&Under 25 Backstroke TF	9
11	12&Under 100 Breaststroke	12
13	13&Over 100 Breaststroke	14
15	Mixed 8&Under 25 Breaststroke TF	15
17	12&Under 200 IM	18
19	13&Over 200 IM	20
21	Mixed 8&Under 25 Freestyle TF	21
23	12&Under 50 Freestyle	24
25	13&Over 50 Freestyle	26
27	Mixed 8&Under 50 Freestyle TF	27

	Friday, Nov. 14 Finals	
Girls	Event	Boys
1a	13-14 200 Butterfly	2a
1b	15&Over 200 Butterfly	2b
5a	10&Under 50 Backstroke	6a
5b	11-12 50 Backstroke	6b
7a	13-14 50 Backstroke	8a
7b	15&Over 50 Backstroke	8b
11a	10&Under 100 Breaststroke	12a
11b	11-12 100 Breaststroke	12b
13a	13-14 100 Breaststroke	14a
13b	15&Over 100 Breaststroke	14b
17a	10&Under 200 IM	18a
17b	11-12 200 IM	18b
19a	13-14 200 IM	20a
19b	15&Over 200 IM	20b
23a	10&Under 50 Freestyle	24a
23b	11-12 50 Freestyle	24b
25a	13-14 50 Freestyle	26a
25b	15&Over 50 Freestyle	26b

	Saturday, Nov. 15 Prelims	
Girls	Events	Boys
29	Mixed 8&Under 25 Backstroke TF	29
31	13&Over 200 Backstroke	32
33	Mixed 8&Under 50 Freestyle TF	33
35	12&Under 200 Freestyle	36
37	13&Over 200 Freestyle	38
39	Mixed 8&Under 25 Breaststroke TF	39
41	12&Under 50 Breaststroke	42
43	13&Over 50 Breaststroke	44
45	Mixed 8&Under 25 Butterfly TF	45
47	9-12 100 Butterfly	48
49	13&Over 100 Butterfly	50
51	Mixed 8&Under 25 Freestyle TF	51
53	Mixed 13&Over 400 IM TF	53
55	9-12 100 IM	56

	Saturday, Nov. 15 Finals	
Girls	Events	Boys
31a	13-14 200 Backstroke	32a
31b	15&Over 200 Backstroke	32b
35a	10&Under 200 Freestyle	36a
35b	11-12 200 Freestyle	36b
37a	13-14 200 Freestyle	38a
37b	15&Over 200 Freestyle	38b
41a	10&Under 50 Breaststroke	42a
41b	11-12 50 Breaststroke	42b
43a	13-14 50 Breaststroke	44a
43b	15&Over 50 Breaststroke	44b
47a	9-10 100 Butterfly	48a
47b	11-12 100 Butterfly	48b
49a	13-14 100 Butterfly	50a
49b	15&Over 100 Butterfly	50b
55a	9-10 100 IM	56a
55b	11-12 100 IM	56b

	Sunday, Nov. 16 Prelims	
Girls	Events	Boys
57	Mixed 8&Under 50 Freestyle TF	57
59	13&Over 200 Breaststroke	60
61	Mixed 8&Under 25 Breaststroke TF	61
63	12&Under 50 Butterfly	64
65	13&Over 50 Butterfly	66
67	Mixed 8&Under 25 Butterfly TF	67
69	12&Under 100 Freestyle	70
71	13&Over 100 Freestyle	72
73	Mixed 8&Under 25 Freestyle TF	73
75	12&Under 100 Backstroke	76
77	13&Over 100 Backstroke	78
79	Mixed 8&Under 25 Backstroke TF	79
81	Mixed 9&Over 500 Freestyle TF	81

	Sunday, Nov. 16 Finals	
Girls	Events	Boys
59a	13-14 200 Breaststroke	60a
59b	15&Over 200 Breaststroke	60b
63a	10&Under 50 Butterfly	64a
63b	11-12 50 Butterfly	64b
65a	13-14 50 Butterfly	66a
65b	15&Over 50 Butterfly	66b
69a	10&Under 100 Freestyle	70a
69b	11-12 100 Freestyle	70b
71a	13-14 100 Freestyle	72a
71b	15&Over 100 Freestyle	72b
75a	10&Under 100 Backstroke	76a
75b	11-12 100 Backstroke	76b
77a	13-14 100 Backstroke	78a
77b	15&Over 100 Backstroke	78b