

Kemmerer Quick Pick Pentathlon Open

Kemmerer High School Pool

November 1, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-02

Meet Director	Sheri Bentley	sheriLbentley@gmail.com	307-679-8993
Meet Referee	Carrie Runnion	kemmererswimclub1@gmail.com	307-871-2190
Entry Chair	Carrie Runnion	kemmererswimclub1@gmail.com	307-871-2190
Admin Official	Cortney Bartschi	dortnie88@gmail.com	307-448-0438

SESSIONS:

Date	Session Name	Warm up	Start
November 1, 2025	Session 1	9:00am	10:00am

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	● Kemmerer Jr/Sr High School Pool 1525 3rd West Ave, Kemmerer, WY 83101 ○ 25 Meter Pool, 6 lanes ○ Starting end water depth is 12' at 3 feet 3-1/2 inches (1.0 meter) and 3.6' deep at 16 feet 5 inches (5.0 meters) from turn end wall. ○ Colorado Timing System will be used along with two backup watches ○ Pool area adjacent to the competition lanes may be used for warm-ups during competition. ● The host will ensure the required course dimensions.
FORMAT:	● Timed Finals ● 25-meter events will start at turn end and will be timed with 3 watches ● Meet will be seeded prior to events ● Five events will be randomly selected for each age group from the event list during the meet. There will be two age groups, 12 and under and 13 and over. The 12 and under age group will be swum as one age group and one event. The 13 and over age group will be swum as one age group and one event. Swimmers will be in the same heat and lane for all 5 events. ● Results will be posted by gender and age group
SCRATCHES	● Scratches will be declared prior to the meet start. Swimmers may declare false start during the meet.
COURSE	● SCM
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.
CUT PROTOCOL	• Entries will be accepted until the meet is full
ENTRIES	• Electronic entries should be emailed as an attachment to the entry chairperson. • The deadline for entries is October 25, 2025 • Payment accepted at the meet or mail payment to: ○ Torey Nielson ○ Kemmerer Swim Club ○ PO Box 668 ○ Kemmerer, WY 83101 • 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> • Entry times must be entered in SCM or SCY, please do not convert. (Coach's times may be used instead of NT's) • The meet file will only contain two events, the 13 and over 50 free and 12 and under 50 free. Swimmers wishing to enter the meet must enter one of these events. Although these events may not be selected to be swum, it will determine seeding for all 5 events. • Swimmers may enter up to 5 events through the 50 free entries • No deck entries accepted • No refunds will be issued
TIME TRIALS	• NO TIME TRIALS WILL BE OFFERED.
FEES	• Meet Entry Fee: \$35 (enter the 50 free, swim 5 events) • Swimmer Participation Fee is \$8.00 per swimmer
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	• Teams will be assigned warm up lanes prior to the meet and will be notified within 3 days of the meet. • 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	• No awards will be given
SCORING	• The meet will not be scored.
LEGAL SPLITS	Please request to deck ref 30 minutes prior to race and provide 3 additional watches in addition to 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. ● One lifeguard will be on duty and an AED is available on deck.
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	● Adults and spectators may use the restrooms in the basement to adhere to Safe Sport rules.
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. ● Officials will meet in the room behind the foyer desk 45 minutes prior to the meet.
GENERAL	● Hospitality will be provided. ● Concessions will not be offered.
WAIVERS	● "It is understood and agreed that USA Swimming, Wyoming, Swimming, Kemmerer Swim Club, Kemmerer Jr/Sr 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."

ORDER OF EVENTS ON NEXT PAGE

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Event Options in Meters:

Session: 1 Warm-up: 9:00 am Start: 10:00 am	
<u>12 & Under</u>	<u>Possible Events (five randomly picked)</u>
	25 Freestyle
Event #1, 3, 5, 7, 9	50 Freestyle
	100 Freestyle
	25 Butterfly
	50 Butterfly
	25 Backstroke
	50 Backstroke
	100 Backstroke
	25 Breaststroke
	50 Breaststroke
	100 IM
13 & Over	
Event #2, 4, 6, 8, 10	50 Freestyle
	100 Freestyle
	200 Freestyle
	400 Freestyle
	50 Butterfly
	100 Butterfly
	200 Butterfly
	50 Backstroke
	100 Backstroke
	200 Backstroke
	50 Breaststroke
	100 Breaststroke
	200 Breaststroke
	200 IM