

LAN Happy New Year Meet

Lander, WY

December 27, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-21

Co-Meet Director	Leisa McDonnel	tesskg83@gmail.com	(307) 202-2774
Co-Meet Director	Jen Huelskamp	landerswimclub@gmail.com	(307) 330-7264
Meet Referee	Luke Havens (or designee)	luketheviking@live.com	(307) 349-9040
Entry Chair	Jen Huelskamp	landerswimclub@gmail.com	(307) 330-7264
Admin Official	Codi Jorgensen	cjorgensen@landerschools.org	(307) 431-6692

SESSIONS:

Date	Session Name	Warm up	Officials Meeting	Coaches Meeting	Start
Saturday, December 27, 2025	Session 1	9:30 a.m.	10:15 a.m.	10:30 a.m.	10:45 a.m.
*Coaches and Officials meetings will be held in the computer operations area of the pool.					

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	- The Bruce Gresly Aquatic Center has an indoor 25-yard, 6 lane pool with non-turbulent lane markers, starting blocks and backstroke flags. Water depth measured at the start end is 5'1" deep at both 1 and 5 meters from the wall. Water depth measured at the turn end is 3'6" and 4'3" at 1 meter and 5 meters from the wall respectively. The competition course has been certified in accordance with 104.2.2C(4). - The host will ensure the required course dimensions.
FORMAT:	- Timed Finals - All events will be competed slow to fast.
SCRATCHES	The meet will be pre-seeded. 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	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: - Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. - Entries may be cut by time or to a specific number of heats for specified events. - Teams may be asked to cut relay events.
ENTRIES	ENTRIES ARE LIMITED TO THE FIRST 125 SWIMMERS TO REGISTER. Entries will be accepted until the meet is full. If the timeline allows, additional entries may be accepted. The last entries received will be the first cut if needed. Entries are due by 11:59 p.m. on December 18, 2025. - Electronic entries should be emailed as an attachment to the entry chairperson. - Mail payment to: - Lander Swim Club - PO Box 27 - Lander, WY 82520 - 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 5 individual events per day for timed final events, Deck entries will not be accepted.
RELAYS	- Relays will be limited to 4 relays per team per event. - All relay swimmers must be officially entered into the meet. - Unattached swimmers may not participate in any relays. - Mixed relays must consist of four swimmers, two of each gender.
TIME TRIALS	No time trials will be offered.
FEES	- Individual Event Fee: \$6.00 - Relays: No Charge - Swimmer Participation Fee: \$8.00 per swimmer - Facility Fee: \$6.00 per swimmer
PROGRAMS	Programs: \$5
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 - Dive starts will be allowed only during the last five (5) to ten (10) minutes of each warm up. All other entries into the pool must be feet-first. USA Swimmers must be under the supervision of a coach at all times. A schedule of warm-up times and lane assignments will be determined after the entry deadline when the number of contestants has been determined. - The dive well will be open for warm ups and cool downs during the meet. Swimmers must be supervised by a USA Swimming member/coach. - 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	- Individual awards 1-12 per age group/gender: 8 & Under, 9-10, 11-12, 13-14, 15 and Over - There will be no high point awards, relay awards, or team awards.
SCORING	The meet will not be scored.
LEGAL SPLITS	3 extra watches, requested to the Meet Referee 30 minutes prior to the race.
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 and AED equipment will be available to athletes participating in the meet. The AED is located by the lifeguard chair beside the kiddie pool.
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	• 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: - o 1-9 Swimmers - No Officials (unless you are the Host Club, then it shall be two (2) officials) - o 10-17 Swimmers – One (1) Official - o 18-25 Swimmers - Two (2) Officials - o 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 meeting at 10:15 a.m. in the computer operating area (Crow's Nest). • The official uniforms will be a white polo, black shorts/skirts/slacks, black belt, and black shoes with black socks.
GENERAL	• Hospitality for coaches and officials will be provided upstairs in the computer operation area of the pool. • There will be no concessions,
WAIVER	• "It is understood and agreed that USA Swimming, Wyoming Swimming, the Lander Swim Club, and the Bruce Gresly Aquatic 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

Saturday, December 27, 2025

ORDER OF EVENTS

Session 1 Warm-up: 9:30 a.m. Start: 10:45 a.m.	
#	<u>Events</u>
1	Open Mixed 50 Free
2	9 & Over Mixed 200 Free
3	Open Mixed 50 Fly
4	9 & Over Mixed 100 Fly
5	11 & Over Mixed 200 Fly
6	Open Mixed 50 Breast
7	9 & Over Mixed 100 Breast
8	11 & Over Mixed 200 Breast
9	Open Mixed 200 Free Relay
10	Open Mixed 50 Back
11	9 & Over Mixed 100 Back
12	11 & Over Mixed 200 Back
13	Open Mixed 100 Free
14	12 and Under Mixed 100 IM
15	9 & Over Mixed 200 IM
16	11 & Over Mixed 400 IM