

2025 WY LSC Karl Klassic Pentathlon

Laramie High School Pool

May 3, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2025-36-TT

Meet Director	Karl Moore	meetdirector@laramieswimclub.org	503-440-2966
Meet Referee	George Mathes	gmathes@trihydro.com	307-760-5655
Admin Official	Karl Moore	meetdirector@laramieswimclub.org	503-440-2966

SESSIONS:

Date	Session Name	Warm up	Start
3 May 2025	Karl Klassic	10:00 am	11:00 am

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	- Laramie High School Swimming Pool (Kopischka Lanes): 25YARD, 10 Lane Pool equipped with non-turbulent lane markers, starting blocks, & backstroke flags. - At starting end of the pool, the depth is 7' deep at 3'3 1/2" to 7' to 14' deep at 16'5" from starting end. The pool depth is 14' deep at 3'3 1/2" from turn end of pool to 7' to 14' at 16'5" from turning end. - Altitude is 7315 feet above sea level. - The competition course has been certified in accordance with 104.2.2C(4) and is on file with USA Swimming. 10 lanes are available, number of lanes used will be at the discretion of the meet director. - Colorado Timing System, with 10 lane scoreboard, semi-automatic backup, and 1-3 manual back up timers per lane. - There is a two lane warm up pool available throughout the meet. - The host will ensure the required course dimensions.
FORMAT:	- The meet is a timed final pentathlon. Events will be drawn randomly at the start of each event. - The meet file will only contain 1 event, the Open 50 free. Swimmers wishing to enter the meet must enter this event. Although this event may or may not be selected to be swum during the meet, it will determine seeding for all 5 events. - All age groups and genders will be swum as one event. For awards, age groups are 8&Under, 9-10, 11-12, 13-14, 15&Over. - Swimmers will be in the same heat and lane for all 5 events. 25-yard events will start at start end and will be timed with the same as other events.
SCRATCHES	As this meet is a pentathlon, a no show, scratch or declared false start will result in a 5-minute penalty.
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	There will be no cuts, all entries received on time will be entered into the meet.
ENTRIES	- Electronic entries should be emailed as an attachment to the Meet Director. - The deadline for entries: 28 April 2025 - Mail payment to: - Laramie Swim Club - PO Box 949 - Laramie, WY 82073. - 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 should be used instead of NT's to ensure accurate seeding of swimmers. - The meet file will only contain 1 event, the Open 50 free. Swimmers wishing to enter the meet must enter this event. Although this event may or may not be selected to be swum during the meet, it will determine seeding for all 5 events. - Deck entries will not be allowed.
TIME TRIALS	Time trials may be offered at the discretion of the Meet Director and Meet Referee if time allows. Time trials count in the per day event limit of 6 events.
FEES	- Swimmer Participation Fee is \$25 per swimmer. \$8 is for WYSI Participation, the remaining \$17 is the swimmer's entry fee for the meet. - Time Trials: \$5
ADMISSIONS & PROGRAMS	- Admissions: Free - Programs: Free
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	- Open warmups will begin at 10:00 am, if participation necessitates additional warm ups, Laramie Swim Club will warm up prior to 10:00 am allowing for more pool space for other teams. - 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	- Special Cronk Awards will be provided for places 1-3 of each age group/gender. - Age groups are 8&Under, 9-10, 11-12, 13-14, 15&Over.
SCORING	The Pentathlon will be scored on lowest accumulated time for each age group/gender. A 30 second penalty will be added for all DQs and a 5-minute penalty will be added for any no show, scratch or declared false start.

LEGAL SPLITS	As events will not be known until just before the start of the swim, splits will not be taken.
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 table will be available at the north end of the pool with basic first aid supplies. An AED is also available.
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	● Parking on the west side of the pool is for officials and meet staff only.
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. ● An Officials meeting will be announced but will begin no earlier than 10:00 am.
GENERAL	● No hospitality or concessions will be provided. Pending participation, a swim store may be set up in the Commons area.
WAIVERS	● "It is understood and agreed that USA Swimming, Wyoming, Swimming, Laramie Swim Club and Laramie 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."

EVENTS ELIGIBLE FOR SELECTION ON NEXT PAGE

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POSSIBLE EVENTS

25 Fly
50 Fly
100 Fly
200 Fly
25 Back
50 Back
100 Back
200 Back
25 Breast
50 Breast
100 Breast
200 Breast
25 Free
50 Free
100 Free
200 Free
500 Free
1650 Free
100 IM
200 IM
400 IM
Meet Director Choice