

WY-2025 RSC Reindeer Dash

Riverton, Wyoming

12/5/25-12/7/25

Held under the sanction of USA Swimming/Wyoming: WY-2026-19

Meet Director	Amanda Wiliams	acw0227@gmail.com	307-699-3036
Meet Referee	Henri DeClercq	hdeclercqii@gmail.com	307-760-9467
Entry Chair	Heather Hovander	rivertonswimclub@gmail.com	801-828-0239
Admin Official	Heather Hovander	rivertonswimclub@gmail.com	801-828-0239

SESSIONS: 1, 2 and 3

Date	Session Name	Warm-ups	Start of meet	Officials meeting	Coaches meeting
12/5/24	#1	5:30 PM	6:00 PM	5:30 PM	5:45 PM
12/6/25	#2	10:00 AM	11:15 AM	10:15 AM	11:00 AM
12/7/25	#3	08:00 AM	09:15 AM	08:30 AM	09:00 AM
*Officials and coaches will meet in the hospitality room.					

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	- Riverton Aquatic Center has an Indoor regulation Short Course, 25 Yards, Eight Lane Pool equipped with non-turbulent lane markers, starting blocks, & backstroke flags. At the starting end of the pool, the depth is 12 feet deep. The pool depth is 4' feet 6" inches deep at the turn end (bulkhead) - Colorado Timing System, including automatic touch pads, 8 lane scoreboard, and semi-automatic backup. Two manual backup timers per lane will be in place. All clubs will be expected to provide timers based on the number of swimmers their club has participating in the meet. - Warm-ups will take place in the 8-25 yard lanes during the assigned session - Swimmers in the 500 free and 1650 free need to provide their own counters and timers - The host will ensure the required course dimensions.
FORMAT:	- All events are timed Finals - No time trials at this meet. - All events will be completed from slow to fast except for 500 free and 1650 free, which will be fast to slow. 25-yard events will start at the turn end on the bulkhead and will be timed with electronics
SCRATCHES	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 (examples below): ○ The number of heats in the 500 Free may be limited based on the session timeline ○ 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	• Electronic entries should be emailed as an attachment to the entry chairperson at rivertonswimclub@gmail.com • The deadline for entries is November 25th, 2025 • Mail completed, signed entry cover page and waiver, and payment to: ○ Riverton Swim Club - PO Box 1396 - Riverton, WY 82501 • Team entries will not be split. Pool assignments will be made once entries are received to produce equitable timelines. • If entries are accepted into the meet, they will be acknowledged within 48 hours. <i>Your entry is considered received only if you receive an acknowledgment.</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

	• The number of heats in the 500 Free may be limited based on the session timeline. After the entry deadline, the session timeline will be run, and heats will be entered based on entries on a first-received basis. Coaches will be notified no later than November 28th if their swimmers are cut from the event; they will be allowed to enter another event.
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.
FEES	• Individual Event Fee: \$7.00 • Relays: \$5.00 per team (except for the Christmas surprise relay) • Swimmer Participation Fee is \$8.00 per swimmer
PROGRAMS	• Programs: \$ 10.00
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.G.4 • 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 shallow side of the pool beyond the bulkhead will be open for warm-ups and cool-downs during the meet. Swimmers must be supervised by a USA Swimming coach. • The Meet Safety Committee shall consist of the Meet Referee, the 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 competitions. 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 1st-3rd medals, 4th-8th place ribbons. There will be no high point awards or team awards. Awards will be given for age groups: 8 & O, 9-10, 11-12, 13-14, 15 & Over
SCORING	• The meet will not be scored.
LEGAL SPLITS	• 3 extra watches, requested to the Meet Referee 30 minutes before 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 entry of the pool on the wall.
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 the right to change the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. The decision to cancel 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 eligibility issues 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. When asked, all non-athletes must produce proof of their valid USA Swimming Membership Card in the USA Swimming App (no photos or screenshots).
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 the authority to list officials not registered with their club if they have such officials' 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 its 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 a club. - Officials' meetings will be held in the hospitality room (out in the lobby) - Friday Official Meeting: 5:30 PM - Saturday Officials Meeting: 10:15 AM - Sunday Officials Meeting: 8:30 AM
GENERAL	Hospitality for coaches and officials will be provided in the hospitality room. There will be a concession in the lobby. They will take cash or Venmo.
WAIVERS	"It is understood and agreed that USA Swimming, Wyoming, Swimming, Riverton Swim Club, and Riverton 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."

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**Reindeer Dash 2025
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Friday Session: 1 Warm-up: 5:30 Start: 6:00

<u>#</u>	<u>Age group</u>	<u>Event</u>
1	Mixed 12 & over	1650 Freestyle

Saturday Session: 2 Warm-up: 10:00 Start: 11:15

<u>#</u>	<u>Age group</u>	<u>Event</u>
2	Mixed 9 & over	100 Freestyle
3	Mixed 8 & under	25 Freestyle
4	Mix 12 & under	100 IM
5	Mixed 13 & over	400 IM
6	8 & under	25 Butterfly
7	Mixed 9 & over	50 Butterfly
8	Mixed 12 & over	200 Butterfly
9	Girls open	200 Medley Relay
10	Boys open	200 Medley Relay
11	Mixed open	200 Medley Relay
12	Mixed open	50 Freestyle
13	Mixed 8 & under	50 Backstroke
14	Mixed 12 & over	200 Backstroke
15	Mixed 8 & under	25 Breaststroke
16	Mixed 9 & over	50 Breaststroke
17	Mixed 13 & over	100 Breaststroke

Sunday

Session: 4 Warm-up: 8:00 am Start: 9:15 am

<u>#</u>	<u>age group</u>	<u>Event</u>
20	Mixed 9 & over	200 Freestyle
21	Mixed 8 & under	100 Freestyle
22	Mixed 8 & under	50 Butterfly
23	Mixed 9 & Over	100 Butterfly
24	Mixed 8 & under	25 Backstroke
25	Mixed 9 & over	50 Backstroke
26	Mixed 9 & over	100 Backstroke
29	Mixed open	200 Freestyle relay (fun relay)
30	Mixed 9 & over	200 IM
31	Mixed 8 & under	50 Breaststroke
32	Mixed 9-12	100 Breaststroke
33	Mixed 12 & over	200 Breaststroke
34	Mixed 9 & over	500 Freestyle