

2026 WY KSC Below Zero Meet

Kemmerer, WY

January 9-10, 2026

Held under the sanction of USA Swimming/Wyoming: WY-2026-22

Meet Director	Amy Schaffarzick	amyschaffarzick@gmail.com	307-723-2522
Meet Referee	Carrie Runnion	carrierunnion@gmail.com	307-871-2190
Entry Chair	Carrie Runnion	carrierunnion@gmail.com	307-871-2190
Admin Official	Cortney Bartschi	dortnie88@gmail.com	307-448-0438

SESSIONS:

Date	Session Name	Warm up	Start
January 9, 2026	Session 1	Not earlier than 4:00 PM	5:30 PM
January 10, 2026	Session 2	Not earlier than 8:30 AM	10:00 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	● Kemmerer High School Pool, 1525 3rd Ave, West, Kemmerer, WY 83101 ○ 25 Meter, 6 lane pool. 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 the turn end walls. ○ Colorado Timing System and semi-automatic backup and 2 manual timers per lanes ○ Pool area adjacent to competition lanes may be used for warm-ups during competition ○ The Host will ensure the required course dimensions.
FORMAT:	● All events will be pre-seeded, timed finals ● 25-yard events will start at the turn and will be timed electronically and with two backup watches ● All events will be competed slow to fast except for the 400 and 800 meter freestyles which will be competed fast to slow. ● Swimmers in the 400 meter and 800 meter events must provide their own timers and counters.
SCRATCHES	● Coaches will report scratches to the Meet Referee prior to the session start.
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 throughout 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: ○ 400 meter freestyle entries may be limited to 3 heats per age group, 800 meter freestyle entries may be limited to 3 heats per age group. ○ Teams may be asked to cut relay events
ENTRIES	• Electronic entries should be emailed as an attachment to the entry chairperson, along with a pdf and meet fees. • The deadline for entries is: January 3 at 11:59 PM • Bring payment to the meet or mail payment to: ○ 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> • All entry times must be entered in yards or meters times. (Coach's times may be used instead of NT's) • Athletes may enter up to 5 individual events per day and 1 relay per day for a maximum of 12 events in the meet. • No deck entries will be accepted • No refunds will be given
RELAYS	• 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: \$5 • Relays: \$4 • WYSI 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	• Warm-ups will begin 1 to 1½ hours before the start of the meet • A schedule of warm-up times and lanes will be determined after the entry deadline. The warm ups schedule will be emailed to all team contacts no later than 3 days prior to 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	• All participants will receive an award
SCORING	• The meet will not be scored.
LEGAL SPLITS	• Requests for split times must be made to the deck referee 30 minutes prior to the race. • Split times require one extra timer and three extra watches

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 lifeguard will be on deck. An AED is located near the boys locker room entrance. ● Call 911 for emergencies
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	Non-swimmer restrooms are located down stairs.
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 meeting and Coaches meeting times will be announced with warm-up information no later than 3 days prior to the meet. They will meet in the room behind the entry foyer.
GENERAL	- Concessions information will be announced prior to the meet. - Hospitality will be provided for Coaches, Officials and Meet Volunteers in the room behind the entry foyer.

WAIVERS	● “It is understood and agreed that USA Swimming, Wyoming, Swimming, Kemmerer Swim Club and 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.”
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January 9-10, 2026

Held under the sanction of USA Swimming/Wyoming: WY-2026-22

Session 1: Friday, January 9

Warm-up: Not before 4:00 PM Start: 5:30 PM

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

Session 2: Saturday, January 10

Warm-up: Not before 8:30 AM Start: 10:00 AM

<u>Event #</u>	<u>Events</u>
18	Mixed 9 & over 200 Freestyle
19	Mixed 8 & under 25 Backstroke
20	Mixed 9 & over 50 Freestyle
21	Mixed 8 & under 25 Butterfly
22	Mixed 9 & over 100 Backstroke
23	Mixed 13 & over 400 IM
24	Mixed 8 & under 50 Freestyle
25	Mixed 12 & over 200 Butterfly
26	Mixed 9 & over 100 Breaststroke
27	Mixed 13 & over 200 Backstroke
28	Girls 8 & under 100 Medley Relay
29	Boys 8 & under 100 Medley Relay
30	Mixed 8 & under 100 Medley Relay
31	Girls Open 200 Medley Relay
32	Boys Open 200 Medley Relay
33	Mixed Open 200 Medley Relay
34	Mixed 13 & over 800 Freestyle

