

Groundhog Day Intrasquad

Laramie High School

February 2, 2026

Held under the sanction of USA Swimming/Wyoming: WY-2026-35-TT

Meet Director	Karl Moore	MeetDirector@laramieswimclub.org	503-440-2966
Meet Referee	George Mathes	gmathes@trihydro.com	3077605655
Admin Official	Karl Moore	See Above	See Above

SESSIONS:

Date	Session Name	Warm up	Start
2 February, 2026	Groundhog Day	4:45 p.m.	5:45 p.m.

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	<ul style="list-style-type: none"> Laramie High School Pool (Kopischka Lanes) <ul style="list-style-type: none"> 25-Yard Pool 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. Colorado Timing System, with 10 lane scoreboard, semi-automatic backup, and 1 manual back up timer per lane. A two lane, 25-yard pool is available for warm-ups during the course of the meet. Absolutely no diving. Normal USA warm up rules apply. The host will ensure the required course dimensions.
FORMAT:	<ul style="list-style-type: none"> Timed Finals 25-yard events will start at the start end and use the same CTS system. The meet will be pre-seeded. As per 102.7.2 at the Meet Referee's discretion, events 15-18 may be combined provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers
SCRATCHES	<ul style="list-style-type: none"> Scratches should be reported to the Meet Referee or the Meet Director as soon as possible to allow for an open lane for deck entries.
COURSE	<ul style="list-style-type: none"> SCY
ELIGIBILITY	<ul style="list-style-type: none"> 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

	<p>infraction.</p> <ul style="list-style-type: none"> • Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • There is no indication that the meet will be oversubscribed, however, the Meet Director, in conjunction with the Meet Referee, reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour policy.
ENTRIES	<ul style="list-style-type: none"> • Electronic entries should be emailed as an attachment to the entry chairperson. • The deadline for entries is Thursday, January 29, 2026 • Payments will be handled in monthly club dues. • 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 4 individual events, only 1 of which may be a 200. • Deck entries accepted if there are open lanes.
TIME TRIALS	<ul style="list-style-type: none"> • Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows, but will count as one of the maximum of 4 events allowed.
FEES	<ul style="list-style-type: none"> • Swimmer Participation Fee is \$15.00 per swimmer (\$8 of which is the WYSI participation fee).
ADMISSIONS & PROGRAMS	<ul style="list-style-type: none"> • Admission is free. • Programs will be available electronically.
MEET MOBILE	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Warm-ups will begin immediately following High School practice. • Warm-up procedures shall follow WYSI Policy III.G.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	<ul style="list-style-type: none"> • There will be no awards.
SCORING	<ul style="list-style-type: none"> • The meet will not be scored.
LEGAL SPLITS	<ul style="list-style-type: none"> • Legal splits must be requested prior to the race. The athlete's team is required to provide three extra timers and watches. All splits, including non-qualifying, must be reported to the AO at the conclusion of the race.
SWIMWEAR	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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: <ul style="list-style-type: none"> ○ 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 will be at least 30 minutes prior to the start of a session.
GENERAL	<ul style="list-style-type: none"> ● No shops, no concessions, no hospitality. Swimmers may bring Karl treats.
WAIVERS	<ul style="list-style-type: none"> ● "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."

ORDER OF EVENTS ON NEXT PAGE

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Session: Groundhog Day Warm-up: 4:45 p.m. Start: 5:45 p.m.	
<u>Mixed #</u>	<u>Events</u>
1	Open 100 Yard I.M.
2	Open 200 Yard I.M.
3	Open 100 Fly
4	8-Under 25 Fly
5	Open 50 Fly
6	Open 100 Back
7	8-Under 25 Back
8	Open 50 Back
9	Open 100 Breast
10	8-Under 25 Breast
11	Open 50 Breast
12	Open 100 Free
13	8-Under 25 Free
14	Open 100 Free
15	Open 200 Fly
16	Open 200 Back
17	Open 200 Breast
18	Open 200 Free
	***As per 102.7.2 at the Meet Referee's discretion, events 15-18 may be combined.