

KSC Below Zero Meet
Kemmerer High School Pool,
1525 3rd Ave. West
Kemmerer, WY 83101
January 10-11, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2025-22

Meet Director	Roy Runnion (or designee)	royrunnion@gmail.com	307-871-7736
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 10, 2025	Session 1	Not earlier than 4:00pm	5:30 pm
January 11, 2025	Session 2	Not earlier than 8:30am	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	• 25 Meter, 6 lanes 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 turn end wall. • Pool area adjacent to the competition lanes may be used for warm-ups during competition. • Colorado Timing System with 6 lanes and semi-automatic backup and 2 manual timers per lane. • The host will ensure the course dimensions
FORMAT:	• All events will be pre-seeded, timed finals • Flyover starts will be used for forward starts. • All 25-yard events will start at the turn end and will be timed with 3 watches. • All events will be competed slow to fast except for the 400 and 800 meter freestyle which will be completed fast to slow. • Swimmers in the 400 meter and 800 meter must provide their own timers.
TIMING	• Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. Timers should report to the timers meeting before each session.
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	• 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 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	● Entries may be cut by time or to a specific number of heats for specified events.
ENTRIES	● Electronic entries should be emailed as an attachment to the entry chairperson, including a pdf and meet fees report. ● Entry Deadline: January 5, 2025 by 6:00pm ● Mail payment to: Carrie Runnion 1803 Dell Rio Dr. 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 acknowledgment.</i> ● 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
RELAYS	● All relay swimmers must be officially entered into the meet. ● Please provide names of relay swimmers. They may be substituted at 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: \$5.00 ● Relays: \$4.00 ● Swimmer Participation Fee is \$8.00 per swimmer
ADMISSIONS & PROGRAMS	● Limited programs will be available, they will be 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	● 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 will comply with USA Swimming and Wyoming Swimming, Inc. 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. ● 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 be scored by gender and age group. Standard scoring will be used, 20 points for 1st place to 1 point for 16th place. Relays 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.
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 downstairs.
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. ● The Meet Referee may use their discretion to combine events.
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	● Each WYSI team shall provide official(s) to work the meet based on the number of swimmers entered into the meet: ○ 1-9 Swimmers – No official required, ○ 10-17 Swimmers – One official, ○ 18-25 Swimmers – Two officials, ○ 26 or more Swimmers – Three officials. ● Each WYSI team shall provide the names of the official(s) who will be representing their team at the meet at the time their entries are submitted. Failure to provide the required number of officials may result in no awards (medals, ribbons, trophies, high point, etc.) being provided to such Club or its swimmers and an additional fine of \$500.00 payable to the Host Club on or before the first day of the meet. ● Officials meeting will begin 40 minutes prior to the start of each session. Friday at 4:50 pm and Saturday at 9:20am. ● The officials meeting will held off deck in the upstairs training room behind the front desk ● Please provide names of officials that will be representing your club with meet entries
GENERAL	● Hospitality will be provided for coaches, officials, timers and volunteers in the upstairs training room located behind the front desk (Friday dinner and Saturday lunch) ● A 10-minute break per session may be declared by the Meet Referee or Meet Director
WAIVERS	“It is understood and agreed that USA Swimming, Wyoming Swimming, Kemmerer Swim Club and Kemmerer 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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ORDER OF EVENTS

Session: 1 Friday

Warm-up: 4:00 or 4:30 pm

Start: 5:30 pm

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

Session: 2 Saturday

Warm-up: 8:30 or 9:00am

Start: 10:00am

<u>Event #</u>	<u>Events in Meters</u>
13	Mixed 9 & over 50 Freestyle
14	Mixed 8 & under 25 Backstroke
15	Mixed 9 & over 200 Freestyle
16	Mixed 8 & under 25 Butterfly
17	Mixed 9 & over 100 Backstroke
18	Mixed 13 & over 400 IM
19	Mixed 8 & under 50 Freestyle
20	Mixed 12 & over 200 Butterfly
21	Mixed 9 & over 100 Breaststroke
22	Mixed 13 & over 200 Backstroke
23	Mixed Open 200 Medley Relay
24	Mixed 13 and over 800 Freestyle