

CCA Monsterrific Meet

October 27-28, 2023

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.
SANCTION # 2024-8

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., Capital City Athletics and Central 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.

Whether submitting entries electronically or on paper, by the action of entering the swimmer in this Wyoming Swimming, Inc. meet/event, the person entering the swimmer, whether a coach, club representative, parent or swimmer, certifies that the swimmer is a registered member of USA Swimming and further agrees that a penalty of \$50 shall be assessed by Wyoming Swimming, Inc. to anyone entering a swimmer who is not registered with USA Swimming prior to the entry deadline.

Host: Capital City Athletics, PO Box 712, Cheyenne, WY 82003

Location: Cheyenne Central High School, 5500 Education Drive

Meet Time: One (1) hour warmup depending on entries, sessions to be assigned prior to meet starting at 5:30 on Friday and 9AM on Saturday

Pool: 25 YARD, 6 lane pool equipped with non-turbulent lane markers, starting blocks, and backstroke flags. At starting end of the pool, the depth is 12 feet deep at 3'3 1/2" to 12' at 16'5" from starting end. The pool depth is 3' deep at 3'3 1/2" from turn end of pool to 5' at 16'5" from turning end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Timing: Daktronics Timing System, with 6 lane scoreboard and semi-automatic backup, and 2 manual back up timers per lane.

Meet Director:

Shelley Hood
5629 Thunder Ridge Rd
Cheyenne, WY 82009
ccameetdirector@gmail.com
970-232-5291

Referee:

Jerod DeLay (or designee)
1929 Cheshire Dr
Cheyenne, WY 82009
jerodrdelay@yahoo.com
307-760-5341

Administrative Official:

Jennifer Doering
PO Box 712
Cheyenne, WY 82003
jdoering333@wyo.gov
307-631-8512

Rules: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this 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. 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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue any time athletes, coaches, officials and/or spectators are present.

Eligibility: No swimmer will be permitted to compete unless the swimmer is a member as provided in USA Swimming Article 302.
There will be NO on-deck registrations.

Age Groups: Swimmer's age will be determined by his/her age on the first day of the meet October 27, 2023.

Age groups are 8-under, 9-10, 11-12, 13-14, 15-over. 8-under is not a recognized USA swimming age group. Events will be swam together with varying age groups and mixed genders. Timed results will be posted within by recognized age group and gender.

Relays: No relays will be offered.

Scoring: Team scores will not be calculated.

Awards: Awards will be presented to the top 3 swimmers by gender/age group. As per USA Swimming Rule 205.5 - Cost per award to an individual may not exceed \$25.

On-Deck Entries will be accepted only if there is a lane available and the swimmer is either already entered in other events or presents his/her USA registration card.)

Entry Fees: WSI participation Fee is \$8.00.
Facility surcharge is \$5.00 per swimmer.
Entry fees are \$5.00 per event.

Deadline: **Entries must be postmarked or emailed** by October 21, 2023
Make checks for entries payable to: Capital City Athletics
Clubs please pay with one club check.

Mail Entries To:

Matt Snyder
PO Box 712
Cheyenne, WY 82003

Preferred method:

email via HY-TEK with printable PDF hard copy to
ccameetdirector@gmail.com

Each WYSI (Wyoming Swimming, Inc) club 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.

When submitting their entries to the host club, each WYSI club shall also provide to the host club the names of the official(s) who will be representing their club at the meet.

Within 24 hours of the entry deadline, each host club must email Official's Chair Dayna Gripp daygripp@mac.com with the MM "Athlete Roster Report by Team" and the list of WYSI officials who will be working at your meet and what WYSI clubs they will be representing.

Warm Ups: 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. 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 Warm-up Schedule will be emailed to all coaches no later than 7 days prior to the meet.

USA Cards: ALL COACHES & MEET OFFICIALS MUST WEAR THEIR USA SWIMMING CARD IN PLAIN VIEW AT ALL TIMES OR AVAILABLE VIA DECK PASS.

Coaches and Officials: All coaches and uniformed officials will be asked to show current USA/WYSI at sign in. Current certification is mandatory. A coaches meeting will be held 15 min prior to the start of the meet. Officials briefing will start 45 min. prior to the start of the meet. Official uniform will be white polo shirt over black shorts, skirt, or pants, black socks, and predominately black shoes. Please contact the Meet Referee to advise of your availability. Trainees are welcome on deck.

CCA Monsterrific Meet

Session 1 - October 27, 2023			Session 2 - October 28, 2023		
5:30 PM Start			9:00 AM Start		
1	Open	200 Breast	6	8 & Under	25 Fly
2	Open	200 Free	7	12 & Under	50 Fly
3	Open	200 Back	8	13 & Over	100 Fly
4	Open	200 Fly	9	8 & Under	25 Back
5	Open	500 Free **	10	12 & Under	50 Back
			11	13 & Over	100 Back
			12	8 & Under	25 Breast
			13	12 & Under	50 Breast
			14	13 & Over	100 Breast
			15	8 & Under	25 Free
			16	12 & Under	50 Free
			17	13 & Over	100 Free
			18	12 & Under	100 IM
			19	13 & Over	200 IM

All events will be mixed, scores will be determined by age group and gender.

** Swimmers must provide their own timers and counters.