

## 2023 Fall in the Hole

November 10 -12, 2023

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.  
SANCTION # 2024-10

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., Jackson Hole Stingrays Swim Club and Pinedale Aquatics Center 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:** Jackson Hole Stingrays Swim Club, PO Box 6968, Jackson, WY 83002  
**Location:** Pinedale Aquatics Center, 535 North Tyler Ave, Pinedale, WY 82941 307-367-2832

**Meet Time:** Friday, November 10th                      Session 1: Open warmups begin at 4:00pm  
Saturday, November 11th                      Session 2: Open warmups begin at 11:00am  
Sunday, November 12th                      Session 3: Open warmups begin at 8:00am

Warmup times are subject to change depending upon the number of entries received and will be confirmed after the entry deadline and emailed no later than 3 days prior to the meet. In addition, depending upon the number of entries received, the meet may be changed to split sessions with the 12 and under session held first with the 13 and over session to follow.

Officials and coaches meeting times will be emailed after entries are received and timeline determined.

**Pool:** 25 YARD, 8 lane pool equipped with non-turbulent lane markers, starting blocks and backstroke flags. At the starting end of the pool, water depth is 12ft deep at 3' and 3½" to 12ft at 16'5" from starting end. The pool depth is 5ft deep at 3'3 ½" from turn end of pool to 8ft at 16'5" from turning end.

The competition course has not been certified in accordance with 104.2.2C(4).

**Timing:** Colorado Timing System, with 8 lane scoreboard and semi-automatic backup and 2 manual back up timers per lane.

<b>Meet Co-Director</b>	<b>Meet Co-Director</b>
Tracy Haling 1200 Hoyt Lane Jackson, WY 83001 <a href="mailto:Tracy.haling@icloud.com">Tracy.haling@icloud.com</a> 307-690-1786	Jen Baxter 430 East Sagebrush Driver, W3 Jackson, WY 83001 <a href="mailto:Jen@bdstudio.com">Jen@bdstudio.com</a> 307-690-5090
<b>Meet Referee</b>	<b>Administrative Official</b>
Susan Huckeby 2001 Aberdeen Street Butte, MT 59701 <a href="mailto:shuckeby@msn.com">shuckeby@msn.com</a> 406-491-4698	Bonnie Kovacs or designee PO Box 10758 Jackson, WY 83002 <a href="mailto:bckovascod@gmail.com">bckovascod@gmail.com</a> 307-413-2197

**Rules:** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP 2.0”), 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. Swimmers may change in to and out of swimsuits in appropriate mens, womens or family locker rooms.

Public, non-athlete restrooms are located on the second floor, adjacent to the spectator seating area. Only athletes are allowed to use the locker rooms.

Use of 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.

Lifeguards are on duty for the meet. There is an AED located in the lifeguard office, one outside gymnasium doors and one upstairs in fitness area.

**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 November 10, 2023. 8& UNDER is not a recognized USA Swimming Age Group. (102.1.2). Groups are 8&Under, 9-10, 11-12, 13-14, 15-16, 17&Over.

Results will be posted by listed age group and gender.

**Relays:** Saturday’s Mystery Relay theme for all age groups and genders will be announced immediately prior to the start of the relay. Any combination of age and gender may be used and coaches’ discretion may be used on the distance each relay leg swims. Relays will not be scored and no relay times will be uploaded to SWIMS.

**Scoring:** Individual events will be scored to sixteen places as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

**Awards:** A team award will be given to the team with the highest efficiency of point scoring per swimmer. This award will be determined by the total team score divided by the number of swimmers and the team with the most points per swimmer wins the award. A minimum number of 5 swimmers per team will be required to be eligible for this award.

A participation award in the form of a t-shirt will be given to each entered swimmer. T-shirt sizes for all entered swimmers should be submitted with entries. As per USA Swimming Rule 205.5 the cost per award to an individual may not exceed \$25.

**Entries:** All events will be pre-seeded timed finals. The 1650 and 500 freestyle will be seeded fastest to slowest. There will be NO on deck entries.

Each swimmer is limited to a maximum of one (1) individual event on Friday and a maximum of five (5) individual events and a maximum of one (1) relay on Saturday and Sunday.

Please submit entry times in YARDS.

**Entry Fees:** Individual events are \$3/event with a surcharge of \$25/swimmer (WYSI participation fee \$8, WWDC awards fee \$5, awards fee \$12). No refunds will be given.

**Deadline:** Entries must be received by midnight November 1st, 2023. Late entries will not be accepted. Make checks for entries payable to: Jackson Hole Stingrays Swim Club. Clubs must pay with one check due the first day of the meet and may be given to the Administrative Official at the meet or mailed to:

Jackson Hole Stingrays  
PO Box 6968  
Jackson, WY 83002

EMAIL ALL ENTRIES to [jhstingrayboard@gmail.com](mailto:jhstingrayboard@gmail.com).

Email must include:

1. Zip file (Hy-tek) or sd3 (Team Unify)
2. A hard copy (pdf) of all entries

**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 warmup. USA Swimmers must be under the supervision of a coach at all times. A schedule of warmups and lane assignments will be determined after the entry deadline when the number of contestants has been determined.

**Clerk of Course:** There will be a clerk of course.

**Results:** Results will be posted to Meet Mobile and emailed to each coach.

**Officials:** Each WYSI-affiliated 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.

**Timers:** Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. After receipt of a club's entries, meet management shall notify clubs as to the lane and session assignments for timers from their club.

**Notices:** Flyover starts will be used for forward starts. Swimmers should remain in the pool until the next heat starts.

All 25 yard events will start from the bulkhead. Swimmers may start from the bulkhead with a standing forward start or in the water.

If an individual wants a split time in any event, the coach shall notify the Meet Referee and Meet Director and shall provide the necessary timers.

Swimmers in the 1650 and 500 must provide their own timers and counters.

The warm up/cool down pool will be open during the meet and available for use by swimmers when directly supervised by a team coach.

**USA Cards:** All coaches & meet officials must wear their USAS Card in plain view at all times or have available via the USA Swimming app.

**Disabilities:** Swimmers with disabilities are encouraged to attend. Contact the Meet Referee if you need special considerations. Swimmers with disabilities must be identified at the time entries are submitted. Adaptive swimming: In accordance with USA Swimming rule 202.4.14 & Article 105 the Meet Referee has the authority to accommodate swimmers with disabilities. The team entry representative must notify the Meet Referee of accommodation requests at the time of entry submission.

**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](http://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 <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

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 <http://www.usaswimming.org/report>.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before November 10, 2023, who has not completed Athlete Protection Training by the first day of competition, 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 before November 10, 2023, 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.

**Hospitality:** The hospitality room is located off the main lobby and is open to all coaches and officials.

**Concessions:** There will be concessions available and located on the spectator level of seating. Programs will be for sale at the concessions stand.

### **2023 Fall in the Hole events**

#### **Session 1 Friday, November 10<sup>th</sup>**

1. 9&Over Mixed 500 Freestyle
2. 11&Over Mixed 1650 Freestyle

#### **Session 2 Saturday, November 11<sup>th</sup>**

3. Open Mixed 100 IM
4. 11&Over Mixed 400 IM
5. 8&Under Mixed 25 Free
6. 12&Under Mixed 100 Freestyle
7. 13&Over Mixed 100 Freestyle
8. 12&Under Mixed 50 Breaststroke
9. 11&Over Mixed 200 Breaststroke
10. 12&Under Mixed 50 Backstroke
11. 11&Over Mixed 200 Backstroke
12. 8&Under Mixed 25 Butterfly
13. 12&Under Mixed 100 Butterfly
14. 13&Over Mixed 100 Butterfly
15. 12&Under Mixed 200 Freestyle
16. 13&Over Mixed 200 Freestyle

10 minute break

#### **Session 3 Saturday, November 11<sup>th</sup>**

17. Open 200 Mixed Mystery Relay

#### **Session 4 Sunday, November 12<sup>th</sup>**

18. 12&Under Mixed 200 IM
19. 13&Over Mixed 200 IM
20. 12&Under Mixed 50 Freestyle
21. 13&Over Mixed 50 Freestyle
22. 8&Under Mixed 25 Backstroke
23. 12&Under Mixed 100 Backstroke
24. 13&Over Mixed 100 Backstroke
25. 12&Under Mixed 50 Butterfly
26. 11&Over Mixed 200 Butterfly
27. 8&Under Mixed 25 Breaststroke
28. 12&Under Mixed 100 Breaststroke
29. 13&Over Mixed 100 Breaststroke

10 minute break

#### **Session 5 Sunday, November 12<sup>th</sup>**

30. 8&Under Mixed 100 Freestyle Relay
31. Open Mixed 200 Freestyle Relay