

Laramie Fall Harvest Invite

November 10-12, 2023

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.
SANCTION # 2024-5

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc. (WYSI), Laramie Swim Club and Laramie High School Pool 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 WYSI meet/event, the person entering the swimmer, whether a coach, team 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: Laramie Swim Club

Location: **Laramie Senior High School**
1710 Boulder Drive
Laramie, WY 82070

Meet Time: Friday: Minimum of 1 hour warmup, sessions to be assigned; prior to meet starting at 6:00 PM
Saturday: Minimum of 1 hour warmup, sessions to be assigned; prior to meet starting at 9:45 AM
Sunday: Minimum of 1 hour warmup, sessions to be assigned; prior to meet starting at 9:45 AM

If the number of entries exceeds the recommended time per session (4 hours), a second session for that day may be created at the discretion of the Meet Referee. 12-Under will swim in the morning session starting at 9:45 AM and 13-Over will swim in the afternoon session, start time TBD. A decision on the sessions will be made the day after entries are received. Information will be passed to coaches if and when an afternoon session is created.

Pool: 25YARD, 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. Altitude is 7315 feet above sea level.

The competition course has been certified in accordance with 104.2.2C(4) and is on file with **USA Swimming**.

Timing: Colorado Timing System, with 10 lane scoreboard, semi-automatic backup, and 2 manual back up timers per lane.

Meet Director:
Shanna Bellman
2365 Falcon Court
Laramie, WY 82072
meetdirector@laramieswimclub.org
(307) 761-2900

Meet Referee:
George Mathes (or Designee)
19 Coyote Street
Laramie, WY 82072
gmathes@trihydro.com
(307) 760-5655

Administrative Official:
Karl Moore
62 Wind River Rd
Laramie, WY 82070
(See Meet Director info)
(503) 440-2966

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

Changing into or out of swimsuits, other than in locker rooms is prohibited.

Use of recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone or other flying apparatus, is prohibited over the venue any time people are present.

Eligibility: No swimmer will be permitted to compete unless the swimmer is a member as provided in USA Swimming Art 302.

There will be NO on-deck registrations.

- Disabilities:** Swimmers with disabilities are encouraged to attend. 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 and entry contact of accommodation requests at the time of entry submission.
- Age Groups:** Swimmer's age will be determined by his/her age on the day of the meet, November 10, 2023.
- Age groups are 8-under, 10-Under, 11-12, 13-14, 15-over. 8-under is not a recognized USA swimming age group
- Events will be swum together with **varying age groups and mixed genders**.
- Timed results will be posted by recognized age group and gender.
- Relays:** Each team may enter as many relays as they want. **Please note that there are same gender relays and mixed gender (2 male, 2 female) relays. These may be combined and swam as one event.**
- Scoring:** No team scores will be calculated.
- Awards:** Ribbons will be provided for places 1-6 in each age group for each individual event. Per USA Rule 205.5-Cost per award to an individual may not exceed \$25.
- Entries:** All events will be pre-seeded, timed finals, heats will be seeded **slowest to fastest**.
- Each swimmer is limited to a maximum of **5** individual events and 2 relays per day.
- Please submit entry times in **YARDS**.
- There will be no deck entries, except at the discretion of the Meet Referee.
- Entry Fees:** WYSI participation Fee is \$8.00.
Facility surcharge is \$10.00 per swimmer.
Entry fees are \$4.00 per individual event and \$5.00 per relay.
- Deadline:** Entries must be postmarked or emailed no later than noon, November 3rd, 2023.
Make checks for entries payable to: Laramie Swim Club
Clubs please pay with one club check.
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| Mail Entries To:
Laramie Swim Club
PO Box 949
Laramie, WY 82073 | Preferred method:
email via HY-TEK with printable PDF hard copy to
meetdirector@laramieswimclub.org |
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- Officials:** Each WYSI-affiliated 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 team shall provide the names of the official(s) who will be representing their team at the time their entries are submitted. The Meet Referee will contact officials to inform them of which sessions they will be working depending upon deck requirements.
- Officials meetings will start one (1) hour prior to the start of each session (5:00 PM on Friday, 8:45 AM on Saturday and Sunday). The uniform for this meet will be black pants or shorts, black shoes/socks, and a white shirt.
Additional information for officials will be passed via email.
- Warm-Ups:** Warm-ups will comply with USA Swimming and WYSI procedures. Swimmers must be under coach supervision at all times. Warm-up schedules will be emailed no later than 3 days prior to the meet.
- Timers:** Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. If smaller clubs have specific requests for certain sessions, please include that information with your entries. Please have your timers ready to go!
- USA Cards:** **ALL COACHES & MEET OFFICIALS MUST WEAR THEIR USA SWIMMING CARD IN PLAIN VIEW AT ALL TIMES OR AVAILABLE VIA DECK PASS.**

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List of Events

Friday – 6:00 PM Start

- 1 Open 1650 Free
- 2 12-Under 50 Free
- 3 13-Over 50 Free
- 4 Open 400 IM

Saturday - 9:45 AM Start

- 5 12-Under Mixed 200 Medley Relay
- 6 13-Over Mixed 200 Medley Relay
- 7 12-Under 200 IM
- 8 8-Under 25 Free
- 9 12-Under 100 Free
- 10 13-Over 100 Free
- 11 12-Under 50 Breast
- 12 13-Over 200 Breast
- 13 12-Under 50 Back
- 14 13-Over 200 Back
- 15 8-Under 25 Fly
- 16 12-Under 100 Fly
- 17 13-Over 100 Fly
- 18 12-Under 200 Free
- 19 13-Over 200 Free
- 20 Girls 8-Under 100 Free Relay
- 21 Boys 8-Under 100 Free Relay
- 22 Girls 12-Under 200 Free Relay
- 23 Boys 12-Under 200 Free Relay
- 24 Girls 13-Over 200 Free Relay
- 25 Boys 13-Over 200 Free Relay

Sunday - 9:45 AM Start

- 26 12-Under Mixed 200 Free Relay
- 27 13-Over Mixed 200 Free Relay
- 28 8-Under 25 Back
- 29 12-Under 100 Back
- 30 13-Over 100 Back
- 31 12-Under 50 Fly
- 32 13-Over 200 Fly
- 33 8-Under 25 Breast
- 34 12-Under 100 Breast
- 35 13-Over 100 Breast
- 36 12-Under 100 IM
- 37 13-Over 200 IM
- 38 Open - 500 Free
- 39 Girls 8-Under 100 Medley Relay
- 40 Boys 8-Under 100 Medley Relay
- 41 Girls 12-Under 200 Medley Relay
- 42 Boys 12-Under 200 Medley Relay
- 43 Girls 13-Over 200 Medley Relay
- 44 Boys 13-Over 200 Medley Relay

Events 5&6, 20&21, 22-25, 26&27, 39&40, and 41-44 may be combined.