

SCST POLAR BEAR PLUNGE

535 N. TYLER AVE.
PINEDALE WY 82941
DECEMBER 12-13, 2025

Held under the sanction of USA Swimming/Wyoming: WY-2026-12

Meet Director	Stacie Moses	staciemoses.ot@gmail.com	303-941-9985
Entry Chairperson	Stacie Moses	staciemoses.ot@gmail.com	303-941-9985
Meet Referee	Luke Havens (or designee)	luketheviking@live.com	307-349-9040
Admin Official	Tiffany Biffle (or designee)	tiffbiffle@gmail.com	307-360-7912

SESSIONS

Date	Session Name	Warm up	Start
December 12, 2025	Session 1	4:15 pm	5:15 pm
December 13, 2025	Session 2	8:30 am	9:00 am
December 13, 2025	Session 3	9:30 am	10:30 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	- PINEDALE AQUATIC CENTER, 535 N TYLER AVE, PINEDALE, WY 82941 25-yard, 8 Lane Pool equipped with non-turbulent lane markers, starting blocks, & backstroke flags. At starting end of the pool, the depth is 12 ft deep at 3'3 1/2" to 12 ft at 16'5" from starting end. The pool depth is 5 ft deep at 3'3 1/2" from turn end of pool to 8 ft at 16'5" from turning end. - The host will ensure the required course dimensions. - Spectator seating is available above the pool.
FORMAT:	- All events will be pre-seeded, timed finals. - All 25-yard events will start from the bulkhead. Swimmers may start from the bulkhead with a standing forward start or in the water and will be timed using the automatic timing system. - All events will be competed slow to fast except for the 500, 1000 and the 1650 yd freestyles which will be competed fast to slow. - Swimmers in the 500 yd Freestyle, the 1000 yard Freestyle and the 1650 yard Freestyle events must provide their own timers and lap counters.
TIMING	- Colorado Timing System with 8 lane scoreboard and semi-automatic backup, with 2 manual back-up timers per lane. Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. - Timers should report to the timer's 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	SCY

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 at all times 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 infraction. • Deck registrations will NOT be accepted. • List any other discriminating factors for eligibility of the meet (qualifying times, qualifying periods, classifications, age restrictions, etc.)
SWIMMERS WITH DISABILITIES	• Athletes with a disability are welcome and shall provide advance notice of the 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	• If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour policy using the following cut protocols in any order deemed necessary ○ Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed. ○ Entries may be cut by time or to a specific number of heats for specified events. ○ The 1000 free will be limited to 16 swimmers and cut by order of entry.
ENTRIES	• Electronic entries should be emailed as an attachment to the entry chairperson. • Entry Deadline: December 4, 2025 by 12:00 pm. • Please make checks payable to SCST. • Mail payment to: <i>Sublette County Swim Team</i> PO Box 687 PMB 102 Pinedale, WY 8294 • 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 acknowledgement.</i> • All entry times must be entered in the specified meet course (please submit in SCY). • Athletes may only compete in a maximum of 6 <i>individual events</i> per session for timed final events. • No deck entries will be accepted. • <i>Maximum of 16 swimmers will be allowed to enter the 1000 yd freestyle determined by order of entry.</i>
RELAYS	• There will be no relays.
FEES	• Meet Entry Fee: \$50.00 (The \$8 WYSI Participation fee is included).
ADMISSIONS & PROGRAMS	• Admission: Free • Programs: \$3.00
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 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. • USA Swimmers must be under the supervision of a coach at all times. Coaches must remain on deck during the warm-up periods of their swimmers. • 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 3 days prior to the meet. • The warm up pool will be open for warm ups and cool downs during the meet. Swimmers must be supervised by a USA Swimming member/coach. • 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
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	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.
AWARDS	• Ribbons will be given as awards for the top 8 swimmers in each age gender and age group (8 & U, 9-10, 11-12, 13-14, 15-16, 17-18, 19 & O). A participation award will be given to all swimmers.
SCORING	• This meet 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 three additional timers to manage three additional watches to obtain the split time.
TIME TRIALS	• Time Trials will not be offered.
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. • Lifeguards and AED equipment will be available to athletes participating in the meet. The AED is located in the emergency bag in the lifeguard room.
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 aged 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 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	SCST has reserved the competition pool for this event. All other areas of the facility are available for use with a facility fee that can be paid at the front desk upon entrance of the pool. This includes use of the rock climbing wall, gym, track, and fitness equipment. Please note the leisure pool will be closed for repairs during the meet. For specific information regarding fees and rules, please visit https://www.pinedaleaquatic.com/general-info.
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.
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 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. ● Officials' meetings will begin 30 minutes prior to the start of each session. Meetings will be held in the PAC Party Room. A session timeline and pre-meet schedule (including officials and coaches meeting, timer assignments, and warmup assignments) will be provided no less than 3 days prior to the start of the meet.
GENERAL	● Concessions will be provided on the upper deck of the pool area. ● Hospitality will be provided to coaches, officials, timers, and volunteers on deck in the party room located next to the entrance of the facility.
WAIVERS	● "It is understood and agreed that USA Swimming, Pinedale Aquatic Center, and Sublette County Swim team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

SESSION 1
Friday, December 12
5:15 pm

1. Mixed 9 & Over 500 Freestyle
2. Mixed 12 & Over 1650 Freestyle

****Participants in 500 yd Freestyle and 1650 yd Freestyle must provide their own timers & counters****

SESSION 2
Saturday, December 13
9:00 am

3. Mixed Open 1000 Freestyle

****Participants in 1000 yd Freestyle must provide their own timers & counters****

**** Maximum of 16 swimmers for 1000 Freestyle determined by order of entry****

SESSION 3
Saturday, December 13
10:30 am

4. Mixed Open 50 Free
5. Mixed 8 & Under 25 Free
6. Mixed Open 100 Free
7. Mixed 9 & Over 200 Free
8. Mixed Open 50 Back
9. Mixed 8 & Under 25 Back
10. Mixed 9 & Over 100 Back
11. Mixed 12 & Over 200 Back
12. Mixed Open 50 Fly
13. Mixed 8 & Under 25 Fly
14. Mixed 9 & Over 100 Fly
15. Mixed 12 & Over 200 Fly
16. Mixed 12 & Under 100 IM
17. Mixed 9 & Over 200 IM
18. Mixed Open 50 Breast
19. Mixed 8 & Under 25 Breast
20. Mixed Open 100 Breast
21. Mixed 12 & Over 200 Breast
22. Mixed 11 & Over 400 IM

No breaks will be taken between events. Please plan accordingly.