

Reindeer Dash 2024

Riverton Aquatic Center

Riverton, Wyoming
12/7/24-12/8/24

Held under the sanction of USA Swimming/Wyoming: WY-2025-13

Meet Director	Tina Jordan	tinajordan8182@gmail.com	307-258-9439
Meet Referee	Henri DeClerq	hdeclercqii@gmail.com	307-760-9467
Entry Chair	Heather Hovander	rivertonswimclub@gmail.com	801-828-0239
Admin Official	Heather Hovander	rivertonswimclub@gmail.com	801-828-0239

SESSIONS: 1 and 2

Date	Session Name	Warm-ups	Start of meet	Officials meeting	Coaches meeting
12/7/24	#1	10:00 AM	11:15 AM	10:30 am	11:05 am
12/8/24	#2	8:00 AM	9:15 AM	8:30 am	9:05 am
*Officials and coaches will meet in the hospitality room.					

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	- Riverton Aquatic Center: 2001 W Sunset Dr, Riverton, WY 82501 - The Aquatic Center has an indoor, 25-yard, 8 lane pool with non-turbulent lane markers, starting blocks, and backstroke flags. ≠ At the starting end, the depth measured is 12' at 3' from the wall to 12' at 16'5" from the starting end. The turn end is measured 4' 6" at 15'5" from the turning end. The Colorado Timing System, including automatic touch pads, 8 lane score and semi-automatic backup, manual backup timers per lane will be in place. ≠ The host will ensure the required course dimensions.
FORMAT:	- All events are timed finals - Swimmers in the 500 free and 1650 free need to provide their own counters and timers. 25-yard events will start at turn end on bulk end and will be timed with electronics and two timers at the finish. - All events will be completed slow to fast except for 500 free and 1650 free which will be swum fast to slow.
SCRATCHES	The meet will be pre-seeded. Scratch sheets will be used for all sessions and must be turned into the AO 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 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	- 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 (examples below): - 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. - Teams may be asked to cut relay events.
ENTRIES	- Electronic entries should be emailed as an attachment to the entry chairperson at rivertonswimclub@gmail.com by midnight November 26th. - Mail payment to: - Riverton Swim Club - PO Box 1396 - Riverton, WY 82501 - Team entries will not be split. Pool assignments will be made once entries are received to produce equitable timelines. - If entries are accepted into the meet, they will be acknowledged within 48 hours. <i>Your entry is considered received only if you receive an acknowledgment.</i> - All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) - Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events. - Athletes may only compete in one relay per day. - Deck entries will not be accepted
RELAYS	- Relays will be limited to 4 relays per team per event. - All relay swimmers must be officially entered into the meet. - Unattached swimmers may not participate in any relays. - Mixed relays must consist of four swimmers, two of each gender. - Girls Relay must contain 4 girls and Boys Relay must contain 4 boys.
FEES	- Individual Event Fee: \$5.00 - Relays: \$5.00 per team (except for the Christmas surprise relay) - Swimmer Participation Fee is \$8.00 per swimmer - Facility fee \$7.00
PROGRAMS	Programs: \$ 10.00
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 shall follow WYSI Policy III.H.4 - All other entries into the pool must be feet first. 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 shallow side of the pool beyond the bulkhead will be open for warm-ups and cool-downs during the meet. Swimmers must be supervised by a USA Swimming member/coach.

	- The Meet Safety Committee shall consist of the Meet Referee, the 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 competitions. 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	Individual awards 1st-3rd medals and 4th-8th place ribbons per gender: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17+. There will be no high point awards of team awards.
SCORING	The meet will not be scored.
LEGAL SPLITS	3 extra watches, requested to the Meet Referee 30 minutes prior to the race.
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 by the entry of the pool on the wall.
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.
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 the right to change the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. The decision to cancel 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 eligibility issues, 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. When asked, all non-athletes must produce proof of their valid USA Swimming Membership Card in the USA Swimming App (no photos or screenshots).
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’ meetings will be held in the hospitality room (out in the lobby) ○ Saturday Officials Meeting:10:30 AM ○ Sunday Officials Meeting 8:30 AM
GENERAL	• Hospitality for coaches and officials will be provided in the hospitality room. There will be a concession in the lobby. They will take cash or Venmo.
WAIVERS	• “It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”

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Session: 1 Warm-up: 10:00 AM Start: 11:15am

<u>#</u>	<u>Age group</u>	<u>Events</u>
1	Mixed 9 & over	100 Freestyle
2	Mixed 8 & under	25 Freestyle
3	Mix 12 & under	100 IM
4	Mixed 13 & over	200 IM
5	8 & under	25 Butterfly
6	Mixed 9-12	50 Butterfly
7	Mixed 13 & over	100 Butterfly
8	Girls open	200 Freestyle Relay
9	Boys open	200 Freestyle Relay
10	Mixed open	200 Freestyle Relay
11	Mixed open	50 Freestyle
12	Mixed 8 & under	50 Backstroke
13	Mixed 9 & over	100 Backstroke
14	Mixed 8 & under	25 Breaststroke
15	Mixed 9-12	50 Breaststroke
16	Mixed 13 & over	100 Breaststroke
17	Mixed 11 & over	1650 Freestyle

Session: 2 Warm-up: 8:00 am Start: 9:15 am

<u>#</u>	<u>age group</u>	<u>Events</u>
18	Mixed 9 & over	200 Freestyle
19	Mixed 8 & under	100 Freestyle
20	Mixed 8 & under	50 Butterfly
21	Mixed 9-12	100 Butterfly
22	Mixed 13 & over	200 Butterfly
23	Mixed 8 & under	25 Backstroke
24	Mixed 9-12	50 Backstroke
25	Mixed 13 & over	200 Backstroke
26	Girls open	200 Medley relay (fun relay)
27	Boys open	200 Medley relay (fun relay)
28	Mixed open	200 Medley relay (fun relay)
29	Mixed 12 & under	200 IM
30	Mixed 8 & under	50 Breaststroke
31	Mixed 9-12	100 Breaststroke
32	Mixed 13 & over	200 Breaststroke
33	Mixed 9 & over	500 Freestyle