

# FALL KICK OFF

## October 1 and 2 2016

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.  
**Sanction no. 2017-2**

In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., Green River USA Swim Club, and Green River High School 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, team representative, parent or swimmer, certifies that the swimmer is a registered member of USA Swimming and further agrees that a penalty of \$100 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:** United Southwest Aquatics Swim Club—Green River, WY

**Location:** Green River High School Aquatics Center—1615 Hitching Post Drive, Green River, WY 82935

**Meet Time:** Saturday October 1st, Warm-ups 10:00 am, Start 11 am. Sunday October 2<sup>nd</sup> Warm ups 8 am, Start 9 am

**Pool:** Regulation Short Course, 25-yard, eight lane competition pool with anti-wave lane lines. There will be an outside lane line used for lane 1 and 8. The water depth is six (6) and one-half feet to seven (7) feet deep all the way across the competition pool. There is a separate warm-up and warm-down pool that is 25-yards, 6 lanes. The warm-up pool is equipped with two (2) starting blocks. The competition course has not been certified in accordance with 104.2.2C(4).

**Timing:** Daktronics Omni-sport 6000 with touchpads, with eight (8) lane scoreboard and semi-automatic backup, and two manual back up timers per lane. All teams will be expected to provide timers based on the number of swimmers their team has participating in the meet.

**Meet Director:**

Robbie Lee  
1255 Fawn Cir  
Green River, WY  
halas@sweetwater.hsa.com  
(307)371-1075

**Referee:**

Cindy O'Dwyer  
350 E. Trap Club Rd  
Jackson, WY 83001  
cindyodwyer@gmail.com  
(307)739-2225

**Administrative Official:**

Joan Kulow  
253 Pop Agie St  
Lander, WY 82520  
kjkulow@msn.com  
(307)335-7278

**Rules:** Current USA Swimming rules 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.

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.

**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 October 1, 2016. Age groups are as follows: 8- Under, 9-10, 11-12, 13-14, and 15-Over (Male and Female) as per USA Rule 102.1.2. 8-Under is not a recognized USA Swimming Age Group.

**Scoring:** Eight (8) lane pool, scoring through 16th place: 1st – 8 th: 20-17-16-15-14-13-12-11 9 th – 16th: 9-7-6-5-4-3-2-1 Relays will not be scored. USA Rules 102.25

**Awards:** Individual-events 1st -3rd place all age groups medals 4<sup>th</sup>-8<sup>th</sup> place ribbons - USA Rule 205.5-Cost per award to an individual may not exceed \$25.

**Entries:** All events will be pre-seeded, timed finals.

Each swimmer is limited to a maximum of Four (4) individual events plus one (1) relay per day

Please submit entry times in YARDS format.

**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.

Swimmers in the 500 and 1650 must provide their own timers and counters. These events will be seeded fastest to slowest.

**Entry Fees:** **\$4 per individual event, \$5 per Relay, WSI participation fee \$6, plus a \$2 facility charge per swimmer.**

**Deadline:** **Entries must be postmarked or emailed** by September 23, 2016

Make checks for entries payable to: USA Swim Club

**Clubs please pay with one club check.**

Mail Entries To:  
USA Swim Club  
PO Box 1576  
Green River, WY 82935

Preferred method:  
email via HY-TEK with printable PDF hard copy to  
greenriverswimteam@sweetwaterhsa.com

**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) 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.

**USA Cards:** **ALL COACHES & MEET OFFICIALS MUST WEAR THEIR USA SWIMMING CARD IN PLAIN VIEW AT ALL TIMES.**

## Flaming Gorge Open 2015

### Session 1

Saturday, October 1 Events

<b>Girls #</b>	<b>Event</b>	<b>Boys #</b>
1	12 & under 100 Free	2
3	13 & Over 100 Free	4
5	8 & Under 25 Butterfly	6
7	12 & Under 50 Butterfly	8
9	Mixed 11 & Over 200 Butterfly	9
11	12 & Under 50 Breast	12
13	13 & Over 100 Breast	14
15	8 & Under 25 Back	16
17	12 & Under 100 Back	18
19	Open 200 Back	20
21	12 & Under 100 IM	22
23	Open 200 IM	24
25	Mixed 8 & Under 100 Medley Relay	26
27	Mixed 12 & Under 200 Medley Relay	27
29	Mixed Open 400 Medley Relay	29
31	Mixed Open 500 Free	31

### Session 2

-Sunday, October 2 Events

<b>Girls #</b>	<b>Event</b>	<b>Boys #</b>
33	10 & Under 50 Free	34
35	11 & Over 50 Free	36
37	8 & Under 25 Free	38
39	Open 200 Free	40
41	8 & Under 25 Breast	42
43	12 & Under 100 Breast	44
45	11 & Over 200 Breast	46
47	12 & Under 100 Butterfly	48
49	13 & Over 100 Butterfly	50
51	12 & Under 50 Back	52
53	13 & Over 100 Back	54
55	Mixed 11 & Over 400 IM	55
57	Mixed 8 & Under 100 Free Relay	57
59	Mixed 12 & under 200 Free Relay	59
61	Mixed Open 400 Free Relay	61
63	Mixed Open 1650 Free	63

## Lodging Information

These hotels have offered special discount for the event. Just mention USA Swimming.

## Hampton Inn & Suites Green River

1055 Wild Horse Canyon Road, Green River, Wyoming, 82935  
TEL: +1-307-875-5300 FAX: +1-307-875-6800

## Holiday Inn Rock Springs

1675 Sunset Dr, Rock Springs, WY 82901 US  
Reservations 877-298-2066

## Holiday Inn Express Rock Springs

1660 Sunset Drive , Rock Springs, WY 82901  
855 373 5459 (Reservations) 1-307-3629200 (Front Desk)