

WYOMING SWIMMING, INC
2017 WINTER SHORT COURSE CHAMPIONSHIPS
MARCH 3,4,5 2017

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.
SANCTION # 2017-28

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc., Laramie Swim Club and Laramie Senior High School, Albany County School District #1 shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Laramie Swim Club, Laramie Senior High School, and the Albany County School District #1 shall be free from responsibility, liability and/or claims for damage arising by reason of injuries sustained by any individual, athlete, or spectator while traveling to and from, or while participating in this meet. Also the above mentioned are not responsible for any lost, stolen or damaged property.

Team coaches are expected to serve as lifeguards for their swimmers.

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 Team: Laramie Swim Club

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

Pool: Indoor 25YARD, 10 Lane Pool equipped with non-turbulent lane markers, starting blocks, & backstroke flags. At starting end of the pool, the depth is 7' to 14' deep at 3'3 1/2" to 7' to 14' deep at 16'5" from starting end. The pool depth is 7' to 14' deep at 3'3 1/2" from turn end of pool to 7' to 14' 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 10 lane scoreboard and semi-automatic backup, and 2 manual back up timers per lane.

Meet Director:
Derek Mitchum
2818 Dover Drive
Laramie, WY 82072
meetdirector@laramieswimclub.org
(307) 760-4588

Referee:
Clint Beaver
507 Jackson Avenue
Sheridan, WY 82801
swimmer.clint@gmail.com
(307) 682-2443

Administrative Official:
Cathy Fisher
7000 Paradise Valley Rd
Riverton, WY 82501
cla1065@yahoo.com
307-857-1900

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.

A swimmer may not swim the same event in more than one age group.

If a swimmer is entered in more than the maximum number of events per day, meet management in concurrence with the Administrative Referee will drop the entered events starting with the last event of the day(s) in question.

This meet will be pre-seeded, with the exception of events 400 yards or longer. **There will be a positive check-in each day for all competitors in any individual event 400 yards or longer. Seeding will take place after the positive check-in period.** Positive check-in for the first day's events will close 15 minutes before the general coaches' meeting is adjourned. Positive check-in for all subsequent days' events shall be fifteen (15) minutes after the time established for the start of the preceding day's finals session.

PLEASE BE AWARE OF THE CHECK-IN DATES/TIMES TO PREVENT ATHLETES FROM BEING BARRED FROM THESE EVENTS.

The Administrative Referee reserves the right to combine events heats of differing age, gender, distance and/or stroke per section 102.7.2.

Scratch

Procedures: Scratch cards will be available for coaches. USA scratch procedures for Championship Meets as outlined in section 207.11.6(D) and (E)(2) shall be followed. Coaches are asked to report all scratches by completing scratch cards and depositing them in the scratch card box.

Any swimmer qualifying for a (consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in 207.11.6(E). A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.

In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the (consolation or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

Protests: Protests of any kind will be accepted by the Administrative Referee and only from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.

Eligibility: No swimmer will be permitted to compete unless the swimmer is a member as provided in USA Swimming Article 302 and currently registered with USA Swimming and Wyoming Swimming Inc. 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, March 3, 2017
*8-under, 10-under, 11-12, 13-14, 15-16 and Open.

Relays: 8 & under, 10 & under, 12 & Under, 13-14, 15-16 and Open.
*8-under is not a recognized USA swimming age group

Entry Limits: 8 & under swimmers may enter an swim no more than five (5) individual events per day provided that all events are timed finals, and are limited to (9) individual events for the entire Championships.

All other swimmers may enter and swim no more than three (3) individual events per day and are limited to nine (9) individual events for the entire Championship, including time trials.

Swimmers may compete in not more than two (2) relay events, one (1) per day. Each club may enter (1) team in each relay event. Eligible relay athletes are not limited to athletes with state qualifying times.

Time trials will be conducted on a time available basis for swimmers in the 10 & under division and older who are participating in the meet. Time trials shall be held under a separate sanction and shall be subject to time limitations and the discretion of the meet director and meet referee. Swimmers will be limited to two (2) time trials during the course of the meet, and must be entered in the meet with a proven time to be eligible to participate. See sanction for more information.

"Q" Times: Entry times for WSI Winter Championships must have been swum in a FINA or USA Swimming sanctioned, approved or observed race after March 6, 2016. The date and location of the meet where the time was swum must be provided with the entry. Failure to do so before the first event of the meet will prevent the swimmer from swimming in the events where the date and location are not provided. High School or College times within the same time period will be accepted as qualifying times in all events. It is the responsibility of the coach or swimmer to

provide both the proof of time and the proof of concurrent registration to the Reportable Times Chair. The Reportable Times Chair or his designee will verify all entry times. On or before the entry deadline, each team must provide a copy of the entries with proof of time to:

Rick Robinson
5306 Liberty Street
Cheyenne, WY 82001-2292
robinsonwy@bresnan.net

Bonus Events: The Wyoming Swimming Winter State Championship will no longer include "B" State events. All athletes participating in individual events at the WSI Championship must achieve a state qualifying time standard within the designated time frame. However, a bonus swim system will be implemented and will allow all athletes with at least one (1) qualifying time standard the ability to swim a minimum of three (3) events. Swimmers with one (1) WSI State qualifying time standard may enter up to two (2) additional 'bonus' events without meeting the qualifying time standard. Swimmers with two (2) WSI state qualifying time standards may enter up to one (1) additional 'bonus' event without meeting the qualification time standard. Swimmers with three (3) WSI state qualifying time standards or more will not be allowed any additional 'bonus' swims. All 'bonus' swims must be in events 200 yards or less and must have been swum in a FINA or USA Swimming sanctioned, approved or observed race after March 6, 2016. NT entries will not be accepted for 'bonus' swims. All entries including 'bonus' swims will be allowed to score individual and team points.

Entry Sheets: A HY3, CL3, or SD3 file or master entry sheet must be sent via e-mail. The use of Hy-Tek Team Manager or Team Unify is highly encouraged. If Hy-Tek or Team Unify is not available, please send the master entry sheet via email. PLEASE SEND AN ELECTRONIC COPY (PDF OR WORD) OF YOUR MEET ENTRY REPORT WITH YOUR FILES.

HY-TEK ENTRIES:

Submit times in the course (LCM, SCY, SCM) in which they were swum. Meet Entry Report please select 'individual' entries with option of 'include proof of time' and sorted alphabetically by athlete.

HY-TEK BONUS SWIMS:

For athletes using bonus swim(s), please select the event in Team Manager and check the 'bonus swim' box available. Please remember that NT are not accepted. Athletes MUST have a time, swum within the designated time frame, to participate in bonus swims. Please see limits above.

TEAM UNIFY ENTRIES:

Submit times in the course (LCM,SCY,SCM) in which they were swum. Meet Entry Report please select 'individual' entries with option of 'include proof of time' and sorted alphabetically by athlete.

TEAM UNIFY BONUS SWIMS:

Because of a Hy-Tek proprietary license issue, Bonus Swims Hy noted on Team Unify entries will not automatically transfer to Meet Manager. They will only be noted on the HARD COPY of the meet entry report. The meet entry report must be provided with the SD3 file to ensure bonus swims are entered correctly. Please check the bonus swim box provided in the software. Please remember that NT are not accepted. Athletes MUST have a time, swum within the designated time frame, to participate in bonus swims. Please see limits above.

RELAY ENTRIES (HY-TEK AND TEAM UNIFY):

Each team may enter one relay team. In Team Unify and TM, relay participants may be declared but it is not required.

8 & under relay cards must be submitted by the START of preliminaries each day.

All other relays: Relay cards must be submitted by the start of finals. Changes are permitted up until the heat is closed.

Teams must list swimmers who are eligible for a relay, but are not swimming in an individual event and must pay the \$6 Wyoming participation fee. If you do not use HY-TEK or TEAM UNIFY, the enclosed master sheet must be used.

Please provide a club contact, including phone number and e-mail address, with your hard copy. This MUST be a person who has information about entries, can make decisions about entries and will be available to answer questions about the entries submitted.

PLEASE DOUBLE CHECK YOUR ENTRIES. NO CHANGES WILL BE PERMITTED AFTER WEDNESDAY, FEBRUARY 22, 2017.

First time qualifying swims achieved the week prior to the WSI Championship must be emailed the day after the meet, but no later than 12:00 PM (noon) Monday February 27, 2017. All last chance entries from all participating swimmers must be received in electronic file form from the host club of the last chance meet attended. No previously swum qualifying times will be allowed to be updated and/or improved after the entry deadline of February 22, 2017.

Entry Fees: WSI participation Fee is \$6.00 per swimmer. \$4.00 per individual event, plus \$5.00 per Relay . Payment MUST accompany entries. Make checks payable to Wyoming Swimming, Inc.

Deadline: ALL ENTRIES MUST BE SUBMITTED IN ELECTRONIC FORM. ENTRIES MUST BE POSTMARKED BY WEDNESDAY, FEBRUARY 22ND, 2017. EMAIL ENTRIES MUST BE RECEIVED BY DEADLINE. HARD COPIES AND PAYMENT MUST BE POSTMARKED BY THE DEADLINE AND RECEIVED PRIOR TO FRIDAY, MARCH 3, 2017.

Entries must include:

1. Check made payable to WSI
2. One disk (unless a HY-TEK file has been emailed) and hard copy of entries, which must include the date and place the entry time was swum.
3. Names of all eligible relay swimmers who are not entered in individual events.

Entries must be postmarked or emailed by February 22nd.

Make checks for entries payable to: Wyoming Swimming, Inc.

Clubs please pay with one club check.

Mail Entries To:
Laramie Swim Club
PO Box 949
Laramie, WY 82073

Preferred method:

email via HY-TEK with printable PDF hard copy to
meetchief@laramieswimclub.org

Scoring: Individual Events: 1st – 8th: 20-17-16-15-14-13-12-11
9th – 16th: 9-7-6-5-4-3-2-1
All entries, including bonus swims, will be allowed to score individual and team points.

Relay Events: 1st – 8th: 40-34-32-30-28-26-24-22
9th – 16th: 18-14-12-10-8-6-4-2

Awards: 12 & under Individual Events: Medals 1st – 8th, Ribbons 9th-16th
13 & over Individual Events: Custom plaques with printed race results
Relay Events: (All Age Groups) Medals 1st-4th, Ribbons 5th – 8th.

High Point: High point awards for the top scoring male and female in each age group will be provided by Wyoming Swimming, Inc. Points earned in an age group will not transfer to any other age group for high point.

Team Awards: Custom awards to be given to the top three teams in each division.

Team Spirit Awards

The Athletes will select one team to receive the David Schmitt Team Spirit Award based on their demonstration of team spirit, sportsmanship and behavior.

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

Warm Ups: Warm up procedures will comply with USA Swimming and Wyoming Swimming, Inc. The first portion of each ten (10) 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. The Warm-up Schedule will be emailed to all coaches no later than 7 days prior to the meet.

Timers: Clubs will be assigned lanes for timing proportionate to the number of swimmers they have entered. Coaches, please help us avoid the annoying announcements and delays by lining up your club timers when you receive your

swimmers' entries from their parents. After receipt of a club's entries, meet personnel shall notify clubs as to the lane and session assignments for timers from their club. Please have your timers prepared and ready to go.

Notices: Swimmers in the 500 and 1650 freestyle must provide their own lap counters and timers. Any individual wishing a split time in any event shall notify the Referee and Meet Director in advance and shall provide an additional timer and stopwatch for the event.

Facility: NO SMOKING OR TOBACCO PRODUCTS ARE ALLOWED ON THE HIGH SCHOOL CAMPUS. This includes, but is not limited to, cigarettes, cigars, chewing tobacco, electronic cigarettes, and vapor pens. All participants in the Wyoming State Swimming Championships, (swimmers and parents, coaches, etc.) are prohibited from accessing the academic wing of the High School. School will be in session on Friday. Please pick up all belongings and do not leave them at the pool at the conclusion of each day. The facility will be cleaned each day and any items will be picked up. There will be no "camping out" on the transit area at the top and back of the spectator area.

Photography: No flash photography shall be permitted in the pool area during competition. Flash photography can be used during the presentation of awards.

Safety: Safety should be everyone's number one priority. Pool decks are slippery; PLEASE WALK. Swimmers and coaches must enter the pool area through proper entrances. Absolutely no glass containers or razors allowed.

Wyoming Swimming, Inc. swimmers and their parents are fortunate to have the use of such a fine facility for our LSC Championships. We can show our gratitude for the generosity of the Laramie Swim Club, and Albany County School District #1, by seeing that all trash is disposed of in the proper receptacles. Coaches and parents please police your area before leaving each session. Swimmers please keep locker rooms clean and safe by properly using and disposing of garbage. Thank you for your cooperation and good luck swimmers!

Concession: A large variety of healthy food and drinks including foods for breakfast and lunch will be available for purchase each day.

Hospitality: Coaches and officials will have a separate hospitality room providing food and drinks each day.

Officials: There will be a meeting 45 minutes before the start of Friday's session. Officials will meet 1 hour before the start of Saturday's session and 45 minutes before Sunday's session. Prelims dress- white shirt/blue shorts or slacks. Finals dress- white shirt or Hawaiian printed shirt or choice/blue slacks or skirt. Red tie or scarf.

Coaches: There will be a coaches meeting immediately following warm-ups each day.

**Prelim Warm-up 8:00 AM Meet Starts at 9:15 AM
2017 WINTER SHORT COURSE CHAMPIONSHIPS**

List of Events

Friday:

Girls	Event	Boys	
1	8 & Under 25 Fly	2	TF
3	10 & Under 100 Free	4	P/F

5	11-12 100 Free	6	P/F
7	13-14 100 Free	8	P/F
9	15-16 100 Free	10	P/F
11	OPEN 100 Free	12	P/F
13	8 & Under 25 Breast	14	TF
15	10 & Under 100 Back	16	TF
17	11-12 100 Back	18	TF
19	13-14 200 Back	20	TF
21	15-16 200 Back	22	TF
23	OPEN 200 Back	24	TF
25	8 & Under 50 Free	26	TF
27	10 & Under 50 Fly	28	P/F
29	11-12 50 Fly	30	P/F
31	13-14 100 Fly	32	P/F
33	15-16 100 Fly	34	P/F
35	OPEN 100 Fly	36	P/F
37	8 & Under 100 Medley Relay	38	TF
39	10 & Under 500 Free	40	TF
41	13-14 1650 Free*	42	TF
41	15-16 1650 Free*	42	TF
41	OPEN 1650 Free*	42	TF

*Events 41 and 42 will be swum as consolidated events, seeded fastest to slowest, and scored by age and gender in, 13-14, 15-16 and Open Age Groups

Positive Check-in for events 39-42 must be completed prior to 9:15 am per USA Swimming Article 207.12.6(B)

FINALS Warm-up 4:00 PM Meet Starts 5:00		
Girls	Event	Boys
3	10 & under 100 Free	4
5	11-12 100 Free	6
7	13-14 100 Free	8
9	15-16 100 Free	10
11	OPEN 100 Free	12
27	10 & under 50 Fly	28

29	11-12 50 Fly	30
31	13-14 100 Fly	32
33	15-16 100 Fly	34
35	OPEN 100 Fly	36
43	10 & under 200 Medley Relay	44
45	12 & Under 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49	15-16 200 Medley Relay	50
51	OPEN 400 Medley Relay	52

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List of Events

Saturday: Warm-ups 8:00 AM Meet Starts 9:15 AM

53	8 & Under 25 Free	54	TF
55	10 & Under 50 Free	56	P/F
57	11-12 50 Free	58	P/F
59	13-14 50 Free	60	P/F
61	15-16 50 Free	62	P/F
63	OPEN 50 Free	64	P/F
65	8 & Under 25 Back	66	TF
67	10 & Under 100 Breast	68	TF
69	11-12 100 Breast	70	TF
71	13-14 200 Breast	72	TF
73	15-16 200 Breast	74	TF
75	OPEN 200 Breast	76	TF
77	8 & Under 100 Free	78	TF
79	10 & Under 50 Back	80	P/F
81	11-12 50 Back	82	P/F
83	13-14 100 Back	84	P/F
85	15-16 100 Back	86	P/F
87	OPEN 100 Back	88	P/F
89	8 & Under 100 IM	90	TF
91	10 & Under 100 IM	92	TF
93	11-12 100 IM	94	TF
95	13-14 200 IM	96	TF
97	15-16 200 IM	98	TF
99	OPEN 200 IM	100	TF
101	8 & Under 100 Free Relay	102	TF
103	11-12 500 Free*	104	TF

103	13-14 500 Free*	104	TF
103	15-16 500 Free*	104	TF
103	Open 500 Free*	104	TF

*Events 103 and 104 will be swum as consolidated events, seeded fastest to slowest, and scored by age and gender in 11-12, 13-14, 15-16 and Open Age Groups

Positive Check-in for events 103-104 must be completed prior to 5:30 PM on Friday, March 3 per USA Swimming Article 207.12.6(B)

FINALS Warm-ups 4:00 PM Meet starts 5:00 PM

Girls	Event	Boys
55	10 & under 50 Free	56
57	11-12 50 Free	58
59	13-14 50 Free	60
61	15-16 50 Free	62
63	OPEN 50 Free	64
79	10 & under 50 Back	80
81	11-12 50 Back	82
83	13-14 100 Back	84
85	15-16 100 Back	86
87	OPEN 100 Back	88
105	10 & under 200 Free Relay	106
107	12 & Under 200 Free Relay	108
109	13-14 200 Free Relay	110
111	15-16 200 Free Relay	112
113	OPEN 400 Free Relay	114

2017 WINTER SHORT COURSE CHAMPIONSHIPS

List of Events

Sunday: Warm-ups 8:00 AM Meet starts 9:15 AM

115	10 & Under 200 Free	116	TF
117	11-12 200 Free	118	TF
119	13-14 200 Free	120	TF
121	15-16 200 Free	122	TF
123	OPEN 200 Free	124	TF
125	10 & Under 100 Fly	126	TF
127	11-12 100 Fly	128	TF
129	13-14 200 Fly	130	TF
131	15-16 200 Fly	132	TF

133	OPEN 200 Fly	134	TF
135	10 & Under 50 Breast	136	P/F
137	11-12 50 Breast	138	P/F
139	13-14 100 Breast	140	P/F
141	15-16 100 Breast	142	P/F
143	OPEN 100 Breast	144	P/F
145	10 & Under 200 IM	146	TF
147	11-12 200 IM	148	TF
149	13-14 400 IM	150	TF
149	15-16 400 IM	150	TF
149	OPEN 400 IM	150	TF

*Events 149 and 150 will be swum as consolidated events, seeded fastest to slowest, and scored by age and gender in 11-12, 13-14, 15-16 and Open Age Groups

Positive Check-in for events 149-150 must be completed prior to 5:30 PM on Saturday, March 4 per USA Swimming Article 207.12.6(B)

FINALS

Warm-ups immediately following the end of events 149 and 150

Meet starts one hour after the start of warm-ups

Girls	Event	Boys
135	10 & under 50 Breast	136
137	11-12 50 Breast	138
139	13-14 100 Breast	140
141	15-16 100 Breast	142
143	OPEN 100 Breast	144