Laramie Fall Pentathlon

12 October 2019

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA SWIMMING, INC.

SANCTION # 2020-4

**Liability**: In granting this sanction, it is understood and agreed that USA Swimming, Wyoming Swimming Inc.(WYSI),

Laramie Swim Club, Laramie Senior High School, and 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.

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: Laramie Swim Club

Location: Laramie Senior High School

1710 Boulder Drive

Laramie, WY 82070

Meet Time: Saturday, 12 October 2019: Warm up beginning at 0800, with meet starting at 0915.

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’ deep at 3’3 ½” to 7’ to 14’ deep at 16’5” from starting end. The pool depth is 14’ deep at 3’3 ½” from turn end of pool to 7’ to 14’ at 16’5” from turning end. The competition course has been certified in accordance with 104.2.2C(4), and certification is on file with USA Swimming. Altitude is 7310 feet above sea level.

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

Meet Director: Referee: Administrative Official:

Karl Moore George Mathes Shantel Smith

62 Wind River Rd 19 Coyote St 2514 Dover Dr

Laramie, WY 82070 Laramie, WY 82072 Laramie, WY 82072

meetdirector@laramieswimclub.org [gmathes@trihydro.com](mailto:gmathes@trihydro.com) shantelsmith96@yahoo.com

503 440-2966 307 760-5655 307 760-5524

**Rules:** Current USA Swimming Rules including Minor Athlete Abuse Prevention Policy (MAAP), will govern this 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 or other designated areas is prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing

areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue at all times.

The Meet Referee reserves the right to combine events and heats.

**Scratch**

**Procedures:** If a swimmer scratches from any event, they will be allowed to swim following events but will not be eligible for overall Pentathlon awards.

**Eligibility:** No swimmer will 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 the day of the meet, 12 October, 2019

Age groups are 8-under, 9-10, 11-12, 13-14, 15-over. 8-under is not a recognized USA swimming age group

Events will be swum as mixed 8-under, 9-12, 13-over. Results and Overall Pentathlon Awards will be posted by age group and gender.

Disabilities: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. 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 Representatives must notify the Meet Referee and Meet Director of any accommodation requests at the time of entry submission.

**Scoring:** No team scores will be calculated. Overall Pentathlon Awards will be calculated based on the lowest cumulative time for all five events.

If a swimmer disqualifies in an event, a 10 percent time penalty will be added for that event.

Awards: Awards will be presented to the top 6 swimmers by gender/age group.

Entries: All events will be pre-seeded, timed finals. Please submit entry times in YARDS.

Deck Entries: Because of the format for this meet, no Deck Entries will be allowed.

Entry Fees: WYSI participation Fee is $7 per swimmer.

Entry Fee $23 per swimmer.

Deadline: Entries must be postmarked or emailed by 7 October, 2019.

Make checks for entries payable to: Laramie Swim Club

Clubs please pay with one club check.

Mail Entries To: Preferred method:

Laramie Swim Club email via HY-TEK with printable PDF hard copy to

PO Box 949 meetdirector@laramieswimclub.org

Laramie, WY 82073

Officials: Each WYSI affiliated team shall provide official(s) to work 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 meet at the time their entries are submitted. Officials from non WYSI affiliated teams are also welcome and encouraged to participate.

There will be an officials meeting 30-minutes prior to the start of the meet.

**Notices:** NO SMOKING OR TOBACCO PRODUCTS ARE ALLOWED ON THE HIGH SCHOOL CAMPUS,

including, but not limited to, cigarettes, cigars, chewing tobacco, electronic cigarettes, and vapor pens.

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.

**Concession**: A small variety of healthy food and drinks will be available for purchase.

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

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 the warm up session. USA Swimmers must be under the supervision of a coach at all times.   
  
A Warm Up Schedule will be published three days prior to the meet, earlier if coaches get their correct entries in on time.

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

Saturday 12 October 2019

0915 Start

# Event

1. Mixed 8-Under 25 Freestyle
2. Mixed 9-12 50 Freestyle
3. Mixed 13-Over 100 Freestyle
4. Mixed 8-Under 25 Breaststroke
5. Mixed 9-12 50 Breaststroke
6. Mixed 13-Over 100 Breaststroke
7. Mixed 8-Under 25 Backstroke
8. Mixed 9-12 50 Backstroke
9. Mixed 13-Over 100 Backstroke
10. Mixed 8-Under 25 Butterfly
11. Mixed 9-12 50 Butterfly
12. Mixed 13-Over 100 Butterfly
13. Mixed 8-Under 50 Freestyle
14. Mixed 9-12 100 Freestyle
15. Mixed 13-Over 50 Freestyle