**Polar Bear Plunge**

**January 30th, 2021**

**Sanction # 2021-11**

Held under sanction of Wyoming Swimming, Inc. and USA Swimming, Inc. Sanction #2021-3.

In granting this sanction, it is understood and agreed that Wyoming Swimming, Inc., USA Swimming, Inc., 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.

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, club representative, parent or swimmer, certifies that the swimmer is a registered member of USA Swimming and further agrees that a penalty of $50 shall be assessed by Wyoming Swimming, Inc. to anyone entering a swimmer who is not registered with USA Swimming prior to the entry deadline.

**COVID-19**

**INFORMATION:** We have taken enhanced health and safety measures for all athletes, spectators and those assisting in meet operations. You must follow all posted instructions while attending the meet and adhere to the attached COVID-19 supplemental information.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. cannot prevent you, your child, or your children from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you chose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND WYOMING SWIMMING, INC., PINEDALE AQUATIC CENTER, AND SUBLETTE COUNTY SWIM TEAM AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

In applying for this sanctioned event, the Host, Sublette County Swim Team, agrees to comply with and to enforce all health and safety mandates, and guidelines of USA Swimming, Wyoming Swimming, Inc., the state of Wyoming, Sublette County and the Pinedale Aquatics Center.

**These guidelines are as follows:**

1. **Statement of Local Protocols and Requirements:**

At the time of this sanction submission, December 5th, 2020, current Pinedale Aquatics Center, in accordance with the restrictions set forth by the Wyoming High School Activities Association, and Sublette County Health Officer guidelines limit the number of patrons in the facility to 25% of capacity. According to maximum capacity, 100 spectators and 100 individuals on deck are currently allowed. The number of meet officials, coaches, timers, lifeguards and necessary PAC staff is considered in the 100 number limit.

1. **Plan for Spectator Ingress and Egress:** All participants will enter the facility through the main double doors which are marked and divided and provide for one-way ingress and egress. Spectators will follow signage through the main lobby to the upper viewing deck which is equipped with restrooms. Swimmers will continue to the locker rooms and pool on the main level.
2. **Planned number of individuals gathering in high traffic areas:**
   1. **Pool:** During warm-ups, swimmers will be limited to 5 per lane, with a maximum of 60 so long as entry and exiting the water is staggered to provide for social distancing. All 8 lanes may be used for competition as the pool has 9-foot wide lanes as well as the 4-lane warm-up pool. In accordance with USA Swimming, Inc. and Wyoming Swimming, Inc. there will be no fly over starts. Swimmers will be required to clear the pool and area behind the starting blocks before the next event or heat will be allowed access to the area. Swimmers will be required to wear masks while not actively swimming. There will be no relays. All 25-yard events will start on the bulkhead end and finish on the starting block end.
   2. **Deck:** Maximum number of people allowed on the pool deck is 100 and shall consist of: 1 Meet/Deck Referee, 1 Starter, 4 Stroke and Turn Judges, 1 Head Timer, 12 Timers, 2 Lifeguards, 1 Runner, 10 Coaches, 8 additional meet personnel, and 60 swimmers. Masks will be required of all timers, officials, meet personnel. Swimmers are required to wear masks when not swimming, including approaching starting end of races.
   3. **Spectator Seating:** The PAC has an upper deck spectator viewing area. This viewing area will be divided into the participating teams for establishing travel pods. Spectators are required to use masks when in the facility. **Spectators will be limited to 2 per swimmer per session until the 100-spectator limit is met.**
   4. **Results:** Meet Mobile will be used to post all results. Paper copies of the results will not be posted to reduce the number of individuals gathering.
   5. **Temperature Monitoring:** All swimmers and on-deck personnel will have their temperature checked by an SCST representative before entering the deck area preceding each session.
   6. **Locker Rooms:** Locker rooms will be closed to the public and for use by the swimmers only. Lockers are available for use and additional cleaning will be performed by the PAC following each session. Limited locker room use is strongly encouraged and masks should be worn while in the locker rooms.
3. **Safe Sport Considerations:** By allowing spectators and opportunities to volunteer, parents or legal guardians will have access to and/or the opportunity to observe their child.

**HOST:**  Sublette County Swim Team

**LOCATION:** Pinedale Aquatic Center 535 N. Tyler, Pinedale, WY 82941

(307) 367-2832

**DATE/TIME:** Saturday, January 30th

Session 1: Warm-Up @ 1:30 PM & Session Start at 2:30 PM

Session 2: Warm-Up @ 30 minutes after conclusion Session 1- Session 2 starts 60 minutes after session 2 warm-up.

**POOL:** 25 yard, 8 lane pool equipped with non-turbulent lane markers, starting blocks and backstroke flags. At the starting end of the pool, water depth is 12ft deep at 3 3½” to 12ft at 16’5” from starting end. The pool depth is 5ft deep at 3’3 ½” from turn end of pool to 8ft at 16’5” from turning end.

The competition course has not been certified in accordance with 104.2.2C(4).

**TIMING SYSTEM:** Colorado Timing System, with 8 lane scoreboard and semi-automatic backup and 2 manual back up timers per lane.

All clubs will be expected to provide timers based on the number of swimmers their club has participating in the meet.

**ADMIN:**

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| --- | --- | --- |
| **Meet Director** | **Meet Referee** | **Administrative Official** |
| **Dawn Walker**  PO Box 687 PMB102  Pinedale, WY 82941  [subletteswimming@gmail.com](mailto:subletteswimming@gmail.com)  307-438-0848 | **Cathy Fisher**  700 Paradise Rd.  Riverton, WY 82501  [cla1065@yahoo.com](mailto:cla1065@yahoo.com)  (307)857-1900 | **Dawn Walker**  PO Box 687 PMB102  Pinedale, WY 82941  [subletteswimming@gmail.com](mailto:subletteswimming@gmail.com)  307-438-0848  **Bonnie Kovacs**  PO Box 10758  Jackson, WY 83001  bckovacsod@gmail.com  307-413-2197 |

**RULES:** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. The Meet Referee will be the final authority for the conduct of this competition.

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, locker rooms or behind the starting blocks.

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.

**ELIGIBILITY:** No swimmer will be permitted to compete unless the swimmer is a member as provided in USA Swimming Article 302 prior to the entry deadline.

All events will be pre-seeded timed finals. No on-deck registrations will be accepted.

**AGE GROUPS:** Swimmer’s age will be determined by his/her age on the first day of the meet Saturday, January 30th, 2021. 8 & UNDER is not a recognized USA Swimming Age Group. Groups are 8 & Under, 9-10, 11-12, 13-14 and 15-over.

All events will be swum as mixed-gender with results separated for each age group and gender.

**SCORING:** Meet will not be scored.

**AWARDS:** Swim Caps will be given to all participants.

**ENTRIES:** All events will be pre-seeded timed finals. There will be no on-deck entries. Each swimmer is limited to a maximum of five (5) individual events.

Entries will be limited to the first 60 swimmers per session.

Preference will be given to the following teams:

Jackson Hole Sting Rays, Kemmerer Swim Club, and Sweetwater Aquatics Team

Please submit all entry times in yards.

Swimmers in the 500 must provide their own timers and counters who will be required to wear a mask while on the bulkhead. This event will be seeded fastest to slowest.

**ENTRY FEES:** A flat fee of $30 will be assessed for five (5) individual events. This fee includes a $7 WYSI participation fee, plus $5 facility charge per swimmer.

**DEADLINES:** Entries must be postmarked or emailed by January 22nd, 2021

Make checks for entries payable to: SCST

Clubs must pay with one club check.

Mail Entries To:

SCST

PO Box 687 PMB 102

Pinedale, WY 82941

E-mail HY-TEK with printable PDF hard copy to: subletteswimming@gmail.com

**SWIMMERS WITH DISABILITIES:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special considerations. Swimmers with disabilities must be identified at the time entries are submitted.

**OFFICIALS:** Each WYSI (Wyoming Swimming, Inc) club 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.

When submitting their entries to the host club, each WYSI club shall also provide to the Host Club the names of the official(s) who will be representing their club at the meet.

**WARM-UPS:** Warm-up procedures will comply with USA Swimming and Wyoming Swimming, Inc. guidelines. Dive Starts will be allowed only during the last ten (10) minutes of 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 athletes has been determined.

**USA SWIMMING CREDENTIALS**:All coaches and meet officials must be currently registered members of USA Swimming and must wear their USA Swimming card in plain view at all times or available via Deck Pass.

**CONCESSIONS:** Concessions will be sold in the spectator area.

**PROGRAMS:** Programs will be available for sale. Heat sheets will be made available to officials and coaches.

**FINAL RESULTS:** Final results will be emailed to each coach.

**Session #1**

Event # Age Event

1 Mixed 10&Under 100 yard Freestyle

2 Mixed 8&Under 25 yard Butterfly

3 Mixed 10&Under 50 yard Butterfly

4 Mixed 10&Under 100 yard Butterfly

5 Mixed 10&Under 100 yard IM

6 Mixed 10&Under 200 yard IM

7 Mixed 8&Under 25 yard Backstroke

8 Mixed 10&Under 50 yard Backstroke

9 Mixed 10&Under 100 yard Backstroke

10 Mixed 8&Under 25 yard Freestyle

11 Mixed 10&Under 200 yard Freestyle

12 Mixed 8&Under 25 yard Breaststroke

13 Mixed 10&Under 50 yard Breaststroke

14 Mixed 10&Under 100 yard Breaststroke

15 Mixed 10&Under 50 yard Freestyle

**Session #2**

16 Mixed 11&Over 100 yard Freestyle

17 Mixed 11-12 50 yard Butterfly

18 Mixed 11&Over 100 yard Butterfly

19 Mixed 11-12 100 yard IM

20 Mixed 11&Over 200 yard IM

21 Mixed 11-12 50 yard Backstroke

22 Mixed 11&Over 100 yard Backstroke

23 Mixed 11&Over 200 yard Freestyle

24 Mixed 11-12 50 yard Breaststroke

25 Mixed 11&Over 100 yard Breaststroke

26 Mixed 11&Over 50 yard Freestyle

27 Mixed 11&Over 500 yard Freestyle