

2025 Starlight Open

Wenatchee City Pool

June 20-22, 2025

Hosted by Velocity Swimming
Wenatchee City Pool
220 Fuller Street * Wenatchee WA
Facility Phone: (509)888-3288

Held Under the Sanction of USA Swimming and Inland Empire Swimming, Inc.

Sanction # IE-25-1596

And sanctioned by Inland Northwest Masters Swimming Committee for USMS, Inc. Sanction # XXX-XXXX

Entries OPEN: Tuesday, April 1, 2025 * 12:01 AM PDT

Entries CLOSE: Wednesday, June 11, 2025 * 11:59 PM PDT

Websites: www.velocity-swimming.com * www.ieswim.org *
www.inlandnwmasters.org

Sanction

This meet has been dual sanctioned by Inland Empire Swimming, Inc. and Inland Northwest Masters Swimming Committee for USMS Inc. All athletes must be currently registered for 2025 with USA Swimming or US Masters Swimming. Inland Empire Swimming does not allow on-deck USA Swimming registrations. Conduct of the dual sanctioned event shall conform with the technical and administrative rules and policies outlined under "Meet Format" below.

Liability

In granting this sanction and by any person's participation in the meet, 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. It is further understood that Inland Empire Swimming, Inc., all meet officials, the City of Wenatchee, and Velocity Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached or a USMS member, or the offending athlete's team, if attached to a USA Swimming club, to be held accountable for repairs.

Meet Referee

Jeff Sutton
(509) 393-4657
jeffreywsutton@yahoo.com

Admin Officials

Noelle Grigsby
Michelle van der Merwe
meetentries@velocity-swimming.com

Meet Director

Jeff Sutton/Kris Moore
jeffreywsutton@yahoo.com
vicepresident@velocity-swimming.com

Facility

Outdoor, 10 lane 50-meter pool with anti-wave lane lines. The pool is equipped with the Colorado Timing System with touch pads at both ends. Starting blocks meet USAS height and water depth requirements at start end. For USAS Swims: The host will ensure the required course dimensions. For USMS SWIMS: The competition course has been measured and times from this competition will be eligible for world record, USMS record and Top 10 consideration. Swimmers will use in-water starts at turn end for 200-meter relays. The start end of the pool depth

ranges from 5'6 to 9', the turn end ranges in depth from 3'6" to 4'6". The warm-up pool is attached to the main pool and is available during the meet. Deck marshals will be present during warm-ups and throughout the competition. Main pool will be open for warm-ups/cool downs during breaks.

MEET SCHEDULE SUMMARY *

**(Final schedule to be provided to all entered teams and USMS participants about 1 week prior based on actual entries)*

	Session	Facility Opens	Coaches Meetings	Officials Meetings	Warm-Up	Start of Competition
1	Friday 800 (11 & Over)	10:30 AM	10:45 AM	11:15 AM	11:00-11:45 AM- 800 Freestyle Athletes ONLY	12:00 PM
2	Friday Afternoon (All Ages)			45-min before start of Session 2	Following Session 1	Approx 1 hr after Session 1
3	Saturday Morning (12 & Under)	07:30 AM	07:45 AM	08:15 AM	8:00-8:45 AM	9:00 AM
4	Saturday Afternoon (13 & Over)			45-min before start of Session 4	Following Session 3	Approx 1 hr after Session 3
5	Sunday Morning (12 & Under)	07:30 AM	07:45 AM	08:15 AM	8:00-8:45 AM	9:00 AM
6	Sunday Afternoon (13 & Over)			45-min before start of Session 6	Following Session 5	Approx 1 hr after Session 5

MEET FORMAT

- This is a dual-sanctioned USA Swimming and USMS meet organized and swum in interwoven format. All 11 & over events and 13 & Over events will be swum alternating USAS Swimmers (conforming to USAS rules) and USMS Swimmers (conforming to USMS rules). USAS athletes will swim in odd heats. USMS athletes will swim in even heats up to the point where there are no more USMS athletes entered in the event, in which case, all remaining heats of the event will be filled by USAS athletes and will conform to USAS rules.
- Timed finals, split age group open. Swimmers will compete for points and ribbons. Points will be awarded by age group and gender: 8 & under, 9-10, 11-12, 13-14, and 15-19 for USA Swimming Members. All USA Swimming athletes aged 20 and over will swim as exhibition as points and awards for this age group is reserved for USMS athletes. For 20 & Over athletes registered as USMS athletes, points and awards will be based on the standard age groups as defined by USMS.
- **There will be positive check-in for all 400 Free and 800 Free Events, and the IES scratch rule will be in effect for these deck-seeded events. Positive check-in for the 800 Free event will close at the start of warm-ups on Friday. Positive check-in for the 400 free events will close 1 hour prior to scheduled start of the events.**
- The 400 Free events will be swum fastest to slowest. The 800 Free will be swum fastest to slowest and may be limited to the fastest 10 heats. Swimmers in the 800 Free must supply their own Counter and (2) Timers. USAS Age groups and genders may be combined for competition but scored separately at the discretion of the Meet Referee.
- **Relays:** Teams are limited to four (4) relay entries per relay event. **If the Administrative Official determines that the meet is oversubscribed, the 4th then the 3rd entries may be deleted.** Only the two (2) fastest relay finishers per team are awarded points and ribbons.
 - Relays may only consist of members of the same organization (USA Swimming or USMS)
 - Relays may only consist of members of the same club
 - Unattached athletes may not participate in relays

- For entry purposes, there are separate female, male, and mixed events for each relay. However, relays may be combined and swum together depending on entries. Mixed relays must consist of 2 females and 2 males to be official. Any relay team that doesn't meet these requirements can compete but will be disqualified upon completion of the event
- USMS athletes entered in the meet in at least one individual event may deck enter relays (Event #'s 4, 7, 16, and 31) on Friday, Saturday, and Sunday. Deck entries need to be submitted to the Clerk of Course 1 hour prior to the start of the scheduled relays. Daily relay limits apply. USMS relays will swim in their own heats, separate from age group athletes. USMS heats may include all male, all female, and/or mixed relays depending on the number of entries and lane availability. While male, female, and mixed relays may all swim together in the same heat, they will be scored and awarded based on relay type (M, F, X) and on the age of the youngest USMS athlete in each relay.
- **Relay Names** *not previously submitted with entries* are due to the Admin Office one hour prior to the start of competition on the morning of the event, prior to the start of the meet.
 - **Changes to previously submitted Relay Names** are due to the Admin Office, by the same deadlines.
 - **Final changes in athlete names & relay order** may be made by informing the timers at the blocks, prior to the swimming of the relay.
- **COACH RELAY:** At the conclusion of the Saturday morning session, we will be holding our COACHES relay. Teams are encouraged to get their coaches together and submit entries. The relay will not be scored. Anyone participating in the coaches' relay must be a 2025 member of USA Swimming.
- **Time Trials:** Time trials will be offered on a limited basis. Time Trial entry requests are due by 10 am, Saturday and Sunday. Time Trial swimmers must already be entered in swim meet to participate in Time Trials and pay a \$10.00 fee for each Time Trial entered. Time Trial swims will count towards the maximum swims allowed per day. Coaches requesting a Time Trial for swimmer that is already entered into the maximum number of events, must scratch that swimmer from an already entered event that day. Meet entry fees for events that are scratched in order to participate in Time Trials will not be refunded. The Meet Referee has the final decision on how many heats of Time Trials will be offered. The Meet Referee may also combine strokes of the same distance within the same heat. Time Trial requests must come from team coaches. Payment must be made at the time of entry.

ORDER OF EVENTS

Session 1 Friday 11 & Over 800 Free	
1	Mixed 11 & Over 800 Freestyle (Positive Check-in)
Session 2 Friday Afternoon – All Ages	
2	Mixed 12 & Under 100 Freestyle
3	Mixed 13 & Over 100 Freestyle
4	OPEN Mixed 200 Freestyle Relay (M/W/X)
5	Mixed 10 & Under 200 IM
6	Mixed 11 & Over 400 IM
7	Mixed 11 & Over 400 Medley Relay (M/W/X)
Session 3 Saturday Morning (12 & Under)	Session 4 Saturday Afternoon (13 & Over)

8	Mixed 11-12 200 IM	16	Mixed 13 & Over 200 Medley Relay (M/W/X)
9	Mixed 12 & Under 50 Backstroke	17	Mixed 13 & Over 200 Freestyle
10	Mixed 12 & Under 50 Butterfly	18	Mixed 13 & Over 100 Backstroke
11	Mixed 12 & Under 200 Freestyle	19	Mixed 13 & Over 200 Breaststroke
12	Mixed 12 & Under 100 Breaststroke	20	Mixed 13 & Over 50 Backstroke
13	Mixed 12 & Under 200 Medley Relay (M/W/X)	21	Mixed 13 & Over 50 Breaststroke
14	Mixed 11-12 200 Butterfly	22	Mixed 13 & Over 200 Butterfly
15	Mixed 200 Medley Relay COACHES ONLY	23	Mixed 13 & Over 400 Freestyle (Positive Check-in)
Session 5 Sunday Morning (12 & Under)		Session 6 Sunday Afternoon (13 & Over)	
24	Mixed 11-12 200 Backstroke	32	Mixed 13 & Over 400 Freestyle Relay (M/W/X)
25	Mixed 12 & Under 50 Freestyle	33	Mixed 13 & Over 50 Freestyle
26	Mixed 12 & Under 50 Breaststroke	34	Mixed 13 & Over 50 Butterfly
27	Mixed 12 & Under 100 Backstroke	35	Mixed 13 & Over 200 Backstroke
28	Mixed 11-12 200 Breaststroke	36	Mixed 13 & Over 100 Butterfly
29	Mixed 12 & Under 100 Butterfly	37	Mixed 13 & Over 100 Breaststroke
30	Mixed 12 & Under 400 Freestyle Relay (M/W/X)	38	Mixed 13 & Over 200 IM
31	Mixed 11-12 400 Freestyle (Positive Check-in)		

Rules

- **Current United States Swimming rules will govern the USAS portion of the meet. Current USMS rules will govern the USMS portion of the meet as an interwoven meet.** Current Inland Empire Swimming Policies & Procedures will be in effect.
- All USAS swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make these arrangements prior to the start of warm-ups and to notify the Meet Referee.
- Any USAS 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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the Coaches Meetings

- Athletes and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures, as stated in the current IES Policies & Procedures Section 5.7.12.
- Deck changes are prohibited.
- 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.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Facility locker room use is limited to USA Swimming athletes, coaches, officials, and USMS athletes ONLY. Spectators may use the restrooms in the park.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification.

Restrictions

- **ONLY CURRENT USA SWIMMING and USMS ATHLETES, COACHES, OFFICIALS & DESIGNATED MEET VOLUNTEERS ARE PERMITTED ON DECK IN THE POOL AREA.** The deck area is a 6-foot area from the edge of the pool and the area behind the starting blocks up to the timer chairs. Proof of coaching certification must be produced on request at any time to the referee.
- No personal tents/canopies allowed within the fenced area of the pool, including the grass area and the deck itself.
- Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Photography is not allowed behind the starting blocks.
- Shaving is not permitted anywhere in the facility.
- Pets/Service animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.
- **No overnight camping permitted in the pool area or surrounding park.**
- There will be no swimming in the dive tank except for swimmers to warm-up prior to their events and cool down immediately thereafter.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet, IF approved in advance by meet management.

Photographers and videographers are not allowed in the area immediately behind the starting blocks.

Eligibility

- Open to 2025 registered USA Swimming Athletes and 2025 registered U.S. Masters Swimming (USMS) Athletes. Competitors who are athlete members of both organizations must declare, upon entry, which organization they are competing under for the entirety of the meet.
- For USA Swimming athletes, the swimmer's age on the first day of the meet determines the age group to enter. For USMS athletes, the age of the swimmer is their age as of December 31, 2025.
- Each swimmer must swim in his/her respective age group.

- Coaches entering swimmers with disabilities that require any accommodations and or modifications are required to provide advance notice in writing to the Meet Director by the entry deadline, including the need for any assistance required and / or registered service animals. Failure to provide advance notice may limit the host's ability to accommodate all requests.

Entries

Entries OPEN: Tuesday, April 1, 2025 * Entries CLOSE: Wednesday, June 11, 2025**

Questions Regarding Entries should be directed to the Administrative Official, Noelle Grigsby: meetentries@velocity-swimming.com

Entry Limits

- **Individual Entries:** All swimmers may enter three (3) individual events Friday. All swimmers may enter six (6) individual events both Saturday & Sunday. Enter swimmers' best meter times or converted yard time. NT (No Time) entries will be accepted for all age groups and will be seeded in the slowest heats.
- **Relay Entries:** Athletes may swim a maximum of two (2) relays on Friday, and one (1) relay on both Saturday and Sunday.
- **Total Athletes Allowed in the Meet:** Entries will be limited to include all teams up to, and including the team, that has the **600th** swimmer

Entry Fees

- USAS Entry Fees:
 - Athlete Surcharge - \$45.00 (\$20 IES Surcharge, \$25 Facility Fee)
 - Individual Events - \$5.00 per entry
 - Relays - \$16.00 per entry
- USMS fees: \$45 entry fee-payment collected with online-only entry (<https://inlandnwmastersnew.org/>)

Deck Registration

- Deck registrations are NOT allowed. Swimmers NOT entered into the meet by the entry deadline will not be allowed to participate in the meet.

Deck Entries

- Swimmers registered in the meet who have not pre-entered the maximum number of events as stated above may deck enter additional events (up to the corresponding daily limit) with payment of \$5 per event due upon approval.
- Deck entry swims are not eligible for any awards or team points. These events will be swum as exhibition. No points or ribbons will be awarded.
- Deck entries will only be allowed in open lanes at the discretion of the Meet Referee. USA Swimming athletes will only be able to deck enter in open lanes of USA Swimming heats. USMS athletes will only be able to deck enter in open lanes of USMS heats.

To Submit Entries

- Entries for USA swimming teams must include current (2025) USA Swimming registration numbers, athlete's current age, and birthdate
- Entries may be submitted via email to meetentries@velocity-swimming.com
- Please send the following 4 attachments via email:
 1. Zip entry file from Team Manager
 2. PDF of team individual entries
 3. PDF of team relay entries
 4. PDF of meet fees due
- U.S Masters Swimming entries-Online only: <https://inlandnwmastersnew.org/>

Entry Confirmation & Entry Fees Payment

USMS Athletes will receive confirmation via email upon registration and online payment.

All USA Swimming teams will receive an emailed confirmation of entries and entry fees due from the Administrative Official, no later than Monday, June 16, 2025.

- **USA Swimming entry fees are to be submitted at the Clerk of Course upon arrival to the meet on Friday morning**
- **If you would prefer to mail in your entry fees, please send them to them to the following mailing address:**

**Velocity Swimming
PO Box 2791
Wenatchee WA 98807**

- **Make checks payable to Velocity Swimming**
- An electronic copy of the heat sheet will be sent out to attending coaches prior to the meet. It is the responsibility of the coaches to distribute this information to their swimmers. Heat sheets will also be available at no additional cost on Meet Mobile.

The Meet

Warm-up Procedures

Lane assignments for warm-ups will be posted. Master swimmers will be assigned a lane for warm-up for session 1,3, and 5. Diving is permitted in designated sprint lanes and only under the direct supervision of a coach.

Swimmers participating in the meet without an USA Swimming registered coach must report to the meet referee at the start of each warm-up session. Such swimmers will be assigned a coach and may not enter the water unless supervised by said coach.

Awards

- All combined age group and all mixed individual events will be scored and awarded separately by gender and age group.
- Ribbons will be awarded for individual events for the finishers in places 1-10
- Any USA Swimming athletes in the 20&Over age group will swim exhibition only. Awards in this age group are intended for Masters swimmers only.
- Ribbons for Masters swimmers are available upon request. Masters swimmers who want to collect their awards can do so at the awards table in the lobby of the pool house.
- Ribbons will be awarded for relay events for the finishers in places 1-3
- A prize will be provided to the winner of each Heat.
- Individual High point awards will be given to the Girl and Boy in each age group. High point calculations will be based on swimmers' age groups, not event age groups, so points earned in combined events will be added into the calculation for each swimmer.
- Teams are requested to appoint one adult to pick up awards at the end of the meet. Awards will not be mailed.

Timers

- Velocity Swimming respectfully requests that each team entering athletes in the meet help with timing. **Details** on timer sign-ups will be sent out to attending teams/coaches about one week ahead of the meet.
- Athletes / teams are responsible for providing their own timers (2) and a person to count, if desired, for the 800 Freestyle event

Meet Information & Results

Current meet information and post-meet results will be posted online at the following locations:

- Host Club (Velocity Swimming) website: www.velocity-swimming.com

- Host LSC (IES) website: www.ieswim.org.
- Inland NW Masters website: www.inlandnwmasters.org

Officials

All certified officials are welcome and encouraged to attend and work this meet. Please bring current certification and USAS registration cards.

- Uniform is white over blue.

Key Meet Officials

Meet Referee: Jeff Sutton (jeffreysutton@yahoo.com)
 Starter: Kris Moore (vicepresident@velocity-swimming.com)
 Stroke & Turn: Rick Schumaker, Amanda McLaren, Grace van der Merwe, Emily Wilgus
 Meet Director: Jeff Sutton/Kris Moore
 Administrative Officials: Noelle Grigsby/Michelle van der Merwe (Meetentries@velocity-swimming.com)

Other Important Details

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.

For USA Swimming Athletes and adult volunteers: 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. **USMS athletes** do not have to sign the MAAPP policy, but will be given instructions for locker room use by the meet director ahead of the meet in order for the meet to comply with MAAPP policies.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes who 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 <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

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 <http://www.usaswimming.org/report>.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before June 20, 2025, who has not completed Athlete

Protection Training by the first day of competition, 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 before June 20, 2025, 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.

Hospitality

Meals and snacks will be provided to all attending coaches and officials

Concessions

Limited Concessions will be available at the meet.

Vendors

NW Designs, TBA Food Trucks

Parking

Our pool is located in a residential neighborhood. Please be mindful of where you park and **do not block driveways**. **There is absolutely NO swim meet parking on the east/residential side of Fuller Street (the side opposite the pool and park). Parking along that side of the street is for residents only.** A map showing parking options will be provided in the meet information packet sent out to teams one week prior to the meet.

Camping

There will be NO overnight camping allowed in Pioneer Park or other areas surrounding the pool. Wenatchee City ordinance does not permit overnight RV parking on ANY city streets or in any city parks. People interested in camping should check with local area parks:

Confluence State Park, Wenatchee (509) 664-6373
Lincoln Rock State Park, East Wenatchee (509) 884-8702
Wenatchee River County Park (509) 667-750
Entiat City Park: (509) 784-1500

Pool Directions: From Hwy 2, travel south on Wenatchee Avenue.

Turn right at intersection with Miller Street.

Travel south on Miller to Russell (Pioneer Middle School is on the left).

Turn left on Russell - one block to Fuller – pool is on the left.

From Hwy 28 (East Wenatchee) cross Columbia River Bridge, turn right on Mission St., then immediate left on Ferry St. Follow Ferry St. (turns into Russell).

Pool will be on the right on Fuller Street.

Lodging: <https://visitwenatchee.org/>