

3A 4A Wyoming State Swimming and Diving Championships

Hosted by: Laramie High School

To: Girls' 3A and 4A Swimming and Diving Coaches

From: Tamara Bretting, Head Coach Laramie High School, tbretting@acsdl.org

Date: September 29, 2025

Subject: Meet Information – Girls' State Swimming and Diving Championship Meet

Enclosed is the meet information for the 2025 3A & 4A Girls' Swimming and Diving Championships to be held on November 6-8, 2025.

Meet Schedule

Wednesday, November 5, 2025	Thursday, November 6, 2025	Friday, November 7, 2025	Saturday, November 8, 2025
6pm 4A assigned team warm-up sessions Contact Tamara Bretting to reserve a warm-up session. Email address above.	10:00am 4A Entries Due 11:30am Spectator doors open 12:00pm 4A Warm-ups Begin 2:00pm 4A Diving Prelims/Semis Begin, and assigned 4A swim warm-ups *4A Swim Prelims* 30 min following diving 7:00pm 3A assigned team warm-up sessions Contact Tamara Bretting to reserve a warm-up session. Email address above.	8:00am 3A Entries Due 7:15am Spectator doors open 7:45am 4A Swim/Dive warm-ups (open) 8:25am 4A assigned swim warm-ups begin 9:40am Clear the pool 10:00am 4A Swim/Dive Finals Competition Begins 1:30pm Spectator doors open 2:00pm 3A Warm-ups Begin 4:00pm 3A Diving Prelims/Semis Begin, and assigned 3A swim warm-ups *3A Swim Prelims* 30 min following diving.	7:15am Spectator doors open 7:45am 3A Swim/Dive warm-ups (open) 8:25am 3A assigned swim warm-ups begin 9:40am Clear the pool 10:00am 3A Swim/Dive Finals Competition Begins

Warm-up assignments will be sent out after we receive estimation of athlete numbers from coaches.

1 – Entries: 4A due Thursday, November 6, 10:00am. 3A due Friday, November 7, 8:00am.

- All entries must be Hy-Tek. Entries should be submitted through the google form included with this email. If you do not have a gmail account, they may be emailed to Danny Radosevich at laramieswimresults@gmail.com, but it is absolutely preferred that they be uploaded through the appropriate (3A/4A) google form link to avoid errors with the entries. This includes dive sheets!
- 3A: <https://forms.gle/Z66DeT8GhhCRmoc29> 4A: <https://forms.gle/zVxAVf9sKkHE7kDs8>

- Teams may enter any qualified swimmer into the meet, with a maximum of 4 events, up to 2 of which may be individual events. Non-qualified swimmers may be entered in relays, but MUST be part of the electronic entries in order to participate. (See the final bullet point in this section for more information.)
- More than 4 entries may be made into an individual event by a single team. More than 4 may advance to the top 12 and participate in finals, but only 4 may score. Any additional finalists (beyond 4) in an event will participate, but their points will be vacated from the meet.
- Electronic entries for swimming and diving are the official entries.
- Cell phone – please include a number with your entries where you can be reached while in Laramie.
- Changes to entries are allowed up until the entry deadline.
- A Hy-Tek PDF of your entries (for confirmation of entries received) will be emailed to you upon receipt of your entries.
- WHSAA school/team abbreviation must be used.

<u>3A Teams:</u> Buffalo - BUF Cody - COD Douglas - DOU Kemmerer - KEM Lander - LAN Lyman - LYM Newcastle - NEW Powell - POW Rawlins - RAW Sublette - SUB Worland - WOR	<u>4A Teams:</u> Campbell County - CAM Cheyenne Central - CEN Cheyenne East - EAS Cheyenne South - CSO Evanston - EVN Green River - GRV Jackson - JAC Kelly Walsh - KWH Laramie - LAR Natrona County - NCH Riverton - RIV Rock Springs - RSP Sheridan - SHE Thunder Basin - THB
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- Athlete's grades in school must be included in the entries. To include grades in school, you must go to preferences in Team Manager and create a field to allow you to enter the grade for an athlete. Go to Setup – Preferences – System Preferences and check “Show School Year”. Then you will need to go to Athletes – choose an athlete – School Year – and select a year. Please use the following abbreviations: FR, SO, JR, SR.
- Non-qualified, relay athletes must be included in your electronic entries. To enter them, you will need to go to one of your relays and put their name in as a swimmer/alternate on that relay.

2 – Diving Entries:

4A Diving Sheets are due by 10:00am Thursday, November 6th.

3A Diving Sheets are due by 8:00am Friday, November 7th.

- Changes to dive lists will be allowed until ONE hour prior to the meet start time.
- Please use the fillable dive card using your choice of format below so we can standardize the dive cards for our announcer. Thank you! [Word Doc](#), [Google Doc](#), [PDF](#)
- Upload your diving sheets to the same google form link (listed on page 1) as your swim entries.

3 – Relay Cards:

Official State Relay Cards must be used and will be available at the meet.

- Preliminary cards are YELLOW.
- Finals cards are BLUE
- Please remember to include heat and lane numbers on your relay cards.

4 – Scoring:

Individual events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

5 – Locker Rooms:

- Bring only necessary items for the meet. Do Not leave any items in the locker rooms!
- Please keep in mind that school will be in session, and the locker rooms will be shared during the Thursday and Friday sessions. Athletes must use the gender-appropriate locker rooms!
- As per WHSAA rules, NO SHAVING will be allowed on the premises. Please make sure your athletes take care of all shaving needs before they come to the high school.

6 – Scheduled Warm-ups: If you wish to schedule a warm-up period for your team the night prior to your preliminary competition, please contact Tamara Bretting, 307-760-6488, tbretting@acsd1.org, to be added to the schedule. Teams will be given priority based on having submitted a team photo for the state program, followed by order of request.

- Wednesday, November 5th: 4A warm-up sessions begin at 6:00pm.
- Thursday, November 6th: 3A warm-up sessions begin at 7:00pm (contingent upon the completion of 3A prelims)
- Each team will be given 2 lanes, at least one of which will be in the competition pool for 30 minutes for swimming warmups. Each team will also receive a 1-hour window for their divers to warm-up.

7 – Clerk of Course: Finals heat swimmers are required to check in at the clerk of course.

- The staging area is behind the diving platforms for all swimming events during the finals session of the meet. Swimmers will march around the scoreboard side of the pool and enter the bulkhead from the scoreboard side.
- Divers will be staged on the bulkhead, march on the scoreboard side, then line up on the pool edge under the 3-meter boards to be announced.
- Athletes are expected to participate in the finals march.
- Athletes competing in the consolation finals of the swimming events will report directly to their blocks for their races. They will not report to the staging area for a march out.

8 – Awards Presentation Schedule: Awards will be given after the FINALS HEAT of each event, presented by the coach of the winning athletes' teams. Senior recognition will be after the 200 free relay.

9 – Attire Requirements for Award Presentations: Athletes must wear team attire when receiving their awards. Parkas are recommended. If your team does not have parkas, you can use team warm-ups or other team attire (not swim suits).

10 – Body Paint: Body paint should be applied at home or at the hotel, before arriving at the high school.

Please do not remove body paint in the high school. In addition, if coaches see their athletes with body paint, they should make sure that the paint is cleaned up on deck and in the locker rooms.

11 - Criteria for Achieving All-State Certificates from the Wyoming Coaches Association:

Top 2 finishers in each event and top finisher in relays.

Certificates can be picked up by coaches using the honor system in the hospitality room on the coaches' information table following the meet.

12 – Criteria for Achieving All-State Certificates from the Wyoming SWIM Coaches Association:

Top 3 finishers in each event and top 3 finishers in relays.

Certificates can be picked up by coaches using the honor system in the hospitality room on the coaches' information table following the meet. A template to complete the certificates can be found on the WHSAA home page under state events/swimming/girls.

13 – Team Seating: Deck seating for teams will be one section of bleachers per team on a first come, first serve basis. One coaches' table will be assigned to each team.

14 – Spectators: NO RESERVED SEATING! Please review with your parents the WHSAA rule 4.3.0

- Spectators are limited to the grand stands for seating.
- Spectators are not allowed on deck with the exception of taking photos during an awards presentation.
- Spectators will need to purchase their entrance at the event. WHSAA sets pricing for state events.
- Event programs will be digital, and free. These include team photos, rosters, and historical information about the events and the state meet.

15 – Building Access:

- Team Drop-off should be done on the west side of the building by the pool. Athletes may enter via the west commons doors, then enter the natatorium through the deck level doors. Buses will have the ability to pass through the gate on the northwest corner in order to return to the south dirt lot for parking.
- All team personnel and spectators will have access to the natatorium, part of the commons area, the bathrooms, and locker rooms (for participants). Please do not travel through the rest of the school building as school will be in session.
- **Parking:** All buses and spectators should park in the south dirt lot. To access this lot, turn onto Turner Drive to the south of Laramie High School (heading west), drive to the end of this road, then turn LEFT into the dirt lot.
- To enter the building from this parking area, please walk up the long sidewalk on the west side of the building, and enter the commons area (recognizable from its multi-story glass windows that face south) in any of its access doors on the south and west sides.
- Only team personnel should enter the pool area via a deck-level access door. All spectators must use the second floor, grand stand entrance to access the natatorium. Only ADA spectators may enter at the deck level to access the elevator to the grand stands.

16 – Results (Prelims and Finals): Hard copies of all results will be available in the team folders in the hospitality room on the coaches' information table. A Hy-Tek back-up of the meet will be emailed to you on or before Monday, November 10th. Also, a Hy-Tek Team Manager Export of the meet will be available on the "Scoreboard" page of the WHSAA website.

17 - Other Information:

- We will have a coaches and officials' hospitality room behind the diving boards. Managers are not allowed in the hospitality room.
- T-shirts will be available for sale per agreement with WHSAA's vendor.

Laramie High School Swimming Pool

Warm-up/Cool-down Procedures

Coaches shall instruct their swimmers/divers regarding safety guidelines and warm-up/cool-down procedures as they apply to the Laramie High School pool.

- Coaches must supervise their athletes throughout the warm-up and cool-down sessions.
- Coaches must supervise their athletes while the meet is being conducted as well (including the cool-down area).
- Feet-first entries for swimmers shall be required for the warm-up and cool-down sessions except during designated sprint sessions.
- No loitering allowed in the cool-down lanes, only active swimming.