

# Kearns Holiday Open "C" Meet



**Hosted by**  
**Kearns Youth Aquatic Team**  
Held under the sanction of USA Swimming

**Sanction #UT25-133**  
**December 29 & 30, 2025**

*In granting this sanction, it is understood and agreed that USA 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 this event. It is further understood that Utah Swimming LSC, Kearns Oquirrh Park Fitness Center and Kearns Youth Aquatic Team 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 event.*

<b>Location:</b>	<b>Kearns Oquirrh Park Fitness Center</b> <b>5624 S. Cougar Lane</b> <b>Kearns, UT 84118</b> Emergency calls the day(s) of the meet: <b>801-808-2613</b>		
<b>Session Dates and Times:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Starts</b>
	1-Monday, December 29 <sup>th</sup>	1:30 pm	2:30 pm
	2-Tuesday, December 30 <sup>th</sup>	1:30 pm	2:30 pm
<b>Facility:</b>	<b>Pool Specifications:</b> 25-yard pool with eight (9) lanes Start End Water Depth: 5.0-6.5 feet @ 1 meter from wall; 5.0-6.5 feet @ 5 meters from wall Turn End Water Depth: 5.0-6.5 feet @ 1 meter from wall; 5.0-6.5 feet @ 5 meters from the wall  <b>Timing: Colorado Timing System with a horn start and scoreboard.</b>  The host will ensure the required course dimensions.  Lifeguards are stationed around the pool and on duty throughout the duration of warm-up and competition. An AED is available.		
<b>Meet Director:</b>	<b>Chris Horne, 801-808-2613</b> Email: chornepolo@yahoo.com		
<b>Meet Referee:</b>	<b>Carri Oviatt, 385-269-0666</b> Email: carriov1@gmail.com		
<b>Meet Starter:</b>	<b>Heather Hale 801-641-7223</b> Email: heatherhale@gmail.com		
<b>Meet Admin. Official:</b>	<b>Bret Bergesen, 801-979-4518</b> Email: bretbergesen@mstar.net		

<b>Eligibility and Rules:</b>	<p>This meet is open to all Utah Swimming 2025 registered USA Swimming athletes. Who have not achieved 2024-2028 National B Times. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Swimmer's age on the first day of the meet determines age group for the entire competition.</p> <p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.</p> <p>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 the MAAPP policy is a condition of participation in the conduct of this competition.</p>
<b>Deck Registration:</b>	<p>No deck registration will be accepted; swimmers must be registered members of USA Swimming at time of entry.</p>
<b>Entry Limits, Fees and Deadlines:</b>	<p>This meet will be limited to 250 swimmers, or the number of swimmers required to comply with the 4-hour rule. Teams will not be split. Individual swimmers may enter up to EIGHT (8) individual events, swimming no more than FOUR (4) individual events per day.</p> <p>No Times (NT's) are accepted.</p> <p>Surcharge per participating swimmer:       \$12.00 Individual Event Entry:                       \$6.00</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. <b>Make checks payable to KOPFC.</b></p> <p>Entries will begin to be accepted on <b>Wednesday December 3, 2025, at 6:00pm.</b> All entries must be received (in the hands of the below designated person) by <b>7:00pm, Thursday December 10, 2025</b>, unless the meet is already full. If the meet is not full by the deadline the meet director has the right to extend the deadline. Deck entries will not be accepted. u</p> <p>Email entries to: chornepolo@yahoo.com</p> <p>Or mail or deliver entries to: KYAT c/o Chris Horne 5624 S. Cougar Lane Kearns, UT 84118</p> <ul style="list-style-type: none"> <li>• Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the UTSI Official Entry form found on the sanctions page of the Utah Swimming website (www.swimutah.com) must make sure that each form is signed and provide time verification for each entry. Entries are not accepted without said verification.</li> <li>• Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A Meet Host report of entries received will be used to resolve any entry issues.</li> </ul>

	<ul style="list-style-type: none"> <li>A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.</li> </ul>
<b>Entry Rules:</b>	<p><b>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time.</b> Event seeding will be in the following order conforming SCY, non-conforming LCM, non-conforming SCM</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <ul style="list-style-type: none"> <li><i>The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.</i></li> <li><i>Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet, the submitter, whether the swimmer, coach, parent, or team representative, certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct. (UTSI Rules and Regulations 1.3 and 1.4) The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification via the SWIMS database. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time submitted. It is understood that an automatic call before the review section may be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i></li> </ul>
<b>Meet Format, Check-in and Scratches</b>	<p>This meet will be run as timed finals.  This meet is negative check-in.  Time trials will not be offered.  Swimmers that miss their race will not be allowed to swim that event, but no further penalty will be assessed.  Swimmers that miss two or more events will be removed from the remainder of the meet unless coach and swimmer contact the Meet Director personally.</p>
<b>Warm-up:</b>	<p>USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.8 will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> <li><b>Warm-up:</b> Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.</li> <li>All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist <b>unaccompanied swimmers</b> make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3</li> <li>All lanes will be open for general warm up with no team or age assignments until 30 minutes in the warmup when lanes 3, 4, 6, &amp; 7 can be used for dive starts and will be one-way swimming only.</li> </ul>

<b>Dive Certification:</b>	"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." 202.4.11D
<b>Locker Rooms:</b>	Locker rooms will be open to the public throughout the duration of this swim meet. Additional private showers/change rooms are available near the main locker rooms. Bathrooms for coaches and officials will be located in the administrative hall of KOPFC.
<b>Concussion:</b>	Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303
<b>Restrictions:</b>	<ul style="list-style-type: none"> <li>• Deck changes are prohibited. 202.4.11I</li> <li>• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.11H</li> <li>• 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. 202.4.11J</li> </ul>
<b>Adaptive Swimming</b>	In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
<b>Scoring:</b>	This is a non-scored meet.
<b>Awards:</b>	Individual awards: Custom swim caps for all participants and ribbons 1 <sup>st</sup> – 8 <sup>th</sup> Swimmers will be separated 10/U, 11-12, 13-14, 15/o for results and awards.
<b>Results:</b>	Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.
<b>Deck access:</b>	Deck access is limited to swimmers, coaches, officials, and meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
<b>Officials:</b>	Any certified officials interested in officiating at the meet should contact the Meet Director immediately. A limited number of Stroke & Turn Officials will be allowed. Any certified official who works at least one session will receive a gift card.
<b>Hospitality:</b>	There will be food and drinks available at all sessions for officials and coaches.
<b>Timers:</b>	Teams with more than 10 swimmers will be asked to provide timers. Lane assignments will be sent out prior to the meet.
<b>Parking:</b>	Parking must be in the Kearns High School lot (across the street from the fitness center). Please enter through the KOPFC main doors.
<b>Web Site:</b>	For meet info, please visit the Utah Swimming web site at: <a href="http://www.swimutah.com">http://www.swimutah.com</a>



SESSION #1				
Monday Afternoon – December 29, 2025 (Warm-up 1:30 pm - Start 2:30 pm)				
Women's		Event Description		Men's
1	12 & under	50 Butterfly		2
3	13 & over	50 Butterfly		4
5	12 & under	100 Breaststroke		6
7	13 & over	100 Breaststroke		8
9	12 & under	100 IM		10
11	Open	200 IM		12
13	12 & under	100 Freestyle		14
15	13 & over	100 Freestyle		16
17	12 & under	50 Backstroke		18
19	13 & over	50 Backstroke		20
21	10 & over	200 Breaststroke		22
23	10 & over	200 Butterfly		24

SESSION #2				
Tuesday Afternoon – December 30, 2025 (Warm-up 1:30 pm - Start 2:30 pm)				
Women's		Event Description		Men's
25	12 & under	100 Backstroke		26
27	13 & over	100 Backstroke		28
29	12 & under	50 Freestyle		30
31	13 & over	50 Freestyle		32
33	10 & over	200 Backstroke		34
35	12 & under	50 Breaststroke		36
37	13 & over	50 Breaststroke		38
39	12 & under	100 Butterfly		40
41	13 & over	100 Butterfly		42
43	12 & under	200 Freestyle		44
45	13 & over	200 Freestyle		46
47	10 & over	400 IM		48