



IMR/IMX SEASON KICKOFF MEET
October 5-6, 2019
SANCTION NO. VS-20-01



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-01• USA Swimming, Inc., Virginia Swimming, Inc., CSAC, and 757 Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Collegiate School Aquatic Center 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 271-8271 (Pool front desk)
FACILITY:	<ul style="list-style-type: none">• The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center.• Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• The CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• Spectator seating for 700 plus.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA.
MEET DIRECTOR:	Name: Erin Roehrl Email: meetdirector@757swim.com Phone: 757.377.1532
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on-deck USA Swimming athlete registration will be permitted.• Age on October 5, 2019 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">• All 13 & Over swimmers will swim in the AM session.• All 8 & Under swimmers will swim in the Mid-Day session.• All 9-12 swimmers will swim in the PM session.• All events will be timed finals.• Dual courses may be used to prevent too lengthy a session.• 9 & Overs will participate in an IMR or IMX meet format. Each swimmer age 9 & Over enters the entire event lineup for the meet or session, either the IMR slate of events or the IMX slate of events, based on his/her age. IMX scores will be calculated and the highest scoring age swimmer for 9, 10, 11, 12, 13, 14, 15 & Older and gender will be crowned the "Challenge" winner.<ul style="list-style-type: none">• The IMR/IMX events are as follows: <u>IMR:</u> 9 – 10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13-14: 15-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

	<p><u>IMX:</u> 9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13-14: 15-18: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM</p> <ul style="list-style-type: none"> 8 & Under swimmers will participate in a Saturday mid-day session. 7 events are offered, a maximum of 4 events may be swum, and 4 must be swum for an IM Mini Score. IM Mini scores will be calculated and the highest scoring swimmer for each gender will be crowned the "Mini" winner. <ul style="list-style-type: none"> The IM Mini Events are as follows: 25 Free, 25 Breast, 25 Fly, 25 Back, 50 Free, 100 Free, 100 IM
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups not before 7am; competition starts not before 8:00am. Saturday Mid-Day session: Warm-ups not before 10 am, competition starts not before 10:30am. Saturday Afternoon session: Warm-ups not before 11am; competition starts not before 12:00pm. Sunday Afternoon session: Warm-ups not before 10am; competition starts not before 11:00pm. Warm-up and meet start times may change based on the time line of the meet after receiving all entries. If any session runs late, warm-ups for subsequent sessions will begin immediately after the last event. Lane assignment and warm-up times for individual clubs will be posted on the 757swim website (757swim.com) no later than Tuesday, October 1nd and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59PM, Tuesday, September 24, 2019.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software Teams may submit entries via email. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Each swimmer must enter the entire event lineup for the meet or session, either the IMR slate of events or the IMX slate of events, with the exception of 8 & under swimmers. 8 & unders must enter 4 events. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. The Meet Director reserves the right to limit entries, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced above under warm-ups. Email entries to: Erin Roehrl, meetdirector@757swim.com
FEES:	<p>Entry Fee: \$43.75 for IMR Swimmers, 9-10 IMX Swimmers, and 11-12 IMX Swimmers \$52.50 for 13 & over IMX Swimmers \$35.00 for IM Mini Swimmers.</p> <p>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: 757swim Mail payment to: 757swim PO Box 6641

	<p>Williamsburg, VA 23188</p> <ul style="list-style-type: none"> • Payment must be received by October 1, 2019. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • IM Extreme Champion awards will be given for top male and female IMX point scorer in each single-age group up to age 14: 9, 10, 11, 12, 13, 14. 15 & Over awards will be given to the top male and female IMX point scorer. • IM Mini Champion awards will be given for the top male 8 & Under and top female 8 & Under for the mid-day session
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for Saturday Events #43 & 44 (11-12 500 Free) and Sunday Events #53 & 54 (13 & Over 500 Free) which will be deck seeded. • A positive check-in is required for Events #43 & 44 and #53 & 54 (500 Free). • Positive check in will close at 20 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> • Entries using fraudulent or non-verifiable times. • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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 without written USA Swimming approval • Any swimmer entered in the meet must be certified by a USA-S 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. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Genny Kimbel Email: gennykimbel@gmail.com Phone: (757)876-9134</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Shana Wilkins, shana.wilkins83@gmail.com no later than October 1, 2019 • Officials meetings will be held one hour prior to the start of each session.

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the 757swim website (757swim.com) no later than Tuesday, October 1, 2019, and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 500 Free are responsible for providing their own timers and counters.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold • Concessions will be available • Coaches' and officials' hospitality will be provided. Breakfast, lunch, and heavy snacks will be served on Saturday and Sunday. • Swim and Tri is the onsite full-service swim shop. • If necessary, overflow parking will be available at the Martin's behind the aquatic center.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility • Lawn/deck chairs are not permitted in the grandstand • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility • All rules are posted pool side
DIRECTIONS:	Go to www.757swim.com for directions
HOTELS:	Go to www.757swim.com under Meet/Events for hotel information.

**IMR/IMX SEASON KICKOFF MEET
ORDER OF EVENTS**

Saturday, October 5th 2019

13 & Over Morning Session		
Warm-up: not before 7:00am; Start not before 8:00am		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 400 IM IMX	2
3	13 & Over 200 IM IMR	4
5	13 & Over 200 Fly IMX	6
7	13 & Over 100 Fly IMR	8
9	13 & Over 200 Back IMX	10
11	13 & Over 100 Back IMR	12
8 & Under Mid- Day Session		
Warm-up: not before 10:00am; Start not before 10:30am		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	8 & Under 100 IM	14
15	8 & Under 25 Free	16
17	8 & Under 25 Fly	18
19	8 & Under 50 Free	20
21	8 & Under 25 Back	22
23	8 & Under 25 Breast	24
25	8 & Under 100 Free	26
9-12 Afternoon Session		
Warm-up: not before 11:00am; Start not before 12:00pm		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	9-10 100 Fly IMX	28
29	9-10 50 Breast IMR	30
31	11-12 50 Breast IMR	32
33	11-12 100 Breast IMX	34
35	9-10 100 IM IMR	36
37	11-12 200 IM IMX	38
39	11-12 200 Free IMR	40
41	9-10 200 Free IMX	42
43	11-12 500 Free IMX	44

* Breaks may be scheduled prior to each session. The meet management and officials will determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks.

Sunday, October 6th 2019

13 and Over Session Morning Session		
Warm-up: not before 7:00am; Start: not before 8:00am		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Over 200 IM IMX	46
47	13 & Over 100 Breast IMR	48
49	13 & Over 200 Breast IMX	50
51	13 & Over 200 Free IMR	52
53	13 & Over 500 Free IMX	54
9-12 Afternoon Session		
Warm-up: not before 10:00am; Start: not before 11:00am		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	9-10 50 Fly IMR	56
57	11-12 50 Fly IMR	58
59	9-10 100 Breast IMX	60
61	11-12 100 Fly IMX	62
63	9-10 100 Free IMR	64
65	11-12 100 IM IMR	66
67	9-10 200 IM IMX	68
69	11-12 50 Back IMR	70
71	11-12 100 Back IMX	72
73	9-10 50 Back IMR	74
75	9-10 100 Back IMX	76

* Breaks may be scheduled prior to each session. The meet management and officials will determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks.