



IMR / IMX Challenge
April 27-29, 2018
Sunrise Civic Center Pool
10610 W. Oakland Park Blvd.
Sunrise, Fl. 33351

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI042718SUN-B-13**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event

Conditions of Sanction:

The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C). The copy of such certification is on file with USA Swimming.

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 - USA Swimming Rule 202.3.3.

Sponsored by: The City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club.

Location: ***Sunrise Civic Center***
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex.

Date & Time: **April 27, 2018**
Session I - Timed Finals - Warm-up at 4:30 pm. Meet starts at 5:30 pm.

April 28, 2018
Session II – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am

April 29, 2018
Session III – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am

The meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.

- Pool/Timing:** Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. 7 long-course racing lanes with separate warm-up and warm down lane available. Daktronics Timing System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is 4'6" in accordance with 202.3.7 (C).
- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Rules:** 2018 USA Swimming and FGC rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are timed finals for all swimmers.
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.
- 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- Eligibility:** Open to all current 2018 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 - USA Swimming Rule 202.3.3
- The Meet Host **Will Not** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
- There are no Qualifying Times. **(Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule for each session)**
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations – coachchristiw@aol.com Christi Wathen (954) 747-4635
- Deck Change:** Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited.

- Entry Deadline:** All entries must be received by **Wednesday, April 18, 2018. 8pm EST.**
- Entry Limit:** Friday night: 2 events. Saturday: 3 events. Sunday: 3 events.
****Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule****
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to <mailto:coachchristiw@aol.com>. Electronic mail confirmation will be sent within 48 hours after receipt of file. Non-electronic entries are not accepted.
- Entry Fees:** \$ 4.00 per individual event
\$ 6.00 per swimmer surcharge
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**
- Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. **COACHES ONLY PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered.
Deck entry fees are DOUBLE the entry fees, CASH ONLY: \$12 swimmer surcharge; \$8.00 per individual event.
- Refunds:** Once the team or individual entry has been received and processed, there will be no refunds, unless FGC rule 1.17a.i.v applies
- Seeding:** Eligible entries shall be seeded Long course meters
- Distance Events:** The 400 IM and 400 FR are positive check in. These events are timed finals and will be swum together alternating women than men, fastest to slowest. Check-in: 400 IM & 400 FR – closes at 5:00 pm. Friday night.
- Scoring:** All events will be swum together as Open, but scored separately.

PLEASE NOTE:

Swimmers have the option of swimming any event within the entry limit. However, if they would like to be eligible for the IMR or IMX tshirt, they MUST swim ALL of those respective events (see below):

Scoring for IMR events: The HY-TEK special scoring system will be used. **Swimmers MUST swim all 5 IMR events in order to be eligible for the awards.** Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female and events:

- 10&u: 100 free, 50 bk, 50 br, 50 fly, 200 IM
- 11-12: 200 free, 50 bk, 50 br, 50 fly, 200 IM
- 13-14: 200 free, 100 bk, 100 br, 100 fly, 200 IM
- 15&older: 200 free, 100 bk, 100 br, 100 fly, 200 IM

Scoring for IMX events: The HY-TEK special scoring system will be used. **Swimmers MUST swim all 5 or 6 IMX events in order to be eligible for the awards.** Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female and events:

10&U: 200 free, 100 bk, 100 br, 100 fly, 200 IM
11-12: 400 free, 100 bk, 100 br, 100 fly, 200 IM
13-14: 400 free, 200 bk, 200 br, 200 fly, 200 IM, 400 IM
15&older: 400 free, 200 bk, 200 br, 200 fly, 200 IM, 400 IM

- Awards:** IMR awards: T-Shirts top 3 scorers per age group
IMX awards: T-Shirts top 3 scorers per age group
- Admission:** Admission - \$ 5.00 per session. Heat sheets will NOT be sold; they will be posted on our website, sunriseswimming.com and on meetmobile. Hard copies will be available to coaches and officials.
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches/officials/volunteers will be available.
- Head Referee:** Scott Shearer/Harold Avellaneda
- Admin Referee:** Amy Trodick
- Meet Marshall:** City of Sunrise Lifeguard Staff
- Meet Director:** Christi Wathen – coachchristiw@aol.com – (954) 747-4635
- Assistant**
- Meet Director:** Alec Wathen (954) 747-4635
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Information:** Call the Sunrise Swimming office (954) 747-4635.

Friday April 27, 2018
Friday – Session 1
Warm-up: 4:30 pm. Start: 5:30 pm.

EVENT#	EVENT
1 - 2	400 free
3 - 4	12 & under 200 free
5 - 6	400 IM

Saturday April 28, 2018
Saturday – Session 2
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
7 - 8	50 fly
9 – 10	100 fly
11 – 12	200 fly
13 – 14	50 breast
15 – 16	100 breast
17 – 18	200 breast

Sunday April 29, 2018
Sunday – Session 3
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
19 – 20	100 free
21 – 22	200 IM
23 – 24	50 back
25 – 26	100 back
27 – 28	200 back
29 – 30	13 & over 200 free