2019 IE IMX FALL CHALLENGE



October 12th-13th, 2019

*Held under the sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc.*

***Sanction # 19-1406***

*In granting this sanction it is understood and agreed that USA Swimming and Inland Empire 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 event. Use of audio or visual recording devices, including the use of a cell phone camera, is not allowed in changing areas, rest rooms, locker rooms, or behind the starting area. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, 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.*

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| Host | Spokane WAVES Aquatic Team (SWAT)  P.O. Box 28066, Spokane, WA 99228 |
| Location | Whitworth University Aquatic Center  300 W. Hawthorne Road, Spokane, Washington 99251 |
| Facilities | Regulation 25 yard pool with six 7 ½’ wide lanes. Water depth and starting block height meet current USA Swimming regulations. For 25 yard events, swimmers will start from the turn end (bulkhead); there are no starting blocks at the turn end of the pool. A 14 x 14 yard warmup/warm-down pool is separated from the competition pool by the bulkhead. Pool, locker rooms, lobby and deck are all wheelchair accessible. Daktronics timing system with six-lane readout and touch pads is used. The competition course has not been certified in accordance with 104.2.2C(4). Only swimmers, coaches, officials and meet workers are permitted in the deck area. Spectators will not be allowed in deck area without proof of current USA Swimming membership. The deck area is considered to be a 3 foot area from the edge of the pool and the area behind the starting platforms up to the timer chairs. |
| Meet Format | This meet will be a split session format, timed finals meet. **Entries will be closed at 350 swimmers.**  -Saturday Session 1: 10&unders, 11-12 Boys  -Saturday Session 2: 11-12 Girls, 13&overs  -Sunday Session 3: 10&unders, 11-12 Boys  -Sunday Session 4: 11-12 Girls, 13&overs |
| Schedule | Saturday and Sunday  **Pool will open each day at 8:15 AM**  Morning Session: Warmups: 8:30-9:20 AM  Events begin: 9:30 AM  Afternoon Session: Warmups: Immediately following the morning  session  Events begin:1 hour following the completion of the  morning session    **Coaches Meetings**: **8:15am in the Hospitality Area**  **Official’s Meetings:** **8:40am in Hospitality.** Please be prepared to present your valid credentials and thank you for volunteering. |
| Rules | **All swimmers MUST have a signed Informed Consent for Participation Waiver. (please bring these with you to the meet)**  Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply. The whistle start protocol will be used throughout the meet. “No recall” starts will be in effect. Inland Empire scratch rules will be in effect. The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from the Coach of that team. Swimmers participating in the meet without a coach must report to the Meet Referee at the start of the warm-up session for instructions. Coaches must be current USA Swimming certified and all coaches working on deck at the meet must provide proof of current certification to the AO or Meet Referee before swimmers will be allowed in the pool for warm-ups. 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 then it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. |
| Eligibility | Open to all swimmers who have a signed Informed Consent for Participation Waiver (ICP) and are registered for 201 with USA Swimming. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Athletes with a disability are welcome and are asked to provide advance notice of any necessary accommodations. |
| Entries | Swimmers may enter a maximum of five (5) individual events and one (1) relay per day. All entries must be YARD times. No Time (NT) entries are permitted for all events. Swimmers will need to provide timers and counters.  **Positive Check In: ALL 500 Freestyles, check in closes 1 hour prior to the estimated start time of the 500s.** |
| Submitting Entries | Please submit the following four attachments to **Jennifer Hochwalt** by email at [jrhochwalt@gmail.com](mailto:jrhochwalt@gmail.com) by **October 4, 2019**:  1. .zip entry file from Team Manager  2. Print to file (Word or pdf format) of team individual entries  3. Print to file (Word or pdf format) of team relay entries  4. Print to file (Word or pdf format) of meet fees due  Entries may also be mailed using the Master Entry Form found on the IES website. Fill out the form completely. Age and registration numbers are required. Enter the entry times for all swimmers directly on the form. Complete and send the Entry Fee Tabulation Form.  **Please Note: No On-Deck Registrations will be allowed.**  \*\* Please include the name, phone number, and email of a contact person for entry questions.  The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. Appropriate changes will be made and the data will be sent to USA Swimming within 3 days of the meet. Thanks for your cooperation. |
| Entry Fees | Entry fees are three dollars $3.00 per individual event, $12.00 for each relay plus an additional $12.00 surcharge per swimmer. Fees and Surcharges for each team must be paid with one check and accompany entries.  **Please make Checks payable to SWAT and address entries to:**  P.O Box 28066  Spokane, WA. 99228 |
| Entry Deadline | Entries must be received no later than **October 4, 2019.** If you have any questions concerning your entries, please contact [jrhochwalt@gmail.com](mailto:jrhochwalt@gmail.com). or the Meet Referee. |
| Awards | Swimmers placing 1st through 6th in individual events will receive ribbons. All multi-age group events will be awarded as 8 & Under, 9-10, 11-12, 13-14 and 15 & Over. Individual and team scores will be **not** recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet. |
| Officials | Meet Director: Jennifer Whitworth  Meet Referee: Teri Madill  Admin. Official: Jennifer Hochwalt  Starter: Nicole Proszek  Stroke and Turn: Keith Lambert, Tricia Chambers, Amber Nelson, Mischelle Fulgham  Volunteer Coordinator: Luke Fritz |
| Timing | SWAT will do its best to provide timers for the meet but the help from parents of swimmers from visiting teams may be needed and will be greatly appreciated. |
| Concessions | Concessions and heat sheets will be available during the meet in the Lobby of the pool. |

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| **AQUATIC CENTER RULES**  **NO FOOD ON DECK**  **NO GLASS ITEMS ON DECK**  Participants and Spectators are not permitted in the Stafford Fitness Center in the Aquatic Center or in the Field House next to the Aquatic Center. |

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| **\*\*\* DECK AREA RESTRICTION \*\*\***  **Only** Swimmers, Coaches and Officials “with Current USA Swimming Credentials” are permitted inside of the **“Deck Area”** during the meet. Host Team “Meet personnel” and Volunteer “Timers” are allowed inside of the “Deck Area” while they are working the Meet.  The “**Deck Area**” will be a ***3-foot wide*** area around the edge of the pool.  Also the “**Deck Area**” will be the “**entire**” areas behind the Starting Blocks and the “**entire**” area behind the Coach/Team Table area.  Spectators are **not** allowed inside of the “**Deck Area**”. |

**DIRECTIONS**:    From I-90:  Take Exit #281, Division Street.  Go North thru Downtown Spokane and across the bridge over the Spokane River.  Division veers to the right and becomes Ruby Street.  Continue traveling North on Ruby Street through the intersections of Sharp, Mission, Indiana, Montgomery & Foothills Drive.  Ruby Street then turns back into Division Street.  Continue North on Division Street thru the intersections of Bridgeport, Garland/Empire, Wellesley (Northtown Shopping Center), Queen, Rowan, Central, Francis, Lyons, Cozza, Lincoln and Magnesium Rd.  Division Street will then split into Hwy 395, with Division St. to the left and Hwy 2 (Newport Hwy.) to the right.  Stay in the Left two (2) Lanes to continue on Division Street (Hwy 395).  Go straight thru the light at Country Homes Blvd.  The next light will be Hawthorne Road.  Turn Left at Hawthorne Road.  Continue traveling on Hawthorne Road and thru the light at Whitworth Drive.  You will then pass the Whitworth College main entrance on your right.  The next road to the right is College Road.  Turn Right onto College Road.  Follow this road, pass the Football Field to your left, and take the first left past the Football Field.  There are two large parking areas on your right and two buildings straight ahead.  The Aquatic Center is the building on the right.  There is additional parking along the East side of the pool between the pool and the tennis courts.  Parking is also available on the south side of Hawthorne Road between Whitworth Drive and College Road if no parking is available near the pool.

**HOTELS:**​

**La Quinta** 9061 Newport Hwy​​​​ [509-468-5020](tel:509-210-8975)

**Quality Inn Oakwood** 7919 N Division​​​[509-467-4900](tel:509-467-4900)

**Ramada Inn** 7111 Division ​​​​[509-795-1516](tel:509-467-7111)

**Courtyard by Marriott** 401 E Spokane Falls Blvd​[509-465-7600](tel:509-465-7600)

**Holiday Inn Express** 801 N Division​​​[509-328-8505](tel:509-328-8505)

**Red Lion River Inn** 700 N Division​​​[509-326-5577](tel:509-326-5577)

**Red Lion Hotels** 201 W North River Drive​​[509-459-6100](tel:509-459-6100)

**Double Tree by Hilton** 322 North Spokane Falls Ct​ 509-455-9600​

2019 IE IMX FALL CHALLENGE



Saturday – Session 1

|  |  |  |  |
| --- | --- | --- | --- |
| Girls | Age | Event | Boys |
| 1 | 8 & Under | 100 I.M. | 2 |
| 3 | 9-10 | 100 I.M. | 4 |
|  | 11-12 Boys | 100 I.M. | 5 |
| 6 | 8 & Under | 50 Fly | 7 |
| 8 | 9-10 | 100 Fly | 9 |
|  | 11-12 Boys | 100 Fly | 10 |
| 11 | 8 & Under | 25 Back | 12 |
| 13 | 9-10 | 50 Back | 14 |
|  | 11-12 Boys | 50 Back | 15 |
| 16 | 8 & Under | 50 Breast | 17 |
| 18 | 9-10 | 100 Breast | 19 |
|  | 11-12 Boys | 100 Breast | 20 |
| 21 | 8 & Under | 25 Free | 22 |
| 23 | 9-10 | 50 Free | 24 |
|  | 11-12 Boys | 50 Free | 25 |
| 26 | 10 & Under Girls | 200 Medley Relay |  |
|  | 12 & Under Boys | 200 Medley Relay | 27 |

Saturday-Session 2

|  |  |  |  |
| --- | --- | --- | --- |
| Girls | Age | Event | Boys |
| 28 | 11-12 Girls | 100 I.M |  |
| 29 | 13-14 | 200 I.M. | 30 |
| 31 | 15 & Over | 200 I.M. | 32 |
| 33 | 11-12 Girls | 100 Fly |  |
| 34 | 13-14 | 200 Fly | 35 |
| 36 | 15 & Over | 200 Fly | 37 |
| 38 | 11-12 Girls | 50 Back |  |
| 39 | 13-14 | 100 Back | 40 |
| 41 | 15 & Over | 100 Back | 42 |
| 43 | 11-12 Girls | 100 Breast |  |
| 44 | 13-14 | 200 Breast | 45 |
| 46 | 15 & Over | 200 Breast | 47 |
| 48 | 11-12 Girls | 50 Free |  |
| 49 | 13-14 | 100 Free | 50 |
| 51 | 15 & Over | 100 Free | 52 |
| 53 | 11 & Over Girls | 200 Medley Relay |  |
|  | 13 & Over Boys | 200 Medley Relay | 54 |

2019 IE IMX FALL CHALLENGE



Sunday – Session 3

|  |  |  |  |
| --- | --- | --- | --- |
| Girls | Age | Event | Boys |
| 55 | 10 & Under Girls | 200 Free Relay |  |
|  | 12 & Under Boys | 200 Free Relay | 56 |
| 57 | 8 & Under | 50 Free | 58 |
| 59 | 9-10 | 200 I.M. | 60 |
|  | 11-12 Boys | 200 I.M. | 61 |
| 62 | 8 & Under | 25 Fly | 63 |
| 64 | 9-10 | 50 Fly | 65 |
|  | 11-12 Boys | 50 Fly | 66 |
| 67 | 8 & Under | 50 Back | 68 |
| 69 | 9-10 | 100 Back | 70 |
|  | 11-12 Boys | 100 Back | 71 |
| 72 | 8 & Under | 25 Breast | 73 |
| 74 | 9-10 | 50 Breast | 75 |
|  | 11-12 Boys | 50 Breast | 76 |
| 77 | 8 & Under | 100 Free | 78 |
| 79 | 9-10 | 200 Free | 80 |
|  | 11-12 Boys | 500 Free | 81 |

Sunday Session 4

|  |  |  |  |
| --- | --- | --- | --- |
| Girls | Age | Event | Boys |
| 82 | 11 & over Girls | 200 Free Relay |  |
|  | 13 & Over Boys | 200 Free Relay | 83 |
| 84 | 11-12 Girls | 200 I.M. |  |
| 85 | 13-14 | 400 I.M. | 86 |
| 87 | 15 & Over | 400 I.M. | 88 |
| 89 | 11-12 Girls | 50 Fly |  |
| 90 | 13-14 | 100 Fly | 91 |
| 92 | 15 & Over | 100 Fly | 93 |
| 94 | 11-12 Girls | 100 Back |  |
| 95 | 13-14 | 200 Back | 96 |
| 97 | 15 & Over | 200 Back | 98 |
| 99 | 11-12 Girls | 50 Breast |  |
| 100 | 13-14 | 100 Breast | 101 |
| 102 | 15 & Over | 100 Breast | 103 |
| 104 | 11-12 Girls | 500 Free |  |
| 105 | 13 & Over | 500 Free | 106 |

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**ENTRY FEE TABULATION**

NAME OF CLUB:

COACH’S NAME:

PHONE: ­­­­­

**PERSON TO CONTACT REGARDING MEET ENTRIES**

NAME:

PHONE/EMAIL:

NO. OF SWIMMERS: \_\_\_\_\_\_\_ x $12.00 SURCHARGE $

NO. OF EVENTS: \_\_\_\_\_\_\_ x $3.00 PER INDIVIDUAL $

**TOTAL ENTRY FEE ENCLOSED $**

**Or e-mail entries to: Jennifer Hochwalt** [**jrhochwalt@gmail.com**](mailto:jrhochwalt@gmail.com)

**INFORMED CONSENT FOR PARTICIPATION**

**AQUATIC PROGRAMS AT WHITWORTH UNIVERSITY**

SWIMMER NAME:

**DATE: October 12-13, 2019**

**PROGRAM PARTICIPATING IN: 2019 IMX Challenge**

Club Name:

**PURPOSE AND EXPLANATION OF PROCEDURE**

I hereby consent to voluntarily engage in Aquatic programs and or Swim Meet at Whitworth University.

I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own carful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

I have been given an opportunity to ask questions as to the procedures.

I agree to the Procedures of the Established (EAP) Emergency Action Plan of Whitworth University. I will not hold Whitworth University liable for any injuries sustained during exercise at the Whitworth Aquatic Center that were not due to university staff or facility negligence.

**I have read this Informed Consent form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.**

Participant’s Name (Printed): \_\_\_\_\_\_

Participant’s Signature: Date:

Guardian Signature if Participant is under 18 years or age:

Date:

**Emergency Contact Information:**

Name: \_\_\_\_\_\_

Cell Phone: Work Phone: Home Phone: