



Integrity, Inclusion, Education, Excellence

Autumn IMX Challenge

Hosted By: Atlantis Swimming (BBA)

November 5-6, 2022

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI2223022. MS or USA-S may revoke this sanction at any time in response to the COVID-19 pandemic.

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, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agrees that Michigan Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MICHIGAN SWIMMING, AND **Seaholm High School** AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including but not limited to employees, volunteers and program participants and their families.

Birmingham Bloomfield Atlantis will include the above information in meet announcements, heat sheets and posted around the pool facility.

COVID-19 Procedures/Requirements

All athletes, coaches, officials, clubs, spectators, and other individuals participating in this meet or seeking ingress into the facility in which this meet is conducted will abide by (1) all federal, state, and local laws, orders, administrative rules, and guidelines; (2) all protocols outlined in the COVID-19 LSC Supplemental Sanction Requirements documents for this meet; and (3) all COVID-19 preparedness plans for the relevant facility. Failure to maintain strict compliance with all COVID-19 procedures and protocols will result in disciplinary action by the Michigan Swimming, Inc. Board of Directors, including, but not limited to, fines, suspension of certain membership privileges, or referral to the USA Swimming National Board of Review with a recommendation to terminate a member's membership in Michigan Swimming and USA Swimming.

Minor Athlete Abuse Prevention Policy Acknowledgement

All applicable 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.

Location

Seaholm High School

2436 West Lincoln

Birmingham, MI 48009

Times: Warmups for the Mid-session will begin immediately following the conclusion of the morning session, but not before 12:00 p.m. Warm ups for the PM session will begin immediately following the conclusion of the Mid-session, but not before 3:00 p.m. Check in will close 15 minutes after warmups.

<u>Session</u>	<u>WarmUp</u>	<u>Event Start</u>
Saturday AM	8:00 am	9:00 am
Saturday Mid	Not Before 12:00pm	12:45pm
Saturday PM	Not Before 3:00 pm	4:00 pm
Sunday AM	8:00 am	9:00 am
Sunday Mid	Not Before 12:00pm	12:45pm
Sunday PM	Not Before 3:00 pm	4:00 pm

Facilities

Seaholm High School, is an 8-lane pool with a supervised warm-up and warm down area available. Depth at start is 8-14ft ¹ and 3.5-14ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C (4).

Course Certification

The competition course has not been certified in accordance with 104.2.2C(4)

Meet Format

All events are **timed finals**. Events will be seeded slowest to fastest except for the 500 Freestyle and the 400 IM which will be seeded fastest to slowest and they will alternate gender.

This meet is designed as an IMX Challenge: All swimmers are encouraged to enter 8 individual events including all the events required in the USA Swimming IMXtreme Challenge, or IM Ready, for their respective age group plus additional events as well. 11-12 Boys events are in the morning and the 11-12 Girls events are in the afternoon on both Saturday and Sunday. 8 and Under swimmers may enter all listed events for the Atlantis Swimming IM Having Fun slate, as well as additional events if they wish!

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Entry Procedures

Entries may be submitted to the Administrative Official as of **October 9, 2022 at 9:00am**. The Administrative Official must receive all entries no later than **October 28, 2022 11:59pm**. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted via electronic mail at the e-mail address listed in the last section of this meet information packet.

Entry Acceptance and Processing

Entries will be accepted and processed on a first come, first served basis in the order in which they are received after the entry open date listed above.

¹Depth at Start must meet State of Michigan requirements.

Individual Entry Limits

Swimmers may enter four **(4)** individual events on both Saturday and Sunday in either the AM or PM session. Swimmers may also enter up to two **(2)** individual events for the Saturday and Sunday Mid-session for a total of six **(6)** each day.

Entry Fees

\$5.00 per individual event. Make checks payable to: **Atlantis Swimming.**

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual event. There is \$1.00 additional charge per event paid if the entry is not submitted in Hy-Tek format. Any surcharges detailed in the previous section also apply to paper entries. Paper entries may be submitted to the Administrative Official on a spreadsheet of your choice however, the paper entry must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

Refunds

Once a team or individual entry has been received and processed by the Administrative Official there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).

Entry Paperwork

Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Colleen Rose, 248-361-3078

2315 Torquay Ave, Royal Oak 48073

colleenvrose@yahoo.com,

Entry questions to AO – Dawn Gurley

Check In

Check-in will be required and will be located **outside of the locker rooms**. Check in closes 15 minutes after the start of warmups for each session. If a swimmer does not highlight their name they will be taken out of the meet.

Marshaling

This is a self marshalled meet

Seeding

The meet will be **seeded** after check in closes.

Deck Entries

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. Deck Entries are \$7.00. The \$1.00 athlete surcharge will be applied for all athletes that are not entered in the meet. Athletes must be registered with USA Swimming prior to the first day of the meet to be eligible deck entries.

Meet Programs/Admissions

Individual session heat sheets will be available for \$4.00 once the session has been seeded. The doors to the spectator area will be open both Saturday and Sunday morning at 7:40am. Admission is \$5 per day.

IMX AND IM READY(IMR) EXPLANATION

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a steppingstone.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11-year olds; 12-year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
13, 14, 15, 16, 17, & 18-year old: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

How do I score points?

Rankings in the program are based on power points a system developed by USA Swimming. See the Power Points page for more information and to use the Power Point Calculator.

How do I participate?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings for IMX.

Scoring

Individual Scoring will occur via IMX scores (Power Points) for IM Xtreme and IM Ready events only. Those scores will be based on participating in all IM Xtreme or IM Ready events in the following slates for each individual age: 8 y/o and Under, 9, 10, 11, 12, 13, 14, 15, 16, 17, and 18 y/o. In the event of a DQ a swimmer is still qualified for the IMX or IMR slate they will just receive 0 points for the DQ'd event/s. (No event substitutions.) Time Trial events are NOT eligible.

IM XTREME Events #

*8 and Under,*9, *10 Year Old Girls: Events #1, 9, 17, 35, 45

*8 and Under,*9, *10 Year Old Boys: Events #2, 10, 18, 36, 46

*11, *12 Year Old Girls: Events #21, 25, 43, 45, 47

*11, *12 Year Old Boys: Events #2, 10, 36, 44, 46

13-18 Year Old Girls: Events #15, 23, 27, 43, 45, 53

13-18 Year Old Boys: Events # 16, 24, 28, 44, 46, 54

IM READY Event #

8 and Under, 9, 10 Year Old Girls: Event #7, 13, 31, 39, 41

8 and Under, 9, 10 Year Old Boys: Events # 8, 14, 32, 40, 42

11, 12 Year Old Girls: Events # 17, 19, 49, 55, 57

11, 12 Year Old Boys: Events # 8, 18, 32, 40, 42

13-18 Year Old Girls: Events # 17, 21, 25, 45, 47

13-18 Year Old Boys: Events # 18, 22, 26, 46, 48

(Though no event substitutions will be allowed to make a meet IMX Score or qualify for awards, please feel free to enter events in addition to the IM Xtreme slate of events for the swimmer's age.) No team scores will be kept.

Awards

All swimmers will receive an IMX Challenge Meet bag tag.

High Point awards will be presented to the top eight finishers of each [of the following: individual age](#), ages 8 and Under, 9, 10, 11, 12 girls and boys who compete in the IM Xtreme **and IMR** slate of events for their age. No IMX awards for ages 13 and Over but will have heat winners for the last PM session. In the event of a DQ a swimmer is still qualified for the IMX or IMR slate they will just receive 0 points for the DQ'd event/s. Note: Athletes must swim all IM Xtreme or IMR events listed for their age as noted below to be eligible for awards. Awards will not be mailed.

Results

Complete Official meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Unofficial results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.

Concessions

Food and beverages will be available in the pool lobby concession area. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.

Lost and Found

Articles may be turned in/picked up at **Meet Operations Room**. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).

Swimming Safety

Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet. There will be at least 2 Marshalls at this competition, with at least one of each gender.

Racing Start Certification

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 without the use of the backstroke ledge. 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.

Deck Personnel/Locker Rooms/Credentialing

Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The Michigan Swimming Board of Directors, Officials Chairs of MS, and the Michigan Swimming Office staff are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.

Lists of registered coaches, certified officials and meet personnel will be placed outside the **pool entry door**. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team **Atlantis Swimming (BBA) logo** as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each day and be reissued a credential daily.

All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

Swimmers with Disabilities

All swimmers are encouraged to participate. If any of your swimmers have special needs or requests, please indicate them on the entry form and with the Clerk of Course and/or the Meet Referee during warm ups.

First Aid

Supplies will be kept in **Meet Operations Room**.

Facility Items

- (A) No smoking is allowed in the building or on the grounds of any facility listed above.
- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection at the **Meet Operations Room**.
- (E) To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- (F) Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is **prohibited**.
- (G) 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.

General Information and Errors/Omissions

Any errors or omissions in the program will be documented and signed by the Meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.

Meet Personnel

Meet Director: Colleen Rose at 248-361-3078 colleenvrose@yahoo.com

Meet Referee: Jeff Wilkins 313-574-3638

Safety Marshal: Pat McCourt

Administrative Official: Dawn Gurley, dawngurley@att.net

Autumn IMX Challenge Events Sanction #: MI2223022

Saturday Warm Up 8:00 AM, Events Begin 9:00 AM

Girls	Event	Boys
1	10 & U 100 Back	
	12 & U 100 Back	2
3	10 & U 50 Free	
	12 & U 50 Free	4
5	8 & U 25 Free	6
7	10 & U 50 Fly	
	12 & U 50 Fly	8
9	10 & U 100 Breast	
	12 & Under 100 Breast	10
11	8 & U 25 Breast	12
13	10 & U 100 Free	
	12 & U 100 Free	14

Saturday Mid-Session Warmup Not Before 12:00 PM, 12:45 PM Events Begin

Girls	Event	Boys
15	Open 400 IM	16
17	Open 200 Free	18

Saturday PM Warmup Not Before 3:00pm meet start 4:00pm

Girls	Event	Boys
19	Open 50 Fly	20
21	Open 100 Back	22
23	Open 200 Breast	24
25	Open 100 fly	26
27	Open 200 Back	28
29	Open 50 Free	30

Autumn IMX Challenge Events Sanction #: MI2223022

Sunday 8:00 AM Warmup, 9:00 AM Events Begin

Girls	Event	Boys
31	10 & U 50 Breast	
	12 & U 50 Breast	32
33	8 & U 25 Back	34
35	10 & U 100 Fly	
	12 & U 100 Fly	36
37	8 & U 25 Fly	38
39	10 & U 50 Back	
	12 & U 50 Back	40
41	10 & U 100 IM	
	12 & U 100 IM	42

Sunday Mid-Session Warmup Not Before 12:00 PM, 12:45 PM Events Begin

Girls	Event	Boys
43	Open 500 Free	44
45	Open 200 IM	46

Sunday PM Warmup Not Before 3:00pm meet start 4:00pm

Girls	Event	Boys
47	Open 100 Breast	48
49	Open 50 Back	50
51	Open 100 Free	52
53	Open 200 Fly	54
55	Open 50 Breast	56
57	Open 100 IM	58

