



IMR / IMX Challenge
May 1-3, 2020
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. **FG23201220D024**

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

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.

Parking: Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this residential area.

Date & Time: **May 1, 2020**
Session I - Timed Finals - Warm-up at 4:30 pm. Meet starts at 5:30 pm.

May 2, 2020
Session II – Timed Finals - Warm-up 7:30am. Meet starts at 9:00am

May 3, 2020
Session III – Timed Finals - Warm-up 7:30am. 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 104.2.2C(4). Water depth at the start is 4'6" in accordance with 202.3.7(C). The copy of such certification is on file with USA Swimming.

Camera Free Zone: 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.

- Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.
- Rules:** 2020 USA Swimming and FGC rules will govern this meet. 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.
- 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.
- 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
- 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.
- 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.
- Eligibility:** Open to all current 2020 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- 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.
- 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
- Entry Deadline:** All entries must be received by **Wednesday, April 22, 2020. 7pm EST.**
- Entry Limit:** Friday night: 2 events. Saturday: 3 events. Sunday: 3 events.
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!). [E-mail to sunmeetentries@gmail.com](mailto:sunmeetentries@gmail.com). Email confirmation of entries will be sent to each team. *Coaches are responsible for reviewing their team’s entries at this time and notifying host of any issues within 24 hours.*
**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954 747-4635
- NOTE: Swimmers who are not USA Swimming registered will not be entered.**
- Non-registered teams:** Non-registered or nonexistent teams must submit entries for swim meets by email with the information about the athletes (date of birth, name, USA-S ID #, events and entry times). The entries are considered deck entries since they have to be entered manually and they will be charge accordingly, which currently is double the stated amount in the meet announcement.
- Entry Fees:** \$ 4.00 per individual event
\$ 7.50 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**

- Meet Cap:** The meet will be capped at 400 athletes on a first come, first serve basis. Also, we will follow the 4-hour rule for 12&unders.
- 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:
\$15 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, fast to slow.
- 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 unless otherwise specified, but scored using the Hy-Tek scoring below.
- 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 CASH ONLY. 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:** Harold Avellaneda
- Admin Official:** 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.

Warm Up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
Friday: 4:30-5:15pm and Saturday&Sunday: 7:30-8:40 a.m. - General Warm Up – all lanes. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
Friday: 5:15-5:25pm and Saturday&Sunday: 8:40-8:55 a.m. Controlled Warm up:

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Swimming and Pulling, Push Off

1. Pace lanes – last 10-15 minutes of warm up. Push-off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 10-15 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

Friday, May 1, 2020
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, May 2, 2020
Saturday – Session 2
Warm-up: 7:30 am. Start: 9:00 am.

Event #	Event
7 - 8	50 fly
9 – 10	50 breast
11 – 12	100 fly
13 – 14	13 & over 200 IM
15 – 16	10 & under 100 free
17 – 18	100 breast
19 – 20	13 & over 200 breast

Sunday, May 3, 2020
Sunday – Session 3
Warm-up: 7:30 am. Start: 9:00 am.

Event #	Event
21 – 22	50 back
23 – 24	11 & over 100 free
25 – 26	13 & over 200 fly
27 – 28	12 & under 200 IM
29 – 30	100 back
31 – 32	13 & over 200 back
33 – 34	13 & over 200 free