

# 2019 Annual Canby IMX/IMR Challenge

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CANBY GATORS SWIM CLUB  
**2019 CANBY GATORS IMX/IMR CHALLENGE**  
DECEMBER 13, 14, 15, 2019

***HELD UNDER THE SANCTION OF USA SWIMMING***

- Sanction No.** 19-160 (IMX), 19-161 (IMR)  
In granting this sanction, 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 to anyone during the conduct of this event.
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Host:** CANBY GATORS SWIM CLUB
- Location:** CANBY MUNICIPAL POOL  
1150 S Ivy Street  
Canby, OR 97013  
Pool Phone: (503) 266-2761
- Facility:** Indoor, 25 yards long, 6 lanes with non-turbulent lane lines. Pool depth is 3.5 to 10 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado 6 electronic timing system. The competition course has been certified in accordance with 104.2.2(c) 4. A copy of such certification is on file with USA Swimming.  
  
Parking is available in the pool parking lot and in the school parking lots adjacent to the pool. Swim venue includes: Men's and Women's locker rooms with access onto the pool deck. Open pool deck areas available for swimmers, coaches and officials only. Facility is accessible to adaptive swimmers.
- Referee** Ken Chard: [hank45.gm@gmail.com](mailto:hank45.gm@gmail.com) (971) 219-6262
- Meet Director** Teresa Steinbock: [teresasteinbock@gmail.com](mailto:teresasteinbock@gmail.com) (503) 267-6319
- Entries:** Please submit a Hytek entry file to [teresasteinbock@gmail.com](mailto:teresasteinbock@gmail.com). Submit YARD TIMES ONLY. With the submission of entries, the coaches/team representative attests that all swimmers entered are registered with USA Swimming.
- Entry Events:** Swimmers may only swim in either the IMX OR IMR track. Swimmers cannot combine events from different tracks. **All swimmers must swim their whole track.** Any entries trying to mix tracks or not a complete track will be rejected by the meet director. IMR swimmers will swim 5 races; IMX swimmers 12 & under will swim 5 races, 13 & over will swim 6.
- Meet Format:** All events will be swum mixed gender as timed finals.
- Entry Fees:** **\$15.00 Swimmer Surcharge (\$3 OSI Fee; \$9.00 Facility Use Fee; \$3 Heat Sheet Fee)**  
**\$4.50 Individual Event Fee**  
  
Entry fees must be paid before the start of the meet. Please make checks payable to Canby Swim Club (CSC) and send to:

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Canby Swim Club  
IMX/IMR Meet Entries  
Attn: Teresa Steinbock  
PO Box 21  
CANBY, OR 97013

**Entry Deadline:** Entries must be received no later than 6pm on **Friday, Nov 22, 2019**. E-mail entries are accepted but not finalized until payment is received. Entries will be processed in the order received. If the meet fills up before all entries are received and processed, precedence will be given to those teams supplying officials per the OSI suggested standard (under the 'Officials' section) and whose payment has been received.

**Coach Required:** For unattached swimmers, or swimmers whose coach is not attending the meet, *it is the team/swimmers responsibility to arrange for a certified coach to be responsible for the swimmer before arriving at the meet.* If assistance is needed, please see the Meet Director or the Meet Referee.

<b>Schedule:</b>	<u>Warm-ups</u>	<u>Competition</u>
Friday (IMX 13 & O only)	4:30-5:45pm	6:00pm
Saturday am (IMR)	8:00-9:15am	9:30am
Saturday pm (IMX)	tbd	
Sunday am (IMR)	8:00-9:15am	9:30am
Sunday pm (IMX)	tbd	

Meet times for afternoon sessions will be determined when all entries are in and the meet is seeded. We reserve the right to combine sessions and add breaks if needed. Afternoon swimmers will have 75 minutes warm-up.

**Check-in:** **Positive check-in for all events will be in effect. Check-in must be completed 15 minutes after the start of warm-ups on the day of the race.**

Since this is a positive check-in meet, heat sheets will be made available as soon as seeding is completed, being published to Meet Mobile at no charge. Heat Sheets will not be sold at the meet. Copies will be posted on the wall.

**Scoring:** Hy-tek IMX/IMR scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events in their track will be combined for an overall IMX or IMR point total. Disqualifications will receive zero points. Races will be swum mixed gender, all ages combined.

**Awards:** Top 6 high points for each of the following will be awarded: IMR, IMX 12 & under, IMX 13 & over.

**Meeting:** Officials meeting will be held at 45 minutes prior to the start of the meet. Coaches meeting will be held 15 minutes prior to the start of the meet.

**Rules:** Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark. Heats may be doubled or combined to ensure timely completion of the meet. All events will be ran slowest seed to fastest except for the 500 Free and 400 IM, they will be seeded fastest to slowest. Warm-up breaks will be scheduled before distance events at the Referee's discretion.

**Safety:** Current Oregon Swimming Inc. Safety Guidelines and Warm-up Procedures will be in effect as applicable and strictly enforced. SEE ENCLOSURE FOR OSI SAFETY

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PROCEDURES. Also, any swimmer entered in the meet must be certified by a USA swimming member coach as being proficient in performing racing starts 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.

## **Restrictions:**

TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. Photography is not allowed behind the blocks during the meet. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

## **Officials:**

We always need and appreciate the help of certified officials and trainees from participating teams. If you are going to be attending this meet please notify the meet director. Please check in with the meet referee upon arrival. A hospitality tent will be provided for coaches and deck officials. Per OSI suggested standard for number of athlete entries:

- 0 to 1 – no requirement
- 2 to 20 – 2 certified officials
- 21 + - 3 certified officials

Priority for entries will be given to those teams committing to provide officials as described above

## **Timers:**

Each team will be given lane timing assignments and **MUST SUPPLY TIMERS.** Please have your team parents sign up on the timing sign-up sheets located behind the starting blocks. A lack of lane timers will cause delay at the very least. **Each swimmer MUST SUPPLY A LAP COUNTER for the 500's and the 1000's.**

## **Hospitality:**

A hospitality area will be provided for Officials and Coaches. An ample supply of Breakfast, Lunch, and Snack selections will be available throughout the meet.

## **Concessions:**

An ample assortment of refreshments will be available for purchase throughout the meet. Foods will include nutritious hot items as well as breads, fruits, snacks, water, and sports drinks

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ALL EVENTS ARE MIXED GENDER

	<b>FRIDAY PM IMX</b>
1	13& over 200 IM IMX
2	13 & over 200 FLY IMX
	<b>SATURDAY AM IMR</b>
3	12 & under 50 Butterfly IMR
4	13 & over 100 Butterfly IMR
5	12 & under 50 Back IMR
6	13 & Over 100 Back IMR
7	10 & Under 100 Free IMR
8	11 & Over 200 Free IMR
	<b>SATURDAY PM IMX</b>
9	12 & Under 100 Breaststroke IMX
10	13 & Over 200 Breaststroke IMX
11	10 & under 200 Free IMX
12	11-12 500 Free IMX
13	13 & Over 500 Free IMX
	<b>Sunday AM IMR</b>
14	12 & Under 100 IM IMR
15	13 &Over 200 IM IMR
16	12 & Under 50 Breaststroke IMR
17	13 & Over 100 Breaststroke IMR
	<b>Sunday PM IMX</b>
18	12 & under 100 FLY IMX
19	13 & Over 200 Backstroke IMX
20	12 & Under 100 Backstroke IMX
21	13 & Over 400 IM IMX
22	12 & Under 200 IM IMX

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## SECTION IX – SAFETY GUIDELINES AND WARM-UP PROCEDURES

### A. WARM-UP PROCEDURES

1. GENERAL WARM-UP (First 30-45 minutes)
  - (a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
  - (b) No sprinting (racing starts) allowed during this general warm-up session.
  - (c) All lanes to be used for general warm-ups.
2. SPECIFIC WARM-UPS (last 15 minutes)

### RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4
8 LANE	1 & 8	2 & 7	3,4,5, & 6
9 LANE	1 & 9	2 & 8	3,4,5,6, & 7
10 LANE	1 & 10	2 & 9	3,4,5,6,7, & 8

- (a) Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- (b) Racing Starts – Only designated lanes for racing starts from the blocks or for Backstroke starts at specified times.
- (c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

### B. SAFETY GUIDELINES

1. COACHES RESPONSIBILITIES
  - (a) Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - (b) Coaches shall actively supervise their swimmers at meets and at all practices.
2. HOST TEAM RESPONSIBILITIES
  - (a) Marshalling - A minimum of (4) Marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedure.
  - (b) Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-ups.
  - (c) Warm-up times and lane assignments shall be posted at several locations around the pool.
  - (d) The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet."
  - (e) An announcer shall be on duty for the entire warm-up session to announce lane and /or time changes and to assist with the conduct of the warm-up.
  - (f) Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.
3. MISCELLANEOUS
  - (a) Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.
  - (b) Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
  - (c) Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
  - (d) Warm-up procedures shall be enforced for any breaks scheduled during the meet.
  - (e) Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

**NOTE:** Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

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## UNATTACHED SWIMMERS FORM

PLEASE COMPLETE THIS FORM FOR ALL UNATTACHED SWIMMERS PARTICIPATING

MEET: \_\_\_\_\_ DATE: \_\_\_\_\_

	NAME	AGE	SWIMMING WITH ( CLUB )
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			