



FAST, ICAC, RAQ, RST

IMX and IMR Meet

January 5, 2019

Open only to: FAST, ICAC, RAQ, RST

Warmup 8:00 AM		Saturday Jan 5, 2019		Meet Starts 9:00 AM	
1	Mixed	11 & Over	200 Free	12/U IMX	13/O IMR
2	Mixed	8 & Under	25 Free		
3	Mixed	10 & Under	100 Free	IMR	
4	Mixed	8 & Under	25 Breast		
5	Mixed	13 & Over	200 Breast	IMX	
6	Mixed	12 & Under	100 Breast	IMX	
7	Mixed	13 & Over	100 Fly	IMR	
8	Mixed	12 & Under	50 Fly	IMR	
9	Mixed	8 & Under	25 Fly		
10	Mixed	13 & Over	200 Back	IMX	
11	Mixed	12 & Under	100 Back	IMX	
12	Mixed	8 & Under	25 Back		
13	Mixed	13 & Over	400 IM	IMX	
14	Mixed	12 & Under	100 IM	IMR	
15	Mixed	10 & Under	200 Free	IMX	
16	Mixed	9 & Over	200 IM	12/U IMX	13/O IMR
17	Mixed	13 & Over	100 Breast	IMR	
18	Mixed	12 & Under	50 Breast	IMR	
19	Mixed	13 & Over	200 Fly	IMX	
20	Mixed	12 & Under	100 Fly	IMX	
21	Mixed	13 & Over	100 Back	IMR	
22	Mixed	12 & Under	50 Back	IMR	
23	Mixed	11 & Over	500 Free	IMX	

Notes: All events will be swum fastest to slowest. All events will be mixed girls and boys swimming together.

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-19-13. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTOR: Mary Redmond. Telephone: (760) 716-7678, or email: seanmary@aol.com

POOL: Palomar College Pool, 1140 W. Mission Rd., San Marcos, CA 92069. 25 yard, 9 lane pool with warm-up facilities. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full snack bar available.



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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 (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

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 stepping stone.



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: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM



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ELIGIBILITY: Open to SI FAST, ICAC, RAQ, and RST swimmers who hold a valid 2019 USA Swimming Card issued no later than Thursday, January 3, 2019. SI Swimming does not permit on-deck registrations. Swimmers with a disability are encouraged to participate. All USA Swimming registration numbers will be verified with the SWIMS registration database.

RULES: Current USA swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions of this meet announcement. All coaches and deck officials must be able to provide proof of registration if requested. 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. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.

- **Check-in.** This is a pre-seeded meet. No Check-in required
- **Seeding.** All events will be seeded fastest to slowest. All events will be combined girls and boys
- **Racing Starts.** All swimmers 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. For swimmers unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

WARM-UP: Assigned warm-ups, an estimated timeline will be sent to each team. Timing assignments will be divided to 3 lanes per team.

- Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.

ENTRIES: Entries must be submitted electronically using the Hy-Tek Team Manager system, and emailed to seanmary@aol.com. Event files will be sent to the participating teams. All entries that do not show a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Short Course times only. No time entries may submit "NT".

ENTRY FEES: Surcharge of \$25 per swimmer (no 'splash fee' for each race).

DELIVERY:

- EMAIL: Must be received by Thursday, January 3, 2019, to: seanmary@aol.com

AWARDS: No awards.

Concussion Training Required in California

- California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.
- **These requirements will also apply to out of state coaches whose swimmers are attending meets in California.**

All links can be found on www.si-swimming.org under the 2019 registration forms tab.