

Cheshire Y/Sea Dog Swim Club
10th Annual IMX Cup
October 24-25, 2015

Freeman Athletic Center
Wesleyan University
161 Cross Street
Middletown, CT 06457

Mapping Software: <http://goo.gl/maps/7hoX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-15. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Jenn Carroll	wandjcarroll@comcast.net	
Meet Referee:	Mark Wollen	mark@mjwollen.com	
Entry Chair:	Dan Mascolo	cdogentries@gmail.com	
Safety Chair:	Sean Farrell	sfarrell@sccymca.org	

WEBSITE: www.seadogswim.org

POOL EMERGENCY NUMBER: Facility Monitor: 860-685-2690
Pool: 860-685-2915

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as Timed-Final.

SCRATCH PROCEDURES: All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet.

FACILITY: The Freeman Athletic Center Pool is 50 meters by 25-yards. Water depth at start and turn end is: between 7.5 and 14 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado timing will be used. The spectator area has a seating capacity of 340. This will be strictly enforced. Wrist bands will be distributed to participating clubs based on the number of swimmers in prelims. Spectators will receive bands from their club. The aisles must be clear at all times. No personal chairs are allowed. The back aisle must be clear at all times. There is no standing. There is no saving seats. .

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby to locker rooms and pool deck. Spectator area is to

the left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: SCY

SESSION TIMES:

Sat AM (12/U IMX Events) - 7:00am Warm-Up; 8:00am Start
Sat Mid (10/U Developmental Events) – 11:30am Warm-Up; 12:00pm Start
Sat PM (13/O IMX Events) - 2:30pm Warm-Up; 3:30pm Start
Sun AM (12/U IMX Events) – 7:00am Warm-Up; 8:00am Start
Sun Mid (10/U Developmental Events) – 12:00pm Warm-Up; 12:30pm Start
Sun PM (13/O IMX Events) – 2:30pm Warm-Up; 3:30pm Start

Subject to Change

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 2 sessions of general warm up and 1 specific warm up using 15 lanes will be used for warm up during the AM and PM sessions. 1 session of general warm up and 1 specific warm up will be used during the midday session.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

EVENT INFORMATION: To be eligible for IMX Cup awards Swimmers must legally complete every IMX event.

9 Year Old & 10 Year Old: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11 Year Old & 12 Year Old: 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

The Middle session of the meet is designed to augment the IMX Cup. It is for 8/Under and newer 9-10 year old swimmers who may not developmentally be ready for the longer IMX events.

ENTRY LIMITATIONS: 3 events per day

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Entry deadline is Tuesday, October 6, 2015. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of the entry.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at cdogentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

ENTRY FEES: Electronic entries: \$8.50 for individual events. Manual entries: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

PAYMENT INSTRUCTIONS: Please make checks payable to "**STPA**" and put "**IMX**" *on the memo line*.

Checks should be mailed to:

STPA/Sea Dog Swim Club

PO Box 271

Cheshire, CT 06410

Payment must be received by Friday, October 9, 2015

CUT PROTOCOL:

Due to Wesleyan deck capacity rules, a session will be closed after 310 swimmers have been entered or if a session runs over 4 hours. Clubs will be notified of cuts no later than Monday before the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: No

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.

5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All teams will be notified of their work assignment a few days prior to the meet. All swimmers in the 500 Free must provide their own counter. Participating clubs will be notified of work assignments by the Monday before the meet.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will be scored using USA Swimming's IMX scoring system. For more information on the IMX scoring system please visit:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1720&Alias=Rainbow&Lang=en-US>

AWARDS: IMX Cup: Swimmers must legally complete every IMX event to be qualified for an IMX Cup award. Awards for the Top 6 overall IMX scores for each age and gender.

Developmental Session: Swimmers must legally complete every event to be qualified for an award. Awards for the Top 6 overall scorers for each age group (8&U, 9 year old, 10 year old) and gender.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: LOBBY POLICY: The main lobby of Freeman Athletic Center is to remain open and clear at all times. No chairs will be allowed. No chairs will be allowed in front of the observation window in the lobby. The area leading to the back Fieldhouse and the hockey rink area will be available for parent chairs. The hockey rink spectator area will also be available for swimmers and families.

PARKING: No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

DIRECTIONS:

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street. The pool will be immediately on your left.

From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street. The pool will be immediately on your left.

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 1 Sat AM 9-12 IMX

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 9-12 100 Backstroke	0	0	08:00 AM	_____
Finals	2 Boys 9-12 100 Backstroke	0	0	08:00 AM	_____
Finals	3 Girls 9-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	4 Boys 9-12 100 Breaststroke	0	0	08:00 AM	_____
Finals	5 Girls 9-12 200 IM	0	0	08:00 AM	_____
Finals	6 Boys 9-12 200 IM	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 2 Sat Mid 10/U Developmental

Day of Meet: 1 Starts at 12:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Girls 9-10 50 Backstroke	0	0	12:45 PM	_____
Finals	8 Boys 9-10 50 Backstroke	0	0	12:45 PM	_____
Finals	9 Girls 8 & Under 25 Backstroke	0	0	12:45 PM	_____
Finals	10 Boys 8 & Under 25 Backstroke	0	0	12:45 PM	_____
Finals	11 Girls 9-10 50 Freestyle	0	0	12:45 PM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	12:45 PM	_____
Finals	13 Girls 8 & Under 25 Freestyle	0	0	12:45 PM	_____
Finals	14 Boys 8 & Under 25 Freestyle	0	0	12:45 PM	_____
Finals	15 Girls 9-10 50 Breaststroke	0	0	12:45 PM	_____
Finals	16 Boys 9-10 50 Breaststroke	0	0	12:45 PM	_____
Finals	17 Girls 8 & Under 100 IM	0	0	12:45 PM	_____
Finals	18 Boys 8 & Under 100 IM	0	0	12:45 PM	_____
	Finish Time			12:45 PM	_____

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 3 Sat PM 13/O IMX

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 13 & Over 200 Backstroke	0	0	04:00 PM	_____
Finals	20 Boys 13 & Over 200 Backstroke	0	0	04:00 PM	_____
Finals	21 Girls 13 & Over 200 Breaststroke	0	0	04:00 PM	_____
Finals	22 Boys 13 & Over 200 Breaststroke	0	0	04:00 PM	_____
Finals	23 Girls 13 & Over 400 IM	0	0	04:00 PM	_____
Finals	24 Boys 13 & Over 400 IM	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 4 Sun AM 9-12 IMX

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 9-12 100 Freestyle	0	0	08:00 AM	_____
Finals	26 Boys 9-12 100 Freestyle	0	0	08:00 AM	_____
Finals	27 Girls 9-10 200 Freestyle	0	0	08:00 AM	_____
Finals	28 Boys 9-10 200 Freestyle	0	0	08:00 AM	_____
Finals	29 Girls 9-12 100 Butterfly	0	0	08:00 AM	_____
Finals	30 Boys 9-12 100 Butterfly	0	0	08:00 AM	_____
Finals	31 Girls 11-12 500 Freestyle	0	0	08:00 AM	_____
Finals	32 Boys 11-12 500 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 5 Sun Mid 10/U Developmental

Day of Meet: 2 Starts at 12:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Girls 8 & Under 25 Breaststroke	0	0	12:45 PM	_____
Finals	34 Boys 8 & Under 25 Breaststroke	0	0	12:45 PM	_____
Finals	35 Girls 9-10 100 Freestyle	0	0	12:45 PM	_____
Finals	36 Boys 9-10 100 Freestyle	0	0	12:45 PM	_____
Finals	37 Girls 8 & Under 25 Butterfly	0	0	12:45 PM	_____
Finals	38 Boys 8 & Under 25 Butterfly	0	0	12:45 PM	_____
Finals	39 Girls 9-10 50 Butterfly	0	0	12:45 PM	_____
Finals	40 Boys 9-10 50 Butterfly	0	0	12:45 PM	_____
Finals	41 Girls 8 & Under 50 Freestyle	0	0	12:45 PM	_____
Finals	42 Boys 8 & Under 50 Freestyle	0	0	12:45 PM	_____
Finals	43 Girls 9-10 100 IM	0	0	12:45 PM	_____
Finals	44 Boys 9-10 100 IM	0	0	12:45 PM	_____
	Finish Time			12:45 PM	_____

10th Annual IMX Cup - 10/24/2015 to 10/25/2015**Session Report**

Session: 6 Sun PM 13/O IMX

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 13 & Over 200 IM	0	0	04:00 PM	_____
Finals	46 Boys 13 & Over 200 IM	0	0	04:00 PM	_____
Finals	47 Girls 13 & Over 200 Butterfly	0	0	04:00 PM	_____
Finals	48 Boys 13 & Over 200 Butterfly	0	0	04:00 PM	_____
Finals	49 Girls 13 & Over 500 Freestyle	0	0	04:00 PM	_____
Finals	50 Boys 13 & Over 500 Freestyle	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____