

Cheshire Y/Sea Dog Swim Club
11th Annual IMX Cup
October 22-23, 2016

Cheshire Community Pool, 520 South Main Street, Cheshire, CT 06410

Mapping Software: <http://goo.gl/maps/3uiXX>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S16-14. 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:	Molly Barto	mollybarto@mac.com	203-808-6964
Meet Referee:	Ken Gray	kwgray3@gmail.com	860-227-8618
Entry Chair:	Dan Mascolo	cdogentries@gmail.com	203-272-3150 x512
Safety Chair:	Sean Farrell	sfarrell@sccymca.org	203-272-3150 x513

WEBSITE: www.seadogswim.com

POOL EMERGENCY NUMBER: 203-271-3208

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

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 be developmentally ready for the longer IMX events.

SCRATCH PROCEDURES: Scratch sheets will be provided in the Coaches' Packets. These sheets **MUST** be returned fifteen (15) minutes after the first warm-up begins with the scratched swimmers names clearly identified.

FACILITY: The Cheshire Community Pool is a 10-lane, 25-yard pool. Water depth at start end is: 6-8 ft. Water depth at turn end is: 6-8 ft. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System. Deck Seating will be available, bring deck chairs.

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

DISABLED ACCESS: The facility is accessible to the disabled. Please contact the Meet Director with questions.

COURSE: SCY

SESSION TIMES: Subject to Change

Sat/Sun AM (9-12 IMX) – Warm Up 7:00am; Start 8:00am

Sat/Sun Mid (10/U Developmental) – Warm Up 12:00pm; Start 12:35pm

Sat/Sun PM (13/O IMX) – Warm Up 2:30pm; Start 3:30pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

Sat/Sun AM – 2 – 20min General Warm ups (at least 10 lanes); 1 – 15 min Specific Warm Up

Sat/Sun Mid – 1 – 20min General Warm up (at least 10 lanes); 1 – 10 min Specific Warm Up

Sat/Sun PM – 2 – 25min General Warm ups (at least 10 lanes); 1 – 10min Specific Warm Up

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 the [Connecticut Swimming office](#).

ENTRY LIMITATIONS: 3 events per day.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: deadline is October 11, 2016. Mail hardcopy and payment to:

Sea Dog Swim Club

PO Box 271

Cheshire, CT 06410

All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted first-come, first-served based on timestamp of email.

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. Payment is due prior to the start of the meet, or by other date as set forth to accepted teams by the entry chair or meet director.

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: \$10.50 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 mail to: Sea Dog Swim Club, PO Box 271, Cheshire, CT 06410. Please note “IMX” in the memo line of the check. Payment must be received by 10/22/16, or by other date as set forth to accepted teams by the entry chair or meet director.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted **IN THE ORDER PRESENTED** to reduce the timeline to the required length or participation number:

Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill 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 requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no 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 all 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: Participating clubs will be given work assignments in relation to the size of their entry. 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, with the 1st place finisher in each age/gender category receiving the IMX Cup.

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: Events will be swum in age groupings (9-10; 11-12; 13/Over) but will be scored as single year age groups for 9 and up except for 17-18. All swimmers in the 500 Free must provide their own counter.

PARKING: Overflow parking available across the street at Cheshire High School.

DIRECTIONS:

From 91 North: to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

From 91 South: to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the ramp, go left, heading South on Rt. 10. Follow Rt. 10 South through Cheshire. Pool is on the left across from the High School.

From 84 West: to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South

through Cheshire. Pool is on the left across from the High School.

From 84 East: to exit 26 (Rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

11th Annual IMX Cup - 10/22/2016 to 10/23/2016
Session Report

Session: 1 Saturday AM

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	_____

11th Annual IMX Cup - 10/22/2016 to 10/23/2016**Session Report**

Session: 2 Saturday Mid

Day of Meet: 1 Starts at 12:35 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Girls 9-10 50 Backstroke	0	0	12:35 PM	_____
Finals	8 Boys 9-10 50 Backstroke	0	0	12:35 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	9 Girls 8 & Under 25 Backstroke	0	0	12:38 PM	_____
Finals	10 Boys 8 & Under 25 Backstroke	0	0	12:38 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	11 Girls 9-10 50 Freestyle	0	0	12:41 PM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0	12:41 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	13 Girls 8 & Under 25 Freestyle	0	0	12:44 PM	_____
Finals	14 Boys 8 & Under 25 Freestyle	0	0	12:44 PM	_____
	Break: 3 Minutes:				
Finals	15 Girls 9-10 50 Breaststroke	0	0	12:47 PM	_____
Finals	16 Boys 9-10 50 Breaststroke	0	0	12:47 PM	_____
Finals	17 Girls 8 & Under 100 IM	0	0	12:47 PM	_____
Finals	18 Boys 8 & Under 100 IM	0	0	12:47 PM	_____
	Finish Time			12:47 PM	_____

11th Annual IMX Cup - 10/22/2016 to 10/23/2016**Session Report**

Session: 3 Saturday PM

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 13 & Over 200 Backstroke	0	0	03:30 PM	_____
Finals	20 Boys 13 & Over 200 Backstroke	0	0	03:30 PM	_____
Finals	21 Girls 13 & Over 200 Breaststroke	0	0	03:30 PM	_____
Finals	22 Boys 13 & Over 200 Breaststroke	0	0	03:30 PM	_____
Finals	23 Girls 13 & Over 400 IM	0	0	03:30 PM	_____
Finals	24 Boys 13 & Over 400 IM	0	0	03:30 PM	_____
	Finish Time			03:30 PM	_____

11th Annual IMX Cup - 10/22/2016 to 10/23/2016**Session Report**

Session: 4 Sunday AM

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	_____

11th Annual IMX Cup - 10/22/2016 to 10/23/2016**Session Report**

Session: 5 Sunday Mid

Day of Meet: 2 Starts at 12:35 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Girls 8 & Under 25 Breaststroke	0	0	12:35 PM	_____
Finals	34 Boys 8 & Under 25 Breaststroke	0	0	12:35 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	35 Girls 9-10 100 Freestyle	0	0	12:38 PM	_____
Finals	36 Boys 9-10 100 Freestyle	0	0	12:38 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	37 Girls 8 & Under 25 Butterfly	0	0	12:41 PM	_____
Finals	38 Boys 8 & Under 25 Butterfly	0	0	12:41 PM	_____
	Break: 3 Minutes: Timers to other end				
Finals	39 Girls 9-10 50 Butterfly	0	0	12:44 PM	_____
Finals	40 Boys 9-10 50 Butterfly	0	0	12:44 PM	_____
Finals	41 Girls 8 & Under 50 Freestyle	0	0	12:44 PM	_____
Finals	42 Boys 8 & Under 50 Freestyle	0	0	12:44 PM	_____
Finals	43 Girls 9-10 100 IM	0	0	12:44 PM	_____
Finals	44 Boys 9-10 100 IM	0	0	12:44 PM	_____
	Finish Time			12:44 PM	_____

11th Annual IMX Cup - 10/22/2016 to 10/23/2016**Session Report**

Session: 6 Sunday PM

Day of Meet: 2 Starts at 03:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 13 & Over 200 IM	0	0	03:30 PM	_____
Finals	46 Boys 13 & Over 200 IM	0	0	03:30 PM	_____
Finals	47 Girls 13 & Over 200 Butterfly	0	0	03:30 PM	_____
Finals	48 Boys 13 & Over 200 Butterfly	0	0	03:30 PM	_____
Finals	49 Girls 13 & Over 500 Freestyle	0	0	03:30 PM	_____
Finals	50 Boys 13 & Over 500 Freestyle	0	0	03:30 PM	_____
	Finish Time			03:30 PM	_____