

# 1st Annual WHAT IMX Meet Qualifier

**October 11-12, 2025**

Wesleyan University  
161 Cross St, Middletown, CT 06459  
Wesleyan University Directions

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S25-5. 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.

	Name	Email	Phone
<b>Meet Director:</b>	<b>Rob Riccobon</b>	<a href="mailto:whatcoaches@gmail.com">whatcoaches@gmail.com</a>	<b>860-985-2818</b>
<b>Meet Referee:</b>	<b>Susan Parker</b>	<a href="mailto:Sparker61@comcast.net">Sparker61@comcast.net</a>	
<b>Lead Admin Official:</b>	<b>Reem Nouh-Omar</b>	<a href="mailto:whatoperations@gmail.com">whatoperations@gmail.com</a>	
<b>Entry Chair:</b>	<b>Jo Ann McCaffrey</b>	<a href="mailto:keepintimeentries@gmail.com">keepintimeentries@gmail.com</a>	<b>914-391-5841</b>
<b>Safety Chair:</b>	<b>Alex Albert</b>	<a href="mailto:whatoperations@gmail.com">whatoperations@gmail.com</a>	<b>860-985-2818</b>
<b>Officials Contact:</b>	<b>Susan Parker</b>	<a href="mailto:Sparker61@comcast.net">Sparker61@comcast.net</a>	

**MEET HOST:** WHAT Swimming

**WEBSITE:** [www.whatswim.org](http://www.whatswim.org)

**POOL EMERGENCY NUMBER:** 860-985-2818

**COURSE:** SCY

**SESSION TIMES:** Subject to Change

	Warmup	Start Time:
Saturday 9-12	7:00am	8:00am
Saturday 8 & Under Developmental	12:00pm	1:15pm
Saturday 13 & Over	2:45pm	4:15pm
Sunday 9-12	7:00 am	8:00 am
Sunday 13 & Over	1:00 pm	2:00 pm

**DEADLINES:** Deadline is September 22, 2025. You will receive an email from the entry chair upon receiving your entry.

**PAYMENT INSTRUCTIONS:** Please make checks payable to **WHAT Swimming**.

Please bring payment to the meet.

**Payments must be received on day of the meet.**

**ENTRY FEES:** Electronic entries: \$15.00 for individual events and \$20.00 for distance events. Per Swimmer Facility Fee: \$10.00. Manual entries: \$20.00 for individual events and \$25.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**REGISTRATION REPORTING:** The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanctioned USA/CT Swimming meet.

**SANCTIONED OR APPROVED:** Sanctioned

**MEET DURATION:** Full meet with time limits as defined by CT/USA Swimming.

**MEET FORMAT:** The meet will be swum as Timed-Finals, scoring will be separated by single age.

**FACILITY:** The Freeman Center Pool is a 50 meter by 25 yard venue with a Colorado Timing System. 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 system. Water depth at the start and turn end is 7.5 to 14 ft when Short Course and 5 ft to 14.5 feet when Long Course. Limited spectator seating is available on the balcony.

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

**MEDICAL SUPERVISION:** Medical assistance will be provided by the West Hartford Fire Department and Middletown Police Department upon contacting their emergency or non-emergency numbers.

**WIFI ACCESS:** Wifi is available and the connectivity is fair.

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

**EVENT INFORMATION:** The meet will be run in a 10 lane format.

**8 & Under Developmental Events: 25 fly/25 bk/25 br/25 fr/100 fr**

**9-10 IMX Events: 50 fly/50 bk/50 br/100 fr/100 IM**

**11-12 IMX Events: 100 fly/100 bk/100 br/100 fr/200 IM/500 fr**

**13 & Over IMX Events: 200 fly/200 bk/200 br/200 IM/400 IM/500 fr**

Swimmers will be limited to four(4) individual events per day and six (6) individual events for the entire meet. Swimmers shall compete at the age attained at the first day of the meet.

Swimmers must provide their own timer and lap counter for the Distance Session on Sunday.

Scratch sheets will be given at the beginning of each session and are due 30 minutes after the start of the first warmup.

Deck entries are permitted if time allows. Deck entries will be \$20.00 per each individual event.(cash or check only)

***Swimmers will be required to prove current USA Swimming membership in good standing if a swimmer is not already entered in the meet.***

**ENTRY LIMITATIONS:** Max of four(4) individual events per day. Max of six (6) individual events for meet.

**SCRATCH PROCEDURES:** Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

**SAFE SPORT POLICIES:** Spectators will be allowed in the facility but only in the balcony area. Parents are not allowed on-deck unless working a volunteer position.

**DISABLED ACCESS:** Limited handicap parking is available behind the Freeman Athletic Center. Disabled access is available at the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. The spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches, or spectators, please contact the meet director.

**ELIGIBILITY:** All USA Swimming clubs and individuals; Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and

[https://www.ctswim.org/Customer-Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

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 **without the use of the backstroke ledge**. 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.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

**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 TIMES:** Submit entry times in SCY.

**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 [keepintimeentries@gmail.com](mailto:keepintimeentries@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Received date will be the date and time stamp of the emailed entry.

**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.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**OUTREACH ENTRY FEE REIMBURSEMENT:** Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on [ctswim.org](http://ctswim.org).

### **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:

1. All relays, if planned, will be eliminated.
2. The distance events (400 meters or greater) may be heat limited to the 4 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. 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, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

**DRONES:** 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 USA Swimming Vice President of Program Operations.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** No.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Participating clubs will be notified of Work Assignments the Monday before the meet. Teams will be required to supply timers in proportion to the size of their entry. Qualified officials interested in working the meet, please contact Susan Parker. Distance events on Sunday will need to provide their own timers and counters.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**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 to determine the IMX/Developmental Awards. HyTek Points will be used to determine IMX/Developmental scoring.

**AWARDS:** Yes.

Awards for the top eight(8) overall finishers in each age group/gender combination.

IMX Cup: Swimmers must legally complete every IMX event to be qualified for the IMX cup award. Awards for the top 8 overall IMX Cup scorers for each age and gender(9, 10, 11, 12, 13, 14, 15, 16, 17), with the 1st place finisher in each age/gender category receiving the IMX Cup.

8 & Under Developmental Session: Swimmers must legally complete every event to be qualified for an award. Awards for the top 8 overall scorers for each age group and gender.

Awards will be presented at the final session of each age group. Awards must be picked up in person, awards will not be mailed.

**CONCESSIONS:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** A parking map will be sent to attending teams prior to the meet.

**1st Annual WHAT IMX Meet Qualifier - 10/11/2025 to 10/12/2025  
Session Report**

Session: 1 9-12 IMX Developmental

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 20 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	_____

Session: 2 10 under Developmental

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Girls 8 & Under 25 Butterfly	0	0	01:15 PM	_____
Finals	8 Boys 8 & Under 25 Butterfly	0	0	01:15 PM	_____
Finals	9 Girls 9-10 50 Butterfly	0	0	01:15 PM	_____
Finals	10 Boys 9-10 50 Butterfly	0	0	01:15 PM	_____
Finals	11 Girls 8 & Under 25 Backstroke	0	0	01:15 PM	_____
Finals	12 Boys 8 & Under 25 Backstroke	0	0	01:15 PM	_____
Finals	13 Girls 9-10 50 Backstroke	0	0	01:15 PM	_____
Finals	14 Boys 9-10 50 Backstroke	0	0	01:15 PM	_____
Finals	15 Girls 8 & Under 25 Breaststroke	0	0	01:15 PM	_____
Finals	16 Boys 8 & Under 25 Breaststroke	0	0	01:15 PM	_____
Finals	17 Girls 9-10 50 Breaststroke	0	0	01:15 PM	_____
Finals	18 Boys 9-10 50 Breaststroke	0	0	01:15 PM	_____
Finals	19 Girls 8 & Under 25 Freestyle	0	0	01:15 PM	_____
Finals	20 Boys 8 & Under 25 Freestyle	0	0	01:15 PM	_____
Finals	21 Girls 9-10 50 Freestyle	0	0	01:15 PM	_____
Finals	22 Boys 9-10 50 Freestyle	0	0	01:15 PM	_____
	Finish Time			01:15 PM	_____

Session: 3 13 over IMX Saturday

Day of Meet: 1 Starts at 04:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 13 & Over 200 Backstroke	0	0	04:15 PM	_____
Finals	24 Boys 13 & Over 200 Backstroke	0	0	04:15 PM	_____
Finals	25 Girls 13 & Over 200 Breaststroke	0	0	04:15 PM	_____
Finals	26 Boys 13 & Over 200 Breaststroke	0	0	04:15 PM	_____
	Break: 10 Minutes:				
Finals	27 Girls 13 & Over 400 IM	0	0	04:25 PM	_____
Finals	28 Boys 13 & Over 400 IM	0	0	04:25 PM	_____
	Finish Time			04:25 PM	_____

**1st Annual WHAT IMX Meet Qualifier - 10/11/2025 to 10/12/2025**

**Session Report**

Session: 4 9-12 IMX Sunday

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 9-12 100 Freestyle	0	0	08:00 AM	_____
Finals	30 Boys 9-12 100 Freestyle	0	0	08:00 AM	_____
Finals	31 Girls 9-12 200 Freestyle	0	0	08:00 AM	_____
Finals	32 Boys 9-12 200 Freestyle	0	0	08:00 AM	_____
Finals	33 Girls 9-12 100 Butterfly	0	0	08:00 AM	_____
Finals	34 Boys 9-12 100 Butterfly	0	0	08:00 AM	_____
Finals	35 Girls 9-12 500 Freestyle	0	0	08:00 AM	_____
Finals	36 Boys 9-12 500 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

Session: 5 13 over IMX Sunday

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	38 Boys 13 & Over 200 IM	0	0	02:00 PM	_____
Finals	39 Girls 13 & Over 200 Butterfly	0	0	02:00 PM	_____
Finals	40 Boys 13 & Over 200 Butterfly	0	0	02:00 PM	_____
	Break: 10 Minutes:				
Finals	41 Girls 13 & Over 500 Freestyle	0	0	02:10 PM	_____
Finals	42 Boys 13 & Over 500 Freestyle	0	0	02:10 PM	_____
	Finish Time			02:10 PM	_____