

WHAT Swimming Annual IMX Qualifier Meet

October 10-11, 2026

Wesleyan University –
Freeman Athletic Center 161 Cross Street, Middletown, CT 06459.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S26- 6. 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.

Host Team Code	WHAT
Meet Director	Rob Riccobon whatoperations@mail.com 860-985-2818
Entry Chair	JoAnn McCaffrey keepintimeentries@gmail.com 914-391-5841
Referee	Sarah Bollman sbollman.mbs@gmail.com
Safety Chair	Alex Albert whatoperations@gmail.com 860-985-2818
Official's Contact	Sarah Bollman sbollman.mbs@gmail.com
FACILITY INFORMATION	
Location	Freeman Athletic Center 161 Cross Street, Middletown, CT 06459
Facilities	10-lanes, 25-yard pool. Colorado Timing. The competition course has been certified in accordance with 104.2.2C(4). Water depth at start end and turn end 7.5 to 14 ft * Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Course	SCY
Emergency Phone	860-985-2818
Website	www.whatswim.org
Wifi Access	WIFI availability and fair connectivity strength
Medical Supervision	Provided by Middletown Fire and Police dept. AED's are available
Safe Sport	There is a viewing area with seating above the pool
Handicapped/Disabled Access	handicapped parking, handicapped entrances and whether pool, locker rooms and spectator areas are accessible. Please contact meet director if needed..
Parking	Parking is designated areas as listed by Wesleyan University Visitor Guide for the event.
Deck Access	Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.
ENTRY INFORMATION	
CT ONLY Deadline	There are no CT ONLY deadlines for any meet in the SC season
Entry Deadline	Deadline is 9/30/26
Entry Fees	Individual: 15.00 Distance 20,00 Per swimmer surcharge \$10.00 Manual Entry Fees: \$20.00 will be added to the amounts above

	** No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.
Send Payment to	WHAT SWIMMING will invoice teams at the conclusion of the meet Payment must be received by 10/11/26
Makes checks payable to	WHAT SWIMMING
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 Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected as soon as you receive invoices at the conclusion of the meet
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.
MEET INFORMATION	
Meet Format	The meet will be swum as Timed-Final . the 13 over 400 IM and 500 free will swim fast to slow alternating gender. 12 under 500 will swim slow to fast girls, then boys ALL 500'S will need their own counter and timer.
Entry Limitations	Swimmers will be limited to 4 events per day and 6 for the entire meet
Meet Duration	Full meet with time limits as defined by CT/USA Swimming.
Sanction Type	Sanctioned
Rules	Current USA Swimming rules will govern all competition.
Relays	No
Time Trials	No
Adult Athletes	All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the <u>Minor Athlete Abuse Prevention Policy</u> .
Hospitality	Yes
Concession	Yes if Wesleyan snack bar is open
Awards	Yes Ribbons will be given for developmental/IMR/ 8/under and 9/10 1-10 10 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/over), with the 1st place finisher in each age/gender category receiving the IMX Cup. 8/under Developmental 25 of each stroke 9/10 IMR 50 bk,50br,50 fly,100 free,100Im 9/10 IMX 100 br, 100 back, 100 fly, 200 IM, 200 free (100 free is a bonus NOT IMX event) 11-12 IMX 100 br, 100 back, 100 fly, 100 free, 200 IM, 500 free 13 over IMX 200 back, 200br, 200fly, 200IM, 400IM, 500Fr
SCHEDULE	
Saturday	Session 1 9-12 yr old IMX Warm up: 7:00 am Start: 8:00 am

	Session 2 Developmental/IMR 8 under & 9/10 Warm up: 12:00 Start: 1:15 Session 3 13 over !MX Warm-up 3:00 pm Start; 4:15 pm
Sunday	Session 1 9-12 IMX Warm up: 7:00 am Start: 8:00 am Session 2 13 over IMX Warm up: 1:00 pm Start: 2:00 pm
CT Swimming Warm-Up Procedures will be in effect.	
MISCELLANEOUS	
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 <u>prior</u> to competition. Adapted athletes may direct questions to the Connecticut Swimming office .
Outreach	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.
Work Assignments	Participating clubs will be notified of work assignments by the Monday before the meet. All volunteers will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy .
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 sanction USA/CT Swimming meet.
Meet Changes	Once the meet has begun, the Meet Referee may make adjustments to the conduct of competition in accordance with USA Swimming Rule 102.11. Any pre-meet changes to the provisions of this meet announcement may only be made with approval of CT Swim Program Operations, unless specifically authorized by CT Swim policy.
Scratch Procedure	Scratch sheets will be handed out per session and are due 20 min after the start of warmups. Teams not complying, will be scratched from the session USA Swimming Rulebook 102.3
Eligibility	Select one: 1. 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. For Sanctioned Meets: 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. List any restrictions, such as age, etc. 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

	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.
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.

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. The distance events (500 yards or greater) may be heat limited to the number the session heats the session allows.
2. The maximum number of events allowed per day may be reduced by one (1).
3.] 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).

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

2026 WHAT Swimming Annual IMX Meet - 10/10/2026 to 10/11/2026**Session Report**

Session: 1 9-12 IMX

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 IMX	0	0	08:00 AM	_____
Finals	2 Boys 9-12 100 Backstroke IMX	0	0	08:00 AM	_____
Finals	3 Girls 9-12 100 Breaststroke IMX	0	0	08:00 AM	_____
Finals	4 Boys 9-12 100 Breaststroke IMX	0	0	08:00 AM	_____
Finals	5 Girls 9-12 200 IM IMX	0	0	08:00 AM	_____
Finals	6 Boys 9-12 200 IM IMX	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

Session: 2 10 under Developmental/IMR

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 9-10 100 IM IM READY	0	0	01:15 PM	_____
Finals	8 Boys 9-10 100 IM IM READY	0	0	01:15 PM	_____
Finals	9 Girls 8 & Under 25 Butterfly Developmental	0	0	01:15 PM	_____
Finals	10 Boys 8 & Under 25 Butterfly Developmental	0	0	01:15 PM	_____
Finals	11 Girls 9-10 50 Butterfly IM READY	0	0	01:15 PM	_____
Finals	12 Boys 9-10 50 Butterfly IM READY	0	0	01:15 PM	_____
Finals	13 Girls 8 & Under 25 Backstroke Developmental	0	0	01:15 PM	_____
Finals	14 Boys 8 & Under 25 Backstroke Developmental	0	0	01:15 PM	_____
Finals	15 Girls 9-10 50 Backstroke IM READY	0	0	01:15 PM	_____
Finals	16 Boys 9-10 50 Backstroke IM READY	0	0	01:15 PM	_____
Finals	17 Girls 8 & Under 25 Breaststroke Developmental	0	0	01:15 PM	_____
Finals	18 Boys 8 & Under 25 Breaststroke Developmental	0	0	01:15 PM	_____
Finals	19 Girls 9-10 50 Breaststroke IM READY	0	0	01:15 PM	_____
Finals	20 Boys 9-10 50 Breaststroke IMREADY	0	0	01:15 PM	_____
Finals	21 Girls 8 & Under 25 Freestyle Developmental	0	0	01:15 PM	_____
Finals	22 Boys 8 & Under 25 Freestyle Developmental	0	0	01:15 PM	_____
Finals	23 Girls 9-10 100 Freestyle IMX	0	0	01:15 PM	_____
Finals	24 Boys 9-10 100 Freestyle IMX	0	0	01:15 PM	_____
	Finish Time			01:15 PM	_____

Session: 3 IMX 13 over

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

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 13 & Over 200 Backstroke IMX	0	0	04:15 PM	_____
Finals	26 Boys 13 & Over 200 Backstroke IMX	0	0	04:15 PM	_____
Finals	27 Girls 13 & Over 200 Breaststroke IMX	0	0	04:15 PM	_____
Finals	28 Boys 13 & Over 200 Breaststroke IMX	0	0	04:15 PM	_____
Finals	29 Girls 13 & Over 400 IM IMX	0	0	04:15 PM	_____
Finals	30 Boys 13 & Over 400 IM IMX	0	0	04:15 PM	_____
	Finish Time			04:15 PM	_____

2026 WHAT Swimming Annual IMX Meet - 10/10/2026 to 10/11/2026**Session Report**

Session: 4 9-12 IMX

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

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 9-12 100 Freestyle IM READY/BONUS	0	0	08:00 AM	_____
Finals	32 Boys 9-12 100 Freestyle IM READY/BONUS	0	0	08:00 AM	_____
Finals	33 Girls 9-10 200 Freestyle IMX	0	0	08:00 AM	_____
Finals	34 Boys 9-10 200 Freestyle IMX	0	0	08:00 AM	_____
Finals	35 Girls 9-12 100 Butterfly IMX	0	0	08:00 AM	_____
Finals	36 Boys 9-12 100 Butterfly IMX	0	0	08:00 AM	_____
Finals	37 Girls 11-12 500 Freestyle IMX	0	0	08:00 AM	_____
Finals	38 Boys 11-12 500 Freestyle IMX	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

Session: 5 13 over IMX

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

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 13 & Over 200 IM IMX	0	0	02:00 PM	_____
Finals	40 Boys 13 & Over 200 IM IMX	0	0	02:00 PM	_____
Finals	41 Girls 13 & Over 200 Butterfly IMX	0	0	02:00 PM	_____
Finals	42 Boys 13 & Over 200 Butterfly IMX	0	0	02:00 PM	_____
Finals	43 Girls 13 & Over 500 Freestyle IMX	0	0	02:00 PM	_____
Finals	44 Boys 13 & Over 500 Freestyle IMX	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____