

Cheshire Y/Sea Dog Swim Club
14th Annual IMX Cup
October 20-21, 2019

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. #S19-18. 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:	Cassie Maliar	cmaliar@sccymca.org	860-919-6380
Meet Referee:	Jonah Tyler	jonah.tyler@comcast.net	
Lead Admin Official:			
Entry Chair:	Cassie Maliar	cmaliar@sccymca.org	860-919-6380
Safety Chair:	Sean Farrell	sfarrell@sccymca.org	203 272-3150x513

MEET HOST: CDOG

WEBSITE: www.seadogswim.org

POOL EMERGENCY NUMBER: 203-271-3208

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

SCRATCH PROCEDURES: Scratch sheets will be provided in the Coaches' Packets. These sheets **MUST** be returned fifteen (15) minutes after the first warm-up session for that session 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 feet. Water depth at turn end is: 6-8 feet. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System. **Bleacher seating is available for the parents. Only swimmers are allowed to use 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 Mid (10/U Developmental) – Warm Up 12:40pm; Start 1:15pm

- Sat PM (13/O IMX) – Warm Up 3:00pm; Start 4:10pm
- Sun PM (13/O IMX) – Warm Up 1:00pm; Start 2:10pm

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

- Sat/Sun AM: 2 – 20 min General Warm Ups (at least 10 lanes); 1 -15 minute Specific Warm Up
- Sat Mid: 1 – 20 min General Warm Up (at least 10 lanes); 1 -10 minute Specific Warm Up
- Sat/Sun PM: 2 – 25 min General Warm Ups (at least 10 lanes); 1 -10 minute Specific Warm Up

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

[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.

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: 4 events/day maximum.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is October 7, 2019.

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 cmaliar@sccymca.org. 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.

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

ENTRY FEES: Electronic entries: \$9.00 for individual events. Manual entries: \$12.00 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" in the memo line and mail to: Sea Dog Swim Club, PO Box 271, Cheshire, CT 06410. Payment must be received by 10/7/19, 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:

1. Entries will be accepted on a first-come, first served basis until the meet is full.
2. If the meet is oversubscribed, accepted teams will be given a deadline to finalize their entries for which they will be financially responsible.
3. If, after final updates have been accepted, there is additional space teams will be allowed in until the meet is full.
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.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

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.

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 the USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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. Swimmers in the 500 Free must provide their own counter.

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 using USA Swimming's IMX scoring system. For more information on the IMX program please visit: <https://www.usaswimming.org/Home/times/IMX-IMR>

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.

Awards will be presented at the end of the final session for each age group. Awards will not be mailed.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

MISCELLANEOUS: Events will be swum in age groupings (9-10; 11-12; 9-12; 13/Over) but will be scored as single year age groups for 9 and above 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.

Cheshire Y/Sea Dog Swim Club 14th Annual IMX - 10/19/2019 to 10/20/2019**Session Report**

Session: 1 Sat. AM 9-12 IMX

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 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	_____

Cheshire Y/Sea Dog Swim Club 14th Annual IMX - 10/19/2019 to 10/20/2019**Session Report**

Session: 2 Sat. Developmental

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 15 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	_____

Cheshire Y/Sea Dog Swim Club 14th Annual IMX - 10/19/2019 to 10/20/2019**Session Report**

Session: 3 Sat. PM 13/O IMX

Day of Meet: 1 Starts at 04:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

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

Cheshire Y/Sea Dog Swim Club 14th Annual IMX - 10/19/2019 to 10/20/2019**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	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	_____

Cheshire Y/Sea Dog Swim Club 14th Annual IMX - 10/19/2019 to 10/20/2019**Session Report**

Session: 5 Sun. PM 13/0 IM

Day of Meet: 2 Starts at 02:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 13 & Over 200 IM	0	0	02:10 PM	_____
Finals	38 Boys 13 & Over 200 IM	0	0	02:10 PM	_____
Finals	39 Girls 13 & Over 200 Butterfly	0	0	02:10 PM	_____
Finals	40 Boys 13 & Over 200 Butterfly	0	0	02:10 PM	_____
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	_____