

**IM Tough Challenge**  
**Hosted by the Regional YMCA of Western CT**  
**1/11/20-1/12/20**

10 Huckleberry Hill Rd, Brookfield, CT 06804.

<https://goo.gl/maps/enzLp>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-72. 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**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Gordon Brown	<a href="mailto:gbrown@regionalmca.org">gbrown@regionalmca.org</a>	203-775-1077
<b>Meet Referee:</b>	Phillip James	<a href="mailto:phillip.m.james@gmail.com">phillip.m.james@gmail.com</a>	
<b>Lead Admin Official:</b>	Beth Falder	<a href="mailto:beth@falder.com">beth@falder.com</a>	
<b>Entry Chair:</b>	Gordon Brown	<a href="mailto:gbrown@regionalmca.org">gbrown@regionalmca.org</a>	203-775-1077
<b>Safety Chair:</b>	Sarah Basile	<a href="mailto:sbasile@regionalmca.org">sbasile@regionalmca.org</a>	203-775-1077
<b>Officials Contact:</b>	Phillip James	<a href="mailto:phillip.m.james@gmail.com">phillip.m.james@gmail.com</a>	

**MEET HOST:** RYWC

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

**POOL EMERGENCY NUMBER:** 203-775-1077

**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-Final format.

**SCRATCH PROCEDURES:** Coaches will receive a scratch sheet for each preliminary and timed final session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 30 minutes after the start of warm ups; these must be returned even if a team has no scratches.

**FACILITY:** The Greenknoll Aquatics Center holds two 6 lane, 25 yard pools. For the competition pool: Water depth at start end is: 6ft. Water depth at turn end is: 6ft. For the warm-up pool: Water depth at start end is: 6ft. Water depth at turn end is: 3.5ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start and turn ends. Team and spectator seating is available. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**DISABLED ACCESS:** Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at [sbasile@regionalmca.org](mailto:sbasile@regionalmca.org) in advance to make arrangements.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

12/Under: Warm-up: 7:30am Start: 8:30am

13/Over: Warm-up: 1:00pm Start: 2:00pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All 12 lanes will be used for warm-ups. Teams may be assigned lanes based on their entry size. Specific warm-ups including starts will be offered.

**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 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](#).

**EVENT INFORMATION:** This meet is an [IMX meet](#) and follows the IMX format and scoring.

**ENTRY LIMITATIONS:** Swimmers are allowed to swim in all events for their age group.

**ENTRY TIMES:** Submit entry times in: SCY. NT entries are not accepted.

**DEADLINES:** deadline is 12/27/19. Email a pdf file of entry report to the entry chair: Gordon Brown, [gbrown@regionalmca.org](mailto:gbrown@regionalmca.org). Payment, or a copy of an official check request must be postmarked or time stamped within **two business days** of the entry submission. **Clubs are responsible for the full payment of their initial entry into the meet. Clubs may update their entries prior to the entry deadline but will still be responsible for the fees associated with the initial entry. Clubs are encouraged to send accurate entries in first submission.** Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of email receipt as long as entry fee or check request is postmarked/ time stamped within **two business days**. Failure to send the payment or proof that payment will be made (check request) will cause entry to lose priority and formal entry will be based on the date that payment is actually received. Hardcopies of the entry can be mailed to the entry chair: Gordon Brown,

2 Huckleberry Hill Rd, Brookfield, CT 06804. All hardcopies must be legible and must use full names and registration numbers from USA Swimming registration.

**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 [gbrown@regionalyymca.org](mailto:gbrown@regionalyymca.org). Please check that your team name, address, and contact information are listed correctly in this file. **Clubs are responsible for the full payment of their initial entry into the meet. Clubs may update their entries prior to the entry deadline but will still be responsible for the fees associated with the initial entry. Clubs are encouraged to send accurate entries in first submission.**

**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: \$8.50 for individual events. Manual entries: \$13.00 for individual events.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Regional YMCA of Western CT and mail to: ATTN: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment, or a copy of an official check request must be postmarked or time stamped within **two business days** of the entry submission. Payment must be received by 12/29/19.

#### **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. Events may be combined or split into two pools if the timeline requires.
2. 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:** Teams are responsible for the fees attached to their initial entry. 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. Any entries that are rejected due to the cut protocol will be reimbursed to the visiting team.

**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:** All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Swimmers in the 400IM must provide their own timers. Swimmers in the 500 freestyle must provide their own counters and timers. 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](#).

**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:** Swimmers must legally complete every IMX event to be qualified for an overall awards. Awards for the Top 6 overall IMX scores for each age and gender. Awards will not be mailed and must be collected at the end of the meet.

**CONCESSIONS:** Yes.

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

**PARKING:** The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road. Parking instructions will be sent out to attending teams the Monday before the meet. Parking instructions may be updated before the meet, in which case all attending teams will be advised.

**DIRECTIONS:** The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road, Brookfield, CT 06804. <https://goo.gl/maps/enzLp>

**IM Tough Challenge 2020 - 1/11/2020 to 1/12/2020**  
**Session Report**

Session: 1 9-12 IM Tough Challenge

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	1 Girls 9-12 100 Backstroke	0	0		08:30 AM _____
Finals	2 Boys 9-12 100 Backstroke	0	0		08:30 AM _____
Finals	3 Girls 9-12 100 Breaststroke	0	0		08:30 AM _____
Finals	4 Boys 9-12 100 Breaststroke	0	0		08:30 AM _____
Finals	5 Girls 9-12 200 IM	0	0		08:30 AM _____
Finals	6 Boys 9-12 200 IM	0	0		08:30 AM _____
	Finish Time				08:30 AM _____

Session: 2 13/O IM Tough Challenge

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	7 Girls 13 & Over 200 Backstroke	0	0		02:00 PM _____
Finals	8 Boys 13 & Over 200 Backstroke	0	0		02:00 PM _____
Finals	9 Girls 13 & Over 200 Breaststroke	0	0		02:00 PM _____
Finals	10 Boys 13 & Over 200 Breaststroke	0	0		02:00 PM _____
Finals	11 Girls 13 & Over 400 IM	0	0		02:00 PM _____
Finals	12 Boys 13 & Over 400 IM	0	0		02:00 PM _____
	Finish Time				02:00 PM _____

Session: 3 9-12 IM Tough Challenge

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
Finals	13 Girls 9-12 100 Freestyle	0	0		08:30 AM _____
Finals	14 Boys 9-12 100 Freestyle	0	0		08:30 AM _____
Finals	15 Girls 9-10 200 Freestyle	0	0		08:30 AM _____
Finals	16 Boys 9-10 200 Freestyle	0	0		08:30 AM _____
Finals	17 Girls 9-12 100 Butterfly	0	0		08:30 AM _____
Finals	18 Boys 9-12 100 Butterfly	0	0		08:30 AM _____
Finals	19 Girls 11-12 500 Freestyle	0	0		08:30 AM _____
Finals	20 Boys 11-12 500 Freestyle	0	0		08:30 AM _____
	Finish Time				08:30 AM _____

**IM Tough Challenge 2020 - 1/11/2020 to 1/12/2020****Session Report**

Session: 4 13/O IM Tough Challenge

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Meet Qualifying</b>	<b>Starts at</b>	
Finals	21 Girls 13 & Over 200 IM	0	0		02:00 PM	_____
Finals	22 Boys 13 & Over 200 IM	0	0		02:00 PM	_____
Finals	23 Girls 13 & Over 200 Butterfly	0	0		02:00 PM	_____
Finals	24 Boys 13 & Over 200 Butterfly	0	0		02:00 PM	_____
Finals	25 Girls 13 & Over 500 Freestyle	0	0		02:00 PM	_____
Finals	26 Boys 13 & Over 500 Freestyle	0	0		02:00 PM	_____
	Finish Time				02:00 PM	_____