



# 2023 IMX Challenge



Hosted by: Northern Lights Swim Club Boosters

November 10-11, 2023

<p>All entries shall be submitted using a USA Swimming-approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the entry contact, by <b>11:59 pm on Sunday, November 5, 2023.</b></p>			
<b>SANCTION</b>	Under sanction AK- <b>TBD</b> of USA Swimming and Alaska Swimming, Inc.		
<b>LOCATION</b>	Bartlett High School Pool 1101 Golden Bear Drive Anchorage, AK 99540 Pool phone number: 907.742.1800		
<b>FACILITY</b>	<p><b>The Bartlett pool is a 50-meter pool, typically divided into two 25-yard pools by moveable bulkheads.</b> The 8-lane pools are delineated by Keifer Flo-Thru lane lines. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin wireless stopwatches, an 8-lane CTS display / scoreboard, and horn and strobe light start. <b>Pool Depth is 12 ft deep end start, 4 ft at the shallow end start, and 5 ft at the bulkhead turns. Bartlett is not a USAS Certified Pool</b> as the competition course has not been certified in accordance with 104.2.2C(4) of the USAS Rules and Regulations.</p>		
<b>EVENT PERSONNEL</b>	<ul style="list-style-type: none"> <li>● <b>Meet Referee:</b> <b>Susan Oakley</b></li> <li>● <b>Admin Official, Entry Chair:</b></li> <li>● <b>Meet Director:</b> Mikayla Savikko, Zlata Lokteva</li> <li>● Safety Coordinator: <b>Mikayla Savikko</b></li> <li>● Please send all correspondence to the following email: <a href="mailto:nlscmeetmanagement@gmail.com">nlscmeetmanagement@gmail.com</a></li> </ul>		
<b>SCHEDULE</b>		Friday Evening	Saturday
	<b>Warm-ups</b>	5:00 pm to 5:55 pm	8:00 am – 8:55 am
	<b>Coaches Meeting</b>	4:45 pm	7:50 am
	<b>Add/Scratch Deadline and positive check-in</b>	5:30 pm	8:30 am
	<b>Officials' Meeting</b>	5:15 pm	8:15am
	<b>Meet will begin</b>	6:00 pm	9:00 am
<b>WARM UPS</b>	Warm up and warm down procedures will be enforced in accordance with ASI 2022-2023 Rules and Regulations. For safety reasons, feet first entry is required unless a		

	lane has been designated for coach-led starts. Shallow end will be open continuously during the meet for warm up/down. See appendix B for details.
<b>FORMAT</b>	<ul style="list-style-type: none"> <li>• This meet will be conducted in Short Course Yards (SCY).</li> <li>• Flyover starts may be used.</li> <li>• There are no qualifying times.</li> <li>• This is a Timed Final meet with no preliminary events or sessions.</li> <li>• The meet is being planned as single-ended, using the deep end for competition and the shallow end for warm-up / warm down during the meet.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except for the 400 IM and the 500 Free, which will be deck-seeded after the positive check-in.</li> <li>• All events will be mixed gender and contested fastest to slowest.</li> <li>• Events may be combined and/or reseeded at the discretion of the Meet Referee.</li> </ul>
<b>CHECK-IN PROCEDURE</b>	Positive check-in is required for the 400 IM and the 500 Free.
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>• Individual scratch rules for events will be in effect as stated in the 2022-2022 ASI Rules and Regulations (article 3.A.9)</li> <li>• A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.</li> <li>• Scratches shall be made at the computer table to the Admin Official. Fees for adding swimmers should be provided at the meet. There are no refunds for scratching swimmers from events.</li> <li>• Swimmers will be added if there is space in existing heats. No reseeding.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open events may be swum by any swimmer in any age group.</li> <li>• Participants must be registered athlete members of any USA Swimming LSC or any recognized FINA member.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302</li> </ul>
<b>ADAPTIVE SWIMMERS</b>	Adaptive swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p><b>MEET ENTRY CONTACT:</b> Krista Whitlock, nlsmeetmanagement@gmail.com</p> <p><b>ENTRY DEADLINE:</b> <b>11:59p on Sunday, November 5, 2023.</b></p> <p>Late entries will not be accepted, see deck entries under the entry rules below.</p>
<b>ENTRY LIMITS</b>	<p><b>Each swimmer may swim a maximum of Five (5) individual events Saturday plus the Events offered on Friday.</b> Swimmers will not be guaranteed twenty minutes between events; however, the meet Referee may schedule breaks between events.</p> <p><b>RELAYS:</b> There will be no relays.</p>
<b>ENTRY RULES</b>	<p><b>SDIF REQUIRED:</b> All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).</p> <p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number, Team Entry Report. Enter times in the course swum (LCM, SCY, SCM). Meet Management will seed all entries by conforming each to the course of competition (SCY) and list all entries with the times submitted (2019-2020 ASI Rules &amp; Regs 3.A.6.e)</p>

	<p><b>AGE:</b> Swimmer’s age on the first day of the meet determines age for the entire competition.</p> <p><b>DECK ENTRIES:</b> Allowed on a first come, first served basis and as space in the event allows. No heats will be added.</p> <p><b>DIVE CERTIFICATION:</b> Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p><b>LATE ENTRIES:</b> late entries will not be accepted.</p>
<b>INCLUDE WITH TEAM ENTRY</b>	<p>Team entries may be submitted by email and must include the following:</p> <ol style="list-style-type: none"> <li>1. Hy-Tek meet entry report and fee report</li> <li>2. SDIF format electronic entry file (e.g. Hytek or Team Unity Entry)</li> <li>3. Coach/Swimmer USA-S Membership Verification form.</li> </ol>
<b>ENTRY FEES</b>	<p><b>ENTRY FEE:</b> \$5.00 per swimmer</p> <p><b>INDIVIDUAL EVENT FEE:</b> \$2.50 per event</p> <p><b>FACILITY CHARGE:</b> \$10.00 per swimmer</p> <p>Please make checks payable to <b>NLSC-Boosters</b> and deliver to the computer table on the first day of the meet. Meet fees are non-refundable.</p> <p><b>LATE FEE:</b> \$5.00 per swimmer - maximum of \$50 per team. Late Entries will be made on deck in a “first come, first served” basis as space in the event allows. No heats will be added.</p>
<b>DECK ACCESS AND CREDENTIALS</b>	<p><b>Closed deck.</b> Athletes, coaches and volunteers only. Coaches must supply the computer table with current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.</p>
<b>MEET RULES</b>	<p>This meet will be run according to USA Swimming and Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (MAAPP).</p>
<b>SCORING/AWARDS</b>	<p>Ribbons will be awarded for places 1 through 8 in each 8 &amp; Under Individual Event.</p> <p><b><u>Individual Awards will be given to the top 16 cumulative IMX scores for each gender who complete ALL of the IMX Challenge events.</u></b></p>
<b>MEET PROGRAMS AND RESULTS</b>	<p>Coach’s heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile.</p>
<b>LIABILITY</b>	<ul style="list-style-type: none"> <li>● It is understood and agreed that <b>USA Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> <li>● It is understood and agreed that <b>Alaska Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> <li>● It is understood and agreed that <b>Northern Lights Swim Club</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>Medical Supervision</b>	<p>Lifeguards will serve as first responders to any medical needs. Coaches may be asked to assist in activating the pool's Emergency Action Plan if needed.</p>

<b>POOL RULES</b>	<ul style="list-style-type: none"> <li>● 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 cool-down lanes at any time.</li> <li>● No glass on deck at any time.</li> <li>● No shaving allowed on site.</li> <li>● Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas.</li> <li>● Teams are responsible for their own clean up and will be charged for the lifeguard's time if the pool clean up goes beyond the life guard's normal duty.</li> </ul>
<b>DECK CHANGES</b>	Deck changes are prohibited.
<b>RECORDING BAN</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
<b>DRONES</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator area, and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
<b>NO TECH SUITS FOR 12 &amp; UNDER</b>	<a href="#">12&amp;U tech suit restrictions</a> will be enforced.
<b>SAFE SPORT BRIEF</b>	<a href="#">Safe Sport Briefings</a> must be read to coaches, officials, and volunteers before the meet begins.
<b>MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)</b>	<p>All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete.</p> <p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Athlete Protection Training can be found HERE:</p> <p><a href="https://www.usaswimming.org/resource-center/athlete-protection-training">https://www.usaswimming.org/resource-center/athlete-protection-training</a></p>
<b>MEET 360 SAFE SPORT REQUIREMENTS</b>	<p>The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</p> <p>The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of</p>

	<p>child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</p>
<b>TIME TRIALS</b>	Swimmers may request to swim time trials at the end of the session on Saturday, subject to the approval of the Meet Referee. Swimmers and pacers are subject to the maximum number of individual swims per day and entry fees. Swimmers must provide timers.
<b>CONCESSIONS</b>	Concessions will be offered for purchase.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers.
<b>OFFICIALS / VOLUNTEER ASSIGNMENTS</b>	<p>The meet director will communicate the volunteers needed.</p> <p>16 Timers will be needed throughout the meet, and this responsibility will be shared amongst participating teams. Teams should provide 2 timers to cover one lane.</p> <p>Please contact the meet referee if you are able to Officiate.</p>

**2023 ALASKA IMX CHALLENGE  
ORDER OF EVENTS**

Bartlett Pool / **November 10-11, 2023**

**Friday - Warm ups at 5:00 pm; Meet starts at 6:00 pm**

<b>Mixed</b>	<b>Friday</b>	
1	12 & Under	200 IM
2	13 & Over	400 IM
3	12 & Under	100 Fly

**Saturday - Warm ups at 8 am; Meet starts at 9:00 am**

<b>Mixed</b>	<b>Saturday</b>	
4	8 & Under	25 Fly
5	13 & Over	200 Fly
6	8 & Under	25 Back
7	12 & Under	100 Back
8	8 & Under	25 Breast
9	13 & Over	200 Back
10	8 & Under	25 Free
11	12 & Under	100 Breast
12	13 & Over	200 Breast
13	10 & Under	200 Free
14	11 & 12	500 Free
15	13 & Over	500 Free
16	13 & Over	200 IM



## Appendix B: Swim Meet Warm-up/Warm-down Procedures

### I. RULES FOR GENERAL WARM-UP

- A. The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
- B. All swimming should be done in a counter-clockwise swimming direction.
- C. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

### II. GENERAL WARM-UP PERIOD

- A. *Recommended* for first 30 – 45 min. of the warm-up session.
- B. NO DIVING... Swimmers must enter the water using the accepted pool entry method.
- C. No sprinting or pace work.
- D. All lanes will be used for general warm-up.

### III. SPECIFIC WARM-UP PERIOD

- A. *Recommended* for last 30-45 minutes of the warm-up session.
- B. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise).
- C. NO DIVING...Swimmers must enter the water using the accepted pool entry method.
- D. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
- E. The meet referee or designee will post team assigned lanes for warm-ups.