



Hosted by the South Lake Aquatic Club October 21-22, 2023
At the Orlando Health - National Training Center in Clermont, FL

Dates & Times: Saturday & Sunday, October 21st and 22nd
Timed Finals- Warm-Up - 7:30 AM Start – 9:00 AM

Sanctioned By: Sanctioned By: Florida Swimming of USA Swimming #FL-

“In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.”

Condition of Sanction:

1. 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.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. OR The competition course has not been certified in accordance with 104.2.2(C).
3. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
4. 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-S Vice President of Program Operations.
5. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

- Hosted By:** South Lake Aquatic Club
- Location:** Orlando Health - National Training Center
1935 Don Wickham Drive
Clermont, FL 34711
- Type of Meet:** 25 Yard Short Course Timed Finals. This meet is primarily for swimmers ages 14 and under, with the goal of providing these swimmers to establish and better their USA Swimming IMX scores. Awards and Scoring will be based on completion of each of the IMX events for an age group.
- More information on the IMX program can be found at: www.usaswimming.org/times/imx-imr
- Dates & Times:** Saturday and Sunday October 21-22, 2023
Warm-Up - 7:30 AM. Start – 9:00 AM
- Pool Specifications:** Certified 25 yard-10 lane competition course with non-turbulent lane lines. Water depth at the competition starting end is a minimum of 12 feet and the turn end is a minimum of 9 feet. Pool has a moveable bulkhead separating the competition course from multiple lanes of warm up/warm down on the opposite side. Continuous warm-up/warm-down will be available during the meet. Competitors may only swim in designated lanes. OUTSIDE OF COMPETITION AND RACING STARTS swimmers must enter the water feet first with at least one hand in contact with the pool.
- Timing Equipment:** A Colorado timing system with automatic touch pads and backup buttons.
- Eligibility:** Open to all currently registered USA Swimming athletes. On deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact CoachAlex@SouthLakeAquatics.com for an invitation to compete.
- Entry Limit:** Each session will be capped at a 4 hours maximum timeline. Meet host may limit total entries in accordance with USA Swimming COVID 19 Protection protocols. 4 individual events per day. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day.
- Seeding:** All events will be seeded using 25-Yard times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. *Note: All events will be swam fastest to slowest. Individual events will be scored separately by age groups as listed in the Awards & Scoring section of the meet information.
- Scratch Penalty:** No penalty for scratches on the block.
- Entries:** Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using the Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Entries will be accepted via e-mail attachment to: entries@accurateswimtiming.com. No phone or faxed entries accepted. No deck entries will be accepted.

Entry Fee: \$5.50 Per individual event
\$10.00 Facility fee per swimmer
\$3.00 Heat Sheet Fee
\$2.00 Travel Surcharge per out of LSC swimmers

Checks Payable To: “OH-National Training Center”

Mail checks to: **OH - National Training Center**
Attn: Crystal Lee
1935 Don Wickham Drive
Clermont, FL 34711

Check for updates to meet information on our web site www.southlakeaquatics.com
Timelines and psych sheets will be available the Wednesday prior to the meet at www.southlakeaquatics.com.

Entry Deadline: All entries must be received by Monday, October 16th 2023 at 5:00PM. Entries must be e-mailed to entries@accurateswimtiming.com

Heat Sheets: A limited number of printed heat sheets will be available on site for officials and coaches.

Officials: **Meet Referee:** Bob Walsh **Head Stroke & Turn:** Diana Moore
Starter: Cheryl Pavlacka **Marshal:** Jessica Stromberg | Craig Shaffer
Admin Official: Quinn Sampson **Meet Manager:** Don Gibb

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2023. Please email Quinn Sampson at qsampson@gmail.com with your certification level and availability so he can plan accordingly.

Awards/Scoring: Scoring will be in the following age groups: 9&Under, 10 year olds, 11 year olds, 12 year olds, 13 year olds and 14 year olds. **Awards for this meet will be based on the USA Swimming IMX Program. Swimmers must compete in each IMX event to qualify for an award.** The top 5 IMX scorers for each individual age and gender will receive awards, with the 1st place finisher in each age/gender receiving the SLAC IMX Challenge Title. No awards for 15 and over age group. Awards will be announced at the conclusion of the meet. Coaches must pick up any remaining awards after announcements at the conclusion of the meet.

Team Rep: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.

Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Spectator Access: Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and are a condition of the sanction of this meet. Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start- end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include 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, locker rooms, restrooms, or any other dressing areas. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

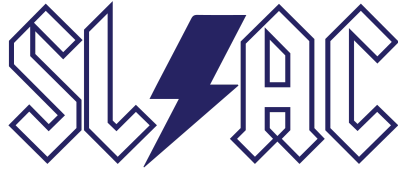
Rules: Current USA Swimming Rules and Regulations will govern.

Medical Supervision: Lifeguard on duty and AED available.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.



SOUTH LAKE AQUATIC CLUB

IMX Challenge

WARM-UP SCHEDULE

NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

-Morning Sessions-

General Warm-Up (First 60 minutes)

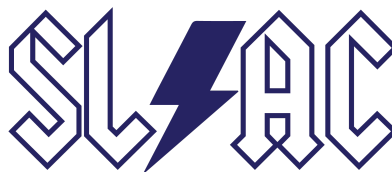
Lane(s)

1 – 10 Circle swimming only

Controlled Warm-Up (Last 20 minutes)

Lane(s)

- 1 Pace 50s – push off
- 2 Racing starts – one way
- 3 Racing starts – one way
- 4 Circle swimming only
- 5 Circle Swimming only
- 6 Circle Swimming only
- 7 Circle Swimming only
- 8 Racing starts – one way
- 9 Racing starts – one way
- 10 Pace 50s – push off



SOUTH LAKE AQUATIC CLUB

IMX Challenge

ORDER OF EVENTS

Session 1: Saturday October 21st Warm ups 7:30 AM, Meet starts 9:00 AM

<u>Event Number</u>	<u>Event Age/Gender</u>	<u>Event Name</u>
1	Mixed 13 & Over	400 IM
2	Mixed Open	50 Back
3	Mixed 12 & Under	100 Backstroke
4	Mixed 13 & Over	200 Backstroke
5	Mixed Open	50 Breaststroke
6	Mixed 12 & Under	100 Breaststroke
7	Mixed 13 & Over	200 Breaststroke
8	Mixed Open	100 IM
9	Mixed Open	200 IM

IMX events in BOLD

Session 2: Sunday October 22nd Warm ups 7:30 AM, Meet starts 9:00 AM

<u>Event Number</u>	<u>Event Age/Gender</u>	<u>Event Name</u>
10	Mixed Open	50 Butterfly
11	Mixed 12 & Under	100 Butterfly
12	Mixed 13 & Over	200 Butterfly
13	Mixed Open	100 Freestyle
14	Mixed 10 & Under	200 Freestyle
15	Mixed 11 & Over	500 Freestyle

IMX events in BOLD

**MASTER ENTRY FORM
SLAC IMX CHALLENGE**

**South Lake Aquatic Club
October 21-22, 2023**

Team Name: _____ Call Letters: _____

Address: _____

Coach: _____ LSC: _____

Home Phone: (____) _____ Office Phone: (____) _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming coach Members and that I am a current USA Swimming registered Non-athlete member.

Signature Team Date

Entry Deadline: Monday, October 16, 2023 5:00PM

Make Check Payable to: "OH-National Training Center"

Mail to: OH-National Training Center

Attn: Crystal Lee
1935 Don Wickham Drive
Clermont, FL 34711

Financial Recap:

We have entered the following:

Total Swimmers: (Facility charge) _____ @ \$10.00 = _____

Heat Sheet Fee: _____ @ \$3.00 = _____

Out of LSC Travel Surcharge _____ @ \$2.00 = _____

Individual Timed Final Events _____ @ \$5.50 = _____

Total Fees Payable: _____ = _____