

2022 IMX CHALLENGE INVITATIONAL

Saturday, December 17, 2022

Multnomah Athletic Club

1849 SW Salmon St., Portland, Oregon

Phone: 503-223-6251

Held under the sanction of USA Swimming, Inc.

Sanction: 22-115

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming Inc., The MAC Club, MAC Swim team and each of their officers, directors, agents, employees or other representatives shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Covid 19:

We have taken enhanced health and safety measures for the protection of all visitors to the Multnomah Athletic Club. All posted, written, and other instructions must be followed while visiting the facility.

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 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, OREGON SWIMMING, MULTNOMAH ATHLETIC CLUB, AND THE MAC SWIM TEAM 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 HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

COVID Protocols: Recommend following CDC protocols and masking based on your level of comfort at the meet.

Meet Referee: Lee Cannon - LCannonpdx@gmail.com

Admin Official: Hai Ta - hieuconhaicon@gmail.com

Meet Director: Tim Larkin - tlarkin@themac.com

Facility: Indoor 4-foot 1 inch depth at start and turn end of pool, six 7-foot lanes, 25 yard pool with non-turbulent lane lines. Daktronics timing system with strobe/horn start and Colorado scoreboard along with Meet Manager software will be utilized. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming. Concessions are available on the B level of the Club at Joe's. The facility is accessible to adaptive swimmers. There is a viewing area for spectators on the mezzanine level. POOL DECK IS FOR SWIMMERS, COACHES, OFFICIALS AND TIMERS ONLY. Swimmers are limited to the pool area and concession areas only. Parents will be permitted to stay on the

bleachers during the competition. The Supermeter side of the pool will be available for warm up/warm down during competition.

Capacity: Pool Deck: 341
50 M Pool: 140
Studio 2: (MAC Athlete Area) 58
50M Balcony (Mezzanine) 54

Schedule: Warm ups: 9:00 am Timed Finals: 10:30 am

Meetings: A coaches meeting may be held 15 minutes prior to start of each session.
An officials meeting will be held 45 minutes prior to start of each session.

Restrictions: Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms or locker rooms. Photography is not allowed behind the blocks during the start of any races or during relay exchanges. The use of a "Go Pro" and similar photographic or video devices is not allowed in, on or near the pool during competition. Operations of a drone (or any other flying apparatus) are prohibited over the venue (pool, athlete/coach areas, spectator areas and locker rooms) when athletes, coaches, officials and/or spectators are present. Deck changing is prohibited.

This meet may be covered by the media or general publication, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

MAAPP 2.0: 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 2.0 policy is a condition of participation in the conduct of this competition.

MAC-specific: Swimmers and spectators are asked to stay in the pool and concession areas. Lawn and deck chairs are not permitted. No large coolers, only individual or small sized coolers will be allowed in the club. **Swimmers and spectators should use front entrance of the Club.**

Rules/Safety: Current USA Swimming and Oregon Swimming, Inc. rules will govern the meet. Oregon Swimming, Inc. safety guidelines and warm up procedures will be strictly enforced. All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts, or the swimmer must start each race from within the water. 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.

Swimwear: USA Swimming Rule 102.8.1F: No Technical Suit may be worn by any 12 & Under USASwimming athlete member in competition at any Sanctioned, Approved or Observed Meet.

Eligibility: Swimmers must be currently registered with USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED. Swimmers limited to THREE events. All events are timed finals and will be mixed boys and girls. *Session Entries will be limited so timeline does not exceed 4 hours.* Entries may be submitted starting November 22nd, 2021.

Entries: Please submit entries (SCY seed times) in Hy-Tek format via email to TLarkin@thamac.com. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. Events with NT will not be accepted.

Entry Fee: \$3.00 goes to Oregon Swimming
 \$4.50 per individual event

Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations. With your entries, please provide the names of the officials committed to each session.

Recommended standards:

0 – 5 Athletes entered – **no requirements**

6 - 20 Athletes entered (**per session**) – 1 certified official

21 or more Athletes entered (**per session**) – 2 certified officials

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt until noon on **Monday, December 5th, 2022**

1. Entry File from Team Manager or equivalent.
2. Meet Entry Reports for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. Meet Entry Fee Report from Team Manager or equivalent.
4. Meet Entry Fees—one check payable to Multnomah Athletic Club.

- Electronic files: email items #1, #2, and #3.
- Late, incomplete, or paper entries will not be processed.

Submittal Notes:

- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries & payment to: MAC Swim Team
1849 SW Salmon St. Portland, Oregon 97205
- E-mail entries to:
tlarkin@themac.com
- Meet entry questions: Tim Larkin

Order of Events:

- #1 Mixed Open 400 yd IM*
- #2 Mixed Open 100 yd Breaststroke
- #3 Mixed Open 200 yd Backstroke
- #4 Mixed Open 100 yd Butterfly
- #5 Mixed Open 200 yd Breaststroke
- #6 Mixed Open 100 yd Backstroke
- #7 Mixed Open 200 yd Butterfly
- #8 Mixed Open 200 yd IM
- #9 Mixed 200 yd Freestyle
- #10 Mixed Open 500 yd Free*

*The 400 IM and 500 Freestyle may have limited heats based on the timeline

ENTRY FORM: 2022 IMX CHALLENGE

Name of Club:
Coach's Name:

Phone:
Email:
Contact for Meet Entries:
Phone:
Email:
Swimming Entries:
#Swimmers _____ x \$13.00 surcharge = _____
#Events _____ x \$4.00 event fee = _____
Total \$ = _____

Please Make Checks Payable to:

Multnomah Athletic Club
1849 SW Salmon St.
Portland, OR 97205