

2022 Annual Canby IMX/IMR Challenge

CANBY GATORS SWIM CLUB
2022 CANBY GATORS IMX/IMR CHALLENGE
DECEMBER 10 - 11, 2022

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No.** 22-110
In granting this sanction, it is understood and agreed that USA Swimming 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.
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Host:** CANBY GATORS SWIM CLUB
- Location:** CANBY MUNICIPAL POOL
1150 S Ivy Street
Canby, OR 97013
Pool Phone: (503) 266-2761
- Facility:** Indoor, 25 yards long, 6 lanes with non-turbulent lane lines. Pool depth is 3.5 to 10 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado 6 electronic timing system. The competition course has not been certified in accordance with 104.2.2(c) 4.

Parking is available in the pool parking lot and in the school parking lots adjacent to the pool. Swim venue includes: Men's and Women's locker rooms with access onto the pool deck. Open pool deck areas available for swimmers, coaches and officials only.
- COVID:** 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 AND [THE LSC] 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.
- Referee** Bill Hayhurst: billh@boingdesigns.com 503-803-1066
- AO** Teresa Steinbock: teresasteinbock@gmail.com (503) 267-6319

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Meet Director: Carrie Lawler: carrielawler001@gmail.com

Entries: Please submit a Hytek entry file to teresasteinbock@gmail.com. Submit YARD TIMES ONLY. With the submission of entries, the coaches/team representative attests that all swimmers entered are registered with USA Swimming.

Entry Events: Swimmers may only swim in either the IMX **OR** IMR track. Swimmers cannot combine events from different tracks. **All swimmers must swim their whole track.** Any entries trying to mix tracks or not a complete track will be rejected by the meet director. IMR swimmers will swim 5 races; IMX swimmers 12 & under will swim 5 races, 13 & over will swim 6.

Meet Format: All events will be swum mixed gender as timed finals.

Entry Fees: **\$3 OSI Fee**
\$12.00 Facility Use Fee
\$4.50 Individual Event Fee

Entry fees must be paid before the start of the meet. Please make checks payable to Canby Swim Club (CSC) and send to:

*Canby Swim Club
IMX/IMR Meet Entries
Attn: Teresa Steinbock
PO Box 21
CANBY, OR 97013*

Entry Deadline: Entries must be received no later than 6pm on **Monday, Nov 21, 2022**. E-mail entries are accepted but not finalized until payment is received. Entries will be processed in the order received. If the meet fills up before all entries are received and processed, precedence will be given to those teams supplying and whose payment has been received.

Tech Suits: As of September 1, 2020, no Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Schedule:	<u>Warm-ups</u>	<u>Competition</u>
Saturday am (IMR)	8:00-9:15am	9:30am
Saturday pm (IMX)	*12:00-1:15pm	1:30pm
Sunday am (IMR)	8:00-9:15am	9:30am
Sunday pm (IMX)	*12:00-1:15pm	1:30pm

*Meet times for afternoon sessions are estimates only and will be determined when all entries are in and the meet is seeded. Warmups for the afternoon session will begin immediately after the conclusion of the morning session. We reserve the right to combine sessions and add breaks if needed. Afternoon swimmers will have up to 75minutes warm-up.

Check-in: **Positive check-in for all events will be in effect. Check-in must be completed 15 minutes after the start of warm-ups for each session, all days.**

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Since this is a positive check-in meet, heat sheets will be made available as soon as seeding is completed, being published to Meet Mobile at no charge. Heat Sheets will not be sold at the meet. Copies will be posted on the wall.

Scoring: Hy-tek IMX/IMR scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events in their track will be combined for an overall IMX or IMR point total. Disqualifications will receive zero points. Races will be swum mixed gender, all ages combined.

Awards: Top 6 high points for each of the following will be awarded: IMR, IMX 12 & under, IMX 13 & over.

Meeting: Officials meeting will be held 45 minutes prior to the start of each session. Coaches meeting will be held 15 minutes prior to the start of each session on Saturday only.

Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark. Heats may be doubled or combined to ensure timely completion of the meet. All events will be ran slowest seed to fastest except for the 500 Free and 400 IM, they will be seeded fastest to slowest. Warm-up breaks will be scheduled before distance events at the Referee's discretion.

Safe Sport Information: All persons expecting to receive access to the pool deck must be prepared to show a current USA Swimming membership card. Information regarding the APT course and the background check is available online at usaswimming.org. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course. Coaches must display their coach membership card while on deck.

No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with these requirements.

No swimmer will be allowed on deck without a coach member present. If the home club coach is not planning to attend the event, the swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

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 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

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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 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after November 10, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property may be required to leave the competition.

Deck changes are prohibited.

Tobacco Products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Photography is not allowed behind the blocks during the start of a race or relay exchange.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Officials: We always need and appreciate the help of certified officials and trainees from participating teams. If you are going to be attending this meet please notify the meet referee. Please check in with the meet referee upon arrival. A hospitality tent will be provided for coaches and deck officials

Priority for entries will be given to those teams committing to provide officials

Timers: Each team will be given lane timing assignments and **MUST SUPPLY TIMERS.** Please have your team parents sign up on the timing sign-up sheets located behind the starting blocks. A lack of lane timers will cause delay at the very least. **Each swimmer MUST SUPPLY A LAP COUNTER for the 500’s.**

Hospitality: A hospitality area will be provided for Officials and Coaches. An ample supply of Breakfast, Lunch, and Snack selections will be available throughout the meet.

Concessions: An ample assortment of refreshments will be available for purchase throughout the meet. Foods will include nutritious hot items as well as breads, fruits, snacks, water, and sports drinks

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ALL EVENTS ARE MIXED GENDER

	SATURDAY AM IMR
1	12 & under 50 Butterfly IMR
2	13 & over 100 Butterfly IMR
3	12 & under 50 Back IMR
4	13 & Over 100 Back IMR
5	10 & Under 100 Free IMR
6	11 & Over 200 Free IMR
	SATURDAY PM IMX
7	13 & Over 200 IM IMX
8	12 & Under 100 Breaststroke IMX
9	13 & Over 200 Breaststroke IMX
10	10 & under 200 Free IMX
11	11-12 500 Free IMX
12	13 & Over 500 Free IMX
	Sunday AM IMR
13	12 & Under 100 IM IMR
14	13 & Over 200 IM IMR
15	12 & Under 50 Breaststroke IMR
16	13 & Over 100 Breaststroke IMR
	Sunday PM IMX
17	12 & under 100 FLY IMX
18	13 & over 200 FLY IMX
19	12 & Under 100 Backstroke IMX
20	13 & Over 200 Backstroke IMX
21	12 & Under 200 IM IMX
22	13 & Over 400 IM IMX

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SECTION IX – SAFETY GUIDELINES AND WARM-UP PROCEDURES

A. WARM-UP PROCEDURES

1. GENERAL WARM-UP (First 30-45 minutes)
 - (a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
 - (b) No sprinting (racing starts) allowed during this general warm-up session.
 - (c) All lanes to be used for general warm-ups.
2. SPECIFIC WARM-UPS (last 15 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4
8 LANE	1 & 8	2 & 7	3,4,5, & 6
9 LANE	1 & 9	2 & 8	3,4,5,6, & 7
10 LANE	1 & 10	2 & 9	3,4,5,6,7, & 8

- (a) Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- (b) Racing Starts – Only designated lanes for racing starts from the blocks or for Backstroke starts at specified times.
- (c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

B. SAFETY GUIDELINES

1. COACHES RESPONSIBILITIES
 - (a) Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - (b) Coaches shall actively supervise their swimmers at meets and at all practices.
2. HOST TEAM RESPONSIBILITIES
 - (a) Marshalling - A minimum of (4) Marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedure.
 - (b) Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-ups.
 - (c) Warm-up times and lane assignments shall be posted at several locations around the pool.
 - (d) The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet."
 - (e) An announcer shall be on duty for the entire warm-up session to announce lane and /or time changes and to assist with the conduct of the warm-up.
 - (f) Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.
3. MISCELLANEOUS
 - (a) Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.
 - (b) Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
 - (c) Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
 - (d) Warm-up procedures shall be enforced for any breaks scheduled during the meet.
 - (e) Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

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UNATTACHED SWIMMERS FORM

PLEASE COMPLETE THIS FORM FOR ALL UNATTACHED SWIMMERS PARTICIPATING

MEET: _____ DATE: _____

	NAME	AGE	SWIMMING WITH (CLUB)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			