



2022 FREEDOM IMX Challenge

11.12.22 - 11.13.22

Meet Sanction #221114
Time Trial Sanction #221163-T

Teams interested in participating please contact Meet Director Nikolay Shevchenko via e-mail at Nikolay@FreedomAquatics.com



Name of the meet: **2022 FREEDOM IMX Challenge**

MEET SANCTION: #221114 **Time Trials SANCTION** #221163-T

DATES OF MEET: **11.12.22 -11.13.22**

LOCATION: Brooklyn Sports Club

ADDRESS: 1540 Van Siclen Ave, Brooklyn, NY 11239

FACILITY: 6 Lane by 25-yard competition pool.

The pool Has Not been certified in accordance with Article 104.2.2C (4)

SESSIONS*:

Session 1 - 11/12/22 (Saturday PM) Warm Up: 4:00pm, Start: 5:30pm

Session 2 - 11/13/22 (Sunday PM) Warm Up: 4:00pm, Start: 5:30pm

*Session times may be adjusted once the meet is closed. Teams will be notified of any adjustments in session times once entries have closed

FORMAT: This Meet is a Timed Finals. This meet will be Pre-Seeded.

ELIGIBILITY: Open to all Teams and Freedom Aquatics USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. **Age on November 12th, 2022** will determine the age for the entire meet. No "Deck Registrations" will be accepted. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

ENTRIES and ENTRY FEES*: All Athletes are limited to enter **4 individual events per session.**

\$ 11 per event

\$ 10 athlete surcharge fee

Emailed Hy-Tek entries will be accepted.

Email Entries/Confirm Entry Receipt: Nikolay@FreedomAquatics.com

No NT's will be accepted. Please estimate times if needed.

Check payable to: Freedom Aquatics Inc. Payment must be received by November 12th for email entries.

U.S. Mail Entries/Payment to: Freedom Aquatics, 70 Archwood ave, Staten Island, NY 10312.

*Swimmers qualifying for outreach membership are eligible to have this fee waived at request.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.

Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

DEADLINE:

Entries must be received by: **November 1st, 2022 at 12:00pm**

**WARM-UP:**

The host team reserves the right to assign lanes for warm-up based on the size of the meet. Other lanes may be assigned by meet director's discretion. Starts can be done at the discretion of the coach during their assigned warmup. All swimmers must be supervised by a coach.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who will not be participating in the session.

RULES: The current USA Swimming Rules and Regulations will apply.

The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee.

COACHES: In accordance with Metropolitan Swimming Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

AWARDS:

Trophies for Top 3 Places in overall IMX Standings, Must Compete in all of the IMX Events to be Eligible for Trophy. Age Group Categories: 9 and under Years Old, 10 Years Old, 11 Year Olds, 12 Year Olds, 13 Years Olds, 14 Years Olds, and 15 & over year olds. No awards for individual events or relays will be provided.

OFFICIALS:			
Title	Name	Phone #	E-mail
Meet Manager	Antonio Gaspar	347-856-3667	Antonio@FreedomAquatics.com
Meet Director/Administrative Official:	Nikolay Shevchenko	917-819-1999	Nikolay@FreedomAquatics.com
Meet Referee:	Annie Fosteris		APFosteris@gmail.com

DISABILITY SWIMMERS:

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.



AUDIO/VISUAL STATEMENT DRONES:

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks 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."

POLICY: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming meet, must complete and submit a Photographer Registration Form to the Meet Manager before commencing activity.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee

MAAPP Policy: 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 condition of participation in the conduct of this competition. Make sure all interactions with athletes are observable and interruptible. Current USA Swimming and Metropolitan Swimming certification is required for all officials and the Meet Referee may check your cards.

SAFETY: Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the NEW Special Safety Protocols. 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.

WATER DEPTH: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." **1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**

DISCLAIMER: In consideration of having the opportunity to participate as a member, competitor, spectator or volunteer and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify **Freedom Aquatics, Brooklyn Sports Club Facility, Metropolitan Swimming Inc., USA Swimming Inc.**, and all their trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to hold harmless elective noted below.



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 [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.

MEET DECORUM:

Anyone found vandalizing the facility or Freedom Aquatics property; stealing or displacing and/or any disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Brooklyn Sports Club Facility, Freedom Aquatics, Freedom Aquatics Inc, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury or health issues occurring as a result of the meet. It is understood that Brooklyn Sports Club Facility, Freedom Aquatics Inc., USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries or health issues to anyone during the conduct of the meet.

DECK CHANGING: Is Prohibited

TECH SUIT/SWIMWEAR POLICY: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams.



A list of restricted suit can be found on the Metropolitan Swimming Website;
<https://www.teamunify.com/team/mrlsc/page/news/247846/12--under-tech-suit-ban---updated-82420>

ADMISSION: Spectators are permitted, a limited number of tickets will be available for purchase at a cost of \$6 per ticket per day through our website store.

MEET RESULTS: Meet results will be made available on Meet Mobile.

HEAT SHEETS: Meet Heat Sheets will be available on Meet Mobile

RESULTS: Will be available on Meet Mobile

PARKING: There is ample Free parking available by the facility.

2022 **FREEDOM IMX Challenge**

SAFETY PROTOCOL

All swimmers, coaches, parents and spectators MUST adhere to the following guidelines and protocols in place in order to provide the safest environment to conduct this meet.

After reading these guidelines, and reviewing them with your swimmer, please sign the attached waiver form to confirm that you are fully aware of these safety protocols as well as disciplinary actions associated with them.

Safety Guidelines

Check-in Procedures for Athletes, volunteers, and coaches will take place in front of the entrance of Brooklyn Sports Club Facility. Volunteers will be issued a safety vest when entering the facility. Athletes will proceed to enter the building and go to the appropriate locker room to change.

Spectators will be allowed to observe the meet from the bleacher area. All tickets must be purchased prior to the meet. Tickets will not be available for purchase at the door. Spectators will be asked to enter the facility through the back entrance located in the back right hand corner of the parking lot. Any spectator attempting to enter through the main entrance will be redirected to the back entrance. Spectators will not be permitted to utilize restrooms on the pool deck and will instead be directed to restroom facilities located in the front lobby area. To access this area, spectators will exit the building and re-enter from a back entrance (Meet Marshalls will be available to guide spectators). Spectators will need to stay seated during the meet and refrain from interacting with their swimmers and/or accessing any other locations within the facility.

Swimmers

Swimmers will enter the facility in an orderly manner, practicing social distancing and will follow the instructions of the Safety Marshall's, Coaches and/or Meet Volunteers.

Meet Protocols

Swimmers will be staged in the 25 Yard Competition pool deck area under the supervision of a Safety Marshall. Swimmers will place their towel and other belongings in the plastic bins which will be placed next to their chairs behind starting blocks.

All Swimmers, Coaches, Attendees and Volunteers

Please adhere to all protocols above so that we may continue to provide meets for our swimmers. Any violation of the protocols outlined above may lead to the Brooklyn Sports Club facility voiding our rental agreement.



Metropolitan Swimming

Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____



SATURDAY - Session #1		SUNDAY - Session #2	
November 12th		November 13th	
1	11 & Over	11	13 & Over
	500 FREESTYLE MIXED		200 BREASTSTROKE MIXED
2	10 & Under	12	12 & Under
	200 FREESTYLE MIXED		100 BREASTSTROKE MIXED
3	10 & Under	13	10 & Under
	25 FREESTYLE MIXED		25 BREASTSTROKE MIXED
4	OPEN	14	OPEN
	50 FREESTYLE MIXED		50 BREASTSTROKE MIXED
5	13 & Over	15	13 & Over
	200 FLY MIXED		200 BACKSTROKE MIXED
6	12 & Under	16	12 & Under
	100 FLY MIXED		100 BACKSTROKE MIXED
7	10 & Under	17	10 & Under
	25 FLY MIXED		25 BACKSTROKE MIXED
8	OPEN	18	OPEN
	50 FLY MIXED		50 BACKSTROKE MIXED
9	13 & Over	19	13 & Over
	200 IM MIXED		400 IM MIXED
10	OPEN	20	12 & Under
	100 IM MIXED		200 IM MIXED
IMX Scoring Events:		IMX Ranking:	
9 & Under	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM	The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC, and in your club.	
10-year old	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM		
11-12	500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM		
13 - 14	500 FR, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM		
15 -18	500 FR, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM		
Non-Scoring Events:		Entry Limit:	
10 & Under	25 FREESTYLE, 25 FLY, 25 BREASTSTROKE, 25 BACKSTROKE	Session 1 - 4 Individual Events Allowed	
OPEN	50 FREESTYLE, 50 FLY, 100 IM, 50 BREAST, 50 BACKSTROKE	Session 2 - 4 Individual Events Allowed	