



2024 IMR / IMX Challenge
April 26-28, 2024

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG24241170D038**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, the City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club 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.

Sponsored by: The City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club.

Location: *Sunrise Civic Center Pool*
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex.

Parking: Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this residential area.

Date & Time: **April 26, 2024**
Session I - Timed Finals - Warm-up at 4:30 pm. Meet starts at 5:30 pm.

April 27, 2024
Session II – Timed Finals - Warm-up 7:30am. Meet starts at 8:30am

April 28, 2024
Session III – Timed Finals - Warm-up 7:30am. Meet starts at 8:30am

*The meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming Rules (USAS 102.7.1-3 and FGC RR 1.16(a)) and with FGC Meet Sanction Committee approval.

Format: This meet will be conducted in long course meters. All events are timed finals.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck (south side of the pool), unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside the roped-off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the meet.

Pool/Timing: Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. **7 long-course racing lanes** with separate warm-up and warm down lane available. Daktronics Timing System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C(4). Water depth at the start is 4'6" in accordance with 202.3.7(C). The copy of such certification is on file with USA Swimming.

Eligibility: Open to all USA Swimming registered athletes in good standing and athletes registered with other World Aquatics member federations invited by USA Swimming.

All USA Registrations must be done prior to the start of the competition.

- Entries:** All entries must be received by **Wednesday, April 17, 2024 5pm EST.**
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!). [E-mail to sunmeetentries@gmail.com](mailto:sunmeetentries@gmail.com). Email confirmation of entries will be sent to each team. *Coaches are responsible for reviewing their team's entries at this time and notifying host of any issues within 24 hours.*
**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954 747-4635
- NOTE: Swimmers who are not USA Swimming registered will not be entered.**
- Entry Limit:** Friday night: 2 events. Saturday: 3 events. Sunday: 3 events.
- Meet Cap:** The meet is capped at 350 swimmers in order to comply with the 4 hour rule – first come, first served. **Please send a preliminary file ASAP if interested to hold your spot. You can update entry by official meet deadline of Wednesday, April 17.**
- Deck Entries:** NO deck entries.
- Entry Fees:** \$ 7 per individual event
Athlete Surcharge: \$ 12 per swimmer surcharge
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**
- Refunds:** Once the team or individual entry has been received and processed, there will be no refunds, unless FGC RR 1.16(a) applies
- Seeding:** Eligible entries shall be seeded Long course meters, fast to slow.
- Distance Events:** Friday night events (400 IM, 12&under 200 free and 400 FR) will be swum together as mixed gender, fastest to slowest.
- Awards:** IMR/IMX tshirts: Top 3 scorers per age group
- Scoring:** All events will be swum together as Open unless otherwise specified, but scored using the Hy-Tek scoring below.

PLEASE NOTE:

Swimmers have the option of swimming any event within the entry limit. However, if they would like to be eligible for the IMR/IMX award, they **MUST** swim ALL of those respective events (see below):

Scoring for IMR events: The HY-TEK special scoring system will be used. **Swimmers MUST swim all 5 IMR events in order to be eligible for the awards.** Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female and events:

10&u: 100 free, 50 bk, 50 br, 50 fly, 200 IM
11-12: 200 free, 50 bk, 50 br, 50 fly, 200 IM
13-14: 200 free, 100 bk, 100 br, 100 fly, 200 IM
15&older: 200 free, 100 bk, 100 br, 100 fly, 200 IM

Scoring for IMX events: The HY-TEK special scoring system will be used. **Swimmers MUST swim all 5 or 6 IMX events in order to be eligible for the awards.** Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female and events:

10&U; 200 free, 100 bk, 100 br, 100 fly, 200 IM
11-12: 400 free, 100 bk, 100 br, 100 fly, 200 IM
13-14: 400 free, 200 bk, 200 br, 200 fly, 200 IM, 400 IM
15&older: 400 free, 200 bk, 200 br, 200 fly, 200 IM, 400 IM

Admission: \$5 gate fee. Heat sheets will NOT be sold; they will be posted on our website, sunriseswimming.com and on MeetMobile. Hard copies will be available to coaches and officials.

Head Referee: Shawn Jorgensen

Admin Official: Allison Mirones

Meet Director: Christi Wathen – coachchristiw@aol.com – (954) 747-4635

Assistant

Meet Director: Alec Wathen (954) 747-4635

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Information: Call the Sunrise Swimming office (954) 747-4635.

Concessions: Concessions are available during the meet

Hospitality: Refreshments will be available for coaches, officials and timers.

Warm Up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
The first 40 minutes of each session will be General Warm Up – all lanes. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
The last 15 minutes of each session will be Controlled Warm up:
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards One Length
Lane 8 Swimming and Pulling, Push Off

1. Pace lanes – last 10-15 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 10-15 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

Friday, April 26, 2024
Friday – Session 1
Warm-up: 4:30 pm. Start: 5:30 pm.

EVENT#	EVENT – all Mixed Gender
1	400 IM
2	12 & under 200 free
3	400 free

Saturday, April 27, 2024
Saturday – Session 2
Warm-up: 7:30 am. Start: 8:30am.

Event # Girls - Boys	Event
4 – 5	50 fly
6 – 7	50 breast
8 – 9	13 & over 200 IM
10 – 11	100 fly
12 – 13	10 & under 100 free
14 – 15	100 back
16 - 17	13 & over 200 breast

Sunday, April 28, 2024
Sunday – Session 3
Warm-up: 7:30 am. Start: 8:30 am.

Event # Girls - Boys	Event
18 – 19	50 back
20 – 21	13 & over 200 fly
22 – 23	11 & over 100 free
24 – 25	12 & under 200 IM
26 – 27	100 breast
28 – 29	13 & over 200 back
30 - 31	13 & over 200 free

Rules:

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, the City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club 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.

Current 2024 USA Swimming and FGC rules will govern this meet.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Medical supervision / care is available to athletes participating in the meet, and is provided by the City of Sunrise Lifeguard staff who are Red Cross certified and trained in CPR, First Aid, and AED in accordance with USA Swimming Rule 202.4.11(N). In addition, the fire station is on the Civic Center campus.

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.

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 - USA Swimming Rule 202.4.11(D).

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 Vice President of Program Operations.

Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited.

Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – Christi Wathen
Email: coachchristiw@aol.com Phone: 954-747-4635

The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.