

Sponsor:	Voltage Aquatic Swim Team, Idaho Falls, Idaho.	
Sanction:	This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., - USA Swimming Sanction No. 23-08., and is Sanctioned by Snake River Swimming for USMS, Inc, - USMasters Swimming Sanction No. 593-S002. In granting this sanction, it is understood and agreed that USA Swimming and US Masters Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4). The minimum water depth measured in accordance with Article 103.2.3 is 5' at the start end and 3.5' at the turn end. The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 106.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records.	
Date:	Friday, April 21 st , and Saturday, April 22 nd , 2023	
Location:	Idaho Falls Wes Deist Aquatic Center 149 East 7 th Street Idaho Falls, Idaho 83401 (208) 612-8519	
Course:	8-Lane, 25 yard indoor pool. Pool depth minimum is 3.5', maximum pool depth is 5.0'. Equipped with 8 KDI Paragon starting blocks, backstroke flags, and anti-wave lane lines.	
Format:	Serving as an Invitational Meet, all events will be pre-seeded and will be swum as timed finals. Coaches should report all event scratches prior to the start of the meet.	
Timing:	Daktronics Timing System	
Meet Referee:	Glenn Roth 3400 Sparrow Hawk Idaho Falls, ID 83401 (208) 523-1002 Swimmerg1@hotmail.com	
	Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.	
Meet Director:	Linda Keele	Christine Dustin

3129 Homestead Ln.
Idaho Falls, ID 83404
(208) 589-0298
lindakeele00@gmail.com

2833 Holly Place
Idaho Falls, ID 83402
(503) 539-4621
christine@merrells.org

Eligibility: All swimmers must hold a current 2023 USA Swimming registration card or a US Masters Swimming registration. A swimmer's age group will be determined by his/her age on the first day of the meet, April 21st, 2023.

All Masters swimmers must provide their USMS membership number. Each USMS member must be presented with, and agree to (or sign, if on paper form), the [USMS participant liability waiver](#) and release as part of the entry process

Entries: 13 and over swimmers may enter a total of 6 events, 12 and under swimmers may enter a total of 5 events.

The meet is set-up for online entries for those teams who use Team Unify. An invite has already been sent to those teams in Snake River Swimming. Please go to www.voltageaquatics.org to enter online or follow the email instructions that were previously sent to you.

All other teams using Hy-Tek, Meet Manager, and Commlink II programs should send their meet entry file attached to an email to lindakeele00@gmail.com. A printout of entries must also be sent. Entries must include the following information: Swimmer's name, age, registration number, team name, team code, event name and number, and best time in short course yards. "No times" will be allowed.

Deck entries will not be accepted.

All entrants must be registered no later than the entry deadline of Monday, April 10th.

If a swimmer who is not properly registered with USA Swimming or USMS competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

As prescribed in Article **205.3.1 of the USA Swimming Rules and Regulations**, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of four

hours.

Fees: \$2.25 per individual event entry; a surcharge of \$27.00 per swimmer is required (\$9.00 Snake River Fee, \$4.50 Facility fee, \$2.50 Administrative Fee, \$3.00 Timing System fee, \$8.00 Award Fee). All fees must accompany entries. No refunds or credits will be given for events entered but not swum. Awards will not be mailed and must be picked up at the meet. One check per team, please. **Make checks payable to Voltage Aquatics.**

Deadline: **Entries must be received via email no later than midnight on Monday, April 10th, 2023.**

No late entries or paper entries will be accepted.

Mail entry fees to:

Voltage Aquatics
P.O. Box 2423
Idaho Falls ID, 83403

Schedule: **Session 1--Friday, April 21:**
Doors open: 3:30 pm
Warm-ups (12&under): 4:00pm-4:25pm
Warm-ups (13&over): 4:25pm-4:50pm
Session 1 start: 5:00pm

Session 2--Saturday, April 22:
Doors open: 7:30am
Warm-ups (13&over): 8:00am-8:25am
Warm-ups (12&under): 8:25am-8:50am
Session 2 start: 9:00am

Meeting: Coaches: Friday, April 21 at 3:45pm, Saturday, April 22 at 7:45am

Officials: Friday, April 21 at 4:30pm, Saturday, April 22 at 8:30am

Schedule can be changed with the agreement of the meet referee and all attending coaches.

Conduct: **Current USA Swimming rules will apply including the Minor Athlete Abuse Prevention Policy.** Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool.

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

Warm-ups:	No diving or backstroke starts allowed from the blocks or edge of the pool during warm-ups. Racing starts will be allowed during the last 15 minutes of warm-ups. Meet Marshals will be present. Coaches are expected to actively supervise their swimmers. 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. If we do not receive verification signed by the swimmer's coach with the entries, the swimmers will be required to start from the water.
Deck Changing:	Under USA Swimming Rule 202.2.9.I for Deck Changing-Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Areas included are, but not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.
Drone:	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.
Protests:	Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.
Timers:	Each team will be expected to provide timers during the entire course of the meet. VOLT would appreciate the assistance of officials who are current members of USA Swimming from participating teams as well.
Scoring/Awards:	Ribbons will be given for each event for those swimming 1st through 8th based on age group finishes: 8&under, 9&10, 11&12, 13&14, and 15-19. Trophies will be awarded for those competing in all IMX events for their age group (and IMR events for 8&unders).
Misc.:	Tables and chairs will be provided for coaches in designated areas. Heat sheets will be available for \$5. Goggles will be available for purchase. No other equipment will be available. All events are swum as timed finals. Coaches should report all event scratches prior to the start of the meet. All events will be pre-seeded. Deck entries WILL NOT be accepted. "No times" will be allowed.

At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

The meet referee will waive the empty lane requirement with the concurrence of the coaches of the affected swimmers for all combined events.

Hospitality: A hospitality room for coaches and officials will provide snacks and a light meal on Friday and Saturday.

Assumption of Risk: Voltage Aquatics has taken enhanced health and safety measures for this event. All participants, coaches, spectators, and officials must follow all posted instructions while attending this event. 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 those with underlying medical conditions are especially vulnerable. By attending the 2021 IMX-IMR Swim Meet event, you voluntarily assume all risks related to exposure to COVID-19.

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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 SNAKE RIVER SWIMMING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Schedule of Events
Voltage Aquatics Team presents
The 2023 IMX-IMR Meet
April 21st & 22nd, 2023

Friday, April 21, 2023
 Warm-ups — 12&under: 4:00-4:25pm 13&older: 4:25-4:50pm
 Meet start: 5:00pm

Female Event #	Event	Male Event #
1	11&over 500 yards Freestyle	2
3	9-10 200 yards Freestyle	4
5	8&under 100 yards Freestyle	6
7	13&over 200 yards Butterfly	8
9	9-12 100 yards Butterfly	10
11	8&under 50 yards Butterfly	12
13	13&over 200 yards Individual Medley	14

Saturday, April 22, 2023
 Warm-ups — 13&older: 8:00-8:25am 12&under: 8:25-8:50am
 Meet start: 9:00am

Female Event #	Event	Male Event #
15	13&over 400 yards Individual Medley	16
17	9-12 200 yards Individual Medley	18
19	8&under 100 yards Individual Medley	20
21	13&over 200 yards Backstroke	22
23	9-12 100 yards Backstroke	24
25	8&under 50 yards Backstroke	26
27	13&over 200 yards Breaststroke	28
29	9-12 100 yards Breaststroke	30
31	8&under 50 yards Breaststroke	32