

Voltage Aquatics Team presents
The 2025 IMX-IMR Meet
April 25th & 26th, 2025

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. 25-13. In granting this sanction, it is understood and agreed that USA 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.

Date: Friday, April 25th, and Saturday, April 26th, 2025

Location: Idaho Falls Wes Deist Aquatic Center
149 East 7th 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.	2833 Holly Place
Idaho Falls, ID 83404	Idaho Falls, ID 83402
(208) 589-0298	(503) 539-4621
linda keele00@gmail.com	christine@merrells.org

Eligibility: All swimmers must hold a current 2025 USA Swimming registration card. A swimmer's age group will be determined by his/her age on the first day of the meet, April 20th, 2025.

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 14th.

If a swimmer who is not properly registered with USA Swimming 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 \$32.00 per swimmer is required (\$9.00 Snake River Fee, \$9.50 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 14th, 2025.**

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 25:**

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 26:

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 25 at 3:45pm, Saturday, April 26 at 7:45am

Officials: Friday, April 25 at 4:30pm, Saturday, April 26 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 1 st through 8 th 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.
Medical Supervision:	Certified lifeguards will supervise the event at all times. All lifeguards are

certified in CPR, water rescue, and emergency response. An AED is at the facility and all lifeguards are trained to use the AED.

Safe Sport:

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

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 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 833-5US-SAFE (833-587-7233) or online at

<http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before April 25, 2025, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before April 25, 2025 who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Schedule of Events
Voltage Aquatics Team presents
The 2025 IMX-IMR Meet
April 25th & 26th, 2025

Friday, April 25, 2025
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 26, 2025
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