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IMR / IMX Altitude Meet

Hosted by:
Sparks Piranhas – Carson City, NV December 2-4, 2022

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS23-23
Enter online at: <https://ome.swimconnection.com/SN/spks20221202>
According to 202.4.10 “In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”
According to 202.4.11D, “Any swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water. 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.”
- LOCATION:** Carson City Aquatics Complex (841 N. Roop St., Carson City, NV). From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel West for 0.9 mile. Turn left into Mills Park and the Carson City Community Center.
- TIMES:** Friday: Warm-ups begin at 4:00 PM: Meet will begin at 5:00 PM. Sat
& Sun: **AM Session:** Warm-ups will begin at 7:00 AM.
Meet will begin at 8:30 AM.
PM Session: Meet warm-up may start at the completion of the AM Session. PM Sessions will begin no earlier than 1 hour after the estimated time of completion of the AM Sessions.
- WARM-UP RULES:** The following rules apply to the warm-up period before each session, and to warm-up/down during the meet:
- Lifeguards shall be on the pool deck during the entire warm up period.
 - Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.
 - Up to 2 lanes can be used for pace 50’s (Usually lanes 1 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
 - Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
 - Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
 - Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.
 - The use of hand-paddles, kickboards, fins & other devices are not allowed during warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.
- All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in arranging for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day.
- The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.
- FACILITY:** An indoor, 25-yard by 50-meter indoor pool with up to **8 short-course lanes** for competition and eight lanes for warm-up and warm-down. Colorado Timing system with touch pads and scoreboards will be used. In accordance with 202.4.11C, the competition course has a pool depth at the start end of 5’ at 3’ 3 1/2” and 5’ at 16’ 5” and at the turn end it is 5’ at 3’ 3 1/2” and 5’ at 16’ 5”. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Starting, Timing and Scoreboard system will be used. Coaches are required to have their

athletes certified in backstroke device starts in order to use the devices. **The racing course will utilize up to 8 Lanes in the Deep side of the competition course. Warm up/cool down during the meet will be allowed in designated lanes in the competition pool.**

PARKING:

Parking is free all three days. If overflow parking is needed, Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

RULES:

2022 USA Swimming and Sierra Nevada Swimming rules will apply. A USAS Registered Coach must supervise all warm-ups. If you do not have a USAS Registered Coach at the meet, report to the Deck Referee for lane and coach assignment. All Coaches may be required to present their 2022 or 2023 USAS Coach Membership Card to the Meet Referee at the beginning of the meet. All events are timed finals. All swimmers may **swim (4) events per day** unless the entry cap is exceeded. Coaches must display their **CURRENT USA Swimming membership card with a valid Criminal Background and Athlete Protection Training expiration date, in a visible manner.**

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."

NT or No Official Time Entries will be accepted and submitted Estimated Times will **NOT** be required if a swimmer has no official times

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.

Sierra Nevada Swimming and the **Sparks Piranhas** Swim Team would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." The use of flash devices at the start is also prohibited.

Pursuant to USA-S Rule 202.4.11I deck changes are prohibited.

According to 202.4.11J, the 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 Program & Events Committee Coordinator (or his/her designee).

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.

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training before they are allowed to enter the meet.

CLOSED DECK:

Access behind the starting blocks (lanes 1-10) will be CLOSED and only open to athletes, Officials, Coaches, volunteers, and Timers. All events will begin from the start side of the pool. Timers will be moved for the 25- yard events to the turn side of the pool (bleacher side) for those events. The coaching table will be placed along the course, the coaching area is closed to Spectators. Spectators in that area will be asked to leave promptly.

COVID-19:

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 practices or events, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS TIME TRIAL, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SIERRA NEVADA SWIMMING AND SPARKS

PIRANHAS) ALONG WITH EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES, INCLUDING BUT NOT LIMITED TO THE MEET REFEREE (JOHN RICHARDSON), THE HEAD STARTER (SCOTT SEWALL), THE ADMINISTRATIVE OFFICIAL (KELLY SCHOTT), AND THE MEET DIRECTOR (JOSH COSMAN) 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.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. Properly registered 19-over swimmers may enter 13-18 events. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim.

According to 302.3 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

CHECK-IN:

Except for Friday's session, the meet shall be pre-seeded, and athletes will not be required to check-in. Positive check-in events and deadlines are as follows:

- Friday check-in by 4:30 PM. Athletes who do not check in by these times will be automatically scratched from these events. **All events will be swum fastest to slowest.**

ENTRIES:

On-line entries, enter at: <https://ome.swimconnection.com/SN/spks20221202> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using the Swim Connection secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC.

Online entries must be received before 11:59 PM on Friday, November 25, 2022.

ENTRY FEES:

\$4.00 PER INDIVIDUAL ENTRY (INCLUDES \$.75 age group travel fund, \$.50 senior travel fund, \$.50 Sierra Nevada Swimming. In addition, there is a **\$10.00 pool surcharge per swimmer** to help cover the cost of the pool. Entry fees are non-refundable. No Deck Entries.

Make checks payable to: SPARKS PIRANHAS

ENTRY LIMITS:

Should 8 & under or 12 & under events on any day be estimated to last longer than 4 hours, swimmers may be required to scratch down. Entries in excess of (4) per day will not be refunded. The meet will be capped as follows:

Friday – 150 swimmers

Saturday & Sunday 13 & up – 400 swimmers

Saturday & Sunday 12 & under – 400 swimmers

DECK ENTRIES:

Entries for each session will close by the applicable deadline listed below, or when a session becomes full and is closed early per the rules section above, whichever is first. **NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED.**

AWARDS:

IMR Division events to qualify for awards:

5-10 yrs: 3/4, 7/8, 11/12, 37/38, 42/43

11-12 yrs: 3/4, 7/8, 11/12, 31/32, 37/38

13-18 yrs: 1/2, 5/6, 9/10, 34/35, 39/40

IMX Division events to qualify for awards:

7-10 yrs: 17/18, 21/22, 27/28, 47/48, 55/56

11-12 yrs: 15/16, 21/22, 27/28, 51/52, 55/56

13-18 yrs: 19/20, 25/26, 29/30, 49/50, 51/52, 53/54

Ages 5-8 25's Series events to qualify for awards:

Events 33, 36, 41, 46 (Medals will be awarded to the top scoring 3 girls and top scoring 3 boys OVERALL in the 5-8 age group). **Swimmers in the 5-8 25s Series may not swim IMR or IMX events. BOYS & GIRLS MAY BE SWUM COMBINED IN 5-8 25s SERIES.**

Awards will be handed out at the end of the Sunday session.

All awards must be picked up by the conclusion of the swim meet.

Awards will not be mailed out.

RESTRICTIONS:

The following restrictions apply to all areas of the meet venue, including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by athletes during the meet and during warm-up periods.

- No smoking, "vaping," or use of tobacco products. • No sale and/or use of alcoholic beverages, or recognition of alcoholic sponsors.

- No glass containers.

- No propane heaters, except for snack bar/meet operations.

- No animals except physician-certified "service assistance" animals are permitted.

Please show certification when asked by meet officials or marshals.

- Deck changes are prohibited.

- IMPORTANT: All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.

- There will be closed areas of the deck. Cooperation of athletes, families, and Coaches will be appreciated.

- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), fireworks of any kind, blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

- 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.

- The Warm-Up pool is to be used for LAP SWIMMING ONLY. No playing will be allowed.

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100.

ADMISSION:

Admission is free.

CONCESSIONS:

A snack bar will be available, serving breakfast, lunch, and snack food. Lunch and refreshments will be served to all working Officials and Coaches. snacks will be served to all Timers.

OFFICIALS:

Meet Referee: John Richardson (jkrich49@gmail.com)

Head Starter: Scott Sewall (SSewall19@gmail.com)

Admin. Official: Kelly Schott (kburnight@hotmail.com)

Meet Director: Josh Cosman (meetdirector.sparkspiranhas@gmail.com)

MINIMUM OFFICIALS RULE:

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. All working Officials are expected to display, while officiating the meet, their current USA Swimming membership card with a valid Criminal Background, Athlete Protection training and concussion course mandated by USA Swimming, as well as my have to have the California required mandatory Reporting: Understanding Your Responsibility, by November 3, 2022
Officials dress will be white polo shirts, navy-blue pants/shorts/skirts and white socks and tennis shoes. For wet or cold conditions, boots and parkas will be allowed.

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent that Team during the conduct of the meet. An Officials’ meeting will begin 30 minutes prior to the start of each session. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as “time only” swimmers in all respects for that session.

OFFICIALS’ REQUIREMENT

Number of Team’s swimmers submitting entries in each meet session:	Number of trained and carded Officials required per team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

TIMERS:

Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] 16 timing chairs, with one timing button per chair. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams.

According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

DISTANCE EVENTS:

For the 500 Freestyle, swimmers will need to provide their own Timers, lap counting devices and lap counters for the events (all ages).

**SESSION 1 – FRIDAY: Warm-ups begin 4:00 PM –
Session Starts 5:00 PM**

GIRLS		IMX EVENT	BOYS	
EV #	AGE GROUP		AGE GROUP	EV #
1	11-12	500 Freestyle	11-12	2
	13-18		13-18	
	10 & U		10 & U	

SESSION 2 - SATURDAY AM IMX: Warm-ups 7:00 AM
- Session Start 8:30 AM

GIRLS		IMX EVENT	BOYS	
EV #	AGE GROUP		AGE GROUP	EV #
3	11-12	200 Freestyle	11-12	4
5	13-18	200 Butterfly	13-18	6
7	11-12	100 Butterfly	11-12	8
9	11-12	100 Freestyle	11-12	10
	13-18	**non-scoring IMX	13-18	
11	10 & U	100 Freestyle	10 & U	12
	11-12	**non-scoring IMX	11-12	
13	13-18	200 Backstroke	13-18	14
15	10 & U	100 Backstroke	10 & U	16
	11-12		11-12	
17	13-18	400 IM	13-18	18

SESSION 3 - SATURDAY PM IMR
Session Will NOT start before 10:30 AM - Warm-up
immediately after IMX Session

GIRLS		IMR EVENT	BOYS	
EV #	AGE GROUP		AGE GROUP	EV #
19	13-18	200 Freestyle	13-18	20
21	10 & U	100 IM	10 & U	22
	11-12		11-12	
23	13-18	100 Butterfly	13-18	24
25	10 & U	50 Butterfly	10 & U	26
	11-12		11-12	
27	13-18	100 Backstroke	13-18	28
29	10 & U	50 Backstroke	10 & U	30
	11-12		11-12	
31	10 & U	50 Freestyle	10 & U	32
	11-12	**non-scoring	11-12	
	13-18		13-18	

**SESSION 4 - SUNDAY AM IMX: Warm-up 7:00 AM –
Meet Start 8:30 AM**

GIRLS		IMX EVENT	BOYS	
EV #	AGE GROUP		AGE GROUP	EV #
33	13-18	200 IM	13-18	34
	11-12		11-12	
	10 & U		10 & U	
35	13-18	200 Breaststroke	13-18	36
37	10 & U	100 Breaststroke	11-12	38
	11-12		10 & U	
39	13-18	50 Freestyle **Non-Scoring IMX	13-18	40
	11-12		44877	
	10 & U		13-18	

**SESSION 5 - SUNDAY PM IMR
Session Will NOT start before 10:30 AM - Warm-up
immediately after IMX**

GIRLS		IMR EVENT	BOYS	
EV #	AGE GROUP		AGE GROUP	EV #
41	11-12	200 Freestyle	11-12	42
43	8 & U	25 Butterfly	8 & U	44
45	13-18	200 IM	13-18	46
47	8 & U	25 Backstroke	8 & U	48
49	10 & U	50 Breaststroke	10 & U	50
	11-12		11-12	
51	13-18	100 Breaststroke	13-18	52
53	8 & U	25 Breaststroke	8 & U	54
55	10 & U	100 Freestyle	10 & U	56
57	11-12	100 Freestyle **non-scoring	11-12	58
	13-18		13-18	
59	8 & U	25 Freestyle	8 & U	60

**Events that do NOT count toward Power Point award scores.
An event may be swum only once in the meet (ex: 100 Free,
200 IM).

HY-TEK POWER POINTS - WHAT IT IS

Every swim listed in the USA Swimming times database includes a Hy-Tek Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.

HOW IT WORKS

So how exactly does the Hy-Tek power point system work? The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event. We use these points to rank you and your club in our IM Ready, IMX and Virtual Club Championships programs.

WHY USE IT AS A SWIMMER

Ever wonder how your long course times compare to your short course times? Wonder no more. Comparing your season swims is just one way Hy-Tek Power Points can be of use to you. Here are other ways to use it:

- So you're pretty decent in your events across the board, but you want to know which events are stronger for you on a national scale. Use Hy-Tek power points! For example, you can compare your score in the 100 back vs. the 200 back or across several freestyle distances such as the 100, 200, and 400.
- Look at the strength of one stroke vs. another stroke. For example, compare your freestyle to your breaststroke. Determine the quality of you short course vs. long course swims.
- This comparison is a great way to measure progress from the end of the short course season through the long course season.

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.



9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). 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 rank and on your club.



9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM