

CHRIS GOODY IMX CHALLENGE

January 14-15, 2023 at Union College

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-011
Don Lipkin, General Chairman
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.

Host: SCHENECTADY-SARATOGA SWIM CLUB

Place: Union College, Alumni Gymnasium Pool, 807 Union Street Schenectady, NY 12308
25 Yard, 8 Lane Pool, and Continuous Warm Up Pool - with Colorado timing systems and displays.
Continuous warm-up warm-down time is provided.
These competition courses have not been certified in accordance with 104.2.2C(4).

Pool Depths: From Start End of Pool, depth of Pool at One (1) Meter is 10'0" and at Five (5) Meters is 13'0"
From Turn End of Pool, depth of Pool at One (1) Meter is 6'6" and at Five (5) Meters is 6'9"

Time:

Saturday, January 14, 2023				
	Ages	Positive Check-in Deadline	Warm-Up	Meet Start
Session 1	11-12	9:30 AM	9:30 AM	10:15 AM
Session 2	13-14	12:00 PM	12:00 PM	12:45 PM
Session 3	15 & Over	3:00 PM	3:00 PM	3:45 PM
Sunday, January 15, 2023				
	Ages	Positive Check-In Deadline	Warm-Up	Meet Start
Session 4	12 & Under	8:00 AM	8:00 AM	9:00 AM
Session 5	13 & Over	12:00 PM	12:00 PM	1:00 PM

Meet Directors: Sara Gregory (518) 256 5556 - sharkregistrar518@gmail.com
Jennifer Otten (518) 928-5984 - jotten10304@gmail.com
Meet Referee: Ronaldo Hart (518) 322 2855 - hartattackrb@gmail.com
Meet Entry Coordinator: Gundula Gutjahr (518) 951-6967 - entries@schenectadyswimclub.org

Spectator Limitations:

In compliance to Union College Event Rules, SPECTATOR NUMBERS will be RESTRICTED.

People working the meet from participating clubs are permitted on deck for their scheduled slot.

The meet will be live-streamed to the Sharks YouTube channel, which can be found at the link below. Everyone who subscribes to the channel will be notified when we begin to stream a session; in addition, if the internet connection at the pool becomes unstable and we have to begin a new stream within a session, subscribers will be notified of the new stream automatically. Otherwise, they can check the link close to the session start times and tune in to the link at that time.

Sharks YouTube channel:

<https://www.youtube.com/channel/UCUnfhdVG793C92Sc16OjkTQ>

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **January 14, 2023**.
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.
Team entries must be received by the Meet Entry Coordinator by **Wednesday, January 4, 2023, at 5:00PM**.
Please be certain you receive a reply confirming receipt of your entries within 48 hours; follow up if you do NOT receive a reply.

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IMX CHALLENGE – Saturday & Sunday January 14-15, 2023

All events in all sessions of this meet will be POSITIVE CHECK-IN. **POSITIVE CHECK-IN lists will be distributed to the coaches before each session, and swimmers should check-in with their designated coach.** All IMX events will be seeded as Mixed-Gender events, and will be swum as timed finals. Scoring will follow the IMX Single-Year Age Group format. The 12&Under IMX Challenge will include 5 scored events and the 13&Over IMX Challenge will include 6 scored events. A complete list of the IMX Challenge events is listed under Scoring in this announcement.

Session 1 – Saturday's 11-12 session will include the 11-12 500 Freestyle and 200 IM, both of which are IMX Challenge scored events. Swimmers may enter a maximum of 2 events in this session.

Session 2 – Saturday's 13-14 session will include the 13-14 400 IM and 500 Freestyle, both of which are IMX Challenge scored events. Swimmers may enter a maximum of 2 events in this session.

Session 3 – Saturday's 15&Over session will include the 15&Over 400 IM and 500 Freestyle, both of which are IMX Challenge scored events. Swimmers may enter a maximum of 2 events in this session.

Session 4 – Sunday's morning session will include the remainder of the 12&Under IMX Challenge scored events. 10&Under swimmers may enter a maximum of five individual events and 12&Under swimmers may enter three individual events plus one relay in this session.

Session 5 – Sunday's afternoon session will include the remainder of the 13&Over IMX Challenge scored events. Swimmers may enter a maximum of four individual events in this session.

Entries will be accepted on a first come, first served basis. If the host team receives more entries than expected, it may be closed to further entries before the due date. If the meet is still oversubscribed, relays may be cut. Subscription may also result in meet and/or session start times being rescheduled. Attending teams will be notified of any cuts or changes via email and all changes will be posted to the AD Web Site. Fees paid for cut entries will be refunded.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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 Registration:

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

Registrations must be completed by member, using OMR. All Adirondack Meets are reconciled for current USA Swimming Registration.

Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))

Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.

Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

PLEASE NOTE: All individual events will be seeded in mixed gender heats.

All events are timed finals. Starts will be Flyover Starts; please inform your swimmers prior to the meet.

All events in all sessions of this meet will be POSITIVE CHECK-IN.

POSITIVE CHECK-IN lists will be distributed to the coaches before each session, and swimmers should check-in with their designated coach.

Swimmers who are not checked in by deadline will be scratched.

All events, including distance events (500 Freestyle and 400 IM) will be swum slowest to fastest.

All IMX events will be scored and awarded per **single age**. Non-IMX events will not be scored and will be awarded in age groups.

Additional information is listed under Scoring in this announcement.

To help with proper spacing between events and to give young swimmers the best racing experience, we are asking the swimmers' coaches to provide us with an entry time for all events.

If the athlete has no times (NTs) for some events, please enter an estimated entry time according to your knowledge of the athlete's abilities.

This way, the heat they will get seeded into will provide them with good competition and enough rest between events.

Relays:

Relays will be swum only in Session 4 as 12&Under events.

Warm-Ups:

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area.

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Timers:

Session 1 – Clubs will be required to provide timers based upon their number of entries.

Please note that the session timers will be timing the 12&Under 500's!

Swimmers in this session do not need to provide their own timer, but they will need to provide their own counter.

Session 2 – Swimmers in the 500 Freestyle and/or 400 IM must provide their own timers.

Session 3 – Swimmers in the 500 Freestyle and/or 400 IM must provide their own timers.

Session 4 – Clubs will be required to provide timers based upon their number of entries.

Session 5 – Clubs will be required to provide timers based upon their number of entries.

Lane timer assignments will be posted on the Adirondack Swimming Web site www.adirondackswimming.org

Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable forms of Proof of Registration are: USA-Swimming ID from SWIMS 3.0 or the USA Swimming Phone app.
3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

Meet Policy:

Use of Audio or Visual Recording Devices, including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

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.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions.

Each team is responsible for supervising its members.

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.

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.

This statement (Covid-19) shall also be included in heat sheets.

Safe Environment Guidelines:

We are fortunate to be permitted to use the facilities at Union College Alumni Gymnasium, Schenectady, NY. Proper conduct on the part of all swimmers, volunteers, coaches, officials, and anyone else attending is expected at all times. The meet area is restricted to the pool, adjoining locker rooms and adjacent hallways. Any swimmer found in an area designated out-of-bounds will be barred from the remainder of the meet.

- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- Strictly limited numbers of spectators are allowed.
- Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms.
- Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet.
- Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time.
- Face coverings may be chosen to be worn.
- Restrooms in the lobby are available for use.

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Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.
- Swimmers are expected to remain in their area except when racing, preparing to or completing a race or when needing the restroom.

Pre-meet and In-meet warm-up/warm-down:

- Each team will be assigned warm-up lanes and time slots.
- Swimmers are expected to minimize their time on the wall while warming up/down.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

Swimmer Competition:

- Swimmers may choose to wear a mask until their heat is called to the blocks, at which time they should place their masks into a labeled plastic bag and place it next to the lane.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water.

All swimmers, spectators, coaches, officials, volunteers, and anyone else attending is required to abide by COVID and any other health and safety measures as specified by Schenectady County, Adirondack Swimming, USA Swimming, and any governing agencies. Failure to do so will result in removal from the premises.

Services:

Spectators entering the pool will be charged \$5 per adult (kids are free) at the door and will receive free heat sheets.

Spectators watching the meet on the Sharks' YouTube channel will be able to see the heat sheets at no extra cost on Meet Mobile.

A basic selection of packaged snacks and bottled drinks will be on sale throughout the meet.

A swimming equipment vendor (Deep End) will be at the venue.

Smoking is NOT permitted in the building. Food and drink, except for water, are not permitted in the pool area. Glass containers of any kind are strictly prohibited in the pool area.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.75 per individual event, which includes the \$.50 AD travel fund surcharge, \$7.00 per relay, which includes the \$1.00 AD travel fund surcharge, and a \$2.00 per swimmer surcharge.

ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.

Make your entry check payable to **SCHENECTADY-SARATOGA SWIM CLUB** and mail your check and entry summary sheet to the **Meet Entry Coordinator**. Entries will be entered to the meet upon receipt of your check.

Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.

Awards:

The Top 6 IMX point earners in each Single Age will be awarded.

Ribbons will be awarded to the top three teams in the relay events.

Scoring:

In the IMX Challenge, all swims will be scored on the cumulative Hy-Tek Single-Age Points System.

IMX Age Groups and Events:

Age	IMX Events to be scored
9 & Under, 10	200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly
11, 12	200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly
13, 14, 15, 16, 17, and 18 & Over	200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

Officials:

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of officials meeting.

If you have any questions, please contact a Meet Director or the Meet Referee.

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SESSION 1 – Saturday – 11-12

POSITIVE CHECK-IN DEADLINE and WARM-UP STARTS 9:00 AM – SESSION STARTS 9:45 AM

	EVENT
1	Mixed 11 – 12 500 Freestyle
2	Mixed 11 – 12 200 IM
Swimmers may enter a maximum of 2 events in this session.	
All events are mixed gender heats and timed finals.	

SESSION 2 – Saturday – 13-14

POSITIVE CHECK-IN DEADLINE and WARM-UP STARTS 12:00 PM – SESSION STARTS 12:45 PM

	EVENT
3	Mixed 13 – 14 500 Freestyle
4	Mixed 13 – 14 400 IM
Swimmers may enter a maximum of 2 events in this session.	
All events are mixed gender heats and timed finals.	

SESSION 3 – Saturday – 15 & Over

POSITIVE CHECK-IN DEADLINE and WARM-UP STARTS 3:00 PM – SESSION STARTS 3:45 PM

	EVENT
5	Mixed 15 & Over 500 Freestyle
6	Mixed 15 & Over 400 IM
Swimmers may enter a maximum of 2 events in this session.	
All events are mixed gender heats and timed finals.	

SESSION 4 – Sunday – 12 & Under

POSITIVE CHECK-IN DEADLINE and WARM-UP STARTS 8:00 AM – SESSION STARTS 9:00 AM

	EVENT
7	Mixed 10 & Under 200 IM
8	Mixed 12 & Under 100 Breaststroke
9	Mixed 12 & Under 100 Backstroke
10	Mixed 10 & Under 200 Freestyle
11	Mixed 12 & Under 100 Butterfly
12	Girls 12 & Under 200 Medley Relay
13	Boys 12 & Under 200 Medley Relay
Swimmers may enter a maximum of 5 individual events in this session.	
All individual events are mixed gender heats and timed finals.	

SESSION 5 – Sunday – 13 & Over

POSITIVE CHECK-IN DEADLINE and WARM-UP STARTS 12:00 PM – SESSION STARTS 1:00 PM

	EVENT
14	Mixed 13 & Over 200 Butterfly
15	Mixed 13 & Over 200 Backstroke
16	Mixed 13 & Over 200 Breaststroke
17	Mixed 13 & Over 200 IM
Swimmers may enter a maximum of 4 individual events in this session.	
All events will be mixed gender heats and timed finals.	

\$4.75 PER INDIVIDUAL EVENT || \$7.00 PER RELAY EVENT || \$2.00 SURCHARGE PER SWIMMER
ADDITIONAL \$1.00 SURCHARGE FOR ALL MANUAL ENTRIES

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ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Individual Entries Positive Check-in	_____	X \$4.75 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Relays	_____	X \$7.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$ _____

E-mail your entries to the Meet Entry Coordinator:
entries@schenectadyswimclub.org

ENTRY DEADLINE:

Wednesday, January 4, 2023, at 5:00 PM

**This form must be returned with Entry Report and Check
to the Meet Entry Coordinator**

**MAKE CHECKS PAYABLE TO:
SCHENECTADY - SARATOGA SWIM CLUB (SSSC)**

**SEND EVERYTHING TO:
Gundula Gutjahr (SSSC Entry Coordinator)
171 Wood Dale Drive
Ballston Lake, NY 12019**

**SCHENECTADY-SARATOGA SWIM CLUB assumes no
responsibility for meet close-out due to late entries.**