

## SBSC Semana Nautica 2019 IMR & IMX TEAM CHALLENGE

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No: #S19-222

Sponsored by: SBSC and Coastal Committee

Received by deadline: 5:00 pm, June 26, 2019

**Date of Meet:** July 5-7, 2019

**Start of Meet:** Friday, 7/5: 2:30pm Warm-up, 4pm Start; Sat 7/6 & Sun 7/7: 7:30am Warm-up, 9am Start

**POOL:** Los Banos Del Mar Pool. 401 Shoreline Drive, Santa Barbara. Parking across street at Pershing Park is free. Parking in SB Harbor lot requires payment based on hourly rates.

**COURSE:** Outdoor 50 meter pool with 7 competition lanes and 3x15 meter warm-up lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 10.6, turn end 3.6.

**WARM-UP PROCEDURES:** All warm-up must be supervised by a current USA Swimming member coach. Warm-up may be divided and assigned based on size of meet. Warm-up for morning session will be 7:30-8:45. At conclusion of morning session there will be a one hour warm-up for the afternoon session. Designated dive lanes will open as needed. Pool will clear 15 minutes before session. All swimmers must use a 3-point slide-in entry into the pool for warm up. NO jumping or diving.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Meet Referee: Mary Jo Swalley, mj64bear@earthlink.net.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on July 5, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in Events 1-6 and 35/36 are required to furnish their own timers and lap counters. Events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 6 events per day. Coaches and officials must be current USA Swimming members including mandatory CA Concussion Certificate.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**DRONES:** 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.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.org).

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** 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 a 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.

**ELIGIBILITY:** Open to all athletes who hold 2019 USA Swimming Registration. Registration application must be received by the meet entry deadline by the meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a Club Transfer form to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be the best recorded times short course or long course from this or the preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries

close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. Entry into OPEN events are for 11 & Over swimmers only.

**ENTRY FEES:** \$4.00 for each individual event along with a \$10.00 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached .PDF file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. Prior to entry deadline new swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

**AWARDS:** IMR and IMX medals will be given to the top three swimmers in the following male and female age groups (7-10,11-12, 13-14, 15-18). A swimmer must successfully complete all IMR or IMX events to be eligible for an award.

The **David and Ruth Johannsen Memorial Team Award** will be a cash prize given to the team with the total top 16 finishes (Top 8 girls in event #67 and top 8 boys in event #68. Athletes must be 13-18 years of age and attached swimmers to a USA Swimming registered club) in the 50 free: \$3,000 to team with most swimmers, \$1,500 second and \$500 third. In case of ties, award will be divided between teams. Only USA Swimming registered teams are eligible for cash prize.

The **IMR/IMX Team Challenge Award** will be a cash prize given to the team with the best combined IMR plus IMX team score. A max of three swimmers per age group per team for each IMR and IMX count towards the team score (Top 3 IMR swimmers and Top 3 IMX swimmers each age group for each team. Athletes must be 7-18 years of age and attached to a USA Swimming registered club). First Place \$3,000, Second Place \$1,500, Third Place \$500. In case of ties, monetary awards will be divided between clubs. Only USA Swimming registered teams are eligible for cash prize.

**Capps Family '400' Plaque** will be awarded to overall 400 Freestyle champions (male and female).

**SCORING:** Point scoring: 10, 7, 6, 5, 4, 3, 2, 1. Swimmer scores from all events will be combined for an IMR or IMX point total. Disqualifications will receive zero points. An athlete's score will still be considered for top 3 individual awards and for team scoring in case of disqualification. Scoring will be determined according to the swimmer age grouping, 7-10, 11-12, 13-14, and 15-18, and the swimmer IMR or IMX point total. A no-show in any event will remove the swimmer from the IMR or IMX scoring. Swimmer will be allowed to swim all remaining events for time only. Declared false starts will not be allowed for scoring.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JUNE 26, 2019.** IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card to the designated address, enclose a stamped, self-addressed envelope or postcard. **Receipt of entries will not be verified by phone or e-mail.**

**Make Checks payable to SOUTHERN CALIFORNIA SWIMMING.**

**MAIL ENTRIES TO: Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117.**

Email for team electronic entries only: **pam.jam24@gmail.com.**

Questions: Please contact the Meet Processor or the SCS office (310-684-1151).

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.

**Friday July 5, 2019**  
Session 4:00pm start. Warm-up at 2:30pm

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
1	Open	6:31.20	5:48.20	400 IM	6:32.30	5:48.90	2
3	7-10	3:02.70***	2:42.00***	400 FREESTYLE	3:02.40***	2:41.80***	4
	11-12	6:18.80***	6:59.50***		6:18.10***	7:05.30***	
5	OPEN	11:44.20	12:58.60	800 FREESTYLE	11:43.70	13:09.80	6

\*\*\*7-10 Blue Min for 200 Free & 11-12 Red Min for 400 Free  
Athletes must provide their own timers for all events on Friday.

**Saturday July 6, 2019**  
Morning Session 9am start. Warm-up at 7:30am

7	11-12	BRW	BRW	200 IM	BRW	BRW	8
9	5-10	BRW	BRW	50 FREESTYLE	BRW	BRW	10
11	11-12	BRW	BRW	50 FREESTYLE	BRW	BRW	12
13	5-10	BRW	BRW	50 BREASTSTROKE	BRW	BRW	14
15	11-12	BRW	BRW	50 BREASTSTROKE	BRW	BRW	16
17	5-10	BRW	BRW	100 BACKSTROKE	BRW	BRW	18
19	11-12	BRW	BRW	100 BACKSTROKE	BRW	BRW	20
21	5-10	BRW	BRW	100 BUTTERFLY	BRW	BRW	22
23	11-12	BRW	BRW	100 BUTTERFLY	BRW	BRW	24
25	7-10	3:49.30	3:23.50	200 IM	3:50.40	3:24.50	26

Saturday Afternoon Session to start no sooner than 60 minutes  
after the conclusion of the Morning Session

27	13 & OVER	BRW	BRW	100 FREESTYLE	BRW	BRW	28
29	OPEN	3:09.20	2:46.20	200 BACKSTROKE	3:11.80	2:51.40	30
31	13 & OVER	BRW	BRW	100 BREASTSTROKE	BRW	BRW	32
33	OPEN	3:05.70	2:43.20	200 BUTTERFLY	3:07.20	2:47.40	34
35	13 & OVER	BRW	BRW	400 FREESTYLE	BRW	BRW	36

Athletes in Event 35 & 36 must provide their own timers.

**Sunday July 7, 2019**  
Morning Session 9am start. Warm-up at 7:30am

37	11-12	BRW	BRW	200 FREESTYLE	BRW	BRW	38
39	5-10	BRW	BRW	200 FREESTYLE	BRW	BRW	40
41	11-12	BRW	BRW	50 BACKSTROKE	BRW	BRW	42
43	5-10	BRW	BRW	50 BACKSTROKE	BRW	BRW	44
45	11-12	BRW	BRW	50 BUTTERFLY	BRW	BRW	46
47	5-10	BRW	BRW	50 BUTTERFLY	BRW	BRW	48
49	11-12	BRW	BRW	100 BREASTSTROKE	BRW	BRW	50
51	5-10	BRW	BRW	100 BREASTSTROKE	BRW	BRW	52
53	11-12	BRW	BRW	100 FREESTYLE	BRW	BRW	54
55	5-10	BRW	BRW	100 FREESTYLE	BRW	BRW	56

Sunday Afternoon Session to start no sooner than 60 minutes after the conclusion of the Morning Session

57	13 & OVER	BRW	BRW	200 FREESTYLE	BRW	BRW	58
59	OPEN	3:31.00	3:08.80	200 BREASTSTROKE	3:31.20	3:09.00	60
61	13 & OVER	BRW	BRW	100 BUTTERFLY	BRW	BRW	62
63	13 & OVER	BRW	BRW	100 BACKSTROKE	BRW	BRW	64
65	13 & OVER	BRW	BRW	200 IM	BRW	BRW	66
67	13 & OVER	BRW	BRW	50 FREESTYLE	BRW	BRW	68

The IM Ready (IMR) and IM Xtreme (IMX) challenges were created by USA Swimming to fuel athletes to strive towards greater participation and personal achievement in the sport of swimming. More information about the IMR and IMX Challenges can be found on the USA Swimming Website.

**IM READY (IMR)**

7-10 year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 200 IM  
11-12 year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 200 IM  
13-18 year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**IM XTREME (IMX)**

7-10 year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
11-12 year olds: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
13-18 year olds: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM