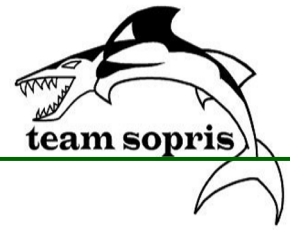


2023 Western Slope IM Challenge

Sponsored by Team Sopris

May 20 - 21, 2023



- DATE:** May 20-21, 2023
- SANCTION:** Held under sanction of USA Swimming, sanction #CO23-051
- In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Glenwood Springs Community Center | Altitude 5,763ft
100 Wulfsohn Road
Glenwood Springs, CO 81601
970.384.6301 phone
www.glenwoodrec.com/101/Community-Center
- FACILITIES:** 25-yard indoor pool, 7 lanes for competition and one continuous warm- up/cool down lane. Limited deck space, seating available in the adjacent gymnasium. **No chairs will be allowed on pool deck.** The competition course has not been certified in accordance with 104.2.2C (4). Water depth: 4 feet at shallow end; ranging from 6'3" in lane 8 to 12' in lane 1 at diving end. All races will start at diving end.
- TIMING:** Colorado Timing System with touch pads and electronic display board will be used for all events except for 25-yard events, which will use stopwatches for times. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used.
- SCHEDULE:** Saturday Warm-up: 10:30am-noon | Meet Start: 12:10pm
Sunday Warm-up: 7:30-9:00 am | Meet Start: 9:10am
- We reserve the right to change the format of the meet should the number of entries warrant such a change. The meet director reserves the right to reorganize the sessions to accommodate the 4-hour rule.
- ELIGIBILITY:** Open to all swimmers holding a 2023 USA Swimming Membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to prove membership.
- Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who show up on the post meet registration check charged to the team account. Teams will receive one meet recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.
- 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.
- FORMAT:** There are five Challenges available at this meet. Swimmers may compete in only one Challenge. Only swimmers who complete all events in that challenge will be eligible to receive a Challenge award. Swimmers may also simply enter random events, but they will not be eligible for an award.
- Swimmers may enter up to 4 individual events per day.
- 10 & Under IM Challenge events:** 25 free, 25 back, 25 breast, 25 fly, 50 free, 100 IM
Open Sprint IM Challenge events: 50 free, 50 back, 50 breast, 50 fly, 100 free, 100 IM
Open Mid-distance IM Challenge events: 100free, 100back, 100breast, 100 fly, 200 free, 200 IM
Open Extreme IM Challenge events: 200 free, 200 back, 200 breast, 200 fly, 500 free, 200 IM, 400 IM
Open Distance Challenge events: 500 free, 1,000 free, 1650 free, 400 IM



SCORING: Hy-Tek Age Group Points will be used to score all events. Swimmers must complete all an individual challenge's events to be eligible for awards. If a swimmer disqualifies in a single event, he/she will be ineligible for awards.

AWARDS: Swimmers must complete in all events in their Challenge category to qualify for an award. If a swimmer disqualifies in a single event, he/she will be ineligible for awards. Challenge awards will be given to both male and female swimmers as determined by cumulative Hy-Tek Age Group Points in each of the events for a given Challenge category:

10 & Under IM Challenge: Special award for 1st, medals 2nd and 3rd. Ribbons 4th - 8th for 8 & under & 9-10.

Open Sprint IM Challenge: Special award for winner, medals 2nd and 3rd, ribbons 4th through 8th for 8 & under, 9-10, 11-12 and 13 & over

Open Mid-distance IM Challenge: Special award for winner, medals 2nd and 3rd, ribbons 4th through 8th for 10 & under, 11-12, 13 & over

Open Extreme IM Challenge: Special award for winner, medals 2nd and 3rd, ribbons 4th through 8th for 11-12 and 13 & over

Open Distance Challenge: Meet award for winner, medals 2nd and 3rd, ribbons 4th through 8th for 11-12 and 13 & over

RULES: Current USA Swimming Rules will govern this meet.

Colorado Swimming Inc. warm-up procedures will be observed.

Age as of May 20, 2023, will determine each swimmer's age group.

Exhibition swimming will not be allowed.

No swimmer who is not a member of USA Swimming shall be allowed to complete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

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.

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. Swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Deck changes are 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

Use of audio and visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms.

No on deck photography from behind the starting platforms or during the start or relays.

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, gender, and/or distance. All coaches and uniformed officials must display their USA/CSI cards when on deck. Deck pass is an acceptable proof of membership. Current certification is mandatory.



Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements, please refer to the drug information on the USA Swimming website at www.usaswimming.org

ENTRIES: Swimmers may enter up to 4 individual events per day.
Entries will be limited in accordance with the 4-hour rule. The Meet Director reserves the right to alter session structure to conform to this rule.

All events are timed finals.

The meet will be pre-seeded except for the 400 IM, 500, 1000, and 1650 freestyles, which will be deck-seeded following positive check-in by the start of each day's session. The 1000 and 1650 will be swum fastest to slowest, alternating girls and boys.

Distance counters and timers needed: 500 free participants must provide a counter. 1000 and 1650 free participants must provide two timers and a counter. Please be courteous of other swimmers and coaches by respecting these courtesy times: 400 IM and 500 free - 8:30; 1000 free - 16:00; 1650 free – 26:30

8 and under swimmers will be started from the blocks in the 25-yard races. We will be using two watch times for these events.

Submit short course yard times only.

ENTRY FEES: \$5.00 per individual event and \$15.00 facilities surcharge per athlete. \$.15 per event goes to Zone 4 Swimming and Colorado Swimming receives \$1.10 per event. All entries will receive a participation award. Please make checks payable to **Team Sopris** and deliver to the Clerk of Course. Awards will not be distributed until checks are received by the Clerk of Course.

ENTRY PROCEDURE: The TM Event template will be available on the Western Slope League website (www.westernslopeleague.org).

Entries will only be accepted via e-mail and must be sent to the entry chair in a HY-TEK compatible format. The entry chair will confirm any e-mail entries received by Monday, May 15, 2023 by 5:00pm along with entry verifications. If you do not receive a reply, your entries were not received. Entry files must also include a meet entry or verification report.

NO DECK ENTRIES will be accepted. The meet will be pre-seeded, except for the distance events specified in the Rules section above. "ADDS" may be allowed in open lanes only, and at the meet referee's discretion.

NO DECK REGISTRATIONS will be accepted.

ENTRY CHAIR: Cristi Newton – meetentries@teamsopris.org

ENTRY DEADLINE: Monday, May 29, 2023, by 5:00pm

MEET DIRECTOR: Cristi Newton – info@teamsopris.org

MEET REFEREE: Katie McManus – skier_pt@yahoo.com

MEET ADMIN: Cristi Newton - meetentries@teamsopris.org

SAFETY CHAIR: Crystal Holsinger – crystal.holsinger@yahoo.com

PROGRAMS: Heat sheets will be emailed to the teams attending by Thursday, May 18, 2023

Programs or heat sheets will NOT be available at the meet. Please be sure to print heat sheets and bring them with you. Heat sheets will be available for through Meet Mobile.



- RESULTS:** TM results will be posted on Meet Mobile during the meet and the previously listed website within 48 hours of the completion of the meet. Results will be emailed to all coaches within 48 hours of the completion of the meet.
- LODGING:** Hotel(s) offering a special group rate:
Residence Inn Glenwood Springs for 169 USD per night (Daily complimentary breakfast buffet included)
Book your room at a discounted rate [here](#) or from the Team website, www.teamsopris.org
- PARKING:** There is ample parking at the Community Center. Please limit your parking to the main parking lots. Unauthorized cars parked on the east side of the pool are subject to towing.
- COACHES:** Current certification is mandatory, so you will need to be able to either display your current USA Membership card or be able to show proof of Membership with Deck Pass. Coaches are required to sign-in to receive a meet program. Those coaches that are in noncompliance will not be allowed on deck.
- The Meet Referee reserves the right to hold a coaches meeting prior to the start of the meet or at any time the need arises.
- OFFICIALS:** If you are interested in officiating at this meet, please contact the Meet Referee – Katie McManus, skier_pt@yahoo.com. A mandatory Officials meeting will be held before each session. Officials wear standard white over navy blue.
- TIMERS:** Each team must be prepared to provide timers throughout session one and session two. Individual swimmers and teams must provide their own timers for the 1000 Free and the 1650 Free.
- SPECIAL INFORMATION:** No smoking on the pool deck, in the building or any area frequented by swimmers. Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent that the law allows. **NO CHAIRS WILL BE PERMITTED ON THE POOL DECK.** Please plan to set up in the gym or outside, weather permitting.
- MEDICAL INFORMATION:** Medical supervision including ARC certified Lifeguards, AED and First Aid Kits are available to all swimmers participating in this meet.

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 COVID19 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID19 RELATED TO PARTICIPATION IN THIS COMPETITION.



Event Schedule

Session 1 – Saturday, May 20th

Warm-ups: 10:30 am to noon | Meet Start: 12:10pm

Girls	Age	Event	Boys
1	Open	200 IM	2
3	Open	100 IM	4
5	Open	500 free*	6
7	10u	25 fly	8
9	Open	100 fly	10
11	Open	50 fly	12
13	Open	200 fly	14
15	10u	25 back	16
17	Open	100 back	18
19	Open	50 back	20

15 minutes warm-up starts following the completion of event 20

Girls	Age	Event	Boys
21	Open	1650 free *	22

Session 2 – Sunday, May 21st

Warm-ups: 7:30 am to 9:00 am | Meet Start: 9:10 am

Girls	Age	Event	Boys
23	Open	200 free	24
25	Open	50 free	26
27	Open	400 IM *	28
29	10u	25 breast	30
31	Open	100 breast	32
33	Open	50 breast	34
35	Open	200 breast	36
37	10u	25 free	38
39	Open	100 free	40
41	Open	200 back	42

15 minutes warm-up starts following the completion of event 42

Girls	Age	Event	Boys
43	Open	1000 free *	44

*Courtesy times. 400 IM and 500 free - 8:30; 1000 Free - 16:00; 1650 Free - 26:30

