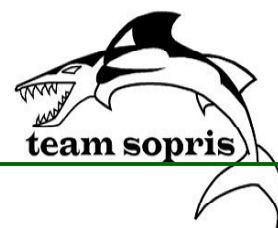


# 2018 Western Slope IM Challenge

## Sponsored by Team Sopris

### May 5-6, 2018



- DATE:** May 5-6, 2018
- SANCTION:** Held under sanction of USA Swimming, sanction #2018-030g  
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 | 970.928.8418 fax  
[www.glenwoodrec.com/community-center](http://www.glenwoodrec.com/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 with the exception of 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 Zone 4 swimmers and unattached swimmers that are registered and training with a Western Slope League team who are registered with a 2018 USA Swimming membership card.  
Swimmers on the CSI exceptions report without registration must show proof of membership at the meet.  
Swimmers entered in the meet must be certified by a USA Swimming member-coach for proficiency in a racing start or must start each race from the water. If unaccompanied by a member-coach, those swimmers or their legal guardians are responsible for complying 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 of 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 winner, medals 2<sup>nd</sup> and 3<sup>rd</sup>, ribbons 4<sup>th</sup> through 8<sup>th</sup> for 8 & under and 9-10

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

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

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

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

## RULES:

Current 2018 USA and CSI rules will govern the meet.

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

Age as of May 5, 2018, will determine each swimmer's age group.

Exhibition swimming will not be allowed.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$150 per swimmer who shows 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.

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.

Coaches that are in noncompliance will not be allowed on deck.

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.

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](http://www.usaswimming.org)

## ENTRIES:

Swimmers may enter up to 4 individual events per day.

Entries will be limited in accordance to 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:** \$4.50 per individual event and \$12.50 facilities surcharge per athlete. \$0.15/event goes to Zone 4 Swimming. All entries will receive a participation award. Please make checks payable to **Sopris Barracudas** 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 by April 15, 2018 on the Western Slope League website ([www.westernslopeleague.org](http://www.westernslopeleague.org)), the CSI website ([www.coloradoswimming.org](http://www.coloradoswimming.org)) and on the Team Sopris Barracudas website ([www.teamsopris.org](http://www.teamsopris.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 Sunday, May 7<sup>th</sup> at 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, with the exception of 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: Wendy Vanderhoof – [meetentries@teamsopris.org](mailto:meetentries@teamsopris.org)

**ENTRY DEADLINE:** Monday, April 30th at 5:00pm – late entries will not be accepted

**MEET DIRECTOR:** Tom Newton

**MEET REFEREE:** Elaine Gerson – [emgerson@yahoo.com](mailto:emgerson@yahoo.com)

**MEET ADMIN:** Wendy Vanderhoof - [meetentries@teamsopris.org](mailto:meetentries@teamsopris.org)

**MEET MARSHALL:** **TBD**

**PROGRAMS:** Heat sheets will be posted to the previously listed websites by Thursday, May 3rd.

Programs or heat sheets will NOT be available at the meet. Please be sure to print heat sheets and bring them with you. You will be able to purchase a heat sheet through Meet Mobile.

**RESULTS:** TM results will be posted on Meet Mobile during the meet and the previously listed websites 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:** We have reserved a block of rooms at the local Marriott's for families traveling to the meet. Residence Inn Glenwood Springs (970-928-0900) - \$124/night includes complimentary breakfast. Courtyard Glenwood Springs (970-947-1300) - \$119/night, breakfast is available for purchase at the Bistro. The last day to take advantage of these rates is April 13<sup>th</sup>. Please check [www.teamsopris.org](http://www.teamsopris.org) for lodging reservation link or you can call the hotels directly. Be sure to use the following block name to ensure the team rates when calling: **Team Sopris IM May**.

**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. 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.

Deck Pass is an acceptable proof of Membership.

**OFFICIALS:** If you are interested in officiating at this meet, please contact the Meet Referee – Elaine Gerson at [emgerson@yahoo.com](mailto:emgerson@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. Assignments will be posted on the Team Sopris website no later than Thursday, May 3rd. 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.

## Event Schedule

### Session 1 – Saturday, May 5th

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 6th

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

