



2026 Music City IMX

Hosted By:
FST

September 12-13

Sanction #: GA26-092/STT

Meet Director: Wes Hamborg coach@swimfst.com	Meet Referee: Amanda Hamborg admin@swimfst.com	Admin Official: Amanda McLain entries@swimfst.com
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc.																			
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and HOST CLUB NAME,” shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.																			
FACILITY:	Northside Swim Club 5097 Northside Dr Macon, GA 31210 8 lane, 25-yard pool with a depth at the start ends equal to10 feet and turn end depth equal 4 feet. Meet host will ensure the required course dimensions.																			
MEDICAL SUPERVISION:	Lifeguards & AED available																			
SESSION SCHEDULE:	<table><tr><th>Session #</th><th>Date</th><th>Name</th><th>Warmup</th><th>Start</th></tr><tr><td>1</td><td>Sept 12</td><td>Session1, Saturday</td><td>1:00pm</td><td>2:00pm</td></tr><tr><td>2</td><td>Sept 13</td><td>Session 2, Sunday</td><td>9:00am</td><td>10:00am</td></tr></table>					Session #	Date	Name	Warmup	Start	1	Sept 12	Session1, Saturday	1:00pm	2:00pm	2	Sept 13	Session 2, Sunday	9:00am	10:00am
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MEET FORMAT:	● Timed final, SCY ● Up to 8 lanes may be used for competition. ● All events will be swum fast to slow. ● All events will be pre-seeded, except the 400 IM and 500 Free, which will require positive check-in. ● Swimmers participating in the 400 IM must provide their own timer, and swimmers participating in the 500 Free must provide their own timer and counter. ● The meet host reserves the right to either keep one lane open for warm-up/cool-down, or add breaks and open the competition pool for warm-up/cool-down between strokes																			

	Meet host reserves the right to add breaks or combine genders as needed for timeline management.
ENTRY FEES:	- IND. EVENT FEE: \$ 7/ Event - LATE IND. ENTRIES: \$ 14/ Event - TIME TRIALS: \$ 14/ Event - GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete - GA travel fee \$6.00 / non-Georgia LSC registered athlete
ELIGIBILITY:	MEET TYPE: (Open) Open to all registered USA Swimmers. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
SWIMMERS WITH A DISABILITY:	Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via the NECESSARY ACCOMODATIONS FORM , which should be submitted by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
ENTRIES:	Swimmers may swim up to 5 events per day. Time trials will be included in the daily individual event limit.
CHECK IN:	Positive check-in for the 400 IM and 500 Free will close at the start time of their respective sessions.
CLERK of COURSE:	Clerk of course will open at the start of warm ups: - Late entries will close 15 minutes prior to the start of the session - Positive check-in will close <i>at</i> the start of the session - Time trials will close at the start of each day's 400/500y event.
ENTRY SUBMISSION:	Submit one check payable to: FST Entries must be received on or before: September 4th Entries should be emailed to: entries@swimfst.com
RULES:	Current USA Swimming Rules will govern this meet. - All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. - On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee. - In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms. Per GA Swimming policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. - Deck changes are prohibited. - 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. - 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.

CREDENTIALS:	Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck.
OFFICIALS:	FST welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
AWARDS:	Medals will be given to each female and male IMX high point winner by age group (10&U, 11-12, 13-14, 15-16, 17&O). Trophies will be awarded to the top 3 overall IMX high point winners.
SCORING:	Scoring for the meet will be based on the HYTEK single-year age group point system. Swimmers are NOT limited to their IMR/IMX events, however, to be eligible for the IMX awards, a swimmer must enter and swim all of the IMX events for their age group. Swimmers will only receive scores for their IMR or IMX series of events. IMR: 9&U, 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-year olds, 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM IMX: 9&U, 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-year olds, 12-year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13, 14, 15, 16, 17, & 18-year olds: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 & 400 IM
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.
GA. SCRATCH RULE:	The Georgia Swimming Scratch Rule will be in effect for this meet.

Event Schedule

Saturday: / Warm up: 1:00 pm, Start: 2:00pm

Girls	ORDER OF EVENTS	Boys
1	13&O 200 Back	2
3	Open 100 Back	4
5	Open 50 Back	6
7	13&O 200 Breast	8
9	Open 100 Breast	10
11	Open 50 Breast	12
13	Open 200 Free	14
15	13&O 400 IM*	16

**positive check-in required*

Sunday: / Warm up: 9:00am, Start: 10:00am

Girls	ORDER OF EVENTS	Boys
17	Open 100 Free	18
19	Open 200 IM	20
21	Open 100 IM	22
23	Open 50 Free	24
25	13&O 200 Fly	26
27	Open 100 Fly	28
29	Open 50 Fly	30
31	10&O 500 Free*	32

**positive check-in required*

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Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Head Coach E-mail _____ Head Coach Cell _____

All coaches from your team must be listed and have valid USA Swimming credentials.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

Individual Event Fee	\$7 x (number of events)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athletes)	= _____
	TOTAL	= _____

Submit one check payable to: FST

Entries must be received on or before September 4th, 2026 Email entries to: entries@swimfst.com

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date