



BD – JCAT 3rd Annual 2026 IMR/IMX Championship January 23-25, 2026

Host: Just Care Aquatics Triton – JCAT, a member of Border Swimming, invites current USA Swimming and WORLD AQUATICS registered swimmers to participate in the IMR/IMX Championship

Sanction: Held under the sanction of USA Swimming, Inc. and Border Swimming, Inc. This meet will be held under the sanction number BD-

Disclaimer: In granting this sanction/approval, it is understood and agreed by all parties that USA Swimming, Border Swimming, the City of El Paso, and any sponsors shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event in accordance with USA Swimming, Inc., Rules and Regulations. We have taken enhanced health and safety measures for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of COVID-19 exposure 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 people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

Purpose: The 2026 IMR/IMX Championship Meet is a SCY-timed final. The purpose of IM Xtreme (IMX) is a program designed to motivate swimmers by allowing them to compare their times to those of other athletes in their age group across the United States. By swimming a specific set of events at least once per season, a swimmer can receive an IMR/IMX score based on Power Points, a system developed by USA Swimming. All current USA Swimming rules will be enforced. All parents, coaches, swimmers, and officials are urged to be patient and supportive. As well as new swimmers, there will be new coaches and new officials on deck.

Meet Director: Reymundo Rodriguez (915-273-0791) jcatswim@gmail.com

AO Administrative Official: Brett Elliott (832-868-8390) brettrelliott+swim@gmail.com

Meet Referee: William D. Hegeman (915-276-1697) wdhegeman@aol.com

Location: Westside Natatorium –

City of El Paso Facility,

650 Wallenberg Drive, El Paso, Tx 79912 (915) 212-0458

Spectator Fees: The City of El Paso collects a \$3.00 spectator fee per person.

Facility: The Pool is a 50-meter indoor pool with a movable bulkhead configured for eight (8) twenty-five (25) yard racing lanes, non-turbulent lane lines, and turn flags in place. There will be up to eight

additional twenty-five-yard lanes needed for warm-up/cool-down. The pool includes sloped starting blocks with adjustable track start footrests and lane speakers under each block. Separate changing rooms with showers and lavatories for men and women. Electronic timing equipment (Colorado timing and Hy-Tek software) will be used. The water depth is at least 7 feet on both start and turn ends. The competition course has been certified in accordance with 104.2.2C(4).

The Natatorium has an upstairs grandstand seating for spectators. Bleachers for swimmers and tables, chairs, and open areas for coaches are available on the deck of the pool. Parents and spectators are not allowed on the pool deck. No wet athletes are allowed in the grandstands. Swimmers going up to the spectator area must dry off and cover up before leaving the pool deck or changing rooms. Food and drinks, other than water, are not allowed on the pool deck. There are separate restroom facilities for athletes and spectators. Athlete locker rooms are always off limits for all non-athletes, spectators, and volunteers. Please use the hallway facilities rather than the locker rooms. Alcoholic beverages, smoking, and the use of other tobacco products are prohibited in all areas of the venue.

Medical Supervision: Westside Natatorium is staffed by American Red Cross-certified lifeguards trained in first aid and CPR. The facility is equipped with one AED device.

Rules: 2026 USA Swimming and, where applicable, 2026 Border Swimming Rules and Regulations will govern the conduct of the meet. The USA Swimming whistle start, and no recall procedure will be used.

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 Protection Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participating in the conduct of this competition.

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. No unaccompanied athletes are allowed. A USA Swimming coach must supervise all swimmers during warm-up, competition, and warm-down. Swimmers with disabilities are welcome and should notify the meet director if they need special accommodations.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Changing into or out of swimsuits, other than in locker rooms or designated areas, is prohibited. Deck changes are prohibited under USA Swimming rules (202.2.9.I). No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectators' areas, and open-ceiling locker rooms) any time athletes, coaches, officials or spectators are present.

All participants, athletes, and non-athletes must adhere to the USA Swimming Code of Conduct as described in Article 304 of the USA Swimming Rules and Regulations. The Meet Director has the authority to modify this invite as needed.

Swimwear: All swimwear must comply with current WORLD AQUATICS and USA Swimming Rules and Regulations. USA Swimming does not approve of tech suits for swimmers 12 and under. Swimmers wearing approved suits must declare to the Meet Referee before the start of the meet.

Sessions: The Meet Director and/or Meet Referee reserves the right to make changes in the format, rearrange or combine sessions and events based on the number of swimmers entered, and may cap the number of entries based upon, among other considerations: order received; age group of swimmers; and number of events entered. The Meet Director will consult with affected coaches if changes are required.

Eligibility: Competitors must be 2026 USA Swimming or WORLD AQUATICS registered athlete members. **Due with meet entries,** all WORLD AQUATICS registered swimmers must present a document (letter) from their national federation, Mexican Swimming Federation FMN for Mexican athletes, stating the specific named individuals are members in good standing of the federation. No non-WORLD AQUATICS swimmer will be permitted to compete unless the swimmer is a USA Swimming member as provided in Article 302. No on-deck registration will be permitted. A swimmer's age will be determined as of the first day of the IMR/IMX Swim Meet, January 23, 2026.

SWAD: Entries for swimmers with a disability, SWAD, should be submitted the same way as the rest of the team's entries. **It is the responsibility of the swimmer's coach to inform the Meet Referee of any special accommodations the athlete will need to compete. The information must be given in advance of the meet and discussed with the Deck Referee prior to the beginning of each applicable session.**

Entry Fees: Event fee is \$48. All fees include a \$12.00 surcharge per swimmer, plus a \$1 fee for Border Scholarships. All Checks are to be made payable to **Just Care** and paid before the start of the meet—no refunds for scratches, no shows, or entry of ineligible swimmers.

Entry Limit: Athletes may compete for their age group in IMR or IMX events. To be considered in the scoring, they must complete the full lineup of either event.

Categories as follows:

IMR Events:

10&Unders – 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12s – 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13&Overs – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IMX Events:

10&Unders – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12s – 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13&Overs – 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Time Standards: No time standards on any events. Swimmer must be of the Age for each IMR/IMX event appropriately.

Entry Form: Team entries are to be submitted in Hy-Tek Team Manager format by email. Teams with fewer than four (4) swimmers may submit hard copy entries or manual entries by email. Each athlete's USA Swimming ID number, full name, and date of birth must appear in the entry. Checks are to be made

payable to Just Care. The USA-S membership affidavit must be signed and returned with entries. The entries will be returned if the affidavit and entry fees are not submitted.

Entry Deadline: January 16, 2026 by 11:00 PM. Email entries to **Rey Rodriguez at jcatsswim@gmail.com**

Seeding: This is a PRE-SEEDED time final short course, age group meet.

Scoring: Age groups are 10-Under, 11-12, 13 and over. Points will be awarded based on the IMR/IMX score.

Awards: Teddy Bears with swim caps decorated as a crown & oversized medals will be awarded for the top IMX and IMR scores in each age group/gender. Oversized medals will be awarded to 2nd & 3rd place IMX and IMR scores in each age group/gender. A swimmer must compete in all qualified IMX or IMR events for their age group to be eligible to score. Individual ribbons will be as follows: 1st – 8th place in each event.

Safety Marshals: Safety marshals shall be on deck and in the grandstands to enforce safety guidelines. NO PARENTS OR SPECTATORS ON THE POOL DECK AT ANY TIME. Athlete locker rooms are always off limits for all non-athletes, spectators, and volunteers. The marshals, under the direction of the Meet Referee, shall have the authority to remove any individual engaging in unsportsmanlike conduct, or found to be in violation of swimming ethics or procedures outlined in the meet information. USA Swimming certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures.

Sportsmanship: No competitive contest can be held without competent and impartial officials. Officials must have the respect and support of coaches, athletes, and spectators. Likewise, officials must conduct themselves in a courteous and respectful manner toward coaches, athletes, and the public. On and/or off-record criticism of officials to swimmers or the public shall be considered unethical behavior. For a coach to address uncomplimentary remarks to any official during the progress of the meet or indulge in behavior which might incite competitors or spectators against officials shall be considered conduct unworthy of a member of the coaching profession and will result in the removal of the offender from the facility as well as further disciplinary action. The same is true for officials.

Warm-ups: Border Swimming mandatory warm-up policies will be in effect and enforced at the meet. A current USA Swimming registered and valid coach for each swim team must be present to conduct their team's warm-up sessions. Warm-up times and lane assignments will be posted at the pool. All Coaches will serve as marshals during warmups and will be responsible for monitoring and enforcing safety rules and regulations in assigned warm up lanes. ***All meet warm-ups shall be scheduled for two 30-minute session. Teams shall be assigned a warmup session and notified of such session by the host team.***

The first twenty (20) minutes of each session shall be designed as a GENERAL WARM UP SESSION. There shall be ALWAYS FEET FIRST ENTRIES ONLY AND during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches. Loitering and visiting in the lanes is not allowed. ***During the last TEN (10) minutes of each warmup session, sprint lanes shall be open as follows:*** the lane you have been assigned for warm-up will be your sprint & return lane. Before using sprint lanes, they must be

cleared of all swimmers. There will be NO DIVING at any time. RACING STARTS ONLY will be allowed at the start end, but the swimmers swim back in return lanes.

Schedule of events

Session 1 Warm-up 5:00 pm / Meet Start Time 6:15 pm – Friday Afternoon

Session 2 Warm-up 9:00 am / Meet start time 10:15 am – Saturday Morning

Session 3 Warm-up 9:00 am / Meet Start time 10:15 am – Sunday Morning

Woman's / Girls Events	Friday Afternoon - Session 1	Men's / Boys Events
1	13 and over - 200 Back	2
3	11-12 - 500 Free	4
5	Open - 200 Free	6
7	13 and over - 500 Free	8
	Saturday Morning – Session 2	
9	10 and under - 100 Free	10
11	13-Over - 200 Fly	12
13	Open - 100 Fly	14
15	12 and under - 50 fly	16
17	Open - 200 IM	18
19	12 and under - 100 IM	20
	Sunday Morning - Session 3	
21	12 and under - 50 Breast	22
23	Open - 100 Breast	24
25	13 and over - 200 Breast	26
27	12 and under - 50 Back	28
29	Open 100 - Back	30
31	13 and over - 400 IM	32

IMR Events: 10&Unders – 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-12s – 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM - 13&Overs – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IMX Events: 10&Unders – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM - 11-12s – 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM - 13&Overs – 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

WESTSIDE NATATORIUM RULES AND REGULATIONS

1. All participants must follow the CDC "Healthy Swimming Policy" and shower before entering the water, no exception.
2. All persons using Westside Natatorium must abide by the Code of Conduct.
3. NO chewing gum, food or color-based drinks will be allowed on the pool deck, water only.
4. Participants/Spectators are not permitted to have signs or banners larger than 8 ½ in. by 11 in., confetti, balloons, or glass containers.
5. Participants/Spectators are not permitted to have artificial noisemakers. (E.g. thunder sticks cowbells, clappers, air horns, etc.).
6. Individuals, other than lifeguards, are not allowed on the bulkheads at any time.

7. Use of starting blocks is prohibited, except during official swim meets and swim team practices.
8. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck- all spectators and parents must remain in the viewing stands.
9. Participants/Spectators are not allowed to stand in front of or lean over the rails.
10. Participants/Spectators are not allowed to stand or sit in the aisle.
11. Participants/Spectators are not allowed to use other areas of the Westside Natatorium complex during an event/practice without purchasing a Daily Admission at the main entrance.
12. Spectators are allowed one small cooler that can be placed directly under their seating area. Teams are allowed two ice chests on deck provided they do not contain glass items; bottled water is allowed.
13. Participants in swimsuits are not allowed in the spectator seating area.
14. Each competing team is permitted one temporary banner during a swim meet placed at the discretion of the Aquatics Manager. Team banners must not exceed 3' by 6'. Banners must not block the spectator viewing.
15. Folding chairs are not allowed in the spectator and deck area. The walkways must stay clear at all times.
16. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
17. Face-painting or body painting of any kind is not permitted at the Natatorium.
18. Pool staff has the authority to eject or suspend anyone from natatorium use and/or program privileges for those that fail to abide by these policies and regulations.

SAFE SPORT:

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after November 5, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after December 23, 2025, who competes in this USA

Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

CODE OF CONDUCT:

All participants, athletes, and non-athletes must adhere to the USA Swimming Code of Conduct as described in Article 304 of the USA Swimming Rules and Regulations.