



PST IM READY (IMR) BLOCK PARTY

A Short Course Yards Meet

SATURDAY, SEPTEMBER 27, 2025 and SUNDAY, SEPTEMBER 28, 2025

ENTRIES DUE BY **WEDNESDAY, SEPTEMBER 24, 2025**

Register at <https://ome.fastswims.com/meets>

SANCTION:	<p>Sanctioned by USA Swimming</p> <p>In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."</p>
IM READY (IMR):	<p>The IMR/IMX series is a USA Swimming program designed to help various age groups compete in multiple events. It allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation. The first step in the USA Swimming IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances:</p> <p>9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)</p> <p>11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)</p> <p>13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM</p> <p>Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Account, and find out where you rank against all the other swimmers on your club team.</p>

LOCATION:	TREFETHEN AQUATIC CENTER at Northeastern University 5000 MacArthur Boulevard, Oakland, CA 94613		
POOL:	Outdoor 25-yard pool with up to eight lanes available for competition. Warm-up and warm-down lanes available.		
PARKING:	On-campus parking rules and regulations are enforced 24 hours, daily by Northeastern University Campus Safety and Security. DO NOT PARK IN STAFF/STUDENT PARKING LOTS. NO DROP OFF / PICK UP IN FRONT OF POOL.		
TIME AND DATE:	Date:	Saturday, September 27, 2025 - Sunday, September 28, 2025	
	Warm Up:	Platinum and YRHS	7:45 a.m. - 8:30 a.m.
		Gold and Silver	8:20 a.m. - 8:50 a.m.
		Green and Bronze	8:45 a.m. - 9:15 a.m.
	Meet:	Starts at 9:30 a.m.	
	Lane assignments for timing will be posted on Swimcloud.com prior to the start of the meet.		
MEET PERSONNEL:	Meet Referee:	Arfaraz Khambatta	
	Admin Official:	Shizue Seo	
	Head Starter:	Jeff Obermeyer	
	Meet Directors:	Helen Cramer, Joanne Luby	
ENTRY INFORMATION:	Online Entries:	All entries must be submitted via online. To enter online go to http://ome.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card.	
	Entry Times:	Swimmers must enter at their best time. If swimmers have never competed in a USA Swimming meet before, put "NT" where a seed time is requested. Times must be from USA Swimming meets.	
	Age:	As of September 27, 2025	

	Number of Events:	Swimmers must swim all five (5) IM Ready (IMR) events.	
		10 and Under	100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY)
		11-12	200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY)
		13 and Over	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
	Entry Deadline:	Meet entry opens Sunday, September 14, 2025, and closes Wednesday, September 24, 2025 . Register online .	
Scratch Deadline:	Thursday, September 25, 2025, at 12:00 p.m. Complete scratch request form .		
FEES:	\$80 flat fee per swimmer (includes all events and fees)		
NOTICE:	By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but are not limited to, photographs, video, web casting, television, psych sheets and live meet results. The results of this meet may be posted in real time on Swimcloud.		
AWARDS:	Awards will be given at the discretion of the Meet Directors.		
HOSPITALITY:	Coaches and Officials will be provided food and refreshments.		
FOOD:	Food will be available for purchase.		
USE OF AUDIO AND VISUAL:	Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the MeetReferee or his/her designee.		

RULES:

- The meet will be pre-seeded. All events will be seeded with heats in the order of fastest to slowest.
- Current USA Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facility's guidelines, restrictions, and interpretation of the local public health guidelines, including mask-wearing and social-distancing, shall be followed at this meet.
- All 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 MAAPP is a condition of participation 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 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.

ELIGIBILITY:

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Entries with "NO TIME" shall be accepted
- The Athlete's age will be the age of the Athlete on the first day of the meet.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Deck changes are prohibited.
- No pets allowed on deck, other than service assistance animals.
- Destructive devices, including but not limited to explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects, are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility.

- Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the meet referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or his/her designee.
- 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.
- **ONLY COACHES, ATHLETES, OFFICIALS, TIMERS, AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**

SCHEDULE OF EVENTS:

SATURDAY, SEPTEMBER 27, 2025

GIRLS EVENT #	EVENT	BOYS EVENT #
1	13&UP 200 IM	2
3	11-12 100 IM	4
5	10&UNDER 100 IM	6
7	8&UNDER 25 BR	8
9	13&UP 100 BR	10
11	11-12 50 BR	12
13	10&UNDER 50 BR	14
15	*RELAY*	16
17	13&UP 100 BK	18
19	11-12 50 BK	20
21	10&UNDER 50 BK	22
23	8&UNDER 25 BK	24

SCHEDULE OF EVENTS (cont'd):		
SUNDAY, SEPTEMBER 28, 2025		
GIRLS EVENT #	EVENT	BOYS EVENT #
25	13&UP 200 FR	26
27	11-12 200 FR	28
29	10&UNDER 100 FR	30
31	8&UNDER 50 FR	32
33	*RELAY*	34
35	13&UP 100 FL	36
37	11-12 50 FL	38
39	10&UNDER 50 FL	40
41	8&UNDER 25 FL	42