



AN IMR AND IMX OPPORTUNITY

September 26-27, 2026

@ WSU Heskett Center



Meet Sanction No.: MV-26-80

Hosted by The Nitros of Kansas

PICK YOUR CHALLENGE

Enter one race. Try a new event. Complete your missing events. Take on the full IM Ready or IM Xtreme program.

However you participate, this meet is an opportunity to stretch beyond your specialties, race every stroke, and become a stronger, more complete swimmer.

SWIM THE CHALLENGE

IM Ready and IM Xtreme Opportunity

This meet gives swimmers a special opportunity to challenge themselves, build versatility, and work toward an official USA Swimming IM Ready (IMR) or IM Xtreme (IMX) achievement.

ONE MEET. THREE WAYS TO PARTICIPATE.

Choose your own races.

Swimmers may enter events à la carte based on their individual goals. There is no requirement to complete an entire IMR or IMX program.

Take the IM Ready challenge.

IMR uses shorter-distance events and is a great introduction to becoming a well-rounded swimmer.

Go for an IM Xtreme score.

IMX challenges swimmers across every stroke, individual medley, and distance freestyle. Complete the required events to earn an official score and see how you rank.

Coaches are encouraged to determine whether each swimmer is ready for the challenge and whether individual events, IM Ready, or IM Xtreme is the best fit. The goal is a positive, developmentally appropriate challenge that helps swimmers grow.

IM READY EVENTS

IM Ready is the first step toward becoming a versatile swimmer. Swimmers complete five events for their age group.

Age Required IM Ready Events*

9 & Under and 10-year-olds	100 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM in SCY or 200 IM in LCM
11 and 12-year-olds	200 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM in SCY or 200 IM in LCM
13 through 18-year-olds	200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM

Once a swimmer has legally completed each required event in sanctioned competition, the swimmer can view their IM Ready progress through their USA Swimming account.

***Swimmers do not have to complete IM Ready before attempting IM Xtreme.**

IM XTREME EVENTS

IM Xtreme takes versatility to the next level. Swimmers complete five or six events, depending on age.

Age Required IM Xtreme Events

9 & Under and 10-year-olds	200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM
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11 and 12-year-olds	400 Free in LCM or 500 Free in SCY, 100 Back, 100 Breast, 100 Fly, and 200 IM
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13 through 18-year-olds	400 Free in LCM or 500 Free in SCY, 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM
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HOW AN IMX SCORE WORKS

Each swim earns USA Swimming Power Points based on the swimmer's time, age, and gender. Once all required events have been completed, those points are added together to create the swimmer's official **IMX Score**.

Swimmers can then see how they rank:

- Nationally
- Within their zone
- Within their LSC
- Within their club
- Among swimmers of the same single-year age

As swimmers improve their times, their IMX scores are automatically updated.

IMPORTANT DETAILS

- Swimmers must be registered USA Swimming athletes.
- Every required event must be completed legally in a sanctioned meet.
- IMX seasons run from September 1 through August 31.
- All required events must be completed in the same course to establish a score for that course. SCY events create an SCY score, and LCM events create an LCM score.
- Required swims may be completed across multiple sanctioned meets during the season. They do not all have to be completed at this meet.
- If a swimmer ages up during the season, times from events shared by both age groups may carry forward. The Power Points may change because IMX scoring is based on the swimmer's single-year age.
- A disqualification does not count as a completed legal swim, but it still provides valuable racing experience and a goal for next time.

The Nitros of Kansas reserves the right to amend any information contained in this packet. We will send updated Meet Information to coaches and MV Swim

SANCTION Held under the sanction of Missouri Valley Swimming, Inc., on behalf of USA Swimming, Inc.

Meet Sanction No.: MV-26-80

In granting this sanction, It is understood and agreed that USA Swimming and Missouri Valley Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LOCATION Wichita State University Natatorium
Heskett Center
1845 Fairmount St
Wichita, KS 67260

ENTRIES CHAIR Clinton Bailey
REFEREE Craig Isom
ADMIN OFFICIAL Jae Davis
MEET DIRECTOR Clinton Bailey

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COURSE SCY (Short Course Yards)

POOL 25-yard, six lane indoor pool; Colorado electronic timing system with six-line scoreboard; pool depth is 4'6" at the start end and 4'6" at the turn end; warmup and cool down area will be available. The competition course has not been certified in accordance with 104.2.2C(4).

STARTS 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

MEET FORMAT This will be a timed finals age group and senior meet. No time trials will not be offered.

SCHEDULE	Session 1 – Saturday, September 26	Session 2 – Sunday, September 27
	8:30 a.m. Scratches begin	12:00 PM Scratches begin
	8:30 a.m. Warm-up #1	12:00 PM Warm-up #1
	8:50 a.m. Warm up #2	12:20 PM Warm-up #2
	9:10 a.m. Scratches Close	12:40 PM Scratches Close
	9:10 a.m. Warm-up #3	12:40 PM Warm-up #3
	9:30 a.m. Meet starts	1:00 PM Meet Starts

COACHES Current 2026 USA Swimming membership is required for coaches to be on deck.

SAFETY An AED and standard first aid kit is available at the facility. While not on site, EMS is available if needed.

ELIGIBILITY No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

- Swimmer's registration numbers must be included on the entry form, and no entries will be accepted unless the entrant is registered in accordance with the rules of the meet.
- All athletes must be 2026 registered athlete members of USA Swimming.
- Athletes over the age of 18 must have fully completed USA Swimming's Athlete Protection Training to be eligible to swim in the meet.
- Age on the first day of the meet, September 26, 2026, shall determine the swimmer's age for the entire meet.
- Registration and validity of all athletes will be verified by the MVS Registration Chair prior to the meet.
- Those not registered or found to be invalid will not be allowed to swim in the meet.
- Clubs will be fined \$100 for every unregistered swimmer entering and competing in a Missouri Valley competition.
- Final Results will be posted on the Missouri Valley Website and may include the swimmer's name, age and times.

DISABLED SWIMMERS

Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

FEES

Payments must be received by September 26, 2026. Checks should be made to Nitros of Kansas. Entry fees and surcharges are as follows:

Per-Athlete Surcharge	\$10
Event Fees	\$7
Deck Entries	\$14

ENTRIES

Deadline for receipt of entries is Sunday, September 21, 2026 at 5:00 PM. Email all entries to Clinton Bailey at nitroscoach@gmail.com.

Format & Submission. Entries must be submitted using actual best short course yard times using Hy-Tek Team Manager compatible files.

No Time (NT) Entries will be accepted for events in which a swimmer does not have a time of record.

PLEASE NOTE The meet will be paced at the discretion of the Meet Referee. Please consider each athletes' individual and relay events entries accordingly.

Event Limit. Swimmers may enter a maximum of twelve events for the meet; six (6) individual events per day.

Relays. No relays will be offered during this meet.

Deck Entries are permitted and will be accepted in the order received to the extent that open lanes are available. An athlete may be deck entered into an event provided that:

- They are a USA Swimming registered athlete and can prove it.
- They are already entered into the meet.
- They have not exceeded the maximum entry limit for the day
- No additional heats are added as a result of the deck entry.

SEEDING

The meet will be deck seeded from fastest to slowest. Based on the number of entries received and at the Meet Referee's discretion, events may be seeded using four lanes rather than six. Women's and men's events may also be combined to maximize competitive opportunities while maintaining an efficient and comfortable meet pace.

CHECK-IN	Swimmers are considered checked in for their events when their entries are received. Positive check-in for 400 IM and 500 Free, as well as timers and counters.
SCRATCHES	Scratches are due 30 minutes prior to the start of each session.
WARMUPS	Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm up portion of the meet. Swimmers may not dive into the pool during general warm-up. All swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge or block or deck on the right side of the lane during warm-ups and warm-downs, except when a lane is specifically designated for starts (sprint or pace lanes). Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up. Assignments. Warmup lane assignments will be made based on squad size and emailed to squad contacts before the meet and posted/announced at the meet.
AWARDS	Ribbons will be awarded to 1st through 6th place for individual events. Boys' and girls' events will be placed separately, according to the following age groups • 8 & Under • 9-10 • 11-12 • 13-14 • 15 & Over IMX Awards will be awarded to the top 3 scorers for 12 & Under and 13 & Over. Swimmers must do all IMX races to be awarded. Each squad shall designate one representative to pick up awards from the Meet Director after the swim meet. Please pick up your squad's awards at the conclusion of the meet. If awards are not complete by the end of the meet they will be mailed.
SCORING	USA Swimming's Power Point program scoring will be used to determine the top 3 scorers for 12 & Under and 13 & Over. No other scores will be kept.
TIMERS	Each participating squad will be required to provide timers during the meet. Swimmers must provide his or her own timers and counters or the 500 freestyle and 400 IM.
OFFICIALS	Each participating squad is required to provide at least one certified stroke and turn judges to attend the meet. Apprentice (officials-in-training) are welcome. An officials' briefing will be held 1 hour prior to meet start, and all officials and officials-in-training should plan to attend. Current 2026 USA Swimming membership is required for officials to be on deck.
RESULTS	Final Results will be posted on the Missouri Valley and may include the swimmer's name, age, times and USA Swimming number.
CONCESSION	Not offered.

**SAFE SPORT
COMPLIANCE**

All adult participants participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Policy and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

The following USA Swimming rules are in place at our facility and at the meet for the protection of our swimmers. We believe swimmers are kept safe when parents, spectators, coaches, and officials are educated and have an active role in keeping our swimmers and venue safe.

If you witness any of the following prohibited behaviors, please alert an official, a Meet Director, or the Meet Referee immediately. ***Remember, if you see or hear something, say something!***

- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- Deck Changes are prohibited o
- 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 approval by the Vice President of Program Operations.
- No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. If you see someone taking video or photos behind the blocks, please inform an official.
- Bullying and taunting are prohibited at all times, and good sportsmanship is expected at all times.
- Rubdowns or massages not performed by a licensed and credentialed massage therapist are prohibited.
- Athletes are not allowed to sit on the lap of any coach or other non-athlete member who is not part of their family.

ORDER OF EVENTS		
Women	Event	Men
Warm-Ups 8:30 AM	SESSION 1	Session Start 9:30 AM
Saturday, September 26		
1	8 & Under 25 Breast	2
3	OPEN 100 Breast	4
5	OPEN 50 Fly	6
7	13 & Over 200 Fly	8
9	OPEN 50 Back	10
11	13 & Over 200 Back	12
13	8 & Under 25 Free	14
15	OPEN 200 Free	16
17	OPEN 50 Free	18
*19	13 & Over 400 IM	*20
Warm-Ups 12:00 PM	SESSION 2	Session Start 1:00 PM
Sunday, September 27		
21	13 & Over 200 Breast	22
23	OPEN 50 Breast	24
25	OPEN 200 IM	26
27	12 & Under 100 IM	28
29	OPEN 100 Free	30
31	OPEN 100 Back	32
33	8 & Under 25 Back	34
35	OPEN 100 Fly	36
37	8 & Under 25 Fly	38
*39	11 & Over 500 Free	*40
*The 500 Free and 400 IM will be swum combined, men and women, and will be ranked and placed separately.		