IFST

2013 I.M. Xtreme Challenge Invitational

**April 26-27, 2013**

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| SPONSOR: | IDAHO FALLS SWIM TEAM, Idaho Falls, Idaho |
| SANCTION: | This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction 13-07. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4). The minimum water depth measured in accordance with Article 103.2.3 is 5' at the start end and 3.5' at the turn end. |
| DATE:  | April 26 and 27, 2013 |
| LOCATION: | Idaho Falls Wes Deist Aquatic Center149 East 7th StreetIdaho Falls, Idaho 83401208 612-8519 |
| TYPE:  | Invitational Meet |
| MEET FORMAT: | Timed finals |
| MEET REFEREE: | Al Luptak2125 Darah St Idaho Falls Id 83402208-525-2047luptak@cableone.net |
| MEET DIRECTOR: | April Walkley4977 Gemmit Crk Dr Idaho falls Id 83401509-220-7902aprilwalkley@gmail.com or admin@idahofallsswimteam.com |
| SCHEDULE | The meet will begin at 5:45 p.m. on Friday, April 26 and 8:35am. on Saturday, April 27. There will a mandatory coaches meeting fifteen (15) minutes prior to the start of the warm-ups each day of the meet. There will be an officials meeting forty-five (45) minutes prior to the start each day of the meet. |
|  | **Friday:** Door open 4:00 pmMandatory Coaches meeting 4:15 p.m.Warm-ups 12 & O 4:30 – 5:10 p.m.11 & U 5:10 – 5:40 p.m. Officials meeting 5:00 p.m. **Meet starts**  **5:45 p.m**.**Saturday**: Doors open 7:00 am Mandatory Coaches meeting 7:15 a.m.Warm-ups 12 & O 7:20 a.m. – 8:00 a.m. 11 & U 8:00a.m. - 8:30 a.m.  Officials meeting 7:50 a.m. **Meet starts 8:35 a.m.** |
| COURSE: | 8 lane, 25 yard indoor pool. Pool depth minimum is 3.5’, maximum pool depth is 5.0’. Equipped with 8 KDI Paragon starting blocks, backstroke flags, and antiwave lane lines. |
| TIMING: | Colorado Timing System Five with a full matrix LED eight lane scoreboard: Hy-Tek Meet Manager software with Timing Console Interface electronic starting strobe. |
| ELIGIBILITY: | All swimmers must hold a current 2013 USA Swimming registration card. Swimmer’s age group will be determined by his/her age the first day of the meet, April 26, 2013. Any swimmer entered who is not registered will be subject to a $25 fine.  |
| ENTRIES: | Swimmers ages 12 and under may enter 2 individual events on Friday and 3 individual events on Saturday. Swimmers 13 and over may enter 3 individual events on Friday and 4 on Saturday. Relays do not count towards entry limits. Relays will be swum only if actual entries allow without going beyond the scheduled duration of events on each day. Relays will not be scored. Relay only swimmers must be on the team master entry form and surcharges paid.Teams using Hy-Tek, Meet Manager, should send their meet entry file attached to an e-mail to [admin@idahofallsswimteam.com](file:///K%3A%5CIFST%5Cadmin%40idahofallsswimteam.com) A printout of entries must also be sent. Include all relays. Entries must include the following information: Swimmer's name, age, registration number, team name, team code, event name and number, and best time in short course yards. “No times” will be allowed. All entrants must be registered no later than the entry deadline of April 19, 2013.  Mail or e-mail entries to: Idaho Falls Swim Team-IMX PO Box 2004 Idaho Falls, ID 83403-2004 Email: admin@idahofallsswimteam.com |
| DEADLINE: | **Entries must be received by Friday, April 19, 2013.**  |
| CONDUCTOF MEET: | As this is an IMX meet, swimmers should be encouraged to swim all events for which they are eligible. Current USA Swimming rules will apply. Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool. Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, restrooms or locker rooms. Deck Changing during meet will also be discouraged. No diving or backstroke starts allowed from the blocks or edge of the pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups. Meet Marshals will be present. Coaches are expected to actively supervise their swimmers. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer’s coach with the entries, the swimmers will be required to start from the water.Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.COACHES ARE RESPONSIBLE FOR GETTING SWIMMERS TO THEIR EVENTS. **There will be no Bull Pen.** Events 400 yards and longer, at the discretion of the meet referee, may be deck seeded without regard to age and gender. All swimmers in events 500 yards free must check-in with the Clerk of Course before warm-up on Friday night. Saturday event 400 IM yards declare your intent by 8:00 AM. Swimmers in the 500 yard freestyle should provide their own lap counters. All events are swum as timed finals. Coaches should report all event scratches prior to the start of the meet. **Deck entries WILL NOT be accepted**. “No times” will be allowed. Relay cards will be given to the coaches in their packets at the coaches meeting. Relay cards require FIRST AND LAST NAMES of the swimmers, in proper order, written on the back of the relay cards. Each team will be expected to provide timers during the entire course of the meet each day. IFST would appreciate the assistance of marshals and officials who are current members of USA Swimming from participating teams as well.  |
| FEES: | An entry fee of $22.00 per swimmer is required ($8.00 SRS fund, $6.00 facility fee, $8.00 silicone cap). All fees must accompany entries. One check per team, please. Make checks payable to **Idaho Falls Swim Team.** |
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| AWARDS: | There are no awards. Every swimmer will receive a silicone swim cap. Scoring is by Age Group Power Points you earn based on cumulative point total of the combination of events for the swimmers age level.There will be no team awards. Caps will not be mailed to teams, you must take with you after conclusion of meet. |
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| CONCESSIONS: | Concessions and thirts will be available, Heat sheets for $5.00 |
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| HOSPITALITY: | A hospitality room will be provided for coaches and officials. |
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| EQUIPMENT:You are invited to attend: IMX program description: | Goggles will be available for purchase in the team store upstairs. No other equipment will be available. Fitter and Faster tour April 27 and April 28, you choose which clinic to attend. Register online: Choose either session and use links below (Parents and coaches of participating swimmers are invited to attend this Fitter & Faster event at no fee.) <http://fitterandfaster.com/swim-clinics/idaho-falls-id-saturday/> <http://fitterandfaster.com/swim-clinics/idaho-falls-id-sunday/> See attached flier for more info. |
|  | The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long-term success in swimming.Following is a series of key points detailing information about this new program (from the USA Swimming website)**Program Description**Swimmers will participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that will be called the IMX Score. These combined scores will be ranked by single ages with rankings and recognition available on the USA Swimming website.**IMX Score**Using Hy-Tek’s Single-Year Age Group Power Points, all USA Swimming registered athletes earn an “IMX Score” based on the cumulative point total of the combination of IMX events for their age level. The overall IMX score, as well as the swimmer’s current best score for each IMX event, appears on the athlete’s My USA Swimming page for each season. As times in these events improve, the swimmer’s IMX score is automatically updated. In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season.A swimmer’s times will count for the entire season-so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group. |

Lodging:

Residence Inn Marriott $129.00 2 bedroom suite/ $ 99.00 Studio

635 W Broadway

208-542-0000

**Schedule of Events**

**IFST 2013 I.M. Xtreme Challenge Invitational**

# Friday April 26, 2013

*Meet starts 5:45 p.m.*

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| EVENT #FEMALE | EVENTS | EVENT #MALE |
| 1 | 12 & Under 200 yard Freestyle Relay | 2 |
| 3 | 11 & 12 500 yard Freestyle | 4 |
| 5 | 13 & Over 500 yard Freestyle | 6 |
| 7 | 10 & Under 200 yard Freestyle | 8 |
| 9 | 13 & Over 200 yard Butterfly | 10 |
| 11 | 12 & Under 100 yard Butterfly | 12 |

**Saturday April 27, 2013**

*Meet starts at 8:35 a.m.*

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| EVENT #FEMALE | EVENTS | EVENT #MALE |
| 13 | 13 & Over 400 yard Freestyle Relay | 14 |
| 15 | 13 & Over 200 yard Backstroke | 16 |
| 17 | 12 & Under 100 yard Backstroke | 18 |
| 19 | 13 & Over 400 yard IM | 20 |
| 21 | All Ages 200 yard IM | 22 |
| 23 | 13 & Over 200 yard Breaststroke | 24 |
| 25 | 12 & Under 100 yard Breaststroke | 26 |
| 27 | 13 & Over 400 yard Medley Relay | 28 |
| 29 | 12 & Under 200 yard Medley Relay | 30 |