**2014 I.M. Xtreme Challenge Invitational**

Idaho Falls Swim Team Piranhas

May 2-3, 2014

**Sponsor:** Idaho Falls Swim Team Piranhas, Idaho Falls, Idaho

**Sanction:** This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction No. 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.

This sanction for the 2014 **I.M. Xtreme** event, to be held on **5/2/14-5/3/14**, is issued by the Snake River LMSC to **Idaho Falls Swim Team** for U.S. Masters Swimming. 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.

**Location:** Wes Deist Aquatic Center 149 E 7th St Idaho Falls, Id. Phone: 208-612-8519

**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

**Type:** Open Invitational

*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.*

**Format:** Timed Finals

**Timing:** Colorado Timing System Six with a full matrix LED eight lane scoreboard: Hy-Tek Meet Manager 5.0 software with Timing Console Interface electronic starting strobe.

**Meet Referee:** Al Luptak **Meet Director**: Christine Velasquez

 2125 Darah St 881 Chantilly Ln Idaho Falls, Id. 83402 Idaho Falls, ID 83402

 Phn: (208) 525-2047 Phn: (208) 206-7596

 Email: luptak@cablone.net Email: christinevelasquez@idahofallsswimteam.com

**Eligibility:** All swimmers must hold a current 2014 USA Swimming registration card. Swimmer’s age group will be determined by his/her age the first day of the meet, May 2, 2014. Any swimmer entered who is not registered will be subject to a $50.00 fine.

 FINES FOR UNREGISTERED ATHLETES

 1. In accordance with USA Swimming rule 302.4 False Registration, the LSC will fine a team $50.00 (plus the cost of the athlete’s registration) for each swimmer entering a meet when that swimmer is not properly registered as a USA Swimming athlete. The fee for unattached, improperly registered swimmers will be assessed to the swimmer.

a. The fine and registration fees must be paid to the Membership/Registration Coordinator before the swimmer may swim in the meet. In the absence of the Membership/Registration Coordinator at a meet where a fine and registration fees must be paid, the fine, form and fees are to be submitted to the Meet Referee, who will then mail or hand-deliver them to the Membership/Registration Coordinator. Fines will be deposited in the General Fund of Snake River Swimming.

b. In the event that verification cannot be completed prior to a meet, and unregistered swimmers are found to have been entered in a meet, a $100.00 fine will be imposed. The fine, fees, and form must be submitted to the membership/Registration Coordinator no later than the first day of the swimmer’s next competition, or the swimmer will not be permitted to swim in that meet.

**Fees: $25.00 per swimmer**

($9.00 SRS fees, $6.00 pool fees, $2.00 timing system and $8.00 hospitality/ admin/participation prizes) All fees must accompany entries, one check per team please. No refunds given for events entered, but not swum. *\*\*\*SRS will pay the SRS meet fees ($9.00) for outreach swimmers. If you have outreach swimmers participating, please note when you submit fees the number of outreach swimmers you have participating and adjust the amount owed accordingly. The names of the swimmer/s are not required, just the total number of swimmers per team. Outreach swimmers are still responsible for the remaining fees for pool rental, timing system, etc. \*\*\**

**Entries:** **Friday**: All swimmers may enter two (2) individual events and one (1) relay.

**Saturday**: Swimmers 12 & Under may enter three (3) individual events and (1) relay. Swimmers 13 & Over may enter three (3) individual events and one (1) relay.

 Relays will not count towards entry limits. Relays will be swum only if actual entries allow without going beyond the scheduled duration of events 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 can send entries to ChristineVelasquez@idahofallsswimteam.com, (preferred) or saved on a CD, and include a printout of the entries. 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 (SCY). No times (NT) will be allowed. *Please do not convert times.*

**Deck entries will not be accepted**.

**Entry Deadline: All entries must be received via email no later than midnight, Friday, April 25, 2014. No late entries or paper entries will be accepted.**

**Fee Deadline: All fees must be received along with entry verification report no later than Wednesday, April 30, 2014 at 6:00 pm. Please make checks payable to ‘IFST’.**

 **Mail entry fees to:**

 **IFST Piranhas**

 **C/o IMX 2014**

 **PO Box 2004**

 **Idaho Falls, Id 83404**

**Scoring:** Swimmers will participate in a designated combination of five 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.

Using Hy-Tek’s Single-Year Age Group Power Points, all USA Swimming registered athletes 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.

**Awards:** There are no awards. Every swimmer will receive a bag tag and spirit (rally) towel.

**Meetings:** There will be a mandatory coaches meeting fifteen (15) minutes prior to the start of warm-ups each day.

 There will be an officials meeting forty-five (45) minutes prior to the start of the meet each day.

**Schedule:**

 **Friday: May 2, 2014** **Saturday: May 3, 2014**

 Doors open at 4:00 pm Doors open at 7:00 am

 **Meet start: 5:30 pm Meet Start: 8:30 am**

 Coaches Meeting: 4:15pm Coaches Meeting: 7:15 am

Warm-ups: 12 & Over: 4:30 - 5:00 pm Warm-ups: 12 & Over: 7:30 – 8:00 am

 11 & Under: 5:00 - 5:20 pm 11 & Under: 8:00 – 8:20 am

Officials Meeting: 4:45 pm Officials Meeting: 7:45 am

**Conduct:** 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.

 Under USA Swimming Rule 102.8 for Deck Changing- changing into or out of swimsuits outside designated locker areas by a swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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.

As prescribed in Article 205.3.1 of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of four hours.

Each team will be expected to provide timers during the entire course of the meet. IFST would appreciate the assistance of officials who are current members of USA Swimming from participating teams as well.

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.

**Misc:** There is limited seating for spectators and swimmers. Spectators are encouraged to use the seating in the upstairs viewing area. Bleachers will be provided and there will be designated space on deck for spectators’ and swimmers’ chairs. Tables and chairs are provided for coaches in designated areas. Heat sheets will be available for $5. Concessions will be available. Hospitality will be provided for coaches and officials. Goggles will be available for purchase in the team store upstairs. No other equipment will be available.

**2014 I.M. XTREME INVITATIONAL**

\*\*\***SCHEDULE OF EVENTS**\*\*\*

**Friday, May 2, 2014**

Warm-ups: 12 & Over: 4:30 - 5:00 pm

 11 & Under: 5:00 - 5:20 pm

 Meet Starts: 5:30 pm

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **EVENT** | **Male Event #** |
| 1 | 12 & Under 200 yd Medley Relay | 2 |
| 3 | 11 & 12 500 yd Freestyle | 4 |
| 5 | 13 & Over 500 yd Freestyle | 6 |
| 7 | 10 & Under 200 yd Freestyle | 8 |
| 9 | 13 & Over 200 yd Butterfly | 10 |
| 11 | 12 & Under 100 yd Butterfly | 12 |
| 13 | 13 & Over 400 yd Freestyle Relay | 14 |

**Saturday, May 3, 2014**

Warm-ups: 12 & Over: 7:30 – 8:00 am

 11 & Under: 8:00 – 8:20 am

Meet Starts: 8:30 am

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **EVENT** | **Male Event #** |
| 15 | 13 & Over 400 yd Medley Relay | 16 |
| 17 | 13 & Over 200 yd Backstroke | 18 |
| 19 | 12 & Under 100 yd Backstroke | 20 |
| 21 | 13 & Over 400 yd Indiv. Medley | 22 |
| 23 | All Ages 200 yd Indiv. Medley | 24 |
| 25 | 13 & Over 200 yd Breaststroke | 26 |
| 27 | 12 & Under 100 yd Breaststroke | 28 |
| 29 | 12 & Under 200 yd Freestyle Relay | 30 |

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 30-45 minutes)

 1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.

 2. No sprinting allowed during general warm-up session

 3. All lanes are to be used for general warm-up.

B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

 POOL PUSH/PACE RACING STARTS GENERAL WARM-UP

 6 Lane 1 & 6 2 & 5 3 & 4

 8 Lane 1 & 8 2 & 7 3, 4, 5, & 6

 9 Lane 1 & 9 2 & 8 3, 4, 5, 6, & 7

 10 Lane 1 & 10 2 & 9 3, 4, 5, 6, 7, & 8

 1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.

 2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.

 3. General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.

SECTION 2 -- SAFETY GUIDELINES:

A. COACHES' RESPONSIBILITIES

 1. Coaches shall instruct their swimmers regarding safety guide­lines and warm-up procedures as they apply to conduct at meets and practices.

 2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

 1. Marshaling:

 a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.

 b. Marshals shall be current members of United States Swimming.

 c. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.

 D. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:

 (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.

 (2) The host club must provide a marshal to supervise the work of the lifeguards.

 2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.

 3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

 4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."

 5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.

 6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.