**2012 Thanksgiving IMX Challenge**

**Hosted by Northern Lights Swim Club Boosters**

**Bartlett Pool**

**November 16th-17th, 2012**

SANCTION: # Under sanction by Alaska Masters Swimming (AKMS) for USMS, Inc.

 This meet is dual-sanctioned by USA Swimming and Alaska Swimming, Inc. (ASI).

FACILITY: 50 meter pool divided by moveable bulkheads into two 25-yard competition pools, each with 8 lanes, divided by Kiefer/Flo-thru lane lines. An IST Timing System will be used with 8-lane display, lane touch pads, 1 button and 2 watches manual back-up, and horn/strobe start.

 The competition course must be measured and documented before and after competition each day for times to count for records or top ten. Please contact Paula Smith at list2012@gmail.com if you plan to participate and want your times to be considered for records or top ten. The pool will NOT be measured otherwise. The depth of the pool upon entry in the deep end is 12 feet and the depth at the turn is 5 feet. The depth of the pool upon entry in the shallow end is 4 feet on the start and 4 feet 10 inches on the turn.

TIMES: FRIDAY SATURDAY

 Warm ups 5:00 PM 8:00 AM

 Coaches Meeting N/A 8:15 AM

 Clerk of Course Deadline/Officials Meeting 5:30 PM 8:30 AM

 Timer’s Meeting/End of Warm Ups 6:00 PM 9:00 AM

 Meet Starts 6:15 PM 9:15 AM

**Warm-ups** will be conducted in accordance with USA Swimming and ASI warm-up/warm-down procedures on page 40 of Alaska Swimming Rules & Regulations 2011-2012 at <http://www.teamunify.com/wzaslsc/__doc__/146527_2_Rules%20and%20Regs%20as%20of%20April%202011.pdf>

Consistent with ASI rules, warm ups are intended to last one hour, but can be extended at the discretion of the Meet Referee.

ELIGIBILITY: Open to all swimmers currently registered with US Masters Swimming.

Note: Swimmers will not be allowed to swim in the meet unless a copy of your membership card is included with your entry.

 Any swimmer who is dual-registered with USA Swimming must declare one registration (either USA Swimming or US Masters Swimming) for his/her entry.

ENTRIES: 1. Each swimmer may swim up to a maximum of five (5) individual events per day (including time trials).

2. Entries must be submitted on:

* 1. **[Preferred] Hy-Tek COMMLINK file via email**
	2. Meet Entry form (attached)

Note: to verify email entries, please send a Team Entry Report and Team Meet Fees Report as generated by Hy-Tek Team Manager

3. A pre-built .HYV file for this meet is available on the ASI website ([www.akswimming.org](http://www.akswimming.org)) or by email request to the Meet Entries volunteer (see below).

4. **A copy of your current USMS Swimming registration card must be provided with your entry.**

ADAPTIVE

SWIMMERS: Disabled swimmers are encouraged to participate. Coaches should include with the team entries a copy of the **Information Form For Disabled Swimmers** (also available on the ASI website), specifying the specials needs of any adaptive swimmer(s), as well as requests for non-standard entries (for example, entries in other age groups). Questions regarding final assignment within specific heats should be brought to the attention of the Meet Referee.

RULES: 1. **Current USA Swimming and ASI rules govern this meet** and take precedence over any item in this invitation.

2. All events will be swum as timed finals. With the exception of the 500 free and 400 IM, events will be seeded slowest to fastest.

3. All events will be pre-seeded, except for the 500 Free and 400 IM (See # below).

4. Swimmers must check in with the Clerk-of-Course before the times designated above to scratch or add events for that day. Fees for adding events will be billed to the swimmer after the meet. There are no refunds for scratching swimmers from events.

5. There will be no guaranteed twenty-minute break between individual swims.

6. **The 500 Free and 400 IM events will be deck seeded with positive check-in** with the Clerk of Course (by a time set by the Meet Referee). Swims will be fastest to slowest with all ages and both genders combined.

7. Senior events may be swum by any swimmer in any age group.

8. **Swimmers in the 500 Free and 400 IM events are responsible for providing their own timers (in both events) and lap counters (500 Free only).**

9. Events may be combined and/or reseeded at the discretion of the Meet Referee.

10. If available equipment and deck personnel allow, competition will be held in both 25-yard pools simultaneously. Boys’ events will be held in one end and girls events in the other, with allowance for moving events between pools at the discretion of the Meet Referee. The Meet Referee will determine before the Coach’s meeting whether that session of the meet will be competed as combined in one pool or split into two pools. Should the meet be split into two pools, the Meet Referee may add periodic breaks in the Order of Events as deemed appropriate (recognizing Rule #5 above). If the meet is double-ended, the boys’ events may be swum in 6 lanes, with a buffer lane and a warmup/cool down lane. **If the meet is split for Saturday, Boys will compete in the Shallow End and Girls in the Deep End**. Additionally, the 500 free and 400IM may be swum in both pools at the referee’s discretion.

11. All relays are swum in the deep end.

ENTRY FEES: Entry Fee $3.00 per swimmer

Facility Charge $10.00 per swimmer

Individual Event Fee $2.25 per event

Late Fee $5.00 per swimmer\*\* (up to a team maximum of $50)

**Please make checks payable to: NLSCB or Northern Lights Swim Club Boosters.**

**PAYMENT IN FULL MUST BE MAILED SO THAT IT IS POSTMARKED BY THE ENTRY DEADLINE BELOW (REGARDLESS OF WHETHER THE ENTRIES WERE SUBMITTED BY US MAIL OR EMAIL)**

Mail entries to the following address:
Meet Entries/NLSCB
Terri Wangstrom

P.O. Box 110971
Anchorage, AK 99511
Email entries to the following address:
perterri@ak.net

**\*\*PAYMENT FOR ENTRIES POSTMARKED AFTER THE DEADLINE OR MADE AT THE MEET MUST INCLUDE THE ADDITIONAL LATE ENTRY FEE. THE POSTMARK DATE IS THE ONLY DATE USED TO DETERMINE WHETHER A TEAM’S SUBMITTAL HAS OCCURRED BEFORE THE DEADLINE. IT IS THE SUBMITTING TEAM’S RESPONSIBILITY TO POST ITS ENTRIES AND PAYMENTS SUFFICIENTLY EARLY TO AVOID THE LATE FEE**

ENTRY DEADLINE: Mailed entries must be postmarked, and emailed entries must be received, no later than **WEDNESDAY, NOVEMBER 7th, 2012.** **ENTRY FEES ARE NON REFUNDABLE.**

HAND-DELIVERED ENTRIES WILL NOT BE ACCEPTED

\*\*NLSCB will make every effort to acknowledge receipt of entries with the team coach or person submitting the entries. However, it is ultimately the responsibility of the Team Coach or USMS member to confirm receipt of their entries by the Entries Volunteer. Coaches or individuals who have not received confirmation by the deadline should contact the Entries Volunteer to verify receipt of the entries before the deadline\*\*

ENTRIES RECEIVED BY THE DEADLINE WILL BE INCLUDED IN THE MEET PROGRAM. ALL LATE ENTRIES WILL BE MADE ON A SWIMMER’S “FIRST COME, FIRST SERVE” BASIS, AS SPACE IN THE EVENT ALLOWS. NO HEATS WILL BE ADDED TO ACCOMMODATE SWIMMERS WISHING TO BE ADDED.

SCORING: No team points will be recorded.

AWARDS: **Individual Awards will be given to the top 8 cumulative IMX scores for each gender:**

 **IM, Fly, Back, Breast, and Free events.**

TIME TRIALS: Swimmers may request to swim time trials at the end of the Saturday session, subject to approval by the Meet Referee, and subject to the maximum number of individual swims per day allowed (5). The swimmers are responsible for providing timers. All swimmers participating in the time trials, including those swimming as “pacers”, will be charged an event entry fee (which will be billed to the swim team after the meet). “Pace” swimmers are also subject to the restriction on maximum number of swims daily.

TIMERS: A MINIMUM OF 16 TIMERS FOR EACH COMPETITION POOL WILL BE NEEDED THROUGHOUT THE MEET, AND WE ASK THAT THIS RESPONSIBILITY BE SHARED WITH ALL PARTICIPATING TEAMS. PLEASE PROVIDE AT LEAST 1 LANE TIMER FROM YOUR TEAM FOR EACH 10 SWIMMERS ENTERED IN THE MEET.

CONCESSIONS: A variety of nutritious foods will be provided at the concession stand on Saturday. NLSCB is arranging for a concessionaire to sell meet T-shirts, sweatshirts, etc., on Saturday. A concessionaire may also be present for swimsuits, goggles etc…

HOSPITALITY ROOM: A hospitality room will be provided on Saturday for coaches, officials, timers and all other volunteer workers on deck.

HOUSING: None provided.

POOL REMINDERS: NO GLASS ON DECK AT ANY TIME.
NO SHAVING ALLOWED ON SITE.

**Per USA Swimming regulations, no smoking or other use of tobacco products are permitted during the meet in any area on the deck, in the pool building, or outside adjacent to the pool building prior to, during or after the meet.**

Per USA Swimming regulations the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

NOTE TO COACHES: PLEASE BE CERTAIN THAT YOUR TEAM HAS CLEANED UP YOUR AREA OF ALL DEBRIS AND PERSONAL BELONGINGS PRIOR TO LEAVING THE POOL.

MEET DIRECTORS: Jodi McLaughlin

 (907)-223-7359

 MCL98@alaska.net

MEET REFEREE: Dan Rogers

 907-244-7584

 drogers@epsinc.com

USMS LIAISON: Paula Smith

 907-345-5800

 list2012@gmail.com

SAFETY MARSHALL: Jodi McLaughlin

ATTACHMENTS: (Available on ASI website or by request to the Meet Director or Entries Volunteer)

1. Meet Entry Form

2. Order of Events

3. Information Form For Disabled Swimmers

2012 THANKSGIVING IMX Challenge & Relays

# **ORDER OF EVENTS**

Sanction #

### Bartlett Pool / November 16 – 17, 2012

**(5:00 p.m. Warm up Friday; Meet starts 6:15 p.m.)**

|  |  |  |
| --- | --- | --- |
| **Girls** | **Friday, Nov 16th, 2012** | **Boys** |
| **1** | **10 & Under 200 IM** | **2** |
| **3** | **11 & 12 200 IM** | **4** |
| **5** | **Senior 400 IM** | **6** |

**(8:00 a.m. Warm up Saturday; Meet starts 9:15 a.m.)**

|  |  |  |
| --- | --- | --- |
| **Girls** | **Saturday, Nov 17th, 2012** | **Boys** |
|  **7** | **Senior 200 Fly** | **8** |
| **9** | **11 -12 100 Fly** | **10** |
| **11** | **10 & Under 100 Fly** | **12** |
| **13** | **8 & Under 25 Fly** | **14** |
| **15** | **Senior 200 Back** | **16** |
| **17** | **11 -12 100 Back** | **18** |
| **19** | **10 & Under 100 Back** | **20** |
| **21** | **8 & Under 25 Back** | **22** |
| **23** | **Senior 200 Breast** | **24** |
| **25** | **11 -12 100 Breast** | **26** |
| **27** | **10 & Under 100 Breast** | **28** |
| **29** | **8 & Under 25 Breast** | **30** |
| **31** | **Senior 500 Free** | **32** |
| **33** | **10 & Under 200 Free** | **34** |
| **35** | **8 & Under 25 Free** | **36** |
| **37** | **Senior 200 IM** | **38** |
| **39** | **8 & Under 100 IM** | **40** |
| **\*41** | **\*Splash of Ages****500 Free Relay** |  |

Masters’ Swimmers are eligible to swim only senior events (shown in black). Events in grey are included to show the entire meet for planning purposes.