

Will you be ready for IM Madness during March of 2018?

What is IM Madness? An ePostal event for swimmers seeking a challenge.

(Basketball has nothing on us!)

How to enter:

1. Choose an event below: **Sweet 8, 12, or 24.**
2. Start the clock and swim madly.
3. Complete sub-events combining them into a single event.
4. Stop the clock.

1. Sweet 8:

100 IM
50 Fly
100 IM
100 IM
50 Breast

100 IM
50 Free
200 IM

Total: 800 yards

2. Sweet 12 - 3 X 400 IM

4 X 100 IM
2 X 200 IM
1 X 400 IM

Total: 1200 yards

3. Sweet 24 - 3 X 800 IM

4 X 200 IM
2 X 400 IM

1 X 800 IM **Total: 2400 yards**



When: Between Thursday, March 1 and Saturday, March 31, 2018 in any 25 yard pool.

Fee: \$10 for each individual entry. T-shirt: TBD (S, M, L, XL, XXL) Sign up online on Club Assistant, paying with credit card to "Club Assistant.com Events." Fees are non-refundable.

Event Rules:

1. The event must be swum in its specific order in a 25 yard (SCY) pool.
2. The recorded time begins at the start of the 1st swim in an event and ends at the finish of the last swim of the event.
3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
4. Results are based on cumulative time.
5. **Swimmers may swim one or all events. Each event must be swum on a different day. An event fee will be charged for each event.**
6. If two or more swimmers report the same cumulative time, a tie will be declared.
7. Per USMS 202.1.1(3).(b) times will not be eligible for USMS records and Top Ten consideration.

Eligibility: All participants must be registered in 2018 with USMS. One Event Memberships are not available for this event. Your USMS membership will be verified during online event entry. The swimmer's age as of December 31, 2018 will determine his/her age group except for 18 year olds who must be 18 on the day of their swim.

Other Rules: The 2018 USMS rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/referee/verifier shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits for every 50. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for IM Madness records to the nearest 100th). A split sheet must be kept for each swimmer for one calendar year. Splits must be entered with online registration on Club Assistant. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude. The event shall be performed in a USMS organized/supervised practice.

Entry forms, split sheets and Records: Please enter online on Club Assistant. For recording of your splits, use the official split sheet found at _____.

For more information: Visit USMS Calendar of Events or

<http://www.ncmasters.org/>



Sanctioned by North Carolina LMSC for USMS, Inc. Sanction No. 138-S001

