

# 3rd Annual IM Madness ePostal

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

## 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. Split sheets available online.
4. Stop the clock.
5. Enter online **after** you swim the event(s).

<b>1. Sweet 8:</b>	<b>2. Sweet 12 - 3 X 400 IM</b>
100 IM	4 X 100 IM
50 Fly	2 X 200 IM
100 IM	1 X 400 IM
50 Back	<b>Total: 1200 yards</b>
100 IM	
50 Breast	<b>3. Sweet 24 - 3 X 800 IM</b>
100 IM	4 X 200 IM
50 Free	2 X 400 IM
200 IM	1 X 800 IM
<b>Total: 800 yards</b>	<b>Total: 2400 yards</b>



**When:** Between Friday, March 1 and Sunday, March 31, 2020 in any 25 yard pool.

**Fee:** \$10 for each individual entry. Long sleeved T-shirt: \$22 (S, M, L, XL, XXL)

Sign up online on Club Assistant, paying with credit card to "Club Assistant.com Events." Fees are non-refundable.

*\*If you swim more than one event, you may enter individually or all at the same time.*

## 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 in 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 more 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.

For more information: Visit USMS Calendar of Events or  
<http://www.ncmasters.org/>



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