



**Shorewood Swim Club**  
**“Swim Your Own Age” IMX Challenge**  
**January 19<sup>th</sup> -20<sup>th</sup>, 2008**  
Sanction #2008-026

**Location:** Shorewood High School  
VHE Pool  
1701 E. Capitol Dr.  
Shorewood, WI 53211

**Meet Director:** Hugh Morris                      David Westfahl  
414-510-8715                                      414-861-7946  
[hmorris@milwcnty.com](mailto:hmorris@milwcnty.com)                      [davewestfahl@wi.rr.com](mailto:davewestfahl@wi.rr.com)

**Facility:** 25 yd. pool with six 7' lanes, non-turbulent lane markers and backstroke flags, 30" starting blocks, 12' depth at starting end, custom designed gutters and bulkhead.

**Rules:** 2008 USA Swimming & Wisconsin Swimming short course rules will prevail for the meet.

**Time Schedule:** Saturday & Sunday Morning Sessions: (12, 13, 14&Over)  
Warm-Ups: 7:00-8:00. Meet Begins at 8:05  
Saturday & Sunday Afternoon Sessions: (7&Under, 8, 9, 10, 11)  
Warm-Ups: Immediately following Morning Session. Swimmers are guaranteed at least a 45 minute warm-up.  
A tentative timeline will be posted by Wednesday, January 16<sup>th</sup>.

The first half of the warm-up will be general circle swim in all lanes, with feet first entry at all times. The second half of the warm-ups will have sprinting (one directional-swimming from the starting blocks with a racing dive) in lanes 3 & 4, and more lanes opened as needed. Lanes not being used for sprinting will remain open for general warm up.

**Meet Format:** In support of USA Swimming's IM Xtreme Challenge Program, the meet will include all IMX events for each age group. All events are timed final and pre-seeded, except for events 31-34 (400 IM) and 117-122 (500 free), which will be positive check in and deck seeded. Events 31-34 (400 IM \*) and events 117-122 (500 yard free \*) may be combined by age and/or gender, and may be limited to eight (8) heats.

**Relays:** Relay sheets will be provided in the coach's packet. Coaches should complete the relay sheets and turn them in to the scoring table 30 minutes prior to the start of each session. Changes may be made at the scorers table until the event is started.

**Awards:** Individual events: Ribbons 1<sup>st</sup>-16<sup>th</sup>.  
Relay Events: Ribbons 1<sup>st</sup>-6<sup>th</sup>.  
High Point Awards: 1<sup>st</sup>-16<sup>th</sup> for each gender and age group (16 place scoring)  
Each swimmer (female and male) who has the highest point total from the IMX events for their age (9,10,11,12,13,14&O) will receive an IMX t-shirt as an additional award.  
***Swimmers who deck seed any events will be ineligible for High Point awards.***

**Admission Fee:** \$3.00 admission fee per spectator and \$2.00 per heat sheet.

**Eligibility:** All swimmers must be registered with USA Swimming. Swimmers age as of January 19th, 2008 will determine age group eligibility.

**Swimmers w/ Disabilities:** If entering a swimmer with a disability, please make a note to that effect with your entries



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**Entry Deadline:** Entries must be received by **Wednesday, January 9<sup>th</sup>**, with hard copy, waiver, and fees received by Wednesday, January 16<sup>th</sup>. Confirmation e-mail will be sent when your entries are received. Please e-mail all entries to:  
[davewestfahl@wi.rr.com](mailto:davewestfahl@wi.rr.com)

**Entry Fees:** \$3.50 per individual event, \$10.00 per relay, and \$2.00 splash fee per swimmer. Fees should be payable to “Shorewood Swim Club”.

**Entries:** Each swimmer may swim up to four (4) individual events each day, plus relays.

**Entry Times:** Please submit current yard times for seeding purposes.

**Out of State and Deck Seeds:** Please bring USA Swimming card or documentation to meet to verify USA Swimming Membership.

**Deck Entries:** Deck Entries will be allowed in open lanes at the discretion of the Meet Director.

**Final Results:** Final results will be e-mailed to participating teams, and posted on the Wisconsin Swimming web site.

**Concessions and Apparel:** Assorted food and Drink items will be available at the meet. Walter’s Swim Supplies will also be on hand with assorted swimming apparel.

**Conduct:** Clubs will be responsible for the conduct of their own swimmers. The Meet Marshalls, Meet Director, and Head Referee have the authority to disqualify a swimmer found misbehaving. Per USA Swimming Rules, only coaches, swimmers, and Shorewood Swim Club Meet workers are allowed on deck. Coaches must display USA Swimming credentials at all times.

**Lost and Found:** Located near pool entrance

**First Aid:** First Aid will be available from the lifeguard on duty.

**Officials:** The Head Official will be Steve Brandl. There will be a minimum of two starter-referees and a total of at least four officials each session.



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Shorewood Swim Club  
Meet Waiver

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming, Inc., the Shorewood Swim Club, and Shorewood High School, for injuries and/or expenses incurred by me/us at the meet, or while on the road to and from the meet. I/we are bona-fide amateur athletes and eligible to compete in all events I/we have entered.

CLUB NAME AND ABBREVIATION: \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL: \_\_\_\_\_

COACHES AT MEET: \_\_\_\_\_

CLUB PERSON TO CONTACT REGARDING ENTRIES:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Recap of Entries

Individual Events:	_____	x \$3.50=	_____
(minus) Reservation Fee Paid:			_____
Net Individual Amount Due:		=	a _____
Splash Fee:			
# of Swimmers	_____	x \$2.00=	b _____
Relay Fee:			
# of Relays	_____	x \$10.00=	c _____
Total Amount of Check:		a + b + c=	_____

Make Check Payable to "Shorewood Swim Club"

Entry Deadline: **Wednesday, January 9<sup>th</sup>**  
Mail Entries to: Dave Westfahl  
6140 N. Alberta Ln  
Glendale, WI 53217  
davewestfahl@wi.rr.com



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**Saturday, January 19th**  
**Morning Session**

Girl's Event #	Event	Boy's Event #
1	12 YR OLD 100 FREE	2
3	13 YR OLD 100 FREE	4
5	SENIOR 100 FREE	6
7	12-13 200 FREE RELAY	8
9	SENIOR 200 FREE RELAY	10
11	12 YR OLD 100 BREAST	12
13	13 YR OLD 200 BREAST	14
15	SENIOR 200 BREAST	16
17	12 YEAR OLD 100 BUTTERFLY	18
19	13 YR OLD 200 BUTTERFLY	20
21	SENIOR 200 BUTTERFLY	22
23	12 YR OLD 50 BACK	24
25	13 YR OLD 100 BACK	26
27	SENIOR 100 BACK	28
29	12 YR OLD 200 IM	30
31	13 YR OLD 400 IM*	32
33	SENIOR 400 IM*	34

**Sunday, January 20th**  
**Morning Session**

Girl's Event #	Event	Boy's Event #
89	12 YR OLD 50 FLY	90
91	13 YR OLD 100 FLY	92
93	SENIOR 100 FLY	94
95	12-13 200 Medley Relay	96
97	Senior 200 Medley Relay	98
99	12 YR OLD 100 IM	100
101	13 YR OLD 200 IM	102
103	SENIOR 200 IM	104
105	12 YR OLD 100 BACK	106
107	13 YR OLD 200 BACK	108
109	SENIOR 200 BACK	110
111	12 YEAR OLD 50 BREAST	112
113	13 YEAR OLD 100 BREAST	114
115	SENIOR 100 BREAST	116
117	12 YR OLD 500 FREESTYLE *	118
119	13 YR OLD 500 FREESTYLE *	120
121	SENIOR 500 FREESTYLE *	122



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**Saturday, January 19th**  
**Afternoon Session**

Girl's Event #	Event	Boy's Event #
35	7 & UNDER 50 FREE	36
37	8 YR OLD 50 FREE	38
39	9 YR OLD 100 FREE	40
41	10 YR OLD 100 FREE	42
43	11 YR OLD 100 FREE	44
45	9 & UNDER 100 FREE RELAY	46
47	10-11 200 FREE RELAY	48
49	7 & UNDER 25 FLY	50
51	8 YR OLD 25 FLY	52
53	9 YR OLD 50 FLY	54
55	10 YR OLD 50 FLY	56
57	11 YR OLD 50 FLY	58
59	7 & UNDER 50 BACK	60
61	8 YR OLD 50 BACK	62
63	9 YR OLD 100 BACK	64
65	10 YR OLD 100 BACK	66
67	11 YR OLD 100 BACK	68
69	7 & UNDER 25 BREAST	70
71	8 YR OLD 25 BREAST	72
73	9 YR OLD 50 BREAST	74
75	10 YR OLD 50 BREAST	76
77	11 YR OLD 50 BREAST	78
79	7 & UNDER 100 IM	80
81	8 YR OLD 100 IM	82
83	9 YR OLD 200 IM	84
85	10 YR OLD 200 IM	86
87	11 YR OLD 200 IM	88

**Sunday, January 20th**  
**Afternoon Session**

Girl's Event #	Event	Boy's Event #
123	7 & UNDER 25 FREE	124
125	8 YR OLD 25 FREE	126
127	9 YR OLD 50 FREE	128
129	10 YR OLD 50 FREE	130
131	11 YR OLD 50 FREE	132
133	9 & UNDER 100 MED. RELAY	134
135	10-11 200 MEDLEY RELAY	136
137	7 & UNDER 50 FLY	138
139	8 YR OLD 50 FLY	140
141	9 YR OLD 100 FLY	142
143	10 YR OLD 100 FLY	144
145	11 YR OLD 100 FLY	146
147	7 & UNDER 25 BACK	148
149	8 YR OLD 25 BACK	150
151	9 YR OLD 50 BACK	152
153	10 YR OLD 50 BACK	154
155	11 YR OLD 50 BACK	156
157	7 & UNDER 50 BREAST	158
159	8 YR OLD 50 BREAST	160
161	9 YR OLD 100 BREAST	162
163	10 YR OLD 100 BREAST	164
165	11 YR OLD 100 BREAST	166
167	7 & UNDER 100 FREE	168
169	8 YR OLD 100 FREE	170
171	9 YR OLD 200 FREE	172
173	10 YR OLD 200 FREE	174
175	11 YR OLD 500 FREE	176