

FOND DU LAC SWIM CLUB
IMX CHALLENGE
SATURDAY & SUNDAY, January 9 & 10, 2010
FOND DU LAC COMMUNITY AQUATIC CENTER

SANCTION #: 2010-129WI

HOST: Fond du Lac Swim Club (FSC)

LOCATION: Fond du Lac Community Aquatic Center
100 W. 9th Str.
Fond du Lac, WI 54935

AGE DIVISION: Saturday Session – Combined age groups
Sunday AM Session: 8 & U, 9 & 10
Sunday PM Session: 11 & 12, 13 & 14, 15 & Over

MEET DIRECTOR: Sheri Dowidat
huntmad@gmail.com
920-517-0456

MEET ENTRY CHAIR: Nate Zabel
fondyswimclub@gmail.com
920-948-8498

FACILITY: Eight 7-foot lanes, 25-yard pool with non-turbulence lane markers and backstroke flags, recessed deck, 30-inch high fixed starting blocks, 4'9" to 5'0" pool depth at starting end. Non-starting end of pool is 4'. Balcony seating for 320 people. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).

TIMING: Colorado electric timing system with touch pads and manual back-up Buttons and horn start. Each lane has two timers with electronic Stopwatches.

RULES: Official Short Course USA-S Rules shall prevail for this meet. Swimmers must be registered USA Swimmer. Age is as of January 9, 2010.

TIME
SCHEDULE: Warm ups: Saturday: 9:00 AM – 10:00 AM, Meet at 10:05 AM.
Sunday AM Session: 8:00 AM - 9:00 AM, Meet at 9:05 AM
Sunday PM Session: Warm ups begin immediately following conclusion of AM Session (but not before 10:30AM) and will run for one hour.

Feet first three- point entry from the starting end of the pool during warm-ups will be enforced.

Warm up format: First 30 minutes – circle swim all lanes with NO DIVING (lanes 1 & 2 are for 8 & U Swimmers only). Second 30 minutes – one way sprints with dive in lanes 4-6, circle swim in all other lanes.

OFFICIALS: Head Official: Maurice Pheil
Additional officials: Chad Behling, TBA

SEEDING: This is a pre-seeded meet. It is the swimmer's responsibility to be at the blocks at the start of his/her events. **All 8 & under events will be staged.** Please have all your 8 & Under swimmers report to the designated staging area for their events.

ENTRIES Individuals may enter 4 individual events on Saturday plus relays, and 4 individual events on Sunday, plus relays. A team may enter an unlimited number of relays in any relay events. All swimmers must be registered USA-S. Ages are as of January 9, 2010. Swimmers with special needs should be noted on your entry form. Your coach is responsible for notifying the head official during warm-ups of any special needs of your swimmers.

Deck registrations will not be accepted. Deck entries may be accepted to fill open lanes in existing heats only at \$5.00 per individual event and \$14.00 per relay. Plus \$3.00 splash fee, if necessary.

ENTRIES &
DEADLINE Meet entries due by December 30, 2009. Signed waiver/paperwork and payment due by January 4, 2009. No phone entries will be accepted. All entries must be accompanied with a check covering all team entries. Entries must be sent via Hy-tek Team manager provided that the Team Manager event #'s associate with the Meet manager event #'s and a hard copy of the Team manager entry is included. Name the meet in Team Manager "FSC JAN 2010". Please check that all swimmers have USA-S memberships and are submitted to the LSC registration chair before the entry deadline.

- ENTRY FEES: \$4.00 per individual events, \$12.00 per relay, splash fee of \$3.00 per Individual.
- ADMISSIONS: \$3.00 per spectator over 12. Heat sheets \$3.00 per session.
- AWARDS: Individual events: Ribbons 1st – 12th.
Relay events: Ribbons 1st – 6th.
IMX High Point Awards: 1st – 12th for each gender and age group (12 Place scoring). **There is no IMX scoring for 8 & Under.**
IMX T-shirts will be awarded to each swimmer (female and male) who has the highest point total from the IMX events for their age group (9-10, 11-12, 13-14, 15 & 0), as an additional award. Swimmers who deck seed any events will be ineligible for High Point awards.
- FINAL RESULTS: One copy of the meet's results will be sent to each team.
- FOOD: A variety of food items and drinks will be available in the east entry of The Riverside School gym (across the hall).
- CONDUCT: Each team is responsible for the behavior of their swimmers. The meet director or meet marshal may remove any swimmers from the competition for disruptive or disorderly behavior.
In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

TO COMPLETE THE IMX CHALLENGE, A SWIMMER WILL NEED TO SWIM THE FOLLOWING EVENTS:

Age Groups and Events

The following single age groups and event combinations are used by USA Swimming in Tabulating and scoring a swimmer's IMX ranking:

8 & Under; 9-10 year olds:

200 IM, 200 Free, 100 back, 100 Breast, 100 Fly

11-12 year olds:

200 IM, 400/500 Free, 100 Back, 100 Breast, 100 Fly

13-14 year olds; 15 & Over

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Breast, 200 Fly

The IMX Challenge is tabulated annually for both the short course (yard) and long course (meter) performances.

FOND DU LAC SWIM CLUB
IMX CHALLENGE
SATURDAY, January 9, 2010

SINGLE SESSION

Warm ups 9:00 a.m.; Meet starts 10:05 a.m.

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
1	Open	400 Free Relay	2
3*	10 & U	200 IM	4*
5*	11 & 12	200 IM	6*
7*	13 & 14	200 IM	8*
9*	15 & O	200 IM	10*
11*	10 & U	100 Fly	12*
13*	11 & 12	100 Fly	14*
15*	13 & 14	200 Fly	16*
17*	15 & O	200 Fly	18*
19*	10 & U	100 Breast	20*
21*	13 & 14	200 Back	22*
23*	15 & O	200 Back	24*
25	10 & U	100 Free	26
27	11 & 12	100 Free	28
29	13 & 14	100 Free	30
31	15 & O	100 Free	32
33	Open	400 Med Relay	34

10 Minute Break

35*	Open	500 Free	36*
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*IMX Event

**FOND DU LAC SWIM CLUB
IMX CHALLENGE
SUNDAY, January 10, 2010**

MORNING SESSION

Warm ups 8:00 a.m.; Meet starts 9:05 a.m.

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
37	10 & U	200 Free Relay	38
39	8 & U	25 Fly	40
41	10 & U	50 Fly	42
43	8 & U	25 Breast	44
45	10 & U	50 Breast	46
47	8 & U	25 Back	48
49	10 & U	50 Back	50
51*	10 & U	100 Back	52*
53	8 & U	25 Free	54
55	10 & U	50 Free	56
57*	10 & U	200 Free	58*
59	10 & U	200 Medley Relay	60

AFTERNOON SESSION

Warm-ups after morning session ends, but no earlier than 10:30 a.m.

61	11 & 12	200 Free Relay	62
63	Open	200 Free Relay	64
65*	11 & 12	200 IM	66*
67*	13 & 14	200 IM	68*
69*	15 & O	200 IM	70*
71*	11 & 12	100 Breast	72*
73*	13 & 14	200 Breast	74*
75*	15 & O	200 Breast	76*
77*	11 & 12	100 Back	78*
79	13 & 14	100 Back	80
81	15 & O	100 Back	82
83	11 & 12	50 Free	84
85	13 & 14	50 Free	86
87	15 & O	50 Free	88
89*	13 & 14	400 IM	90*
91*	15 & O	400 IM	92*
10 Minute Break			
93**	Open	1650 Free	94**

*IMX Event

**Space may be limited

WAIVER AND ENTRY FORM

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrator and assign, waive and release any and all claims against United States Swimming (USS), Wisconsin Swimming, Inc., Fond du Lac Community Aquatic Center, Fond du Lac Swim Club and their staffs for injuries incurred by me/us at the meet or while traveling to and from the meet. I/we are bona-fide eligible USS swimmers and eligible to compete in all events I/we have entered.

CLUB NAME: _____ CLUB ALPHA CODE: _____

Signature of club official, parent/guardian, coach: _____

Mailing address for final results:

Name: _____

Address: _____

City/State: _____

Zip Code: _____

Name of USS Registered Coaches representing your team at the meet:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name, Phone number and E-mail of person to contact regarding this entry form:

Name: _____ Phone: _____

E-mail: _____

ENTRY RECAP:

Number of Total Individual Events: _____ X \$4.00 ea. = \$ _____

Total # of Relays in Meet _____ X \$12.00 ea. = \$ _____

Number of Individual Swimmers entered: _____ X \$3.00 ea. = \$ _____

Total Entry Fee: \$ _____ Check # _____

Make checks payable to Fond du Lac Swim Club and mail with waiver & entry form to:

**FSC
P.O. Box 731
Fond du Lac, WI 54936**