

**FOND DU LAC SWIM CLUB**  
**IMX CHALLENGE**  
**SATURDAY & SUNDAY, January 8 & 9, 2011**  
**FOND DU LAC COMMUNITY AQUATIC CENTER**

**SANCTION #:** **WI2011-128S**  
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event

**HOST:** Fond du Lac Swim Club (FSC)  
**LOCATION:** Fond du Lac Community Aquatic Center  
100 W. 9<sup>th</sup> Str.  
Fond du Lac, WI 54935 (920) 929-3536

**AGE DIVISION:** AM Sessions: 8 & U, 9- 10, 10 & U, 11-12  
PM Sessions: 13 - 14, 15 - 18 & Open

**MEET DIRECTOR:** Sheri Dowidat  
[huntmad@gmail.com](mailto:huntmad@gmail.com) or 920-517-0456  
10 – 15 minutes breaks may be added at the discretion of the Meet Director.  
\*\*\*Coaches, Please send the Meet Director a list of all your swimmers that are going to complete in the IMX Challenge.

**MEET ENTRY CHAIR:** Nate Zabel  
[fondyswimclub@gmail.com](mailto: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 104.2.2C(4).  
All events will start at the starting end, including 8 & Under events.

**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 8, 2011.
- TIME** Warm-ups for the AM Session will begin at 7:00 AM both days and will run for one hour. The meet will begin at 8:05 both days.  
The PM session warm-ups for both days will begin immediately following the conclusion of the AM sessions (but not before 11 AM) and will run for one hour.
- Sit and Slide, or 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 in designated lanes, circle swim in all other lanes.
- OFFICIALS:** Meet Referee: Scott Krueger  
Additional officials: Chad Behling; Officials from other teams are welcome and should contact Chad Behling to volunteer.  
([behling4@scbglobal.net](mailto:behling4@scbglobal.net))
- 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.  
Positive Check In Required of All 400 IM's, 500 Free's, and 1000 Free Events. Swimmer must provide their own lap counters for the 500 and 1000 Free 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 8, 2011. 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. Deck Entries will close 30 minutes prior to the beginning of each session. Plus \$2.00 splash fee, if necessary. (Swimmers may deck seed into IMX events, but will not be eligible for High Point Awards.)

- ENTRIES & DEADLINE** Meet entries due by December 30, 2010. Signed waiver/paperwork and payment due by January 4, 2011. 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 2011". 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 \$2.00 per Individual.
- ADMISSIONS:** \$3.00 per spectator over 12. Heat sheets \$3.00 per session.
- AWARDS:** Individual events: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 12<sup>th</sup>.  
Relay events: Ribbons 1<sup>st</sup> – 6<sup>th</sup>.  
Heat Award will be given in all 8 & Under Events  
High Point Awards: Trophies 1st - 3rd place, Medals 4th - 12th place.  
High Point Awards will be awarded to those swimmers who **legally** complete ALL REQUIRED IMX EVENTS for their appropriate age group (10 & U, 11-12, 13-14, 15-18). Swimmers that deck seed into an IMX event will not be eligible for a High Point Award. High Point Awards will NOT be calculated using the IMX scoring calculation, but rather the standard 16 place scoring method. Point for NON IMX Events will not be counted when calculating the High Point Awards.  
NO Team High Point Trophies are being awarded.
- FINAL RESULTS:** One copy of the meet's results will be sent to each team.  
A meet back-up will be posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org)  
The swimmers IMX Score / Ranking can be obtained on the USA Swimming website after the final results of this meet have been posted / submitted to SWIMS
- 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.

Any swimmer entered in the meet be certified by a USA Swimming member coach as being proficient in performing a racing start each race from within the water, When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**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:

10 & Under:

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 ; 15 – 18 year olds:

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 8, 2011**

MORNING SESSION

Warm ups 7:00 a.m.; Meet starts 8:05 a.m.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Medley Relay	2
3	10 & Under 200 Medley Relay	4
5	11-12 200 Free	6
7*	10 & Under 100 Breast	8*
9*	11 & 12 100 Breast	10*
11	8 & Under 50 Free	12
13	9 – 10 50 Free	14
15	11 – 12 50 Free	16
17*	10 & Under 100 Back	18*
19*	11 – 12 100 Back	20*
21	8 & Under 25 Fly	22
23	10 & Under 50 Fly	24
25	11 – 12 50 Fly	26
27	8 & Under 100 IM	28
29*	10 & Under 200 IM	30*
31*	11 – 12 200 IM	32*

AFTERNOON SESSION

Warm-ups after morning session ends, but no earlier than 11 a.m.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	Open 200 Medley Relay	34
35	13 – 14 100 Back	36
37	Open 100 Back	38
39*	13 – 14 200 IM	40*
41*	15 – 18 200 IM	42*
43	Open 200 IM	44
45	13 – 14 50 Free	46
47	Open 50 Free	48
49*	13 – 14 200 Breast	50*
51*	15 – 18 200 Breast	52*
53	Open 200 Breast	54
55	13 – 14 100 Fly	56
57	Open 100 Fly	58
59*	13 – 14 500 Free***	60*
61*	15 – 18 500 Free***	62*
63	Open 500 Free***	64

\*IMX Event

\*\*\*Positive Check In Required

**FOND DU LAC SWIM CLUB**  
**IMX CHALLENGE**  
**SUNDAY, January 9, 2011**

MORNING SESSION

Warm ups 7:00 a.m.; Meet starts 8:05 a.m.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	10 & Under 200 Free Relay	66
67	11 – 12 200 Free Relay	68
69	8 & Under 25 Breast	70
71	10 & Under 50 Breast	72
73	11 – 12 50 Breast	74
75*	10 & Under 100 Fly	76*
77*	11 – 12 100 Fly	78*
79	8 & Under 25 Free	80
81	10 & Under 100 Free	82
83	11 – 12 100 Free	84
85	8 & Under 25 Back	86
87	10 & Under 50 Back	88
89	11 – 12 50 Back	90
91*	10 & Under 200 Free	92*
93*	11 – 12 500 Free***	94*

AFTERNOON SESSION

Warm-ups after morning session ends, but no earlier than 11 a.m.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
95	Open 200 Free Relay	96
97*	13 – 14 200 Fly	98*
99*	15 – 18 200 Fly	100*
101	Open 200 Fly	102
103	13 – 14 100 Breast	104
105	Open 100 Breast	106
107*	13 – 14 200 Back	108*
109*	15 – 18 200 Back	110*
111	Open 200 Back	112
113	13 – 14 100 Free	114
115	Open 100 Free	116
117*	13 – 14 400 IM***	118*
119*	15 – 18 400 IM***	120*
121	Open 400 IM***	122
123	Open 400 Free Relay	124
125	Open 1000 Free***	126

\*IMX Event

\*\*\*Positive Check In Required

## 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 \$2.00 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**