

Lake Country Phoenix IM Ready Time Trials #2

Sanction # WI2010-253TT

- DATE:** Friday, June 11th, 2010
- PLACE:** ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin
- WARMUP:** Warm-up 5:00-5:45, Meet Start 5:50, Three-point feet-first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- POOL:** Six lane, 25 yard pool, 5'1" starting depth, 3'6" non-starting depth, 30" blocks, non-turbulent lane markers and backstroke flags. The competition course has not been certified in accordance with 104.2.2C(4).s.
- TIMING:** Colorado System with back-up watches and across the board judging in case of a malfunction. All events are timed finals.
- OFFICIAL RULES:** Official current USA Swimming Rules shall prevail for this meet. Swimmers must be USA-Swimming registered. Age as of Friday, June 11th, 2010. Please notify meet officials of any disabled swimmers upon arriving at the meet.
- OFFICIALS:** Meet Referee – Richard Hein
- ENTRY CHAIR:** Mark Kohnhorst
- MEET DIRECTOR:** Mark Kohnhorst, email LakeCountrySwim@sbcglobal.net
PO Box 181
Hartland, WI 53029
(262) 367-7657
- ENTRY DEADLINES:** Thursday, June 10, 2010
- DECK ENTRIES:** Deck entries accepted until 5:15 on day of event and until timeline reaches 90 minutes.
- ENTRY LIMIT:** Swimmers may compete in three (3) individual events per day.
- FEES:** No charge.
- ADMISSIONS:** No charge.
- AWARDS:** No Awards, IMX totals will be posted on www.lakecountryswimming.com

IMR TIME TRIAL EVENTS

Purpose of Meet: Ensure that as many swimmers as possible have an opportunity to swim all of the USA Swimming IM Ready events. You may only enter the IMR events for your age group shown below.

IM Ready (IMR)

IM Ready (or IMR) is comprised of a series of five events to help a swimmer test their IM readiness. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-year olds; 12-year olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13-year olds; 14-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Girls	Time Trial #1: June 12th	Boys
1	10-Un 100 Free	2
3	13-Over 100 Breast	4
5	12-Un 50 Breast	6
7	13-Over 200 IM	8
9	12-Un 100 IM	10