

Lake Country Phoenix **IMX Spring Time Trials**

Sanction # WI2011-249S

- DATE:** Friday-Saturday, May 27-28, 2011
- PLACE:** ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin
- WARMUP:** Friday: Warm-up 4:30-5:30 Meet Start 5:35
Saturday: Warm-up 9:00-9:45 Meet Start 9:50
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 May 26, 2011. Please notify meet officials of any disabled swimmers upon arriving at the meet.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must 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
- OFFICIALS:** Meet Referee – Kim Stoll
- ENTRY CHAIR:** Mark Kohnhorst
- MEET DIRECTOR:** Mark Kohnhorst, email LakeCountrySwim@sbcglobal.net
PO Box 181
Hartland, WI 53029
(262) 367-7657
- ENTRY DEADLINE:** Thursday, May 26, 2011
- DECK ENTRIES:** Deck entries accepted until 30 minutes prior to the start of each session for open lanes.
- ENTRY LIMIT:** Swimmers may compete in three (3) individual events per day.
- FEES:** No charge.
- ADMISSIONS:** No charge.
- AWARDS:** No Awards.

IMX TIME TRIAL EVENTS

Purpose of Meet: Ensure that as many swimmers as possible have an opportunity to swim all of the USA Swimming IM Xtreme events.

IM Xtreme (IMX)

IM Xtreme (or IMX) is comprised of a series of five or six events at longer distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

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

11-year olds; 12-year olds:

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

13, 14, 15, 16, 17, & 18-year olds:

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

Friday, May 27

1	Open 400 IM	2
3	Open 100 Back	4
5	Open 200 Back	6
7	Open 200 IM	8

Saturday, May 28

9	Open 500 Free	10
11	Open 200 Free	12
13	Open 200 Breast	14
15	Open 100 Breast	16
17	Open 200 Fly	18
19	Open 100 Fly	20