



Shorewood Swim Club
“Swim Your Own Age” IMX Challenge
January 23rd -24th, 2010
Sanction #

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

Meet Director: David Westfahl Paul Dix
414-861-7946 414-332-7466
davewestfahl@wi.rr.com pauldorisdix@gmail.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. Pool is not certified in accordance with United States Swimming Rule 104.2.2C(4)

Rules: 2010 USA Swimming & Wisconsin Swimming short course rules will prevail for the meet. **Sit and Slide Feet first three-point** entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

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 Sessions 3 and 5. Swimmers are guaranteed at least a 45 minute warm-up. A tentative timeline will be posted by Wednesday, January 15th.

The first half of the warm-up for sessions 1,3,4, and 6 will be general circle swim in all lanes, with feet first three-point 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.

There will be an in water warm up of at least 10 minutes prior to sessions 2, 5 and 7

Meet Format: In support of USA Swimming's IM Xtreme Challenge Program, the meet will include all IMX events for age groups 9 & over. 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. **IMX events are as follows:**

9 & Under; 10-year olds:
200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:
200 IM, 500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:
200 IM, 400 IM, 500 Free, 200 Back, 200 Brst, 200 Fly

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.



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- Eligibility:** All swimmers must be registered with USA Swimming. Swimmers age as of January 23rd, 2010 will determine age group eligibility.
- Awards:** Individual events: Ribbons 1st-16th.
Relay Events: Ribbons 1st-6th.
High Point Awards: 1st-16th for each gender and age group (16 place scoring)
Heat winner awards for 11&U
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. **There is no IMX scoring for 8&U.**
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.
- Swimmers w/ Disabilities:** If entering a swimmer with a disability, please make a note to that effect with your entries
- Entry Deadline:** Entries must be received by **Wednesday, January 13th**, with hard copy, waiver, and fees received by Wednesday, January 20th. Confirmation e-mail will be sent when your entries are received. Please e-mail all entries to: davewestfahl@wi.rr.com
- Entry Fees:** \$3.50 per individual event, \$12.00 per relay, and \$3.00 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, with a total of eight (8) individual events for the meet.
- 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.
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.
- First Aid:** First Aid will be available from the lifeguard on duty.
- Officials:** The Head Official will be Pat Weisling. 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 \$3.00 =	b _____
Relay Fee:			
# of Relays	_____	x \$12.00=	c _____
Total Amount of Check:		a + b + c=	_____

Make Check Payable to “Shorewood Swim Club”

Entry Deadline: **Wednesday, January 13th**
 Mail Entries to: Dave Westfahl
 6140 N. Alberta Ln
 Glendale, WI 53217
davewestfahl@wi.rr.com



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Saturday, January 23rd
Session 1

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

January 23rd
Session 2

31	13 YR OLD 400 IM*	32
33	SENIOR 400 IM*	34

Sunday, January 24th
Session 4

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

Sunday, January 24th
Session 5

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
Session 3

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
Session 6

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 MEDLEY RELAY	134
135	10-11 100 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

Sunday, January 24th
Session 7

175	11 YR OLD 500 FREE	176
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