

WSF 2010 IMX Invite

May 7-9, 2010

Held under sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming Inc. Sanction #AZ10C083
Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming Inc., YMCA Westside Silver Fins and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.
Hosted by: YMCA Westside Silver Fins
Location: Southwest Valley Regional YMCA, 2919 N Litchfield Rd , Goodyear, AZ 85395. (NE corner of Thomas and Litchfield)
Meet Director: Erin Shields 623-935-5193 eshields@vosymca.org
Meet Referee: Mary Kramer mckswim@aol.com

Course: Ten lane, outdoor, 50 meter pool with non-turbulent lane dividers. Colorado start and semi-automatic timing system (two-button) and one-line time display board will be used. Breaks will be provided for warm-up/warm down needs throughout the meet at the discretion of meet referee. The competition course has been certified in accordance with 104.2.2C(4).

Eligibility:

1. Open to any USA swimming athlete holding a current USA Swimming registration card as of the meet entry deadline.
2. All swimmers, coaches, and officials must be registered prior to the competition and present proof of current registration to the Clerk of Course, if requested. Out of state teams may submit a roster signed by the LSC registrar as proof of registration. No on deck registration will be accepted. All coaches and officials shall wear their current USA Swimming registration in a visible manner.
3. Swimmer's age on **May 7, 2009** will govern for this meet.
4. This is a NO TIME STANDARD MEET.
5. To be eligible for the IMX High Point Awards, swimmers must compete in ALL IMX events for their respective age group.

Ages 8&U: 50 Fly, 50 Back, 50 Breast, 100 Free

*Points based off of 9 year old Power Points

Ages 9&U, 10: 200 IM, 100 Fly, 100 Back, 100 Breast, 200 Free

Ages 11, 12: 200 IM, 100 Fly, 100 Back, 100 Breast, 400 Free

Ages 13, 14, 15, 16, 17&O: 200 IM, 400 IM, 200 Fly, 200 Back, 200 Breast, 400 Free

*Swimmers older than 17 will compete with the 17-year olds for the 17&O High Point Awards.

6. High Point Awards will be given to the TOP IMX Scorers in each age group, male and female. Each IMX event will receive a Power Point Score based on the Hy-Tek Power Points Chart. Total Points for all IMX events will be added together for an IMX Score.
7. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the Meet Director as to the need for any special accommodations or seeding arrangements.

Rules:

1. The current USA Swimming rules of competitive swimming will govern.
2. This will be a timed final meet.
3. Events will be **combined** for seeding (10&U, 11-12, 13&O), but **scored separately** by age group (9, 10, 11, 12, 13, 14, 15, 16 and 17&O) for IMX High Point Awards.
4. Entry times must be a swimmers best LONG COURSE times. Swimmers may enter with No Time (NT).
5. Swimmers in the **10 & Under 400 Freestyle (event #1-2)** and **11 & Over 800 Freestyle (event #3-4)** must positively check-in 45 minutes prior to the start of the session. Swimmers in these events must provide their own timers and personnel to count laps (800 Free). The 800 Freestyle may be restricted to the TOP 32 Entrants (Top 32 Boys and Top 32 Girls) to control

the length of the meet. THESE EVENTS ARE NOT IMX EVENTS AND WILL NOT COUNT TOWARDS THE HIGH POINT AWARDS.

6. Swimmers in the **13 & Over 400 IM (Event # 29-30)** must positively check in 45 minutes prior to the start of the session in order to swim the event. This event will be swum fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers.
7. Swimmers in the **11-12 400 Free** and **13 & Over 400 Free** must positively check in 45 minutes prior to the event in order to swim the event. These events will be swum fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers and personnel to count laps.
8. The Arizona controlled meet warm-up/warm down procedure will be posted and enforced.
9. No Time Trials will be offered during this meet.

Sessions:

Session I (Friday, May 7, 2010):	Warm-up: 4:00pm	Start: 5:00pm
Session II (Saturday, May 8, 2010):	Warm-up: 7:30am	Start: 8:30am
Session III (Sunday, May 9, 2010):	Warm-up: 7:30am	Start: 8:30am

Entries: All entries must be submitted via email in Hy-tek format. No late entries will be accepted. Meet entries will be due Sunday, May 2, 2010 by midnight. **On Deck entries will NOT be permitted.**

E-Mail: eshields@vosymca.org

Entry Fees:

LSC Surcharge	\$5.00
Individual Events	\$3.00

Entry fees are due by the start of the first session, Friday, May 7, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

Awards: Ribbons will be awarded for 1st through 8th for swimmers in 8 & Under individual events. High Point Awards will be given to the top 3 male and female **IMX Scorers** by the following age groups: 8 & Under, 9 & Under, 10, 11, 12, 13 and 14. High Point Awards will be given to the top 1 male and female IMX Scorers by the following age groups: 15, 16 and 17 & Over. Note that swimmers younger than 9 who swim the 10 & Under IMX events will compete with 9-year-olds for the 9 & Under High Point award. Swimmers older than 17 will compete with 17-year-olds for the 17 & Over High Point award.

Concessions: Concessions will be available throughout the meet (all 3 days). Hospitality will be provided for coaches, officials, and other meet workers. Glass containers are not permitted.

Parking: Parking availability at the YMCA is restricted. Expect officials, coaches and volunteers to park in adjacent lot to the YMCA (main parking lot). There will be a drop off/ pick up area located near the community entrance of the pool for anyone that is not a coach, official or volunteer. All parents and swimmers must use church parking lot to the east of the YMCA. Please enter the church parking lot using the driveway immediately east of the YMCA parking lot entrance on Thomas. Please do not use the parking lot located on the North-West corner of the YMCA. It is for the city of Goodyear skate park only.

Hotel Accommodations: The Southwest Valley Regional YMCA has worked out corporate rates at 3 local hotels for your convenience. The following hotels are all less than a mile from our facility: Holiday Inn Hotel and Suites, Hampton Inn and Suites and the Holiday Inn Express. Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.
623-547-1313, Holiday Inn Hotel and Suites
623-536-1313, Hampton Inn and Suites
623-535-1313, Holiday Inn Express

Session I- Friday, May 7
Warm-up 4:00pm Meet Start 5:00pm

Women	Event	Men
1	10&U 400 Freestyle*	2
3	11&O 800 Freestyle**	4

*Event will be swum fastest to slowest, alternating heats of women and men. Positive check-in is required 45 minutes prior to the start of the session in order to swim this event. Swimmers must provide their own timers and personnel to count laps. **THIS IS NOT AN IMX EVENT AND DOES NOT COUNT TOWARDS THE HIGH POINT AWARDS.**

Event will be combined for seeding, but separated for scoring. Event will be swim fastest to slowest, alternating heats of women and men. Positive check-in is required 30 minutes prior to the start of the session. Swimmers must provide their own timers and personnel to count laps. This event may be restricted to the TOP 32 Entrants (Top 32 Boys and Top 32 Girls) to control the length of the meet. **THIS IS NOT AN IMX EVENT AND DOES NOT COUNT TOWARDS THE HIGH POINT AWARDS.

Session II- Saturday, May 8
Warm-up: 7:30am Meet Start: 8:30am

Women	Event	Men
5	8&U 100 Free	6
7	13&O 200 Butterfly	8
9	11-12 100 Butterfly	10
11	10&U 100 Butterfly	12
13	8&U 50 Butterfly	14
15	13&O 200 Breaststroke	16
17	11-12 100 Breaststroke	18
19	10&U 100 Breaststroke	20
21	8&U 50 Breaststroke	22
23	11-12 100 Backstroke	24
25	10&U 100 Backstroke	26
27	8&U 50 Backstroke	28
29	13&O 400 IM ***	30

***Event is swum fastest to slowest, alternating heats of women and men. Positive check-in is required 45 minutes prior to the start of the session in order to swim the event. Swimmers must provide their own timers.

Session III- Sunday, May 9
Warm-up: 7:30am Meet Start: 8:30am

Women	Event	Men
31	13&O 200 IM	32
33	10&U 200 IM	34
35	11-12 200 IM	36
37	13&O 200 Backstroke	38
39	10&U 200 Freestyle	40
41	11-12 400 Freestyle***	42
43	13&O 400 Freestyle***	44

***Event is swum fastest to slowest, alternating heats of women and men. Positive check-in is required 45 minutes prior to the start of the session in order to swim the event. Swimmers must provide their own timers and personnel to count laps.