

2010, SD Mitchell Aquatic Club IMX Long Course Challenge
Hosted by the Mitchell Aquatic Club
July 2-4, 2010, Mitchell, SD
Sanction #060310

Sanction	This meet is held under the sanction of USA Swimming, Inc. and South Dakota Swimming Inc.
Rules	The current USA Swimming and SD Swimming rules will govern the conduct of the meet.
Liability	In granting this sanction, it is understood and agreed that USA Swimming Inc, South Dakota Swimming, the City of Mitchell, and the Mitchell Aquatic Club, shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event. Also, the above mentioned entities are not responsible for any lost, stolen or damaged property.
Location	Mitchell Outdoor Aquatic Center, 1201 E. Hanson, Mitchell, SD 57301
Course	50-meter outdoor, 6-lane pool with wave-calming dividers. Colorado timing equipment with manual back up will be used. The competition course has not been certified in accordance with 104.2.2(C).
Water Depth	Starting end depth of 7.5 feet; midpoint depth of 3.5 feet; turn end depth of 4.0 feet. Fly-over starts may be used at the discretion of the Meet Referee. Turn end water depth meets USAS minimum requirements for racing starts in accordance with USAS Rule 103.2.3
Format	All events will be swum as timed finals with different age groups combined and seeded by time. Swimmers must provide their own timers and lap counters for the 1500. MAC parents may be available.

This meet supports the USA Swimming IMX Challenge motivational program in which swimmers are scored on their performance in a combination of five or six events. This program encourages broad development across a range of events that is foundational to long-term success in our sport; accordingly, there will be two separate and distinct event groupings as outlined below.

IMX Challenge designations:

IMR: The first phase in the IMX Challenge is called IM Ready (or IMR) and is comprised of a series of five events at shorter distances. The following single age groups and event combinations will be tabulated and scored for both male and female:

8 & U; 9-10: 100 Free, 50 Back, 50 Breast, 50 Fly, and 200 IM

11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, and 200 IM

13-14; 15-O: 200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM

IMX: The second phase in the IMX Challenge is called IM Xtreme (or IMX) and is comprised of a series of five or six events at longer distances. The following single age groups and event combinations will be tabulated and scored for both male and female:

8-U; 9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

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

13-14; 15-O: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM

No swimmer is required to compete in either category and may elect to swim events in which are appropriate to their age and skill level.

Starting Times	<p>Session 1 – Friday, July 2, 2010 4:00 p.m. – Warm-up Group 1 4:45 p.m. – Warm-up Group 2 5:45 p.m. – Meet starts</p> <p>Session 2 – Friday, July 2, 2010 There will be 10 minutes for general warm-ups and 5 minutes for specific warm-ups before the mile. Warm-ups will begin immediately following the conclusion of session 1.</p> <p>Session 3 – Saturday, July 3, 2010 9:00 a.m. – Warm-up 1 9:45 a.m. – Warm-up 2 10:30 a.m. – Warm-up 3 11:30 a.m. – Meet starts</p> <p>Session 4 – Sunday, July 4, 2010 9:00 a.m. – Warm-up 1 9:45 a.m. – Warm-up 2 10:30 a.m. – Warm-up 3 11:30 a.m. – Meet starts</p>
Meetings	There will be a coaches' meeting immediately following the last warm-up. Location to be announced during the final warm-up period for each session.
Warm Ups	<p>Team warm-up times will be communicated to the Coaches prior to the meet. Each warm-up session will be 45 minutes in length. The first 30 minutes will be general warm-ups, circle swim only, and no diving. The last 15 minutes of the each warm-up session will be specific warm-ups (starts) in lanes 2 through 5, with circle swimming allowed in lanes 1 and 6. Specific warm-ups may not begin until announced and only when the lane has been cleared of swimmers. Warm-up times are at the discretion of the deck referee.</p> <p>South Dakota LSC procedures will be followed (see attached copy of SD warm-up procedure). Warm ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. A USA Swimming certified coach <u>must</u> supervise swimmers for the duration of the warm-ups and swim meet. See guidelines as listed in Policy & Procedure Manual, 8.1 – 8.6. Only registered coaches, swimmers and officials will be allowed on the pool deck.</p> <p>An email will be sent to all coaches by June 30th with specific warm-up schedules for all teams. Two warm-up periods are planned for Friday and three warm-up periods are planned for Saturday and Sunday; however, we will condense if the number of swimmers warrants a change.</p>
Swimwear Restrictions	Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Article 102.9.1), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
Supervision	A USA Swimming member coach <u>must</u> supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers and officials will be allowed on the pool deck
Eligibility	All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on July 2, 2010 will determine age group for the entire meet.
Deck Registration	There will be no deck registration.
Deck Entries	Deck entries will be accepted at the discretion of the meet referee.
Scoring	Team points will be calculated based upon the order of finish of a team's swimmers legally completing the IMR or IMX roster of events for their respective age group and gender. Team points will be awarded as follows for the top six finishers in each age and gender for IMR or IMX

designations in order from first to sixth places; 9, 7, 6, 4, 3, 2. Those points will be totaled to determine the order of finish for those teams competing in the meet. A team trophy will be awarded for the top team score in the combined IMR and IMX Challenge.

To promote the USA Swimming IMXtreme program, swimmers must legally complete all IMX events offered in their age group for either the IMR or IMX awards. Awards will be distributed by age groups and gender as follows for IMR, IMX, and individual awards: 8 & under, 9-10, 11-12, 13-14, and 15 & Older. In all of the designated age groups listed above, the top 8 finishes in each event for each gender will score 9,7,6,5,4,3,2,1, to be utilized to compute a total score for each swimmer completing all of the IMR or IMX events. Medals will be awarded to the top three finishers by age group and gender for the IMR event grouping. Trophies will be awarded to the top three finishes by age group and gender for the IMX event group.

Event Limit	<p>Those swimmers not wishing to do the IMR or IMX Challenge may swim events of their choice.</p> <p>Each swimmer may swim up to 3 events on Friday with no more than 10 events total for the meet, including time trials. A swimmer may not compete in more than 5 individual events per day.</p>
Meet Length	<p>USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input in the order they are received. It is our hope that this format will attract a significant number of swimmers from our state given the central location of the meet and our team's hope for support during this period of transition. With those factors in mind, entries will be categorized in the order they are received and acceptance will be limited if the timeline becomes excessive. Teams will be accepted as a whole, notice of non-acceptance of entries will be forwarded to those teams affected as quickly as possible.</p>
Seeding	<p>Swimmers will be seeded slowest to fastest in heats with NT entries being seeded behind the slowest times submitted. The 1500 and 400 freestyles and the 400 IM will be seeded from slowest to fastest.</p>
Time Trials	<p>Time trials will be held at the conclusion of each session at the discretion of the Meet Referee. Time Trial events will not be counted towards the IMX/IMR scoring.</p> <p>The following limitations shall apply:</p> <ol style="list-style-type: none">1. The swimmer must be entered in the meet.2. Time trials will not change awards or scores.3. The swimmer may only swim a total of 5 individual events per day.4. There will be no additional cost for time trials.5. Coaches are responsible to turn in time trial requests to the Meet Director as soon as possible.6. Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.
Awards	<p>Ribbons will be given for 1st through 8th places for each event.</p>
Entries	<p>Teams are encouraged to submit their entries using the Hy-Tek Team Manager program. Swimmers are limited to three individual events on Friday, and five per day for Saturday or Sunday, with no more than a total of 10 individual events.</p> <p>Email to: meetdirector@macswimming.com Mail entries to: Mary Alexander Mitchell Aquatic Club PO Box 1371 Mitchell, SD 57301 Please include a hard copy with entry fees via mail to above address</p>
Fees	<p>The following fees apply: \$3.00 Swimmer SD head tax \$5.00 Facility fee per swimmer \$3.00 per individual event or time trial event</p>

Make checks out to Mitchell Aquatic Club (MAC). ***There will be no refunds of fees.***

- Deadline** Entry deadline is **Friday, June 25, 2010.**
- Protest** Protests of any kind will only be accepted by the referee and only from the team coach. Interfering in the orderly conduct of the meet or contacting other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.
- Concessions** There will be concessions sold during the entire sessions of the meet.
- Officials** *Meet Director:* Laura Miller & Susan Ebert. Phone: 605-770-5070 (Laura)
Head Referee: Lori Bork
Head Stroke & Turn: Melissa Waddell
Head Starter: Russ Miller
Meet Marshalls: Denise Ries, Doug Glover, Randy Olson
Head Timers: Allan Miller, Justin Ebert
- All Meet Officials will meet the requirements of USAS Rule 202.3.3
- All officials are needed and welcomed. Please email if you are planning on officiating during this meet. There will be an officials' meeting following each warm-up.
- Scratches** We encourage coaches to provide scratches to the referee prior to the beginning of warm-ups each day to allow for consolidation of heats.
- Programs & Results** Programs will be available for \$6.00 each. Copies of results will be available for \$7.00. Each team will receive one complimentary copy of the program per coach present for the meet and an electronic copy of the results.
- Swimming Merchandise** There will be swimming merchandise available for sale during this meet.

ORDER OF EVENTS

Friday evening, July 2, 2010:

Session 1:

Event Number	Event
1	Open 200 Free
2	12-U 100 Free
	10 minute warm-up/cool-down
3	Open 200 IM
	20 minute warm-up/cool-down

Session 2:

4	13-O 1500 Free
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Saturday, July 3, 2010:

Session 3:

5	Open 200 Breaststroke
6	12-U 50 Butterfly
7	Open 100 Butterfly
	10 minute warm-up/cool down
8	12-U 50 Backstroke
9	Open 100 Backstroke
	10 minute warm-up/cool-down
10	Open 400 IM

Sunday, July 4, 2010:

Session 4:

11	Open 200 Butterfly
12	12-U 50 Breaststroke
13	Open 100 Breast
	10 minute warm-up/cool down
14	Open 200 Backstroke
15	Open 50 Freestyle
	10 minute warm-up/cool down
16	11-O 400 Freestyle

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

- 8.1 The Meet Marshall and Meet Referee (or their special designees) shall monitor and enforce warm-up procedures.
- 8.2 No team or unattached swimmer may warm-up unless supervised by a USA Swimming member-coach. Coaches shall maintain verbal and visual contact with their swimmers throughout warm-ups.
- 8.3 Warm-ups shall be divided into a general warm-up period and a specific warm-up period. At the LSC Long Course and Short Course Championship Meets, the latter period may include a period for relay take-off practice.
- 8.4 Every reasonable effort shall be made to equalize the number of swimmers per lane during warm-ups. Meet planners will strive for a limit of no more than 20 swimmers per lane for Short Course meets and no more than 25 swimmers per lane for Long Course meets.
- 8.5 **General Warm-ups:**
- (1) There will be no diving. Any swimmer who dives in during general warm ups will be scratched automatically from his/her first individual event of the session.
 - (2) All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
 - (3) General warm-ups should last a minimum of 30 minutes, unless the Meet Referee determines that a shorter period is necessary to compensate for delays due to weather, equipment/power failure, or emergencies.
- 8.6 **Specific Warm-ups:**
- (1) There will be no diving in the two outside lanes. Again, any swimmer who dives in one of the outside lane during specifics will be scratched from his/her first individual event of the session. The outside lanes shall be used for circle swimming or for pace work.
 - (3) Diving and backstroke starts will be allowed from the starting end of the all lanes except the outside lanes of the pool. In the case of backstroke starts, no swimmer shall be on the starting block until the backstroker has completed his/her start. Swimmers in the inside lanes shall complete one length and walk back to the starting end.
 - (4) Specific warm-ups shall last a minimum of 15 minutes, unless the Meet Referee determines that a shorter period is necessary to compensate for delays due to weather, equipment/power failure, or emergencies.
 - (5) Relay take-offs – During the LSC Championship Meets, the Referee may permit a 5-minute relay take-off practice period, during which the take-off lanes shall be clearly designated and shall be used for nothing other than relay take-off practice at the starting end of the pool. Coaches shall insure that there are no swimmers in the lane other than those involved in the particular relay take-off practice.
- 8.7 **Mid-Meet Warm-ups/Cool-downs:**
- (1) Swimmers must be supervised by a USA Swimming member Coach.
 - (2) There will be no diving.
 - (3) Circle swimming only.
 - (4) Coaches will determine which of their swimmers may participate in these sessions, regardless of age group.