

IFST 2010 I.M. Xtreme Challenge Invitational May 1-2, 2010

SPONSOR: IDAHO FALLS SWIM TEAM, Idaho Falls, Idaho

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction 10-07. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4). The minimum water depth measured in accordance with Article 103.2.3 is 5' at the start end and 3.5' at the turn end.

DATE: Saturday, May 1 and Sunday, May 2, 2010

LOCATION: Idaho Falls Wes Deist Aquatic Center
149 East 7th Street
Idaho Falls, Idaho 83401
208 612-8519

TYPE: Invitational Meet

MEET FORMAT: Timed finals

MEET REFEREE Kyle Bodily Fred Hohorst
5331 Nez Perce 2051 Monticello Drive
Pocatello, Id 83204 Idaho Falls, ID 83404-6423
(208) 232-1958 208-529-2990
kdbodily@msn.com fah@srv.net

MEET DIRECTORS Lori Lenderink/Wendy Lowe
4280 Stonebrook Lane
Idaho Falls, ID 83404
Phone: (home) 208 522-0704; (work) (208) 523-6668
wendy@p2-solution.com

SCHEDULE The meet will begin at 5:45 p.m. on Saturday, May 2 and 9:30 a.m. on Sunday, May 3. At the referee's request, there will a mandatory coaches meeting fifteen (15) minutes prior to the start of the warm-ups each day of the meet.

Saturday:

Mandatory Coaches meeting	4:15 p.m.
Warm-ups 11 & O	4:30 – 5:10 p.m.
10 & U	5:10 – 5:40 p.m.
Officials meeting	5:00 p.m.
Meet starts	5:45 p.m.

Sunday:

Mandatory Coaches meeting	8:00 a.m.
Warm-ups 13 & O	8:15 a.m. to 8:55 a.m.
12 & U	8:55 a.m. to 9:25 a.m.
Officials meeting	8:45 a.m.
Meet starts	9:30 a.m.

COURSE: 8 lane, 25 yard indoor pool. Pool depth minimum is 3.5', maximum pool depth is 5.0'. Equipped with 8 KDI Paragon starting blocks, backstroke flags, and antiwave lane lines.

TIMING: Colorado Timing System Five with a full matrix LED eight lane scoreboard: Hy-Tek Meet Manager software with Timing Console Interface electronic starting strobe.

ELIGIBILITY: All swimmers must hold a current 2010 USA Swimming card. Swimmer's age group will be determined by his/her age the first day of the meet, May 1, 2020.

ENTRIES: Swimmers ages 12 and under may enter 3 individual events on Saturday and 2 individual events on Sunday. Swimmers 13 and over may enter 3 individual events on each day.

Relays do not count towards entry limits. Relays will be swum only if actual entries allow without going beyond the scheduled duration of events on each day. Relays will not be scored. Relay only swimmers must be on the team master entry form and surcharges paid.

Teams using Hy-Tek, Meet Manager, and Commlink II programs should send their meet entry file attached to an e-mail to the wendy@p2-solution.com (**preferred**) or saved on a 3.5" floppy disk to the address below. A printout of entries must also be sent. If using the latest version of Team Manager and Commlink II, include relays on the disk. Include a printout of all relays. Entries must include the following information: Swimmer's name, age, registration number, team name, team code, event name and number, and best time in short course yards. "No times" will be allowed.

All entrants must be registered no later than the entry deadline of April 22, 2010.

Mail or e-mail entries to:
Idaho Falls Swim Team-IMX
PO Box 2004
Idaho Falls, ID 83403-2004
Email: wendy@p2-solution.com

DEADLINE: **Entries must be received by Thursday, April 22, 2010.**

CONDUCT OF MEET: As this is an IMX meet, swimmers should be encouraged to swim all events for which they are eligible.

Current USA Swimming rules will apply. Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool. No diving or backstroke starts allowed from the blocks or edge of the pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups. Meet Marshals will be posted at each sprint lane during racing starts.

Coaches are expected to actively supervise their swimmers.

Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations.

COACHES ARE RESPONSIBLE FOR GETTING SWIMMERS TO THEIR EVENTS. There will be no Bull Pen. In addition, no chairs will be allowed on the pool deck.

Events 400 yards and longer, at the discretion of the meet referee, may be deck seeded without regard to age and gender. All swimmers in events 400 yards or longer must check-in with the Clerk of Course by 5:00 p.m. on Saturday night (before warm-ups). Swimmers in the 500 yard freestyle should provide their own lap counters.

All events are swum as timed finals. Coaches should report all event scratches prior to the start of the meet. All events will be pre-seeded. **Deck entries WILL NOT be accepted.** "No times" will be allowed.

Relay cards will be given to the coaches in their packets in the coaches meeting as the projected schedule allows. Relay cards require FIRST AND LAST NAMES of the swimmers, in proper order, written on the back of the relay cards.

Each team will be expected to provide timers during the entire course of the meet each day. IFST would appreciate the assistance of marshals and officials who are current members of USA Swimming from participating teams as well.

FEES: An entry fee of \$22.50 per swimmer is required (\$1.75 Snake River Travel Fund, \$5.50 pool fee, \$2.25 timing system, \$13.00 awards). All fees must accompany entries. One check per team, please. Make checks payable to **Idaho Falls Swim Team.**

AWARDS: Every swimmer will receive a swim cap. Events will be scored separately as 8 and under, 9, 10, 11, 12, 13, 14, 15, 16, 17, and 18. The scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 by individual event. Relays will not be scored and will not contribute to individual scores. There will be no team awards.

CONCESSIONS: Concessions will be available.

HOSPITALITY: A hospitality room will be provided for coaches and officials.

EQUIPMENT: Goggles will be available for purchase at the front desk. No other equipment will be available.

WHAT IS I.M. Xtreme Challenge? The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are

integral to long-term success in swimming.

Following is a series of key points detailing information about this new program (from the USA Swimming website)

Program Description

Swimmers will participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that will be called the IMX Score. These combined scores will be ranked by single ages with rankings and recognition available on the USA Swimming website.

IMX Score

Using Hy-Tek's Single-Year Age Group Power Points, all USA Swimming registered athletes earn an "IMX Score" based on the cumulative point total of the combination of IMX events for their age level. The overall IMX score, as well as the swimmer's current best score for each IMX event, appears on the athlete's *My USA Swimming* page for each season. As times in these events improve, the swimmer's IMX score is automatically updated.

In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season.

A swimmer's times will count for the entire season-so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group.

Schedule of Events
IFST 2010 I.M. Xtreme Challenge Invitational

Saturday, May 1, 2010

Meet starts 5:45 p.m.

EVENT # FEMALE	EVENTS	EVENT # MALE
1	11 - 18 500 yard Freestyle	2
3	12 & Under 100 Backstroke	4
5	13 – 18 200 yard Breaststroke	6
7	18 & Under 200 yard IM	8
9	10 & Under 200 yard Freestyle	10
11	12 & Under 200 yard Freestyle Relay	12
13	13 – 18 400 yard Freestyle Relay	14

Sunday, May 2, 2010

Meet starts at 9:30 a.m.

EVENT # FEMALE	EVENTS	EVENT # MALE
15	13 – 18 200 yard Butterfly	16
17	12 & Under 100 yard Butterfly	18
19	13 – 18 200 yard Backstroke	20
21	12 & Under 100 yard Breaststroke	22
23	13 – 18 400 yard IM	24
25	12 & Under 200 yard Medley Relay	26
27	13 – 18 400 yard Medley Relay	28