



2010 USA Swimming IM Xtreme Games

February 26-28, 2010

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| Sanction | This meet is sanctioned by USA Swimming and Potomac Valley Swimming. Sanction #PVZ-10-401 |
| Host | Potomac Marlins (PM), 3212 Allness Lane Herndon, VA 20171 |
| Participating LSC's | <u>Northeast Region:</u> Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia <u>Southeast Region:</u> Florida, Florida Gold Coast, Georgia, Mississippi, North Carolina, South Carolina, Southeastern |
| Location | Takoma Aquatic and Community Center 300 Van Buren Street St, NW (at 3rd and Van Buren Sts)., NW Washington, DC 20011 202-576-9284, 202-576-9285 FACILITY: Two 8 lane 25 yard courses with Kiefer lane lines will be utilized. Colorado timing systems with scoreboard display will be used. The shallow end will be available for supervised warm-up and cool-down throughout the meet. |
| Rules | Current USA Swimming and PVS Swimming rules will govern this meet. Please pay special attention to USA Swimming Rules; 202.3.2: <i>At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.</i> |
| Eligibility | Swimmer(s) must be registered with USA Swimming and be between the ages of 11 and 14 to be accepted in this meet. Age as of February 26, 2010, shall determine swimmer's age for the entire meet. Coaches MUST constantly display their current USA Swimming coach credentials to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current. Swimmers MUST have a minimum IMX score of 1,800 points to enter this meet. In order to get an IMX qualifying score, a swimmer MUST compete in all 5 or 6 events. Do not run your IMX scores from Team Manager. TM will give you a score even if you do not swim all IMX events. |

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|--|--|--|--|--------------|--------------|----------|----------|------------|------------|---------|---------|--------|--------|--|--------|
| Format | <p>This will be an IMX meet. All athletes must participate in all events. The age group winners will be determined based upon their total IMX points.</p> <table border="0"> <tr> <td>11 year-olds and 12 year-olds will compete in:</td> <td>13 year olds and 14 year olds will compete in:</td> </tr> <tr> <td>500 Free</td> <td>500 Free</td> </tr> <tr> <td>100 Back</td> <td>200 Back</td> </tr> <tr> <td>100 Breast</td> <td>200 Breast</td> </tr> <tr> <td>100 Fly</td> <td>200 Fly</td> </tr> <tr> <td>200 IM</td> <td>200 IM</td> </tr> <tr> <td></td> <td>400 IM</td> </tr> </table> <p>Events will be swum in the normal 2-year age brackets, although scoring will be done for each age.</p> <p>Athletes disqualified or scratched from any event will not be eligible for Total IMX points. All times in all events will be official.</p> | 11 year-olds and 12 year-olds will compete in: | 13 year olds and 14 year olds will compete in: | 500 Free | 500 Free | 100 Back | 200 Back | 100 Breast | 200 Breast | 100 Fly | 200 Fly | 200 IM | 200 IM | | 400 IM |
| 11 year-olds and 12 year-olds will compete in: | 13 year olds and 14 year olds will compete in: | | | | | | | | | | | | | | |
| 500 Free | 500 Free | | | | | | | | | | | | | | |
| 100 Back | 200 Back | | | | | | | | | | | | | | |
| 100 Breast | 200 Breast | | | | | | | | | | | | | | |
| 100 Fly | 200 Fly | | | | | | | | | | | | | | |
| 200 IM | 200 IM | | | | | | | | | | | | | | |
| | 400 IM | | | | | | | | | | | | | | |
| Qualifying Standards | <p>All participants must meet the IMX points qualifying standard as established by USA Swimming.</p> <table border="0"> <tr> <td style="text-align: center;"><u>Boys</u></td> <td style="text-align: center;"><u>Girls</u></td> </tr> <tr> <td style="text-align: center;">1,800 points</td> <td style="text-align: center;">1,800 points</td> </tr> </table> <p>An individual swimmer's Total IMX Points can be found on the USA Swimming website, http://www.usaswimming.org</p> | <u>Boys</u> | <u>Girls</u> | 1,800 points | 1,800 points | | | | | | | | | | |
| <u>Boys</u> | <u>Girls</u> | | | | | | | | | | | | | | |
| 1,800 points | 1,800 points | | | | | | | | | | | | | | |
| Check-In | <p>There will be a positive check in for all events. All swimmers must be checked in 45 minutes before the start of each session.</p> | | | | | | | | | | | | | | |
| Entry Format | <p>The meet will be run using Hytek's Windows Meet Manager. Entries may be made by e-mail coach_bill@verizon.net. Entries not submitted by email will be subject to a \$25 processing fee for teams with more than 3 swimmers. Telephone entries or FAX entries will not be accepted.</p> <p>For entries received by e-mail, an acknowledgement that your entry file has been received within 24 hours of submission. Should you not receive an acknowledgement of entry within 24 hours, please contact the meet manager by telephone immediately.</p> <p>After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.</p> <p>Make checks payable to Potomac Marlins.</p> <p>Mail entries and fees to Bill Marlin at the address below.</p> <p>Bill Marlin 3212 Allness Lane Herndon, VA 20171</p> <p>Entries must be in Short Course Yards. Entries will be accepted Starting February 1, 2010. Entries will close February 9, 2010</p> | | | | | | | | | | | | | | |
| Awards | <p>USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender. Plaques will be awarded for the top three teams.</p> | | | | | | | | | | | | | | |
| Scoring | <p>Hy-Tek IMX Scoring will be used exclusively. Each time will be given a point value; swimmers scores from all events will be combined for an overall IMX point total. Disqualifications and scratches will receive zero points. Scoring and awards will be determined according to single-year age groupings and the swimmers' IMX totals. There will not be awards for individual events and there will be no team scoring.</p> | | | | | | | | | | | | | | |

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| Schedule | <p>Friday, February 26, 2010 p.m. session: Warm-ups will start at 3:00 pm Event 1 will start at 4:00 pm</p> <p>Saturday, February 27, 2010 a.m. session Warm-up will start at 7:00 am Event #5 will start at 8:00 am</p> <p>Saturday, February 27, 2010 p.m. session Warm-ups will not start before 3:0 pm Event # 9 will start 1 hour after warm-up starts</p> <p>Sunday, February 28, 2010 p.m. session Warm-ups will start at 7:00 am Event # 15 will start at 8:00 am</p> |
| Coaches Meeting | <p>There will be a Coaches meeting at 3:45 on Friday, February 26, 2010. There will be another meeting with Coaches following the last event on Sunday, February 28, 2010 to garner feedback on the event.</p> |
| Meet Director | <p>Bill Marlin 3212 Allness Lane Herndon, VA 20171 Coach_bill@verizon.net 571-334-0987</p> |
| Meet Referee | |
| Officials | <p>The Potomac Marlins Swim Club welcomes any of your USA Swimming Officials to work on deck during this meet.</p> <p>Officials' uniforms will be white over blue. Shorts are acceptable throughout. Please contact (name here) with any officials interested in working, (e-mail address here)</p> |
| Concessions | <p>Concessions will be available.</p> |
| Admission | <p>Admission for the event will be: \$20 -all session pass \$5 -single session pass Wristbands must be worn throughout the three-day event. Children 10 and Under are free. Heat Sheets will be available for \$5.00.</p> |
| Entry Fees | <p>11-12 swimmers - \$25 (\$5 per event) 13-14 swimmers - \$30 (\$5 per event)</p> |
| Event Updates | |

ORDER OF EVENTS

FRIDAY PM (2/26/2010)

Warm-up at 3:00 PM Meet Starts at 4:00 PM

| Girls Events | | Event | Boys Events |
|--------------|---------|--------|-------------|
| 1 | 13 - 14 | 400 IM | 2 |
| 3 | 11 - 12 | 200 IM | 4 |

SATURDAY AM (2/27/2010)

Warm-up at 7:00 AM Meet starts at 8:00 AM

| Girls Events | | Event | Boys Events |
|--------------|---------|----------|-------------|
| 5 | 13 - 14 | 500 Free | 6 |
| 7 | 11 - 12 | 500 Free | 8 |

SATURDAY PM (2/27/2010)

Warm-up not before 3:00 PM Meet starts 1 hour later

| Girls Events | | Event | Boys Events |
|--------------|---------|------------|-------------|
| 9 | 13 - 14 | 200 Breast | 10 |
| 11 | 11 - 12 | 100 Breast | 12 |
| 13 | 13 - 14 | 200 IM | 14 |

SUNDAY AM (2/28/2010)

Warm-up not before 7:00 AM Meet starts 8:00 AM

| Girls Events | | Event | Boys Events |
|--------------|---------|----------|-------------|
| 15 | 13 - 14 | 200 Back | 16 |
| 17 | 11 - 12 | 100 Back | 18 |
| 19 | 13 - 14 | 200 Fly | 20 |
| 21 | 11 - 12 | 100 Fly | 22 |

Meet Summary Page

Please supply the information requested below. Send your Team Registration, Release and Hold Harmless forms, and check to Bill Marlin, 3212 Allness Lane Herndon, VA 20171. Make check payable to Potomac Marlins.

Club Name: _____ Club Code: _____

USA Swimming athlete surcharge: # Boys _____ + # Girls _____ X \$5.00 = \$ _____

Event Entry Fees:

Boys:

11 & 12 (5 events @ \$5.00 each) : Number of athletes x \$25.00 = \$ _____

13 & 14 (6 events @ \$5.00 each) : Number of athletes x \$30.00 = \$ _____

Girls:

11 & 12 (5 events @ \$5.00 each) : Number of athletes x \$25.00 = \$ _____

13 & 14 (6 events @ \$5.00 each) : Number of athletes x \$30.00 = \$ _____

Total \$ _____

Check #: _____ Total Amount Enclosed: \$ _____

Club Official Submitting Entry (Please Print): Coaches' Names: (Please Print)

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone #: (_____) _____ - _____

Email: _____ FAX (if any): (_____) _____

Please check your preference for Final Results:

_____ Hard copy (by postal mail or .htm/.pdf e-mailed)

_____ Meet Manager Backup (e-mailed)

_____ Team Manager .cl2 file (e-mailed)

_____ All of the above

E-mail address to send above to:

Club USA Swimming Official Chairperson (if any): _____

E-mail: _____



Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned for himself, his successors and assigns, hereby releases and forever discharges Potomac Marlins, Inc. (PM), USA Swimming, The Takoma Aquatic and Community Center and each of their respective boards of directors, officers, agents, employees, members, successors and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned shall indemnify and hold harmless PM, USA Swimming, The Takoma Aquatic and Community Center and their boards of directors, officers, trustees, agents, employees and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____ 2009.

Signature of Club Official or Coach:

IMX Meet Hotel Information

Comfort Inn Silver Spring \$106.65/night

1.3 Miles from the pool

866-678-6350

Days Inn Silver Spring \$75/night

1.4 miles from the pool

866-925-4159

Courtyard by Marriott \$89/night

1.9 miles from the pool

866-925-8676

Hilton, Washington DC \$99/night

2.0 miles from the pool

866-538-0251

Hampton Inn Silver Spring \$92.65/night

2.0 miles from the pool

866-538-1314

Homewood Suites by Hilton \$119/night

2.1 miles from the pool

866-538-6252

Crowne Plaza Silver Spring \$109/night

2.1 miles from the pool

866-538-9298

Quality Inn Takoma Park \$94.99/night

2.3 miles from the pool

866-539-5067