

# 2011 NC IM EXTREME CHALLENGE

## SATURDAY JANUARY 8, 2011

**Sanction:** Hold under sanction of USA Swimming, issued by North Carolina Swimming, Inc. Sanction NC11020.

**Host:** SwimMAC

**Facility:** SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
(704) 846-5335

The SwimMAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system, single pedestal Paddock stainless steel starting platforms and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators. Paragon competition blocks will be used.

**Schedule:** SATURDAY

Session I

Warm-up 9:00AM

Timed Finals 10:0AM

Session II

Warm-up: 2:30PM

Timed Finals: 3:30PM

**Format:** All events will be conducted on a timed final basis. The age groups for Session I will be 12&U and Open. The age group for Session II will be open. All events will run slow to fast. Meet Management reserves the right to run a positive check-in for each event during warm-up. Meet Management reserves the right to combine heats of the 1650 Free. Meet Management reserves the right to alternate the men's and women's heats of the 1650 Free. Swimmers must provide their own timers and counters for the 500 free.

**Eligibility:** All swimmers must be registered with USA Swimming and be members of SwimMAC. All 11-12 swimmers must have completed the 200 free within 3:00 (3 minutes) to be eligible to swim the 500 free. All 10&U swimmers must have completed the 200 free within 3:15 (3 minutes and 15 seconds) to be eligible to swim the 500 free. In order for 13&O athletes to swim the 400 IM, you must have swum the 200 IM. In order for the 12&U athletes to swim the 400 IM, you must have a B time in the 11-12 200 IM. In order to swim the 1650 free, swimmers must have completed the 500 free within 6:30 regardless of age or gender.

**Entry Limits:** Swimmers are limited to two individual events.

**Rules:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Official Handbook, except where Rules therein are optional and exceptions are stated. The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

SwimMAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the

need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit SwimMAC's ability to accommodate all requests.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### **Positive**

**Check-In:** A positive check-in will be required for all events. You will have until 9:30am to check in for the 400 IM. You will have until 10:00am to check in for the 200 IM, 200 fly, 200 back, 200 breast, and 500 free. You will have until 3:00pm to check in the 1650 free.

**Warm-up:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures.

During the competition, there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

### **Breaks Between**

**Events:** Meet Management reserves the right to add breaks between events if deemed necessary. Planned breaks will be presented at the meet's initial coaches' meeting and each break will be limited to 10 minutes. SwimMAC Team Elite reserves the option to offer short demonstrations to provide education and examples to all youngsters in the sport. Team Elite Coaches and the Referee will determine time of said demonstration.

**Entry Forms:** Please list each swimmer's age as of January 8, 2011. All entries, manual or computer generated, must include the following forms:

1. Official Hy-Tek Summary Sheet
2. Payment of Fees

The entry file and hard copy file can be emailed.

**Fees:** \$10 facility surcharge per swimmer  
\$3 NC Travel surcharge per swimmer  
\$1.50 per individual event  
Please make check payable to SwimMAC.

**Awards:** Individual events: Ribbons 1<sup>st</sup> – 10<sup>th</sup> place per event and per age group.

**Entry Limit:** Entries must be received by **Wednesday, December 15, 2010 by 7:30PM**. No Fax or phone entries. Late entries will be accepted at the discretion of Meet Director.  
Please mail entries to:

SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
Attention: IMX Challenge Meet Directors

**Officials:** All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

### **Meet**

**Management:** Meet Director: Karen Larson  
Meet Referee: Richard Pockat  
Meet Marshall: Carrie Andrews

**Meetings:** There will be an Officials' briefing at 9:30 am and 3:00 pm in the Aerobics Room.  
There will also be a Coaches' meeting at 9:50 am and 3:20 pm in the Aerobics Room as well.

**Hospitality & Concessions:** There will be a hospitality room open to all coaches and officials.

**Release:** USA Swimming, North Carolina Swimming Inc., SwimMAC @ Charlotte Latin School, and SwimMAC and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Attachments:** Order of Events  
Individual Entry Forms  
Entry Summary Form

**Information:** Please contact Carrie Andrews at 704-846-5335 Ext. 2112 for more information.

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**Facility:** SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
(704) 846-5335

**Schedule:** Session I  
Warm-ups: 9:00am  
Timed Finals: 10:00am

Session II  
Warm-ups: 2:30pm  
Timed Finals: 3:30pm

*\*Athletes need to check with their coach to verify which session they will swim.*

**Eligibility** This meet is open to Bronze, Silver, Gold, White, Orange, Blue, and Senior 3. Other swimmers may be added at coach's discretion.

**Entry Limit:** Swimmers may swim two events.

**Entry Fees:** Swimmer Surcharge \$13.00  
Individual Events \$1.50

**Non-Participation:** If you will not be competing in this meet you must return the non-participation form by Thursday December 9<sup>th</sup>, 2010. **PLEASE NOTE:** If you do not turn in a non-part by the due date **YOU WILL BE CHARGED** for meet fees whether or not you participate in the meet.

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**SwimMAC IMX CHALLENGE JANUARY 8, 2011  
Non-Participation Form  
Due Thursday December 9, 2010**

NAME \_\_\_\_\_ GROUP \_\_\_\_\_

REASON \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

**IM EXTREME CHALLENGE  
SATURDAY, JANUARY 8, 2011  
ORDER OF EVENTS**

**Saturday  
January 8, 2011**

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**Session I**

**Warm-ups: 9:00AM  
Meet: 10:00AM**

Event #

Girls

1 Open 400 IM  
3 12&U 200 IM  
5 Open 200 Fly  
7 Open 200 Back  
9 Open 200 Breast  
11 Open 500 Free

Boys

2  
4  
6  
8  
10  
12

**Session II**

**Warm-up: 2:30PM  
Meet: 3:30PM**

Event #

Girls

13 Open 1650 Free

Boys

14

**SESSION I ELIGIBILITY**

All 11-12 swimmers must have completed the 200 free within 3:00 (3 minutes) to be eligible to swim the Open 500 free. All 10&U swimmers must have completed the 200 free within 3:15 (3 minutes and 15 seconds) to be eligible to swim the Open 500 free. In order for 13&O athletes to swim the 400 IM, you must have swum the 200 IM. In order for 12&U athletes to swim the 400 IM, you must have a B in the 11-12 200 IM.

**SESSION II ELIGIBILITY**

In order to swim the 1650 Free, swimmers must have completed the 500 Free within 6:30 regardless of age or gender.