



H2OKIE IMX/IMR CHALLENGE
IMX/IMR Meet
January 8-9, 2011
SANCTION NO. VS-11-34



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-34 |
| LOCATION: | Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665 |
| FACILITY: | <ul style="list-style-type: none">• 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet.• Colorado Timing System with color scoreboard and separate video board will be used.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted• Age on January 8, 2011 will determine age for the entire meet |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none">• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none">• All events will be timed finals• There will only be one session per day.• Swimmers will be scored according to IMX Points. The intent of this meet is to have swimmers complete either the IMX or IMR format for their respective age-group.• 8 & Under 25's will start from the turn end of the race course. |
| WARM-UPS: | <ul style="list-style-type: none">• Warm-up will begin at 10:00 am; competition starts at 11:00 am each day.• Warm-up times will be posted on www.h2okieaquatics.org no later than January 5, 2011 and emailed to the contact person of the participating clubs.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, January 5, 2010 |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, DECEMBER 28, 2010</p> <ul style="list-style-type: none">• Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software.• Teams must submit entries as an e-mail attachment• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• "No Time" (NT) entries will be accepted. All entry times other than NT must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Proof of time must be submitted with entry for all distance events• Swimmers may enter a maximum of 5 events per day.• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require |

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| | <p>reseeding.</p> <ul style="list-style-type: none"> Email entries to: edbaldwi@vt.edu Mail entry fees to: Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 Phone: (540) 998-2327 IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the clerk of course on the provided forms. |
| FEES: | <p>Individual Events: \$3.75 Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: H20kie Aquatics Payment must be received by Wednesday, January 5, 2011, for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> 12 & Under events will be awarded by 8&U, 9, 10, 11, and 12 year old single age groups. 13 & Over events will be awarded by 13 and 14 yr old single age groups and 15 & Over age groups. |
| SEEDING: | <ul style="list-style-type: none"> All events 200 yds or less will be pre-seeded. All events 400 yds or longer will be deck seeded with a positive check-in as described below. Swimmers should report directly to the blocks for their events. Positive check-in will close 10 min prior to the end of warm-ups. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. 13 & over 500 free will be swum fastest to slowest in alternating heats of girls and boys |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. |
| RULES: | <ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian The overhead start procedure will be used at the discretion of the Referee. In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area. |
| OFFICIALS: | <p>Meet Referee: Greg Ryder Email: spyder27@juno.com Phone: (540) 230-7256</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, |

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| | <p>as well as the names and session availability of trainees to Kim Walsh, Email: Walshes4@verizon.net, no later than January 5, 2010.</p> <ul style="list-style-type: none"> • A meeting of all strokes and turns officials 45 minutes prior to all Saturday and Sunday sessions. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session • The number of timers required per club and their lane assignments will be posted on www.h20kieaquatics.org no later than January 5, 2011 and emailed to the contact person of each of the individual clubs. • 500 Free swimmers will need to provide their own timer and lap counter. |
| GENERAL: | <ul style="list-style-type: none"> • Spectator seating of approx 1200 is available above the swimming venue. • Only swimmers, officials, and timers are allowed on deck. • <i>Swim and Tri</i> swimwear will be in attendance for swimming related items. • Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only. |
| FACILITY RULES: | <p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • FOOD is not permitted in the pool area. Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet. |
| DIRECTIONS: | MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073 |

H2okie IMX/ IMR Challenge

ORDER OF EVENTS

Saturday January 8, 2011

| Girls | Event | Boys |
|--------------|--------------------------------|-------------|
| 1 | 13&Over 100 Fly (IMR) | 2 |
| 3 | 9-12 yr Old 100 Fly (IMX) | 4 |
| 5 | 8&Under 25 Fly | 6 |
| 7 | 8&Under 25 Free | 8 |
| 9 | 13&Over 200 Free (IMR) | 10 |
| 11 | 9-12 yr Old 200 Free (IMX/IMR) | 12 |
| 13 | 8&Under 100 Free | 14 |
| 15 | 13&Over 100 Breast (IMR) | 16 |
| 17 | 9-12 yr Old 100 Breast (IMX) | 18 |
| 19 | 8&Under 25 Breast | 20 |
| 21 | 8&Under 25 Back | 22 |
| 23 | 13&Over 100 Back (IMR) | 24 |
| 25 | 9-12 yr Old 100 Back (IMX) | 26 |
| 27 | 13&Over 200 IM (IMR) | 28 |
| 29 | 9-12 yr Old 200 IM (IMX) | 30 |
| 31 | 8&Under 100 IM | 32 |
| 33 | 12&Under 500 Free (IMX) | 34 |

Sunday January 9, 2011

| Girls | Event | Boys |
|--------------|-----------------------------|-------------|
| 35 | 9-12 yr Old 100 Free (IMR) | 36 |
| 37 | 13&Over 200 Fly (IMX) | 38 |
| 39 | 9-12 yr Old 50 Fly (IMR) | 40 |
| 41 | 8&Under 50 Fly | 42 |
| 43 | 13&Over 50 Free | 44 |
| 45 | 9-12 yr Old 50 Free | 46 |
| 47 | 8&Under 50 Free | 48 |
| 49 | 13&Over 200 Breast (IMX) | 50 |
| 51 | 9-12 yr Old 50 Breast (IMR) | 52 |
| 53 | 8&Under 50 Breast | 54 |
| 55 | 13&Over 200 Back (IMX) | 56 |
| 57 | 9-12 yr Old 50 Back (IMR) | 58 |
| 59 | 8&Under 50 Back | 60 |
| 61 | 13&Over 400 IM (IMX) | 62 |
| 63 | 9-12 yr Old 100 IM (IMR) | 64 |
| 65 | 8&Under 100 IM | 66 |
| 67 | 13&Over 500 Free (IMX) | 68 |