



**2016
USA Swimming
IM Xtreme Games-South**

**April 23-24, 2016
Mountain View Aquatic Center
Marietta, GA 30066**

Official Event Information

LSCs PARTICIPATING IN THE SOUTH REGION MEET
**Florida, Florida Gold Coast, Georgia, Mississippi, North Carolina,
South Carolina, Southeastern**

- IM Xtreme and IM Ready events offered
- No minimum score required for IM Ready Events



USA Swimming IM Xtreme Games-South

April 23-24, 2016

Sanctioned by USA Swimming through Georgia Swimming **GA 16- 047**

Important Facts about the Meet



- ◆ The qualifying period for this event is April 1, 2015 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, April 12, 2016 by 11:59 p.m. Eastern Standard Time.
- ◆ **E-Mail Entry Deadline:** Athletes achieving the qualifying time standards for the first time through Sunday April 17, 2016 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on *Tuesday April 19, 2016*, and cannot be used to improve the seed time of a prior entry. Please use the official “E-Mail Entry Form”. The e-mail entry form can be requested from the Meet Director.
- ◆ **IMX format**
- ◆ All athletes that are 11-14 years of age on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
- ◆ All athletes that are 9-10 and 15-18 years of age on the first day of the meet are eligible for the **NON IM** Extreme Challenge Games meet, no qualifying score.
- ◆ This Timed Final meet will follow IMX Challenge program guidelines.
- ◆ The qualifying standard will be a minimum IMX Challenge score of 1500 points for all locations, ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ **IMR format**
- ◆ All athletes that are 9-14 years of age on the first day of the meet are eligible for the meet with no qualifying score.
- ◆ At the discretion of the Meet Referee, sessions may be conducted using “Dive Over” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ Swimmers’ and Coaches’ Responsibility—It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information book and any details at the coaches meeting.

Age of the athlete will be the first day of the competition.

Any swimmer between the ages of 9-18 years of age is eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet will be eligible to enter the meet. A 12-year-old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13-year-old.

Table of Contents



Order of Events	3
General Information	4
Site Information	6
Directions to the Natatorium	7
IM Xtreme Games Meet Procedures	8
Entering the Meet	10
Summary Page	11

2016 USA Swimming IM Xtreme Games-South East

Warm Up 7am	Session 1 – Saturday, April 23	Starts 8:30am
Women's Events		Men's Events
1	15 – 18 200 IM	2
3	13 – 14 200 IM	4
5	13 – 14 200 IM (IMR)	6
7	15 – 18 200 Fly	8
9	13 – 14 200 Fly	10
11	13 – 14 100 Fly (IMR)	12
13	15 – 18 400 Freestyle	14
15	13 – 14 400 Freestyle	16
17	13 – 14 200 Freestyle (IMR)	18

Not before 11am	Session 2 – Saturday, April 23	Not before Noon
19	9 – 10 200 IM (IMR)	20
21	11 – 12 200 IM	22
23	11 – 12 200 IM (IMR)	24
25	9 – 10 100 Fly	26
27	11 – 12 100 Fly	28
29	9 – 10 50 Fly (IMR)	30
31	11 – 12 50 Fly (IMR)	32
33	11 – 12 400 Freestyle	34
35	9 – 10 100 Freestyle (IMR)	36
37	11 – 12 200 Freestyle (IMR)	38

Warm Up 7am	Session 3 – Sunday, April 24	Starts 8:30am
39	15 – 18 200 Breaststroke	40
41	13 – 14 200 Breaststroke	42
43	13 – 14 100 Breaststroke (IMR)	44
45	15 – 18 200 Backstroke	46
47	13 – 14 200 Backstroke	48
49	13 – 14 100 Backstroke (IMR)	50
51	15 – 18 400 IM	52
53	13 – 14 400 IM	54
55	13 – 14 200 IM (IMR)	56

Not before 11am	Session 4 – Sunday, April 24	Not before Noon
57	9 - 10 100 Breaststroke	58
59	11 – 12 100 Breaststroke	60
61	9 - 10 50 Breaststroke (IMR)	62
63	11 - 12 50 Breaststroke (IMR)	64
65	9 – 10 100 Backstroke	66
67	11 – 12 100 Backstroke	68
69	9 – 10 50 Backstroke (IMR)	70
71	11 – 12 50 Backstroke (IMR)	72
73	11 – 12 200 Freestyle	74
75	9 – 10 200 Freestyle	76
77	12 & under 100 Freestyle	78

General Information



<p>Facility Address 2650 West Frank Gordy Parkway Marietta, GA 30066 (770) 509-4925</p>	<p>Officials Contact Glenda Orth (H) 770-973-0083 © 404-275-4369 glenda.orth@comcast.net</p>
<p>Meet Director Stephen Payment (678) 923-4327 sjpayment@yahoo.com</p>	<p>Other Officials Contacts Jeff Seiden Bigmonkey42@hotmail.com; Stu Hixon smhixon@aol.com, and Rob Schreer h2oref@bellsouth.net</p>
<p>Meet Referee Glenda Orth (H) 770-973-0083 © 404-275-4369 glenda.orth@comcast.net</p>	<p>Entry Chairperson Sue Carducci (404) 434-8429 suecarducci@msn.com</p>

Meeting Schedule			
Saturday, April 23	6:45am	Coaches General Meeting	Hospitality
Saturday April 23	7:30am	Official's Briefing	Hospitality
<i>All subsequent officials' briefings TBA</i>			

<u>LSCs PARTICIPATING IN THE SOUTHEAST REGION MEET</u>	
Florida Gulf Coast	
Florida	
Georgia	
Mississippi	
North Carolina	
South Carolina	
Southeastern	

Hotels
 See page 5 for more detailed hotel information.

Officials
 Stingrays Swimming welcomes any of your USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over blue. Shorts are acceptable throughout.
 Please contact **Glenda Orth** (H) 770-973-0083 © 404-275-4369 glenda.orth@comcast.net with any officials interested in working,

General Information (cont'd)



Ticket Information

Heat Sheets	\$12.00
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Travel Information

Airlines serving Atlanta, GA:

Air Tran	800/AIRTRAN
United	800/241-6522
American	800/433-7300
Delta	800/221-1212
Frontier	800/432-1359
Southwest	800/435-9792
Spirit	800/772-7117
US Airways	800/428-4322

Travel Information (continued)

Car Rental Agencies

Alamo	800/462-5266
AVIS	800/331-1212
Budget	800/527-0700
Dollar	800/800-4000
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/367-2277
Enterprise (off airport)	800/736-8222

Hotels:

(rates can be seen thru Hotels.com)

Springhill Suites (Kennesaw)
6.3Miles from the pool
770-218-5550

Embassy Suites (Kennesaw)
7.0 miles from the pool
770-420-2505

Hampton Inn (Woodstock)
3.5 miles from the pool
770-592-2323

Media Credentials

Anyone wishing media access to the event must contact the Co-Meet Director Stephen Payment at sjpayment@yahoo.com for Media Credentials.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

Site Information



Information/Lost & Found

A Lost & Found booth will be available at the lifeguard office

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office.

Parking

A parking lot is available at the facility.

Concessions

Concessions will be available for spectators.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room.

Coaches' Packet

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.

Credential Pick-Up & Registration

Coach & athlete Credentials can be picked up at the pool on the deck
Mountain View Aquatics Center starting Saturday, April 23 at 6:30 am.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times.

Team Banners

Banners may be hung using rope or cord. Please do not use adhesives.

Results

After each session at these championships, the results will be available at www.stingraysswimming.com via Live Results. Meet Mobile results will also be available.

Facility Notes

Seating: seats approx. 500

The following rules will be strictly enforced:

1. The Mountain View Aquatics Center is designated as a smoke free zone. Smoking is not permitted anywhere in the facility.
2. No food or drinks with exception of plastic water bottles will be permitted on deck.
3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and volunteers are allowed on deck. **There are no exceptions.**

Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.

Mountain View Aquatics Center Competition Pool

Continuous warm-up and warm-down available.

The Competition Pool is 50-meters by 25 yards with 10 LCM racing lanes. A moveable bulkhead allow for long or short course events.

Pool Certification

The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming

Directions to the Natatorium



Mountain View Aquatics Center (MVAC)

2650 West Frank Gordy Parkway
Marietta, GA 30066
(770) 509-4925

Directions

From I75 take exit 269 Barrett Parkway (Town Center Mall).

Go East for 6.2 miles (Road changes to Piedmont Rd after you cross Bells Ferry Rd).

Turn left at the light on to Sandy Plains Rd (Between a Conoco station on left and Sprayberry High School on right).

Go 2.1 miles to Gordy Parkway.

Turn left at the light. Mtn View Aquatic Center is the first right.

From North of MVAC (I575 and Hwy 92):

Go EAST from I575 on HWY 92.

Take a RIGHT (South) on Canton Hwy (Burger King on left corner) and go 1.9 miles to Shallowford Road (2nd Light). Take a LEFT (East) and go 3.5 miles to 5th light, then take a RIGHT on to Gordy Parkway. The MVAC is 0.3 miles on your LEFT.

[Link to Map quest Map](#)

IM Xtreme Meet Procedures



Rules

USA Swimming Rules and Regulations will govern the conduct of these Games and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

"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."

The use of any audio or visual recording device is not allowed in changing areas, restrooms, or locker rooms. They are banned from behind the blocks during the entire meet, including warm-up, competition and cool-down periods.

The practice of Deck Changing is prohibited at all Stingrays Sanctioned events. Swimmers participating in deck changing could be subject to removal from further competition in the meet.

Stingrays Swimming "Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas is not appropriate and is prohibited".

Eligibility

Swimmer(s) must be registered with USA Swimming and be between the ages of 9 and 18 to be accepted in this meet. Age as of April 23, 2016, shall determine swimmer's age for the entire meet.

Membership Requirement

All coaches and officials expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

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.

Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

Check-In

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

1. Start at the check-in table located when you walk into pool. At that time you must present your coach membership card. Have your coach membership card with you.
2. After you have been cleared, you will receive your coaches' packet and swimmer's credentials.
3. Present any questions to the Meet Referee or Meet Director.

IM XTreme Meet Procedures (cont'd)



Swimsuits

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

Scoring

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 will receive zero points. An athlete's score will still be considered for Top 16 for 11-14 and Top 8 for 9-10, 15&up and for team scoring. Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed as a reason for a no-show.

Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender for the 11-14 year olds.

IMX plaques will be awarded for the top eight swimmers in each gender for the 10 & under plus the 15 and over.

IMR competitors will receive a special ribbon with the swimmers IMR score

Team Scoring & Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender for the 11-14 year olds

Entering the Meet



Entry Chairperson

Sue Carducci

(404) 434-8429

suecarducci@msn.com

All Entry questions should be directed to:

Sue Carducci-Entry Chair

Entry Process

The meet will be run using Hy-tek Meet Manager.

Entries should be sent by e-mail.

suecarducci@msn.com

Entries not submitted by e-mail will be subject to a \$25 processing fee for teams with more than 3 swimmers. Telephone entries or FAX entries will not be accepted. For entries received by e-mail, an acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of entry will be sent within 24 hours, please contact the entry chair by telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to T4L. Mail entries and fees to Ian Goss 803 Savona Way, Woodstock, GA 30189.

- Entries will be accepted starting March 1, 2016
- Entries will close April 12, 2016

THERE WILL BE NO OME ENTRY PROCESS

Qualifying Period

The qualifying period for this event is April 1, 2015 through the entry deadline.

Proof of Entry

To enter the IM Xtreme meet an athlete must have a minimum IMX Challenge qualifying score of 1500 verified by USA Swimming. No minimum for the IMR events

Seeding

All seeding is done LCM

IMX Entry Fees:

\$35.00 per athlete entry

\$2.00 GA Swimming Out Of State Surcharge

IMR Entry Fees:

\$35.00 per athlete entry

\$2.00 GA Swimming Out Of State Surcharge

Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for awards.

Events IMX

10-& Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 & 12-year olds: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13 & over: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Events IMR

10-& Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

11 & 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.

SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

Please fill out the information requested below and mail with your entry form and check.
Please refrain from sending cash; **make checks payable to T4L**. Thank you.

Send to: **Ian Goss (IMX)**
 803 Savona Way
 Woodstock, GA 30189

NAME OF CLUB: _____ CODE: _____

Number of swimmers entered					
12 & Under Boys:	_____	X	\$35	=	_____
12 & Under Girls:	_____	X	\$35	=	_____
Number of swimmers entered					
13 & Over Boys:	_____	X	\$35	=	_____
13 & Over Girls:	_____	X	\$35	=	_____
Total Number Athletes (surcharge)	_____	X	\$0		_____
Total Number Athletes (Out of State)	_____	X	\$2		_____

TOTAL AMOUNT ENCLOSED:

Club Official Submitting Entry:	Coaches:
Name: _____	_____
Address: _____	_____
City: _____	_____
State: _____ Zip: _____	_____
Daytime Phone: _____	Club Official 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 assignees, hereby releases and forever discharges the host club (Stingrays), T4L, Mountain View Aquatic Center, Cobb County, USA Swimming, 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 the host club Stingrays, Mountain View Aquatic Center, USA Swimming, and the 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.

Signature of Club Official/Coach _____ **Date:** _____

*Person who signs above is responsible for any fines imposed on the club for each missed cut not proven.
*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person.

Please list the name of your spokesperson: _____