

# NWISC IMX Invitational

December 19-20, 2009

Sanctioned by USA Swimming & Illinois Swimming.  
Sanction #ILS1236-09

## LOCATION

Elk Grove High School  
500 Elk Grove Blvd., Elk Grove Village, IL 60007  
847-718-4400

## FACILITY

Pool: 8 Lanes 25-Short Course Yards. 12' at the start end.  
Colorado fully automatic timing system; Seating for Approximately 200

## TEAMS

Arlington Alligators	Chicago Wolfpack	COHO Swim Club
Des Plaines River Racers	Dundee Dolphins	Elk Grove Swim Club
Glenview Titans	Midway Aquatics	Mundelein Mustangs
Team Millennium	YWCA Flying Fish	

Meet Director  
Nancy Reese

Safety Chair  
Melissa Healy

Meet Referee  
Michael Kreda

## Entries

Nancy Reese

[nancy@teamcoho.org](mailto:nancy@teamcoho.org)

cell: 847-736-2545 / wk: 847-572-2622

## FORMAT

Timed finals with positive check-in. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes after the start of each warm-up session. Swimmers, who are not checked-in, will be scratched from that session.

## SESSIONS

<u>Session</u>	<u>Warm-ups</u>	<u>Check-in Closes</u>	<u>Meet Starts</u>
Sat & Sun AM	7:00 AM	7:30 AM	8:15 AM
Sat & Sun PM	12:00 PM*	12:30 PM*	1:15 PM*

\* denotes an approximation

## ELIGIBILITY

Swimmer's age as of December 19, 2009 will determine his or her age for the entire meet. Only USA Swimming athletes who are registered with the competing teams are eligible. All swimmers must be registered prior to competing. Entries listed, as "Registration applied for" will not be accepted.

## ENTRIES

Swimmers may enter up to 3 Individual events per day and up to 6 events for the meet. Entry times should be in Short Course Yards (you may convert times). Teams must email their entry. Entries in non-IMX events, or IMX Ready Events may be limited to permit an acceptable timeline.

## ENTRY FEES

There is a \$3.00 entry fee per event and a \$2.00 athlete surcharge per swimmer. Please make the check payable to "COHO Swim Club"

**ENTRIES**

**Entries must be sent to the Entry Chair: [nancy@teamcoho.org](mailto:nancy@teamcoho.org). Please send entries by 6:00pm, Tuesday, December 1, 2009.**

**TIMING**

**Each club will be responsible for timing 1 lane per session.**  
Please have your timers report to the deck before the start of each session.

**USA SWIMMING MEMBERSHIP**

Insurance regulations require that all swimmers, coaches, judges, starters, and referees are current members of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.

**SWIMMERS WITH DISABILITIES**

In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.

**AWARDS**

Only USA Swimming IM-Extreme Events will be scored. (See **bold** events in event list). Standard scoring for these events will be used (20 points for first etc., not power points.) Scoring will be provided for the following age groups; 8 and under, 9, 10, 11, 12, 13, 14, 15 and over. High point awards will be given for the top 3 finishers in each age group and sex. Ribbons for all IMX events will be awarded for the top 16 places for each age group. For all non-IMX and IMX-Ready events, the top 16 finishers will receive ribbons based on the following age groups: 8 & Under, 9-10, 11-12, 13-14, and 15&O.

**CLERK**

There is no clerk of the course. Coaches are responsible for ensuring that their swimmers compete in the proper heat and lane.

**SEEDING**

All events will be seeded slowest to fastest. Be sure to enter your times in Short Course Yards (SCY) to ensure that you are properly seeded.

**SCORING**

Scoring will be as follows:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

**STARTS**

At the meet referee's discretion, fly-over starts may be implemented in order to ensure that each session is completed in a timely manner. Breaks may also be added as needed depending on the timeline.

**ADMISSIONS**

An admission fee will be charged each session. In addition, non-perishable or canned food donations can be dropped off at the admission table. Please let your parents know that they may bring these donations which will be distributed to a local food bank or shelter after the meet.

**CONCESSIONS**

Food and Beverages will be sold during the meet by parent volunteers. Food will not be allowed on deck. No smoking is allowed anywhere on school property.

**PARKING** Participants and spectators must park in the west and north parking lots and use the pool entrance. Additional parking is in the back.

**RULES & SAFETY** All current USA Swimming and ISI Rules and Regulations apply. All ISI and USA Swimming safety rules will be strictly enforced.

**RESULTS** Final results will be sent out to all participating clubs.

**WARM-UP PROCEDURES** Each team will be assigned a lane for warm-ups to be used at their discretion. When conducting starts, each team will ensure their swimmers are swimming one way only.

### **SAFETY GUIDELINES**

1. Coaches Responsibilities
  - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
2. Host Team Responsibilities
  - a. Marshaling
    - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
    - 2) Marshals shall be current members of USA Swimming.
    - 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
  - b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
  - c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
  - d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
  - e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
3. Miscellaneous:
  - a. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
  - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
  - d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
  - e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

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## ORDER OF EVENTS

**All Bold events will be used for IMX-Extreme Scoring.**

*IMX-Ready events are in italics.*

All non-bolded events will have awards but will not be included in the IMX scores.

Session 1

Saturday Morning

Warm-ups at 7:00AM, Starts 8:15AM

Session 2

Saturday Afternoon

Warm-ups at 12:00PM, Starts 1:15PM

Girls	Event	Boys		Girls	Event	Boys
1	<b>13 &amp; OVER 500 FREE</b>	2		15	<b>10&amp;Under 200 FREE</b>	16
3	<i>13 &amp; Over 200 Free</i>	4		17	<i>11-12 200 Free</i>	18
5	<b>11-12 500 FREE</b>	6		19	<i>10&amp;Under 50 Back</i>	20
7	<b>13 &amp; OVER 200 IM</b> <i>(both an extreme &amp; a ready event)</i>	8		21	<i>11-12 50 Back</i>	22
9	<b>11-12 100 BACK</b>	10		23	<b>10&amp;Under 100 BACK</b>	24
11	<i>13 &amp; Over 100 Back</i>	12		25	<i>10&amp;Under 50 Fly</i>	26
13	<b>13 &amp; OVER 200 FLY</b>	14		27	<i>11-12 50 Fly</i>	28
				29	<b>10&amp;Under 100 FLY</b>	30

Session 3

Saturday Morning

Warm-ups at 7:00AM, Starts 8:15AM

Session 4

Saturday Afternoon

Warm-ups at 12:00PM, Starts 1:15PM

Girls	Event	Boys		Girls	Event	Boys
31	<b>13 &amp; OVER 400 IM</b>	32		47	<b>10&amp;Under 200 IM</b>	48
33	<b>11-12 200 IM</b>	34		49	<i>11-12 100 IM</i>	49
35	<i>13 &amp; Over 100 Fly</i>	36		51	<i>10&amp;Under 100 IM</i>	51
37	<b>13 &amp; OVER 200 BACK</b>	38		53	<i>11-12 50 Breast</i>	53
39	<b>11-12 100 FLY</b>	40		55	<i>10&amp;Under 50 Breast</i>	55
41	<i>13 &amp; Over 100 Breast</i>	42		57	<b>10&amp;Under 100 BREAST</b>	57
43	<b>11-12 100 BREAST</b>	44		59	<i>11-12 100 Free</i>	60
45	<b>13 &amp; OVER 200 BREAST</b>	46		61	<i>10&amp;Under 100 Free</i>	62

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Girls - Number of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Boys - Number of Entries \_\_\_\_\_ @ \$3.00 each = \$ \_\_\_\_\_

Total Number of Swimmers \_\_\_\_\_ @ \$2.00 each = \$ \_\_\_\_\_

Grand Total = \$ \_\_\_\_\_

Please make all checks payable to: **COHO Swim Club**

Name of Club \_\_\_\_\_ Club Initials \_\_\_\_\_

Names of USA Swimming registered coaches attending meet \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Mobile Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

In consideration of acceptance of this entry I, intending to be legally bound; hereby co-sign, waive and release all rights and claims for damages which may accrue against U. S. Swimming, Inc.; Illinois Swimming Inc.; Elk Grove Swim Club; Elk Grove High School and School District 214, their Representatives, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes included in this entry and participating in this sanctioned/ approved event are duly registered as current athlete members of USA Swimming.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title

This signed release must accompany the entry or the entry will not be accepted.

ATTENTION ALL CLUBS, PARENTS, AND COACHES:

We need people to help officiate to make this meet run smoothly and quickly. Please list the names and phone numbers/e-mail addresses of people who can help to make this meet a total success. If your club cannot provide any officials, please try to provide additional timers and other volunteers.

The following people are certified officials who may be available:

Name	Phone	E-mail	Level / Sessions Available:
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

The following person may be contacted with regards to assigning timers or other volunteers:

Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_