



The Hub Fins YMCA Swim Team will be holding the 3rd annual IMX Challenge the weekend of November 13-15, 2009. The IMX Challenge is a motivational program sponsored by USA Swimming whereby swimmers are scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long-term success in swimming. For more information on the IMX program, see the USA Swimming website: www.usaswimming.org

This meet will base its scoring and awards on the Hy-tek power point system for 9 and U, 10, 11, 12, 13, 14, 15, 16, 17, 18 year old swimmers. 8 and U will be scored and awarded traditionally. Most other traditional events will be offered.

Age Groups and Events

The following single age groups and event combinations will be tabulated and scored for both men and women:

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

2009 YMCA Hub Fins IMX Challenge
NOVEMBER 13-15, 2009
Laurel, MS

- Sanction:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc. Sanction # 0928
- Sponsor:** Hub Fins YMCA Swim Team
- Location:** City of Laurel Natatorium
4978 Highway 84 West
Laurel, MS 39443
Pool phone (601) 428-POOL (428-7665)
- Facilities:** Indoor 50 Meter by 25 yard pool; 8 lanes using nonturbulent lane lines; Daktronics 6000 Timing System, touch pads at one end with backup; 8 line scoreboard and computer interface; Paddock starting blocks. The competition course has not been certified in accordance with 104.2C (4).
- No tobacco products or alcohol will be allowed on the pool deck or any area frequented by swimmers. Concessions will be available. There is ample deck space with bleachers. Life Guards will be on duty. Parking is available adjacent to the pool. Food and drinks will be allowed around the concession area of the natatorium. Continuous warm-up and warm-down lanes will be available throughout the meet.
- Rules:** Current United States Swimming Rules will govern the conduct of the meet. Swimmers will be responsible for swimming in their assigned heats and lanes.
- In Accordance with the amendment to the USA Swimming rule 102.9
1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
 2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
 3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene
- Eligibility:** Current 2009 USA Swimming registered swimmers who are members in good standing are eligible. This is an open meet with no time standards. Entrant's age as of the first day of this meet will determine the swimmer's age group for the meet.
- Coaches:** Coaches must be current USA Swimming coach members in order to perform deck duties. If a coach is not currently certified, he/she may observe the meet as any other observer, but may not perform coaching duties or sit in the coaches' area. Coaches must be prepared to show their credentials if requested.

- Events: All events will be swum as timed finals. There will be no clerk of course. Swimmers will report directly to the starting blocks.
- Limit of Events: Each swimmer may enter 2 individual events on Friday, 5 individual events on Saturday, and 5 individual events on Sunday. A swimmer may enter 1 relay event per day. A swimmer will not be allowed to scratch an event in order to swim in a different event.
- Schedule: **Friday Afternoon Session:** A 50 minute warm-up period will start at 5:00 pm. Competition will start at 6:00 p.m.
Saturday and Sunday Morning Sessions: There will be 16 lanes available for warm-up. Warm-ups will begin at 8:00 (50 minutes) on Saturday and Sunday morning with competition starting at 9:00 a.m.
Saturday and Sunday Afternoon Sessions: Warm-ups will be immediately following the Saturday morning session, but not before 11:30 a.m. There will be one 50-minute warm-up period. Competition will follow after the a.m. session, but not before 12:30 p.m. Warm-ups on Sunday afternoon will start after the a.m. session, but not before 11:00 a.m. Competition will follow the period, but not before 12:00 p.m.
- 4 Hour Rule: If an age group event for 12 and under swimmers is swum after the session has been running for four hours, each individual swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring a refund for that event must declare his/her intent to the Meet Director. There will be no refunds for swimmers not in attendance.
- Entry Fees: \$3.00 per swimmer for MSI surcharge
\$3.00 per individual event
\$4.00 facility fee per swimmer
\$8.00 per relay

Make all checks payable to **The Family Y**. Mail checks with entries and recap sheets to:

Meet Entry Chairperson:

Kru Fairey
2400 Mimosa Lane
Hattiesburg, MS 39402
Phone: (601) 268-8765
Fax: (601) 296-1177
Email: kerryandkru@comcast.net

If you are sending entries via USPS, FEDEX, or UPS, please **WAIVE SIGNATURE**.

Entry deadline is Thursday, November 5, 2009. Entries will be limited to the first 500 entries received. No team will be split if we reach 500. We are using the HY-TEK computer program and strongly encourage teams to send their meet entries via disk or email file; this saves time and decreases errors. Please send a printout of your Team Manager Meet Entries with your disk. Late entries will be accepted as space and lane availability allows until 30 minutes prior to each session. Late entries are

\$6.00 per individual event and \$10 per relay. These entries will not be listed in the heat sheet. No new heats will be added for late entries.

A person responsible for entering an unregistered swimmer as registered will be subject to a fine of up to \$100 per event. This will be enforced by MSI through the Review Section.

Entries must be in **Short Course Yards Times**. The entries must show the names, ages, and current USS number of all entered swimmers. Please sort by age group and sex if you are not entering via the HY-TEK program.

Seeding: All events of 200 yards or less will pre-seeded according to current USA Swimming rules for timed finals. The 500 freestyle events, the 400 I.M. and the 1650 freestyle events will be deck-seeded with positive check-in. These events will be swum fastest to slowest. Anyone entering the 1650 freestyle **must be entered with a time**. Swimmers entering the 1650 freestyle must provide their own counter and timer. Entry forms submitted without times or unreadable times will be seeded as NO TIME.

Scoring: 8 and Under events will be scored using the point system 9, 7, 6, 5, 4, 3, 2, 1. The 25 yard freestyle, 25 yard backstroke, 25 yard butterfly, and the 25 yard breaststroke will be scored for 6 and Under and 7-8.

Hy-tek power points will be used to score the IMX events, which are:

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

Awards: There will be no team awards. Ribbons will be awarded for 1st through 12th place for individual and 1-6 place for relay events. The 11 and over events will be awarded ribbons for 11-12, 13-14, and 15 and over for individual events. There will be traditional high point awards for 6 & U boys and girls, and 7-8 boys and girls.

IMX awards will be given to each age group (9 and U, 10, 11, 12, 13, 14, 15, 16, 17, 18), male and female, based on power points for the IMX events.

Meet Referee: Kerry Stewart
2400 Mimosa Lane
Hattiesburg, MS 39402
(601) 268-8765
kerryandkru@comcast.net

Meet Starter: Jennifer Robinson

Y Hub Fins Coach: Steve Panzram
3719 Veterans Memorial Drive
Hattiesburg, MS 39401
(601) 583-4000 work
(601) 550-2266 cell
Steve.Panzram@ymcahattiesburg.org

MISSISSIPPI SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.

Timing/warm-up lane assignments will be based on the number of swimmers from each team entered and will be listed in the front of the meet program and posted inside the natatorium.

All warm-ups will last 50 minutes. There will be 16 lanes available and 8 of these will be available for continuous warm-up and warm-down. The first 30 minutes will be general warm-ups, NO DIVING. In the last 20 minutes of each, the two outside lanes of each set of 8 will be for pace, all swimmers leaving the wall from a push. Lanes 2 and 7 are for dives off the blocks with one-way traffic. The remaining lanes are for general warm-up with NO DIVING.

Equipment Concessions will be available.

**2009 MSI IMX Challenge
November 13-15, 2009**

TEAM ENTRY SUMMARY SHEET

Total Number of Swimmers _____ x \$3.00 = _____
(MSI surcharge)
Total Number of Individual Entries _____ x \$3.00 = _____
Total Number of Relay Entries _____ x \$8.00 = _____
Facility Surcharge per swimmer _____ x \$4.00 = _____

TOTAL ENTRY FEE \$ _____

Send official results to:

Name: _____

Address: _____

Phone: _____

Club Name and Code: _____

Coaches: _____

RELEASE

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

For in consideration, of the acceptance of this entry and the right for our team to voluntarily participate in your swimming meet, we the undersigned team or club and each individual member, employee, or associate thereof, do hereby waive and release any and all claims of whatever nature against the City of Laurel, Mississippi, USA Swimming, Inc., Y Hub Fins Swim Team, The Family Y, their officials, members, agents or representatives, for any and all injuries of whatever nature and in any manner occurring, whatever through negligence or otherwise, which may be sustained at this meet, while en route to or from said meet, or in any way connected with or related to this meet.

I acknowledge that I am familiar with the safety rules of USA Swimming and Mississippi Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

Signed: _____ Date _____

Team Coach or Representative

ORDER OF EVENTS

FRIDAY P.M.

WARM-UPS 5:00 P.M.

MEET STARTS 6:00 P.M.

- | | |
|---|-------------------------|
| 1 | Mixed 10 and U 200 IM |
| 2 | Mixed Open 400 IM |
| 3 | Mixed 10 and U 500 Free |
| 4 | Mixed Open 500 Free |

SATURDAY A.M.

WARM-UPS 8:00 A.M.

MEET STARTS 9:00 A.M.

GIRLS		BOYS
5	8 & U 25 Free	6
7	10&U 100 Free	8
9	8 & U 25 Fly	10
11	10&U 100 Fly	12
13	8 & U 100 IM	14
15	10&U 100 Back	16
17	8 & U 25 Back	18
19	10&U 100 Breast	20
21	8&U 25 Breast	22
23	10&U 200 Free RELAY	24

SATURDAY P.M.

WARM-UPS NOT BEFORE 11:30

MEET STARTS NOT BEFORE 12:30 P.M

- | | |
|----|--|
| 25 | Mixed 11 and Over 200 IM |
| 26 | Mixed 11 and Over 50 Fly |
| 27 | Mixed 11 and Over 200 Fly |
| 28 | Mixed 11 and Over 100 Back |
| 29 | Mixed 11 and Over 50 Breast |
| 30 | Mixed 11 and Over 200 Breast |
| 31 | Mixed 11 and Over 100 Free |
| 32 | <u>Girls</u> 11 and Over 200 Free Relay |
| 33 | <u>Boys</u> 11 and Over 200 Free Relay |

**There is no event 34

SUNDAY A.M.

WARM-UPS 8:00 A.M.

MEET STARTS 9:00 A.M.

GIRLS		BOYS
35	10&U 100 IM	36
37	8&U 50 Back	38
39	10&U 50 Back	40
41	8&U 50 Fly	42
43	10&U 50 Fly	44
45	8&U 50 Free	46
47	10&U 50 Free	48
49	8&U 50 Breast	50
51	10&U 50 Breast	52
53	8&U 100 Free	54
55	10&U 200 Free	56
57	10&U 200 Med Relay	58

SUNDAY P.M.

WARM-UPS NOT BEFORE 11:00

MEET NOT BEFORE 12:00 P.M.

- | | |
|----|--|
| 59 | Mixed 11 and Over 200 Free |
| 60 | Mixed 11 and Over 50 Back |
| 61 | Mixed 11 and Over 200 Back |
| 62 | Mixed 11 and Over 100 Breast |
| 63 | Mixed 11 and Over 100 Fly |
| 64 | Mixed 11 and Over 50 Free |
| 65 | <u>Girls</u> 11 and Over 200 Med. Relay |
| 66 | <u>Boys</u> 11 and Over 200 Med. Relay |
| | Break |
| 67 | Mixed 11 and Over 1650 Free |

INFORMATION FORM FOR DISABLED SWIMMERS

NAME _____

ADDRESS _____

AGE AND BIRTHDATE _____ / _____ / _____

EVENTS TO BE SWUM _____

EXTENT OF DISABILITY: Be specific (e.g., totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.)

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE: _____

TYPE OF MEDICATION _____

PURPOSE OF MEDICATION _____

PARENT'S OR GUARDIAN'S NAME _____

PARENT'S OR GUARDIAN'S SIGNATURE _____

ATHLETE'S SIGNATURE _____



PHYSICIAN'S NAME _____

PHYSICIAN'S ADDRESS _____

PHYSICIAN'S PHONE NUMBER _____

I have examined the above entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in this United States Swimming competition.

PHYSICIAN'S SIGNATURE _____ DATE _____

