



*Friday Night Sprint Night May 13, 2011
IM Xtreme Challenge May 14-15, 2011*

- Sanctioned By:** *Florida Gold Coast and USA Swimming, Sanction # 051311-FG1*
- Sponsored By:** *The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.*
- Location:** *Plantation Aquatic Complex
9151 NW 2nd Street
Plantation, Florida 33324*
- Pool:** *8 lanes, 50 meter course, with separate warm up and warm down pool available. Colorado Timing System will be used. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.*
- Eligibility:** *Open to all 2011 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying time for Friday Night Sprint. IMX Challenge No Qualifying Times. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)*
- Entries:** *Entries will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com . Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted.*
- List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected with in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file.*
- All entry fees must be paid before the start of the first event.*
- NOTE: Swimmers without registration numbers and birth dates will not be entered.*

Entry Deadline: *All entries must be received by Wednesday, May 4, 2011. 12 noon EST. Email entries to JimmyPPST@aol.com – (No Faxed Entries)*

The FGC deck seed policy will be in effect. Cash only for deck seeds.

Disability: *Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.*

Entry Limit: *Friday night session 4 events max.
Saturday & Sunday Session 3 events per day*

Entry Fees: *Meet Entry Fee: \$3.25 Individual Event
\$5.00 per athlete meet surcharge*

*NOTE: Please make checks payable to Plantation Swim Team.
(One check only per Team.)*

Seeding: *Eligible entries shall be seeded in the following order – Long Course Meters.*

Rules: *Current USA Swimming Rules and Florida Gold Coast Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.*

Scoring: *Scoring for IMX sessions. Individual scoring for this meet will be as followed. Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female:
9yr/ 10yr / 11yr /12yr / 13yr/14yr / 15yr/16yr / 17 and older*

Awards: *Friday Night Sprint Night – No Awards*

IMX Challenge: T-Shirts for Top 8 High Point will be awarded for each age group and gender listed above.

Admission: \$3.00 per session / Heat Sheets \$3.00 each session

Concessions: Concession stand will be available.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

Identification: Coaches and Officials shall wear their 2011 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.)

Meet Information: Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com.

Referee: Carlos Hernandez

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff

Meet Director: Jimmy Parmenter – JimmyPPST@aol.com - (954)-452-2526

Assistant Meet Director: Terrell Woods – TerrellWPST@aim.com – (954)-452-2526

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

**Warm-up
Procedures:**

*Warm-up: East Main competition Course
Friday – 4:30 p.m. to 5:30 p.m.
Saturday – 8:00 a.m. to 9:00 a.m. / after morning session is completed.
Sunday – 8:00 a.m. to 9:00 a.m. / after morning session is completed.
General Warm-Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work*

*East – Main Competition Pool – 30 minutes prior to start time.
Lane 1 – Pace, 50 and 100 circle Swim, Push Off
Lane 2 – Pace, 50 and 100 circle Swim, Push Off
Lane 3 – Swimming and Pulling, Push Off
Lane 4 – Swimming and Pulling, Push Off
Lane 5 – Swimming and Pulling, Push Off
Lane 6 – Racing Starts 25s One Length
Lane 7 – Racing Starts 25s One Length
Lane 8 – Racing Starts 25s One Length*

*West – Pool Continuous during entire meet
Continuous General Warm-up NO DIVING
General Warm-Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work*

Hotels:

| | | |
|--|---|---|
| Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool. | La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool. | Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool. |
| Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com | Marriot Courtyard 7780 SW 6 th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool. | Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool. |
| Wellesley Inn 7901 SW 6 th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool | Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool | Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252 |
| Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220 | | |

NOTE: Meet management reserves the right to adjust start time, with approval of the FGC Age Group Chair, times of session to ensure an efficient meet.

Friday Night Sprint
Senior Circuit Qualifying Times
Friday – Session I. Warm-up 4:30 p.m. Start 5:30 p.m.

| Event # | Event | LCM | | SCY | |
|---------|----------------------|------------------|-------|------------------|-------|
| | | Qualifying Times | | Qualifying Times | |
| | | Women | Men | Women | Men |
| 1 – 2 | Open 50 Butterfly | 37.39 | 33.69 | 33.29 | 30.29 |
| 3 – 4 | Open 50 Backstroke | 39.69 | 35.39 | 34.89 | 31.79 |
| 5 – 6 | Open 50 Breaststroke | 45.29 | 40.19 | 39.39 | 35.49 |
| 7 – 8 | Open 50 Freestyle | 31.89 | 28.69 | 28.39 | 25.29 |

Saturday
IMX Challenge

Saturday–Session II. Warm-up 8:00 a.m. Start 9:00 a.m.

| Event # | Event |
|---------|----------------------------|
| 9-10 | 13 yr old 200 Backstroke |
| 11-12 | 14 yr old 200 Backstroke |
| 13-14 | 15 yr old 200 Backstroke |
| 15-16 | 16 yr old 200 Backstroke |
| 17-18 | 17 & over 200 Backstroke |
| 19-20 | 13 yr old 200 Breaststroke |
| 21-22 | 14 yr old 200 Breaststroke |
| 23-24 | 15 yr old 200 Breaststroke |
| 25-26 | 16 yr old 200 Breaststroke |
| 27-28 | 17 & over 200 Breaststroke |
| *29-30 | 13 yr old 400 IM |
| *31-32 | 14 yr old 400 IM |
| *33-34 | 15 yr old 400 IM |
| *35-36 | 16 yr old 400 IM |
| *37-38 | 17 & over 400 IM |

Saturday
IMX Challenge

Saturday–Session III. Warm-up 12:30p.m. Start 1:30 p.m.

| Event # | Event |
|---------|--------------------|
| 39-40 | 9 yr old 200 IM |
| 41-42 | 10 yr old 200 IM |
| 43-44 | 11 yr old 200 IM |
| 45-46 | 12 yr old 200 IM |
| 47-48 | 9 yr old 200 Free |
| 49-50 | 10 yr old 200 Free |
| 51-52 | 11 yr old 200 Free |
| 53-54 | 12 yr old 200 Free |

Sunday
IMX Challenge

Sunday–Session IV. Warm-up 8:00a.m. Start 9:00 a.m.

| Event # | Event |
|---------|--------------------|
| 55-56 | 13 yr old 200 Fly |
| 57-58 | 14 yr old 200 Fly |
| 59-60 | 15 yr old 200 Fly |
| 61-62 | 16 yr old 200 Fly |
| 63-64 | 17 & over 200 Fly |
| 65-66 | 13 yr old 200 IM |
| 67-68 | 14 yr old 200 IM |
| 69-70 | 15 yr old 200 IM |
| 71-72 | 16 yr old 200 IM |
| 73-74 | 17 & over 200 IM |
| 75-76 | 13 yr old 400 Free |
| 77-78 | 14 yr old 400 Free |
| 79-80 | 15 yr old 400 Free |
| 81-82 | 16 yr old 400 Free |
| 83-84 | 17 & over 400 Free |

Sunday
IMX Challenge

Saturday–Session V. Warm-up 12:30p.m. Start 1:30 p.m.

| Event # | Event |
|---------|----------------------------|
| 85-86 | 9 yr old 100 Backstroke |
| 87-88 | 10 yr old 100 Backstroke |
| 89-90 | 11 yr old 100 Backstroke |
| 91-92 | 12 yr old 100 Backstroke |
| 93-94 | 9 yr old 100 Breaststroke |
| 95-96 | 10 yr old 100 Breaststroke |
| 97-98 | 11 yr old 100 Breaststroke |
| 99-100 | 12 yr old 100 Breaststroke |
| 101-102 | 9 yr old 100 Fly |
| 103-104 | 10 yr old 100 Fly |
| 105-106 | 11 yr old 100 Fly |
| 107-108 | 12 yr old 100 Fly |

***NOTE: Events 31-40 – 400 IM**
Events 77-86 – 400 Free

***Will be swum together and scored separately, fastest to slowest alternating girls – boys.**

Check-in: 400 IM & 500 Free – closes at 9:30 a.m. day of event.