

**CMA SUMMER SPLASH
I.M. XTREME CHALLENGE MEET
JUNE 21/22, 2008
DONALD L. RICHARDS POOL
CAPE ELIZABETH, ME.**

SANCTIONED BY: Maine Swimming Inc., Sanction #ME0708-0621

MEET DIRECTOR: Mark Leavitt

MEET REFEREE: John Moreshead

MEET LOCATION:

Donald L. Richards Pool, Cape Elizabeth High School, 345 Ocean House Road (Route 77), Cape Elizabeth, Maine 04107.

FACILITY:

The Donald L. Richards Pool is a 25 yard, six lane pool with non-turbulent lane lines, Colorado Automatic Timing System, and electronic scoreboard with six lane display. Ample parking is available in several lots on the high school campus.

For this meet one lane will be available as a continuous warm up/cool down lane. Entry to this lane will be from the access ramp to the turn (shallow) end of the pool. Swimmers must show courtesy to their fellow swimmers in the competition lanes by not stopping at the starting block end of the lane.

ENTRY DEADLINE:

Entries submitted on Hy-Tek commlink discs must be received either by email attachment or through the mail by Friday, June 13, 2008 at 6:00PM EDT. Entries submitted by hardcopy must be received by Monday, June 9, 2008. We will make every effort to accommodate swimmers, however we cannot guarantee that late entries or entries that, in the opinion of the Meet Director, would result in exceeding the meet time limit, will be entered. Deck entries will not be allowed.

ENTRIES AND QUESTIONS:

Mark A. Leavitt
46 Orlando Street
South Portland, ME 04106
Phone: 207-767-7249
Email: graceee1222@aol.com

ENTRY FEES:

\$2.00 per event payable to Coastal Maine Aquatics. **Payment for entries is due within four (4) business days of the entry deadline. Team entries will not be considered official until after the payment is made.** One check from each team, payable to Coastal Maine Aquatics, will be accepted.

ENTRY TIMES:

All entries must be specified in short-course yard (25 yard pool) times. Meter times must be converted to yard times. Entries with “NO TIME” will be accepted.

MEET FORMAT AND AWARDS:

The meet will be swum in a USA Swimming I. M. Xtreme Challenge format. This format requires a swimmer to complete either five or six events, depending on age. These events are indicated as “IMX” in the Schedule of Events. An additional, optional event is included for all swimmers along with an optional Open 1000 Freestyle. Swimmers earn “Power Points” for each of the IMX events based on their actual age, not age range. Results for each event will be determined by the Power Points earned in that event, not necessarily the order of finish in the event. The total Power Points earned for each event are combined to determine the IMX Score for each swimmer.

For those not familiar with “Power Points” the following is from the USA Swimming website. “Every swim listed in the USA Swimming STAR Times Database now includes a Hy-Tek Power Point value. Working in collaboration with USA Swimming, Hy-Tek has developed a power point system for each age level that assigns a point value to each swim. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups”.

Events will be swum as timed finals. Seeding will be mixed age by entry times, separated by gender. Results are tabulated by the swimmer’s age. Due to the nature of the IMX format, events will be swum slowest heat to fastest heat, with alternating girls and boys’ heats in the 400 IM and 500 Freestyle events. Swimmers must provide their own counters for the 500 Free. The Open 1000 Freestyle will be seeded as both mixed age and mixed gender, and swum as fastest to slowest heats. Swimmers must provide their own counters and timers for the 1000 Free.

Ribbons will be awarded to the top six Power Points earners in each event by age. Special USA Swimming/IM Xtreme logo swim caps will be presented to the top IMX Score earners for each age with ribbons being presented to the second through sixth IMX Score earners for each age. Awards for the top six IMX Score earners will be presented at the end of each Session on Sunday.

ELIGIBILITY / RULES:

All swimmers must be USA Swimming registered. Age is as of June 21, 2008. **USA Swimming Code shall apply.** Swimmers may enter no more than five (5) events per Session. **As directed by the Town of Cape Elizabeth, NO food or beverages, other than water, will be permitted in the pool area.** Electronic devices with the ability to take photographs or digital images are prohibited from the locker rooms.

TIME TRIALS:

There will be no Time Trials.

WARM UP:

Warm up lanes will be assigned after receipt of entries. A copy of the lane assignment and time will be provided to coaches prior to the meet and in their meet information packets. **“Sit and Slide” entry only at the starting block end of the pool is mandatory.** **Coaches may start one way sprints in their lanes when ready.**

ADMISSION:

\$1.00 per person per session. Meet Programs with heat and lane assignments will be available for purchase for a nominal fee.

CONCESSIONS:

Food and beverages will be available for purchase at the CMA Café located in the hallway immediately off the pool lobby.

Action Accents will be on site with swimming equipment and accessories for purchase during the meet.

WE ARE GUESTS OF THE TOWN OF CAPE ELIZABETH AND THE DONALD L. RICHARDS POOL. SWIMMERS AND SPECTATORS MUST FOLLOW ALL TOWN RULES OR BE ASKED TO LEAVE THE POOL AREA.

SCHEDULE OF EVENTS

SESSION ONE, SATURDAY, JUNE 21, 2008

FOR SWIMMERS AGE 12 AND UNDER

First Warm Up 7:30 – 8:00 AM, Second Warm Up 8:00 – 8:30 AM

Start 8:40 AM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1.	IMX 200 IM	2.
3.	IMX 100 BREAST	4.
5.	10 & Under 100 FREESTYLE	6.
7.	11-12 IMX 100 BACK	8.

SESSION TWO, SATURDAY, JUNE 21, 2008

FOR SWIMMERS AGE 13 AND OVER

First Warm Up No Earlier Than 12:30 PM – 1:00 PM, Second Warm Up No Earlier Than 1:00 – 1:30 PM

Start No Earlier Than 1:40 PM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
9.	IMX 400 IM	10.
11.	IMX 200 BACK	12.
13.	IMX 200 BREAST	14.

SESSION THREE, SATURDAY, JUNE 21, 2008

A 15 minute Warm Up will start at the completion of Session Two.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
15.	OPEN 1000 FREE	15.

**SESSION FOUR, SUNDAY, JUNE 22, 2008
FOR SWIMMERS AGE 12 AND UNDER**

First Warm Up 7:30 – 8:00 AM, Second Warm Up 8:00 – 8:30 AM

Start 8:40 AM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
16.	10 & Under IMX 200 FREESTYLE	17.
18.	11-12 IMX 500 FREESTYLE	19.
20.	IMX 100 BUTTERFLY	21.
22.	10 & Under IMX 100 BACK	23.
24.	50 FREESTYLE	25.

**SESSION FIVE, SUNDAY, JUNE 22, 2008
FOR SWIMMERS AGE 13 AND OVER**

First Warm Up No Earlier Than 12:30 PM – 1:00 PM, Second Warm Up No Earlier Than 1:00 – 1:30 PM

Start No Earlier Than 1:40 PM

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
26.	IMX 200 BUTTERFLY	27.
28.	IMX 500 FREESTYLE	29.
30.	IMX 200 IM	31.
32.	50 FREESTYLE	33.