

SUMMER SPLASH IMX MEET
SUNDAY, JUNE 24, 2012
DONALD RICHARDS POOL, CAPE ELIZABETH, ME

- SANCTIONED BY:** Maine Swimming, Inc., Sanction # ME 1112-0624
- HOSTED BY:** Coastal Maine Aquatics
- MEET DIRECTORS:** Matt & Michelle Arpin
- MEET REFEREE:** John Bliss
- MEET LOCATION:** Donald Richards Pool 345 Ocean House Road (Route 77)
Cape Elizabeth, Maine 04107
- FACILITY:** The Donald Richards Pool is a 6 lane 25 yard pool with non-turbulent lane lines, a Colorado Timing System, and electronic scoreboard with six lane display. The starting end has a depth of 11'6" and the water depth at the end of pool is 3'8". The Donald Richards Pool has not been measured to certify under USA-S rule 104.2.2C(4). There is seating for 250 spectators and ample parking is available on several lots around the Cape Elizabeth High School campus.
- ENTRIES:** All entries must be submitted by e-mail using the **Hy-Tek** format. If you do not have the ability to use Hy-Tek you can submit a copy of your entries by e-mail or traditional mail by the entry deadline. If you are submitting Hy-Tek entries, a hard copy back up is required to be sent by mail or as a PDF by e-mail. All forms must have the swimmer's full name (first, middle initial, last) and birth date as they are USA-S registered, current USA-S number, seed times, and events that the swimmer would like to swim. Deck entries will not be allowed. Entries with "no time" will be accepted.
- ENTRY DEADLINE:** **Entries must be received no later than 6:00PM, Sunday, June 17th, 2012.** We will make every effort to accommodate swimmers; however we cannot guarantee late entries.
- ENTRY FEES:** \$3.00 per event payable to Coastal Maine Aquatics.
Make checks payable to ***Coastal Maine Aquatics*** (**TEAMS: PLEASE SEND **ONE CHECK FOR YOUR TEAM'S ENTRIES**** by regular mail, no return receipt. Confirmation of receipt will be by e-mail.) **Checks must be received within four business days of the entry deadline unless other arrangements are made. Team entries will not be considered official until payment is made.**
- ENTRY SUBMISSION:** E-Mail entry submission: cmameetdirector@gmail.com
Hard copy backup and entry fees:
Leanne Gravel, Box 6201 Cape Elizabeth, ME 04107
- QUESTIONS:** Matt & Michelle Arpin 207-883-2254 cmameetdirector@gmail.com
- ENTRY LIMITS:** Swimmers may be entered in no more than five (5) individual events.

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- ELIGIBILITY:** This meet is reserved for swimmers who are properly registered members of Maine Swimming, Inc. before the start of the meet or are registered members of United States Masters Swimming (USMS) and Maine residents. All swimmers must be USA Swimming registered. Age is as of June 24th, 2012. **No swimmer will be allowed to participate in the Meet who is not registered prior to the start of the Meet.**
- USA SWIMMING REGISTRATION:** Club athletes may obtain USA-S Registration from your Club Registrar. Unattached athletes may obtain forms and instructions from the Maine Swimming, Inc. Web Site; www.maineswimming.org. Direct registration questions to the Maine Swimming, Inc. Membership/Registration Chair, Thomas Branch, 207-712-0877 or registrations@maineswimming.org. Deck Registrations will **NOT** be allowed. Registration reconciliation will occur for this meet. **It is each team's responsibility to make sure the entry and registration information for each swimmer is accurate.**
- MEET FORMAT:** Each event will be a timed final. Swimmers must provide their own counters for the 500 Free.
- SEEDING:** Seeding will be mixed age and mixed gender by entry times and will be pre-seeded with Hy-Tek Meet Manager 4.0.
- TIME TRIALS:** No Time Trials will be offered at this meet.
- SCORING:** The meet will be scored in a USA Swimming IMX format. Swimmers earn "Power Points" for each event 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.
- USA Swimming provides a Hy-Tek Power Point value for each event based on gender, age, and time. This allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.
- AWARDS:** Special USA Swimming/IM Xtreme logo swim caps will be presented to the top 6 IMX Score earners for each age group.
- ADMISSION:** \$3 per person
- PROGRAM:** A complete program will be available for a nominal fee
- MEET POLICIES:** Only certified and meet registered coaches, session officials, registered USA-S, USMS swimmers and Meet Staff will be allowed on deck.
- All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA-S Membership Card) while on deck. This is a Maine Swimming, Inc. Policy. Coaches and Officials must be properly registered and have all certifications up to date in order to be allowed on deck for this meet.

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- RULES:** 2012 USA-S Rules shall apply. Decisions by the meet referee are final except as stated in the protest section below
- WARM UP:** **Warm up lanes will be assigned after receipt of entries.** A copy of the lane assignments and time will be provided to coaches prior to the meet and in their meet information packets. **“Sit and Slide” entry at the starting block end of the pool is mandatory. Coaches may start one way sprints in their lanes when ready.**
- START TIME:** 7:00 AM Warm-up 8:00 AM Start
- SAFETY:** Each participating swimmer must be under the supervision of a USA Swimming certified coach with a current USA-Swimming Coaching Membership. There will be absolutely no diving into the pool except during sprint lane warm-ups and swim event starts. All entry into the pool is from the deep end only. Non-compliance is justification for disqualification from the meet. **Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.**
- PROTESTS:** A committee will be formed to handle any protests that arise during the meet. The committee will include the meet directors, the meet referee, a coach and an athlete (not from the same team as the originator of the protest). Protests must be submitted as described in the 2012 USA-S rules book.
- MISCONDUCT:** Any issues of misconduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials or fellow athletes, theft, vandalism, or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities.
- LIABILITY:** Coastal Maine Aquatics shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.
- CONCESSIONS:** Food and beverages will be available for purchase at the CMA Café located in the hallway off the pool lobby.
- VENDOR:** A vendor will be on site with swimming equipment and accessories for purchase.

**CELL PHONES, CAMERAS AND OTHER RECORDING OR
IMAGE CAPTURING DEVICES ARE PROHIBITED FROM
LOCKER ROOMS & FROM BEHIND THE STARTING BLOCKS**

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SCHEDULE OF EVENTS

Session One: **Warm-up:** Begins at 7:00 AM
Start time: No earlier than 8:00 AM

Event #	Age	Event
1	Mixed 11 & Over	500 Freestyle
2	Mixed 10 & Under	200 Freestyle
3	Mixed 11 & Over	200 Backstroke
4	Mixed 10 & Under	100 Backstroke
5	Mixed 11 & Over	200 Butterfly
6	Mixed 10 & Under	100 Butterfly

Session Two: **Warm-up:** Begins at 12:30 PM or per the schedule provided
Start time: No earlier than 1:30 PM

Event #	Age	Event
7	Mixed 11 & Over	200 Breaststroke
8	Mixed 10 & Under	100 Breaststroke
9	Mixed 11 & Over	200 Freestyle
10	Mixed 10 & Under	200 IM
11	Mixed 11 - 12	200 IM
12	Mixed 11 & Over	400 IM