

# **Triton Tsunami Winter IMX Challenge**

## **Hosted By: Great Lakes Tritons**

### **December 3 – 5, 2010**

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number **MI101121**. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
- Location:** **L'Anse Creuse North High School**  
23700 21 Mile Road  
Macomb, MI 48042
- Times:**
- |   |                 |              |
|---|-----------------|--------------|
| <b>Friday, December 3<sup>rd</sup> – PM</b>   | Warm-up 5:00pm  | Start 6:00pm |
| <b>Saturday, December 4<sup>th</sup> – AM</b> | Warm-up 7:30am  | Start 8:30pm |
| <b>Saturday, December 4<sup>th</sup> - PM</b> | Warm-up 12:30pm | Start 1:30pm |
| <b>Sunday, December 5<sup>th</sup> - AM</b>   | Warm-up 7:30am  | Start 8:30am |
| <b>Sunday, December 5<sup>th</sup> – PM</b>   | Warm-up 12:30pm | Start 1:30pm |
- Motels:** Please see attached list for area motels.
- Facilities:** L'Anse Creuse North High School pool is an 8 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start end of the pool is 8 feet and 4 feet at turn end. Permanent starting blocks and non-turbulent lane markers will be used. 25 yard events will start from the starting blocks. Colorado timing with an 8 lane display will be used. The competition course has not been certified in accordance with 104.2.2C(4). There is ample seating for spectators. Lockers are available (provide your own lock).
- Eligibility:** The Triton Tsunami is for all swimmers who are currently registered with United States Swimming (USA). A swimmer's age on December 3, 2010 will determine his/her eligibility for an age group. Any swimmer entered in the meet must be certified by a USA Swimming 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.
- Meet Format:** The Triton Tsunami is a timed finals format. Session 1 is a distance session with offering for all ages. Sessions 2 and 4 are open to 11/12 girls, 13/14, and open swimmers and will be swum in the AM. Sessions 3 and 5 are open to 11/12 boys, and all 10 and under swimmers and will be swum in the PM. The time standards used in this meet are A,B, & C.
- Entry Limits:** Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming four (4) hour per session maximum time limit is met. As set forth in Entry Procedures below, entries are not deemed valid and will not be processed until such time as the entry chairperson has received: (a) a hard copy of your club's entry summary sheet, (b) a hard copy of your club's signed release/waiver agreement (c) your club's certification of entered athletes and (d) your club's entry and entry fees. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.

## **Individual Entry**

**Limits:** Swimmers are limited to four (4) individual events per day.

**Electronic Entries:** There will be a charge of \$4.00 per individual event. Please include a \$1.00 Michigan Swimming for each swimmer entered. Make checks payable to: Great Lakes Tritons.

**Paper Entries:** MS rules regarding non-electronic entries apply. \$5.00 per individual event. There is a \$1.00 additional charge per individual event paid if the entry is not submitted in Hy-Tek format. The Michigan swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the entry chair on a spreadsheet of your choice however the paper entry must be logically formatted and must contain all pertinent information to allow the entry chair to easily enter the swimmer(s) in the correct events with correct seed times.

## **No Time (NT) Entries:**

A swimmer who has on official time for an event may enter that event with no submitted time (NT). NT's may be entered as exhibition and will not be eligible for awards.

## **Entry Procedures:**

**Entries may be submitted to the entry chairperson as of Saturday November 6, 2010, 12:00pm. (noon). The entry chairperson must receive all entries no later than Wednesday, November 24, 2010 at 11:59 pm. (midnight).** Entries must include correct swimmer name (as registered with USA/MS Swimming), age, and USA number. You can import the order of events and the event numbers from the Michigan Swimming website (<http://www.miswim.org>). All individual entries should be submitted via electronic mail to Sherry Frederick at [usarep@greatlakestritons.com](mailto:usarep@greatlakestritons.com). All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the entry chairperson has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement, (c) your club's signed certification of entered athletes and, (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet. The complete Tritons Tsunami Winter IMX Challenge Meet entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org>. **Updated entry times only may be submitted to the entry chairperson by email in hy-tek format to [usarep@greatlakestritons.com](mailto:usarep@greatlakestritons.com) by November 24, 2010. No new entries may be included within the updated times file.**

**Refunds:** Once a team or individual entry has been received and processed, by the entry chair, there are no refunds in full or in part.

**Entry Chair:** Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. Mail or nationally overnight courier with **no signature required** to:

Great Lakes Tritons  
c/o Sherry Frederick  
28067 Lansdowne Drive  
Harrison Township, MI 48045

Telephone inquiries: Home: (586) 468-4298, Please no calls after 9:30pm  
Email: [usarep@greatlakestritons.com](mailto:usarep@greatlakestritons.com)

**Check In:** Check In will be available 15 minutes prior to warm-up, until 15 minutes after warm-up has begun. Check in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check in will cause the swimmer to be scratched from **all** events in that session. Pursuant to MS Rules, failing to swim an event after checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted in the hallway outside of the locker rooms. **A separate check in for the 1650 will close at 6:15pm on Friday night.**

**Scratch Rules:** Prior to check in close a swimmer may scratch events at the Clerk of Course. After check in closes, you must see the Meet Referee to scratch an event. Once a swimmer has checked in for an event that swimmer must compete in that event or the swimmer will be scratched from his/her next event.

**Marshaling:** All events will be self-marshaled. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently. If a swimmer does not show up for the correct heat of the event, that swimmer will be scratched from his/her next scheduled event.

**Seeding:** Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than the 500 and 1650 yard freestyle events, which will be seeded fastest to slowest. The 1650 yard freestyle event will alternate genders-women/men. The Meet Referee and Meet Director reserve the right to combine heats/genders in order to reduce the number of heats.

**Deck Entries:** Deck entries may be accepted at the Clerk of Course, if time and space permit, at the discretion of the Meet Referee and the Meet Director. Deck entries are \$7. per individual event. Deck entries are subject to MS athlete surcharge and must provide a valid USA Swimming membership card if not already in the meet. Registration status must be proven by providing current USA swimming membership card or a current print out of athlete roster from club portal. The club portal is located on the USA swimming website.

**Time Trials:** Time Trials will not be offered.

**Meet Programs/  
Admissions:**

Friday admission is \$2.00 per person 12 & over.  
Saturday and Sunday admission is \$4.00 per person per day 12 & over.  
Meet Program is \$6.00.

**Scoring:** No individual or team scoring will be recorded.

**Awards:** Awards will be given to 1<sup>st</sup> – 8<sup>th</sup> place in individual events for A, B, and C levels. 1<sup>st</sup> – 3<sup>rd</sup> place will receive medals. Meet ribbons will be given for 4<sup>th</sup> – 8<sup>th</sup> place. Awards will be given to the coaches at the end of the meet.

*IMX High Point awards* – Point totals will come from state recognized

events for each age-group. The IMX Events will be used to total high point scores. Swimmers will need to compete in all IMX Events for their age group to be considered for the High Point Award. High Point awards will take place following the Sunday AM session for 11-12 Girls, 13-14, and Open and following the Sunday PM session for 10&U and 11-12 Boys. 1st-3rd place for each gender of the following age-groups: 10&U, 11-12, 13-14 and Open. **Awards will not be mailed.** No time NT) Entries are not eligible for awards.

- Results:** Complete meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Results will also be available on flash drive (HY-TEK Team Manager result file) upon request to coaches only. Coaches must provide the flash drive.
- Concessions:** Food and beverages will be available in concessions. No food or beverage will be allowed on the deck of the pool, in the locker room or in the spectator areas except for plastic water/sports drink bottles. A hospitality area will be available for coaches and officials.
- Lost and Found:** Articles may be turned in/picked up at admissions. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be at the sole discretion of the Meet Director).
- Swimming Safety:** Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules apply with respect to the diving well. Penalties for violating these rules will be in the sole discretion of the meet referee which may include ejection from the meet.
- Deck Personnel:** Only swimmers, registered coaches, and meet officials/workers are allowed on the pool deck. Coaches and Officials must display their registration cards at all times. Coaches must be current in all certifications through the final date of the meet.
- Swimmers with Disabilities:** All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please indicate them on the entry form and with the Clerk of the Course and/or the Meet Referee during warm ups.
- General Info:** Any errors or omissions in the program will be documented and signed by the Referee and available for review at the Clerk of the Course for Coaches review. Information will also be covered at the Coaches' Meeting.
- First Aid:** Supplies will be kept in the control room on deck.
- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of L'Anse Creuse North High School
  - (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.

- (C) No bare feet allowed outside the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review in inspection in the timing room.

**Meet Director:** David Smith (586)709-2436  
[dssmitty123@yahoo.com](mailto:dssmitty123@yahoo.com)

**Meet Referee:** John Loria

**Safety Marshall:** David Frederick

## What is the IMX

**Extreme Challenge:** The IMX Challenge is a motivational program whereby swimmers will be 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. In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season. However, at the Triton Tsunami Winter IMX Challenge, all swimmers who swim all of the IMX events at the Triton Tsunami will receive an IMX Pin (**all events must be swum in one age group and swum legally**).

### 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 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

USA Swimming will automatically compute scores and results for all athletes. Swimmers only need to compete in the IMX combination of events for their age group and they will be part of the program. USA Swimming will automatically update each athlete with best times as they are achieved during each season.

|                |                    | <b>Session 1: Friday Evening</b> |                    |               |
|----------------|--------------------|----------------------------------|--------------------|---------------|
| Girl's Event # | Age                | Event                            | Age                | Boy's Event # |
|                |                    |                                  |                    |               |
| 1              | <b>12 &amp; U</b>  | 200 Fly                          | <b>12 &amp; U</b>  | 2             |
| 3              | <b>10 &amp; U</b>  | 500 Free                         | <b>10 &amp; U</b>  | 4             |
| 5              | <b>11 &amp; 12</b> | 500 Free (imx)                   | <b>11 &amp; 12</b> | 6             |
| 7              | <b>13 &amp; 14</b> | 1650 Free                        | <b>13 &amp; 14</b> | 8             |
| 9              | <b>OPEN</b>        | 1650 Free                        | <b>OPEN</b>        | 10            |

|                |                    | <b><u>Session 2: Saturday Morning</u></b> |                    |               |
|----------------|--------------------|---|--------------------|---------------|
| Girl's Event # | Age                | Event                                     | Age                | Boy's Event # |
|                |                    |   |                    |               |
| 11             | <b>11 &amp; 12</b> | 200 Free                                  |                    |               |
| 12             | <b>13 &amp; 14</b> | 500 Free (imx)                            | <b>13 &amp; 14</b> | 13            |
| 14             | <b>Open</b>        | 500 Free (imx)                            | <b>Open</b>        | 15            |
| 16             | <b>11 &amp; 12</b> | 100 Back (imx)                            |                    |               |
| 17             | <b>13 &amp; 14</b> | 100 Back                                  | <b>13 &amp; 14</b> | 18            |
| 19             | <b>Open</b>        | 100 Back                                  | <b>Open</b>        | 20            |
| 21             | <b>11 &amp; 12</b> | 100 IM                                    |                    |               |
| 22             | <b>13 &amp; 14</b> | 200 IM (imx)                              | <b>13 &amp; 14</b> | 23            |
| 24             | <b>Open</b>        | 200 IM (imx)                              | <b>Open</b>        | 25            |
| 26             | <b>11 &amp; 12</b> | 50 Fly                                    |                    |               |
| 27             | <b>13 &amp; 14</b> | 100 Fly                                   | <b>13 &amp; 14</b> | 28            |
| 29             | <b>Open</b>        | 100 Fly                                   | <b>Open</b>        | 30            |
| 31             | <b>11 &amp; 12</b> | 200 Breast                                |                    |               |
| 32             | <b>13 &amp; 14</b> | 200 Breast (imx)                          | <b>13 &amp; 14</b> | 33            |
| 34             | <b>Open</b>        | 200 Breast (imx)                          | <b>Open</b>        | 35            |
| 36             | <b>11 &amp; 12</b> | 50 Free                                   |                    |               |
| 37             | <b>13 &amp; 14</b> | 50 Free                                   | <b>13 &amp; 14</b> | 38            |
| 39             | <b>Open</b>        | 50 Free                                   | <b>Open</b>        | 40            |

|                |                   | <b><u>Session 3: Saturday Afternoon</u></b> |                    |               |
|----------------|-------------------|---|--------------------|---------------|
| Girl's Event # | Age               | Event                                       | Age                | Boy's Event # |
|                |                   |   |                    |               |
| 41             | <b>8 &amp; U</b>  | 100 Free                                    | <b>8 &amp; U</b>   | 42            |
|                |                   | 200 Free                                    | <b>11 &amp; 12</b> | 43            |
| 44             | <b>10 &amp; U</b> | 200 Free (imx)                              | <b>10 &amp; U</b>  | 45            |
| 46             | <b>8 &amp; U</b>  | 25 Breast                                   | <b>8 &amp; U</b>   | 47            |
|                |                   | 100 Breast (imx)                            | <b>11 &amp; 12</b> | 48            |
| 49             | <b>10 &amp; U</b> | 100 Breast (imx)                            | <b>10 &amp; U</b>  | 50            |
|                |                   | 100 IM                                      | <b>11 &amp; 12</b> | 51            |
| 52             | <b>10 &amp; U</b> | 100 IM                                      | <b>10 &amp; U</b>  | 53            |
| 54             | <b>8 &amp; U</b>  | 25 Back                                     | <b>8 &amp; U</b>   | 55            |
|                |                   | 100 Back (imx)                              | <b>11 &amp; 12</b> | 56            |
| 57             | <b>10 &amp; U</b> | 100 Back (imx)                              | <b>10 &amp; U</b>  | 58            |
| 59             | <b>8 &amp; U</b>  | 50 Fly                                      | <b>8 &amp; U</b>   | 60            |
|                |                   | 50 Fly                                      | <b>11 &amp; 12</b> | 61            |
| 62             | <b>10 &amp; U</b> | 50 Fly                                      | <b>10 &amp; U</b>  | 63            |
|                |                   | 200 Breast                                  | <b>11 &amp; 12</b> | 64            |

|                |                    | <b><u>Session 4: Sunday Morning</u></b> |                    |               |
|----------------|--------------------|---|--------------------|---------------|
| Girl's Event # | Age                | Event                                   | Age                | Boy's Event # |
|                |                    |   |                    |               |
| 65             | <b>11 &amp; 12</b> | 200 IM(imx)                             |                    |               |
| 66             | <b>13 &amp; 14</b> | 400 IM (imx)                            | <b>13 &amp; 14</b> | 67            |
| 68             | <b>Open</b>        | 400 IM (imx)                            | <b>Open</b>        | 69            |
| 70             | <b>11 &amp; 12</b> | 100 Free                                |                    |               |
| 71             | <b>13 &amp; 14</b> | 200 Free                                | <b>13 &amp; 14</b> | 72            |
| 73             | <b>Open</b>        | 200 Free                                | <b>Open</b>        | 74            |
| 75             | <b>11 &amp; 12</b> | 100 Breast(imx)                         |                    |               |
| 76             | <b>13 &amp; 14</b> | 100 Breast                              | <b>13 &amp; 14</b> | 77            |
| 78             | <b>Open</b>        | 100 Breast                              | <b>Open</b>        | 79            |
| 80             | <b>11 &amp; 12</b> | 50 Back                                 |                    |               |
| 81             | <b>13 &amp; 14</b> | 200 Back (imx)                          | <b>13 &amp; 14</b> | 82            |
| 83             | <b>Open</b>        | 200 Back (imx)                          | <b>Open</b>        | 84            |
| 85             | <b>11 &amp; 12</b> | 100 Fly(imx)                            |                    |               |
| 86             | <b>13 &amp; 14</b> | 200 Fly (imx)                           | <b>13 &amp; 14</b> | 87            |
| 88             | <b>Open</b>        | 200 Fly (imx)                           | <b>Open</b>        | 89            |

|                |                   | <b><u>Session 5: Sunday Afternoon</u></b> |                    |               |
|----------------|-------------------|---|--------------------|---------------|
| Girl's Event # | Age               | Event                                     | Age                | Boy's Event # |
|                |                   |   |                    |               |
| 90             | <b>8 &amp; U</b>  | 50 Free                                   | <b>8 &amp; U</b>   | 91            |
|                |                   | 200 IM (imx)                              | <b>11 &amp; 12</b> | 92            |
| 93             | <b>10 &amp; U</b> | 200 IM (imx)                              | <b>10 &amp; U</b>  | 94            |
| 95             | <b>8 &amp; U</b>  | 25 Fly                                    | <b>8 &amp; U</b>   | 96            |
|                |                   | 100 Fly (imx)                             | <b>11 &amp; 12</b> | 97            |
| 98             | <b>10 &amp; U</b> | 100 Fly (imx)                             | <b>10 &amp; U</b>  | 99            |
| 100            | <b>8 &amp; U</b>  | 50 Back                                   | <b>8 &amp; U</b>   | 101           |
|                |                   | 50 Back                                   | <b>11 &amp; 12</b> | 102           |
| 103            | <b>10 &amp; U</b> | 50 Back                                   | <b>10 &amp; U</b>  | 104           |
| 105            | <b>8 &amp; U</b>  | 25 Free                                   | <b>8 &amp; U</b>   | 106           |
|                |                   | 100 Free                                  | <b>11 &amp; 12</b> | 107           |
| 108            | <b>10 &amp; U</b> | 100 Free                                  | <b>10 &amp; U</b>  | 109           |
|                |                   | 50 Breast                                 | <b>11 &amp; 12</b> | 110           |
| 111            | <b>8 &amp; U</b>  | 50 Breast                                 | <b>8 &amp; U</b>   | 112           |
| 113            | <b>10 &amp; U</b> | 50 Breast                                 | <b>10 &amp; U</b>  | 114           |
|                |                   | 200 Back                                  | <b>11 &amp; 12</b> | 115           |



## RELEASE AND WAIVER

Enclosed is a total of \$\_\_\_\_\_ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against [Team Name], [Location Entity], Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet.

[illegible]

In granting the sanction it is understood and agreed that USA Swimming and Michigan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature: \_\_\_\_\_

Position: \_\_\_\_\_

Street Address:

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

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

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach E-Mail

Club Name: \_\_\_\_\_

Club Code:

# Certification of Registration Status Of All Entered Athletes Triton Tsunami

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic TM Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host.** Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

A penalty fee of \$100.00 per unregistered athlete will be levied against any Club found to have **entered** an athlete in a meet without first registering the athlete and paying for that registration with the Office of Michigan Swimming or their respective LSC Membership Coordinator.

Submitting a meet entry without the athlete being registered and that registration paid for beforehand may also subject the Club to appropriate Board of Review sanctions.

The authority for these actions is:

UNITED STATES SWIMMING RULES AND REGULATIONS 302.4 FALSE

**REGISTRATION** – A host LSC may impose a fine of up to \$100.00 per event against a member Coach or a member Club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed Club is not properly registered. The host LSC will be entitled to any fines imposed.

[illegible]

I certify that **all** athletes submitted **with this meet entry** are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

By: \_\_\_\_\_  
(Signature)

(Printed Name of person signing above)

Capacity: \_\_\_\_\_

Club Name: \_\_\_\_\_

Date: \_\_\_\_\_

**This form must be signed and returned with the entry or the entry will not be accepted.**

## **Local Hotels**

### **Comfort Inn Utica**

11401 Hall Road  
Utica, MI 48317

586-739-7111

### **Courtyard Detroit Utica**

46000 Utica Park Blvd  
Utica, MI 48315

586-997-6100

### **LaQuinta Inn & Suites Detroit Utica**

45311 Park Ave.  
Utica, MI 48315

586-731-4700

### **Town Place Suites Detroit Sterling Heights**

14800 Lakeside Circle  
Sterling Heights, MI 48313

586-566-0900