

Triton Tsunami Winter IMX Challenge

Hosted By: Great Lakes Tritons

November 30 – December 2, 2012

Sanction:	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI1213033 . In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. MS 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:	Friday, November 30th - PM	Warm-up 5:00 pm	Start 6:00pm
	Saturday, December 1st - AM	Warm-up 7:30 am	Start 8:30 am
	Saturday, December 1st - PM	Warm-up 12:30 pm	Start 1:30 am
	Saturday, December 2nd - AM	Warm-up 7:30 am	Start 8:30 am
	Saturday, December 2nd - PM	Warm-up 12:30 am	Start 1:30 am
Motels:	Please see attached list for area motels		
Facilities:	L'Anse Creuse North High School is an 8-lane pool with a diving well, which will be available for supervised warm-up and warm down. Depth at start is 8 feet and 4 feet at turn. 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. There is ample seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C(4).		
Eligibility:	The Triton Tsunami is for all ABC swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on November 30, 2012 will determine his/her eligibility for a particular age group.		
Deck Registration:	Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$118 per swimmer for 2012-13 registration).		

Meet Format:	The Triton Tsunami is a timed final format. Session 1 is a distance session with offerings for all ages. Sessions 2 and 4 are open to 11/12 girls and 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 & 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, (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 must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
Swimmers Without A Coach:	Any swimmer entered in the meet, unaccompanied by a USA-S member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Individual Entry Limits:	Swimmers are limited to two (2) maximum individual events on Friday and four (4) maximum individual events and one (1) relay event allowed each day Saturday and Sunday.
Electronic Entries:	\$5.00 per individual event and \$12.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Great Lakes Tritons
Paper Entries:	MS rules regarding non-electronic entries apply. \$6.00 per individual event and \$13.00 for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay 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 <i>must</i> 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.

Entry Procedures:	<p>Entries may be submitted to the entry chairperson as of Friday, November 2, 2012, 12:00 pm (noon). The entry chairperson must receive all entries no later than Wednesday, November 21, 2012 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 event numbers from the Michigan Swimming website (http://www.miswim.org/). All individual entries should be submitted via electronic mail to the entry chairperson, Sherry Frederick, at 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 Triton Tsunami Winter IMX Challenge Meet entry packet with entry forms is available on the Michigan Swimming Website at http://www.miswim.org/</p>
Refunds:	<p>Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).</p>
Entry Chair:	<p>Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to with no signature required to:</p> <p>Great Lakes Triton c/o Sherry Frederick 28067 Lansdowne Dr., Harrison Twp., MI 48045</p> <p>Telephone inquiries: 586-468-4298, please no calls after 9:30 pm</p> <p>Email: usarep@greatlakestritons.com</p>
Check In:	<p>Check In will be available 15 minutes prior to warm-up. 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. Check in will close 15 minutes after the start of warm up for each session. Also note that pursuant to MS Rules that failing to swim an event <u>after</u> 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 6:15 pm on Friday night.</p>

Scratch Rules:	<u>Prior</u> to check in close a swimmer may scratch events at the Clerk of Course. <u>After</u> 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 the 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 head 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 distance events, 500 and 1650 yard freestyle, 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 /TimeTrials:	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 \$7.00 per individual event and \$13.00 for each relay. Deck entries are subject to MS athlete surcharge and must provide valid USA Swimming membership card if not already in the meet. For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal. The Club Portal is located on the USA Swimming website. Time Trials will not be offered.
Meet Programs / Admissions:	Admission will be \$4.00 each day. 12 & Under free. Meet program is \$6.00
Scoring:	No individual or team scoring will be recorded.

Awards:	<p>Medals and ribbons will be awarded 1st through 8th place for A, B, and C levels. With the exception of 15-18 year olds who will be awarded 1st through 3rd place medals. Meet ribbons will be given for 4th – 8th place for 14 & Under swimmers. 1st – 3rd place will receive medals for all age groups. Awards will be given to the Coaches at the end of the meet.</p> <p><u>IMX High Point awards</u> – 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. Relay points will not be considered. High Point awards will take place following 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.</p>
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. Teams must provide their own flash drive.
Concessions:	Food and beverages will be available in the concessions area just out side the pool. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.
Lost Found: and	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 in 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 will apply with respect to the warm-down pool and 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 / Locker Rooms / Credentialing:	<p>Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The General Chair of MS and the Program Operations Vice-Chair of MS are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.</p> <p>Lists of registered coaches, certified officials and meet personnel will be placed outside the door to the locker rooms / pool deck. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team logo and name, as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each day and be reissued a credential daily.</p> <p>All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.</p>
Swimmers with Disabilities:	<p>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 Course and/or the Meet Referee during warm ups.</p>
General Info:	<p>Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.</p>
First Aid:	<p>Supplies will be kept in the control room on the pool deck.</p>
Facility Items:	<ul style="list-style-type: none"> (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 of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.

	<p>No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.</p> <p>(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 and inspection in the control room.</p> <p>(E) To comply with USA Swimming privacy and security policy, <u>the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</u></p>
Meet Director:	Sherry Frederick 586-822-6055 usarep@greatlakestritons.com
Meet Referee:	John Loria
Safety Marshal:	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**).

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.

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

		<u>Session 2: Saturday Morning</u>		
Girl's Event #	Age	Event	Age	Boy's Event #
11	11 & 12	200 Free		
12	13 & 14	500 Free (imx)	13 & 14	13
14	Open	500 Free (imx)	Open	15
16	11 & 12	100 Back (imx)		
17	13 & 14	100 Back	13 & 14	18
19	Open	100 Back	Open	20
21	11 & 12	100 IM		
22	13 & 14	200 IM (imx)	13 & 14	23
24	Open	200 IM (imx)	Open	25
26	11 & 12	50 Fly		
27	13 & 14	100 Fly	13 & 14	28
29	Open	100 Fly	Open	30
31	11 & 12	200 Breast		
32	13 & 14	200 Breast (imx)	13 & 14	33
34	Open	200 Breast (imx)	Open	35
36	11 & 12	50 Free		
37	13 & 14	100 Free	13 & 14	38
39	Open	100 Free	Open	40
41	11 & 12	200 Medley Relay		
42	13 & 14	200 Medley Relay	13 & 14	43
44	Open	200 Medley Relay	Open	45

		<u>Session 3: Saturday Afternoon</u>		
Girl's Event #	Age	Event	Age	Boy's Event #
46	8 & U	100 Free	8 & U	47
		200 Free	11 & 12	48
49	10 & U	200 Free (imx)	10 & U	50
51	8 & U	25 Breast	8 & U	52
		100 Breast (imx)	11 & 12	53
54	10 & U	100 Breast (imx)	10 & U	55
		100 IM	11 & 12	56
57	10 & U	100 IM	10 & U	58
59	8 & U	25 Back	8 & U	60
		100 Back (imx)	11 & 12	61
62	10 & U	100 Back (imx)	10 & U	63
64	8 & U	50 Fly	8 & U	65
		50 Fly	11 & 12	66
67	10 & U	50 Fly	10 & U	68
		200 Breast	11 & 12	69
70	10 & U	200 Medley Relay	10 & U	71
		200 Medley Relay	11 & 12	72

		<u>Session 4: Sunday Morning</u>		
Girl's Event #	Age	Event	Age	Boy's Event #
73	11 & 12	200 IM(imx)		
74	13 & 14	400 IM (imx)	13 & 14	75
76	Open	400 IM (imx)	Open	77
78	11 & 12	100 Free		
79	13 & 14	200 Free	13 & 14	80
81	Open	200 Free	Open	82
83	11 & 12	100 Breast(imx)		
84	13 & 14	100 Breast	13 & 14	85
86	Open	100 Breast	Open	87
88	11 & 12	50 Back		
89	13 & 14	200 Back (imx)	13 & 14	90
91	Open	200 Back (imx)	Open	92
93	11 & 12	100 Fly(imx)		
94	13 & 14	200 Fly (imx)	13 & 14	95
96	Open	200 Fly (imx)	Open	97
98	13 & 14	50 Free	13 & 14	99
100	Open	50 Free	Open	101
102	11 & 12	200 Free Relay		
103	13 & 14	400 Free Relay	13 & 14	104
105	Open	400 Free Relay	Open	106

		<u>Session 5: Sunday Afternoon</u>		
Girl's Event #	Age	Event	Age	Boy's Event #
		50 Free	11 & 12	107
108	10 & U	50 Free	10 & U	109
110	8 & U	50 Free	8 & U	111
		200 IM (imx)	11 & 12	112
113	10 & U	200 IM (imx)	10 & U	114
115	8 & U	25 Fly	8 & U	116
		100 Fly (imx)	11 & 12	117
118	10 & U	100 Fly (imx)	10 & U	119
120	8 & U	50 Back	8 & U	121
		50 Back	11 & 12	122
123	10 & U	50 Back	10 & U	124
125	8 & U	25 Free	8 & U	126
		100 Free	11 & 12	127
128	10 & U	100 Free	10 & U	129
		50 Breast	11 & 12	130
131	8 & U	50 Breast	8 & U	132
133	10 & U	50 Breast	10 & U	134
		200 Back	11 & 12	135
136	10 & U	200 Free Relay	10 & U	137
		200 Free Relay	11 & 12	138

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 Great Lakes Tritons, L'Anse Creuse North High School, 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

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.

Meet Evaluation Form

Name of Meet _____

Date of Meet _____

Host of Meet _____

Place of Meet _____

Who do you represent (circle)? the host club a visiting club unattached

Describe yourself (circle) athlete coach official meet worker spectator

Please rate the overall quality of this meet:

(Please write any compliments or suggestions below or on the reverse side)

	High			Low	
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

**Return this completed evaluation to a representative of the Meet Host. Thank you.
Meet Host: Copy all of these submitted Meet Evaluations to the current Program
Operations Vice-Chair within 30 days.**