



## **FAST SWIM TEAM IMX Xtreme Challenge Meet**

January 12-13, 2013

Sanction # 130118

# FAST SWIM TEAM IMX Xtreme Challenge Meet

## January 12-13, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
# 130118
- LOCATION:** Theodore D. Young Community Center, Swimming Pool Enclosure  
32 Manhattan Avenue  
White Plains New York 10607.
- FACILITY:** The Pool is a 6 lane, 25 yard pool. Daktronics timing system.  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: 10 & under/11-12 - 8:00 AM Warm- Up 9:00 AM Start  
Session 2: 13-14/15 & over - 1:30 PM Warm - Up 2:30 PM Start  
Session 3: 10 & under/11-12 - 8:00 AM Warm- Up 9:00 AM Start  
Session 4: 13-14/15 & over - 1:30 PM Warm - Up 2:30 PM Start
- FORMAT:** Timed Finals  
Deck Seeding
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **January 12, 2013** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:**
- Swimmers may enter and compete in 4 individual events per day. No Time or NT will not be accepted for this meet.
  - All entries will be accepted on a first come bases.
  - Team entries will be considered accepted when the host club accepts the entries.
  - Meet Entries will be taken until the meet fills. The host club must stay within the three and one half hour per session rule.
  - E-Mail Entries should be send to: [fastentries@gmail.com](mailto:fastentries@gmail.com)
  - All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.
  - Hard Copy and Entry Fees are to be mailed to:  
Jennifer Parra  
37 Sherman Ave Apt 3S  
Yonkers, New York 10705  
(347) 276-6747  
[fastentries@gmail.com](mailto:fastentries@gmail.com)
- Make entry fee checks payable to: **FAST Parent Association**,  
FAST has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
  - If you are not e-mailing your entries, then overnight or express mail is recommended, *but waive the signature*.
  - It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 3, 2013**.  
2: The final entry deadline for this meet is **January 5, 2013**.  
3: Metro entries received between **January 3, 2013** and **January 5, 2013** and all entries from other LSC's will be entered in the order they were received, as space allows.  
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4** per individual even must accompany the entries.  
Make check payable to: **Fast Parent Association**.  
Payment must be received by **January 5, 2013** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Session 1: 8:00 AM Warm-up 9:00 AM Start  
Session 2: 1:30 PM Warm-up 2:30 PM Start  
Session 3: 8:00 AM Warm-up 9:00 AM Start  
Session 4: 1:30 PM Warm-up 2:30 PM Start  
**Lane assignment will be given at the meet**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Ages 9 & Overs** - Trophies for 1st through 6th place for **Combined IMX Score ONLY** overall Girls/Boys by the following age groups/events. 9-year olds; 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 year olds, 15 & open: 200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly.
- OFFICIALS:** **Meet Referee: Paul McClintock Tockswim@msn.com**  
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** Jennifer Parra  
(347) 267-6747  
fastentries@gmail.com
- RULES:** The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  
**"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"**
- WATER DEPTH:** USA 2011 - 202.3.7 "The water depth is 3 feet 7 inches at the shallow end and 8 feet 10 inches at the diving end.

- AUDIO/VISUAL STATEMENT** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest room or locker rooms.
- DECK CHANGING** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Theodore D. Young Community Center and The FAST SWIM TEAM**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- ADMISSION:** Admission: Adult (18 and over) \$4.00 per person, Children: \$1.00  
Programs: \$3.00 per session
- MERCHANTS:** Food, Equipment, Clothing concession
- PARKING:** There is ample on site parking and next to the building.
- DIRECTIONS:** For updates check [www.fastswimteamny.com](http://www.fastswimteamny.com)

**Important in case of Emergency call:**  
**Jennifer Parra 347-276-6747**  
**POOL OFFICE 914-989-3600 or 914-989-3645**

**Theodore D. Young Community Center :**  
**From Manhattan:**

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

**From Queens and Whitestone Bridge:**

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

**From Connecticut:**

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

**From Peekskill:**

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

**From Suffern & Tappan Zee Bridge:**

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

**From New Jersey (Patterson & Jersey City):**

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

**Session 1-Saturday January 12, 2013**  
**Warm Up: 8:00 AM / Start: 9:00 AM**  
**10 & under/11-12**

Girls Event No.	Events	Boys Event No.
1.	11-12 200 Free	2.
3.	10 & under 200 Free	4.
5.	11-12 100 Back	6.
7.	10 & under 50 Back	8.
9.	11-12 50 Breast	10.
11.	10 & under 100 Breast	12.
13.	11-12 100 Fly	14.
15.	10 & under 50 Fly	16.
17.	11-12 100 IM	18.
19.	10 & under 200 IM	20.

**Session 2- Saturday January 12, 2012**  
**Warm Up: 1:30 PM / Start: 2:30 PM**  
**13-14/15 & over**

Girls Event No.	Events	Boys Event No.
21.	15 & over 400 IM	22.
23.	13-14 500 Free	24.
25.	15 & over 100 Breast	26.
27.	13-14 100 Breast	28.
29.	15 & over 200 Back	30.
31.	13-14 200 Fly	32.
33.	15 & over 200 Fly	34.
35.	13-14 100 Back	36.
37.	15 & over 200 Free	38.
39.	13-14 200 IM	40.

**Session 3-Sunday January 13, 2013**  
**Warm Up: 8:00 AM / Start: 9:00 AM**

## 10 & under/11-12

Girls Event No.	Events	Boys Event No
41.	11-12 500 Free	42.
43.	10 & under 100 Free	44.
45.	11-12 50 Back	46.
47.	10 & under 100 Back	48.
49.	11-12 100 Breast	50.
51.	10 & under 50 Breast	52.
53.	11-12 50 Fly	54.
55.	10 & under 100 Fly	56.
57.	11-12 200 IM	58.
59.	10 & under 100 IM	60.

### Session 4- Sunday January 13, 2013

Warm Up: 1:30 PM / Start: 2:30 PM

13-14/15 & over

Girls Event No.	Event	Boys Event No.
61.	15 & over 500 Free	62.
63.	13-14 400 IM	64.
65.	15 & over 100 Fly	66.
67.	13-14 100 Fly	68.
69.	15 & over 200 Breast	70.
71.	13-14 200 Breast	72.
73.	15 & over 100 Back	74.
75.	13-14 200 Back	76.
77.	15 & over 200 IM	78.
79.	13-14 200 Free	80.

### IMX Age Groups & Required Events:

10 & under – 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

11 & 12 – 500 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

13 & 14 – 200 IM, 400 IM, 500 Free, 200 Fly, 200 Back, 200 Breast

15 & open - 200 IM, 400 IM, 500 Free, 200 Fly, 200 Back, 200 Breast