

# Minisink Valley Aquatics

# IMR

# IMX



# CHALLENGE

Minisink Valley Aquatics  
IMR IMX  
CHALLENGE

**January 11-13, 2013**  
**130117**

**Minisink Valley Aquatics**  
**IMR     IMX**  
**CHALLENGE**

**January 11-13, 2013**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130117
- LOCATION:** **Minisink Valley High School Pool**  
**2320 Route 6**  
**Slate Hill, NY 10973**
- FACILITY:** 8 lane, 25 yard pool with non-turbulent lane lines.  
Daktronic electronic timing system and an 8-line scoreboard display.  
Spectator seating available.  
The pool has not been certified in accordance with Article 104.2.2C (4).  
**Pool Depths:** Start End ... 1 meter 12', 5 meters 11' Turn End ... 1 meter 4', 5 meters 5'
- SESSIONS:** Session 1: Friday Distance - Warm-Up 5:45 PM, Start 6:30 PM  
Session 2: Saturday Afternoon – Warm-Up 3:30 PM, Start 4:30 PM  
Session 3: Sunday Morning – Warm-Up 9:00 AM, Start 10:00 AM  
Session 4: Sunday Afternoon – Warm-Up 1:30 PM, Start 2:30 PM
- FORMAT:** **IMX Challenge: Session 1 and Session 4:**  
**In order to compete for IMX awards all swimmers must compete in all 6 events in these sessions.**  
**Only events in these 2 sessions will be scored for IMX competition.**
- IMR Challenge: Session 2 and Session 3**  
**In order to compete for IMR awards all swimmers must compete in all 5 events in these sessions.**  
**Only events in these 2 sessions will be scored for IMR competition.**
- 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 1/13/12 will determine age for the entire meet.
- SEEDING:** This meet will be Deck Seeded. Seeding will be done at the beginning of each session using a scratch sheet procedure.
- 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:** All athletes are limited to enter 5 events per session.  
Distance events (500 Free and 400 IM) may be limited.  
Entries will be entered on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized.  
Please include a printout - Include phone #, E-mail address and name of contact  
U.S. Mail Entries/Payment to: **Minisink Aquatics**  
**PO Box 2 Slate Hill, NY 10973**  
Email Entries/Confirm Entry Receipt: [stats@esslswim.com](mailto:stats@esslswim.com)

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 24, 2012  
2: The final entry deadline for this meet is **January 4, 2013**  
3: Metro entries received between December 24, 2012 and January 4, 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 1 day of your original email.
- ENTRY FEE:** An entry fee of **\$4** per individual even must accompany the entries.  
Make check payable to: **Minisink Aquatics (MA)**.  
Payment must be received by January 13, 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:** The first 30-40 minutes will be general warm-up. The last 15-20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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:** **Trophies** will be given out for **High Points Scorers 1-3, and ribbons for places 4-8, in each age group for IMX and IMR.** (9 & under, 10,11,12,13,14,15,16,17, 18& over)  
  
In order to compete for **IMX awards**, swimmers must compete in **all 6 age-group events during sessions 1 and 4**. Only events in these 2 sessions will be scored for IMX competition.  
  
In order to compete for **IMR awards**, swimmers must compete in **all 5 age-group events during sessions 2 and 3**. Only events in these 2 sessions will be scored for IMR competition.
- OFFICIALS:** **Meet Referee: Mark Amodio**  
**Email: [amodio@vassar.edu](mailto:amodio@vassar.edu)**  
Officials wishing to volunteer should contact Meet Referee by **January 4, 2013**.
- MEET DIRECTOR:** **Meet Director: Chris Joyce**  
**Email: [stats@esslswim.com](mailto:stats@esslswim.com)**  
**Entry Coordinator: : Chris Joyce**  
**Email: [stats@esslswim.com](mailto:stats@esslswim.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.  
  
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.

**SAFETY:**

**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 strongly discouraged.**

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Minisink Valley School District, Minisink Valley Aquatics**, 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.

**It is understood that USA Swimming, Inc and Metropolitan Swimming, INC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**

**AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms

**ADMISSION:** Admission is \$5 per person including program. Children under 5 free.

**MERCHANTS:** **Metro Swim Shop** will be present with swimming merchandise throughout the meet.

**PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

**DIRECTIONS:** From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

FRIDAY PM Session 1  
WARM UP 5:45 PM, START 6:30 PM

***IMX-1***

Girls	Event Name	Boys
1	Open 500 Freestyle	2
3	10 & Under 200 Freestyle	4
5	Open 200 Backstroke	6
7	12 & Under 100 Backstroke	8
9	13 & Over 200 IM	10

SATURDAY PM Session 2  
WARM UP 3:30 PM, START 4:30 PM

***IMR-1***

Girls	Event Name	Boys
11	10 & Under 100 Freestyle	12
13	Open 200 Freestyle	14
15	12 & Under 50 Backstroke	16
17	Open 100 Backstroke	18
19	12 & Under 50 Butterfly	20
21	Open 100 Butterfly	22

**SUNDAY AM Session 3**  
WARM UP 9:00 AM, START 10:00 AM

***IMR-2***

Girls	Event Name	Boys
23	12 & Under 100 IM	24
25	Open 200 IM	26
27	12 & Under 50 Breaststroke	28
29	Open 100 Breaststroke	30

SUNDAY PM Session 4  
WARM UP 1:30 PM, START 2:30 PM

***IMX-2***

Girls	Event Name	Boys
31	12 & Under 200 IM	32
33	Open 400 IM	34
35	12 & Under 100 Breaststroke	36
37	Open 200 Breaststroke	38
39	12 & Under 100 Butterfly	40
41	Open 200 Butterfly	42