



**2010
IM Xtreme Games**

**November 19-21
Mt. Hood Aquatic Center
Mt. Hood Community College
Gresham, OR**

Official Event Information

LSCs PARTICIPATING IN THE NORTHWEST REGION MEET
**Alaska, Inland Empire, Montana, Oregon, Pacific, Pacific
Northwest, Sierra Nevada, Snake River, Wyoming**



2010
IM Xtreme Games Championships
 November 19-21, Gresham, OR
 Sanctioned by USA Swimming through Oregon Swimming #10-142

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2009 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Friday November 5, 2010 by 11:59 p.m. Pacific Standard Time.
- ◆ **E-Mail Entry Deadline:** Athletes achieving the qualifying time standards for the first time from Saturday November 6, through Sunday November 14, 2010 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Pacific Standard Time on *Monday November 15, 2010*, and cannot be used to improve the seed time of a prior entry. Please use the official “E-Mail Entry Form”. The e-mail entry form will be provided by the Meet Director.
- ◆ All athletes that are 11-14 years on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
- ◆ This meet will follow IMX Challenge program guidelines.
- ◆ The qualifying standard will be a minimum IMX Challenge score of 1800 points for all locations, ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ Prior to the first session, there will be a positive check-in for all swimmers (not events) in the meet. Check-in will close at 4:15 pm on Friday, November 19th.
- ◆ Swimmers’ and Coaches’ Responsibility—It shall be the swimmers’ and coaches responsibility to acquaint themselves with all of the information contained in this meet information book and any details at the coaches
- ◆ With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- ◆ Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts 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.

Age of the athlete will be the first day of the competition.

Any swimmer that is 11-14 year-old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet will be eligible to enter the meet. A 12-year-old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13-year-old.

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2010 IM Xtreme Games Order of Events

<u>Women's Events</u>	<u>Session 1– Friday November 19</u>	<u>Men's Events</u>
1	11-12 500 Freestyle	2
3	13-14 500 Freestyle	4
	<u>Session 2 - Saturday November 20</u>	
5	13-14 200 Breaststroke	6
7	11-12 100 Breaststroke	8
9	13-14 200 IM	10
	<u>Session 3 - Saturday November 20</u>	
11	11-12 100 Butterfly	12
13	13-14 200 Butterfly	14
15	11-12 100 Backstroke	16
17	13-14 200 Backstroke	18
	<u>Session 4 - Sunday November 21</u>	
19	11-12 200 IM	20
21	13-14 400 IM	22

SCHEDULE:

Friday, November 19, 2010 PM Session

- ◆ Warm ups will start at 4:00 PM
- ◆ Competition will start at 5:00 PM

Saturday, November 20, 2010 PM Session

- ◆ Warm ups will not start before 3:00 PM
- ◆ Competition will start 1 hour after warm ups

Saturday, November 20, 2010 AM Session

- ◆ Warm ups will start at 7:00 AM
- ◆ Competition will start at 8:15 AM

Sunday, November 21, 2010 AM Session

- ◆ Warm ups will start at 7:00 AM
- ◆ Competition will start at 8:15 AM

General Information



Facility Address

Mt. Hood Aquatic Center
Mt. Hood Community College
26000 SE Stark Street
Gresham, Oregon 97030

Meet Referee

Joe Dahl
joe@tcsor.com

Entry Chairperson

Julie Greenaway
503-804-8743
agreena833@aol.com
1409 SE 207th Avenue
Gresham, Oregon 97030

Meet Director

Brandon Drawz
Mt. Hood Aquatic Center
Mt. Hood Community College
26000 SE Stark Street
Gresham, Oregon 97030
503-491-7244
drawzb@mhcc.edu

Co-Meet Director

Julie Greenaway
503-804-8743
agreena833@aol.com
1409 SE 207th Avenue
Gresham, Oregon 97030

Meeting Schedule

Saturday, November 20	7:45am	Coaches General Meeting	Hospitality
Saturday November 20	7:30am	Official's Briefing	Classroom

All subsequent officials' briefings TBA

LSCs PARTICIPATING IN THE NORTHWEST REGION MEET **Alaska, Inland Empire, Montana, Oregon, Pacific, Pacific Northwest, Sierra Nevada, Snake River, Wyoming**

Hotels

For hotel services, please visit the Mount Hood Aquatics website at www.mthoodaquatics.org.

Officials

Mount Hood Aquatics swim club welcomes any of your USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over blue. Shorts are acceptable throughout. Please contact Joe Dahl, Meet Referee, with any officials interested in working, joe@tcsor.com

General Information (Continued)



Heat Sheets/Psyche Sheets

Psyche Sheets: \$10 including all session Heat Sheets
Individual Heat Sheets: \$2.00/session

Airlines

Airlines serving Portland, OR

Air Canada	888-247-2262
Alaska	800-252-7522
American	800-433-7300
Continental	800-523-3273
Delta	800-221-1212
Frontier	800-432-1359
Horizon	800-547-9308
Hawaiian Air	800-367-5320
JetBlue	800-538-2583
SeaPort	888-573-2767
Southwest	800-435-9792
United	800-864-8331
US Airways	800-428-4322

Hotel Information

Please visit www.mthoodaquatics.org and click on the IMX icon for more information regarding hotels in the area.

Car Rental Agencies

Budget Rent-A-Car	503-249-4556
Hertz	503-249-8216
Avis	503-249-4950
Dollar	503-249-4793
Enterprise	503-252-1500

Media Credentials

Anyone wishing media access to the event must complete a media application and submit it to the Meet Director. Applications can be found at www.mthoodaquatics.org, and click on the IMX Icon.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.



Information/Lost & Found

An Information/Lost & Found booth will be available at the front desk when first entering the aquatic center (east side of indoor pool deck).

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the First Aid Room located down the hallway of the indoor pool deck (north side of the pool deck).

Concessions

Concessions will be available for spectators.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room in the GE-201 building across the pathway from the aquatic center (north).

Coaches' Packet

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality

Credential Pick-Up & Registration

Coach & Athlete Credentials can be picked up at the Clerk of Course on the pool deck starting Friday, November 19th at 3:15 p.m.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times.

Team Banners

Banners may be attached to the top rail of the bleachers.

Results (Live Results)

After each evening's finals at these championships, the results will be available at www.mthoodaquatics.org.

Facility Notes

The following rules will be strictly enforced:

1. The Aquatic Center and adjacent campus are designated as smoke free zones. Smoking is not permitted anywhere in the facility or outside of the facility on school grounds.
2. No glass containers will be permitted on deck.
3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and volunteers are allowed on deck. **There are no exceptions.**

Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.

MHAC Main Competition Pool

The water depth at both starting ends is 16 feet.

Warm-up Pool: Continuous warm-up and warm-down in 25 yard diving well.

The Main Competition Pool of the MHAC is 50-meters with eight to ten racing lanes. The seating capacity of the MHAC is 1,800 when covered with the dome. Uncovered, the facility seats 4,300. Presently this pool has been modified to incorporate a minimum of 6 ft pool depth, and a gradual decline to 16 ft. This improvement means an incredible increase in pool speed. Rim flow gutters were installed to disperse waves at optimum level, and new lane ropes were placed to retail water surface tension. With these improvements this pool has experienced a monumental jump in speed and times. To accommodate this pool come 4,000 plus seating capacity, and state of the art scoreboard. Since the rebirth of the outdoor facility, MHAC has received the honor of Excellence in Aquatics award. We welcome all competitors and spectators to enjoy our home.

Pool Certification

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Pool Hours

Friday, November 19	3:00 p.m. - 1 hour after finals
Saturday, November 20	6:30 a.m. - 1 hour after finals
Sunday November 21	6:00 a.m. - 1 hour after finals

- ◆ Friday 11/19 Practice: To arrange practice time on Friday 11/19/10, please contact Brandon Drawz, Director of Aquatics & Recreation at drawzb@mhcc.edu.



Mt. Hood Aquatic Center

Mt. Hood Community College

26000 SE Stark Street

Gresham, OR 97030

503-491-7243

Eastbound:

- Head Southwest on NE Airport Way towards NE Air Cargo Road.
- Take the ramp onto I-205 South.
- Take Exit 22 to merge onto I-84 East/US 30 East, toward The Dalles.
- Take Exit 16 for 238th Drive, towards Wood Village.
- Turn right at NE 238th Drive. Continue onto NE 242nd Drive.
- Turn left at SE Stark Street.
- Turn right onto 257th.
- Turn left onto 17th Street.
- Take first left into parking lot, the pool is on the left behind the soccer field.

Westbound:

- Take I-84 West towards Portland.
- Take Exit 18 towards Lewis & Clark State Park/Oxbow Regional Park.
- Merge onto Crown Point Highway/Jordan Road.
- Turn right at East Historic Columbia River Highway.
- Turn right at East Columbia River Highway/East Historic Columbia River Highway.
- Turn left at Buxton Avenue.
- Take a slight left onto SW Cherry Park Road.
- SW Cherry Park Road turns slightly right and becomes S Troutdale Road.
- Turn right onto 17th Street/Cochran Rd
- Take right into parking lot just past the baseball field, the pool is on the left behind the soccer field.

Northbound:

- Take I-5 North towards Springfield/Portland.
- Merge onto I-205 North.
- Take Exit 22 to merge onto I-84 East/US 30 East, toward The Dalles.
- Take Exit 16 for 238th Drive, towards Wood Village.
- Turn right at NE 238th Drive. Continue onto NE 242nd Drive.
- Turn left at SE Stark Street.
- Turn right onto 257th.
- Turn left onto 17th Street.
- Take first left into parking lot, the pool is on the left behind the soccer field.

Portland International Airport:

- Head Southwest on NE Airport Way towards NE Air Cargo Road.
- Take the ramp onto I-205 South.
- Take Exit 22 to merge onto I-84 East/US 30 East, toward The Dalles.
- Take Exit 16 for 238th Drive, towards Wood Village.
- Turn right at NE 238th Drive. Continue onto NE 242nd Drive.
- Turn left at SE Stark Street.
- Turn right onto 257th.
- Turn left onto 17th Street.
- Take first left into parking lot, the pool is on the left behind the soccer field.

Entering the Meet



Entry Chairperson

Julie Greenaway
503-804-8743
agreena833@aol.com
1409 SE 207th Avenue
Gresham, Oregon 97030

All Entry questions should be directed to:
Julie Greenaway-Entry Chair

Entry Process

The meet will be run using Hytek's Windows Meet Manager. Entries may be made by e-mail. (agreena833@aol.com). Entries not submitted by e-mail will be subject to a \$25 processing fee for teams with more than 3 swimmers. Telephone entries or FAX entries will not be accepted. For entries received by e-mail, an acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of entry will be sent within 24 hours, please contact the entry chair by telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to Mount Hood Aquatics. Mail entries and fees to Julie Greenaway at the address above.

- Entries will be accepted starting October 25, 2010
- Entries will close November 5, 2010

THERE WILL BE NO OME ENTRY PROCESS

E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from **Saturday November 6, through Sunday November 14, 2010** may be sent by e-mail. These entries must be received no later than **11:59 p.m. Pacific Standard Time on Monday November 15, 2010**, and cannot be used to improve the seed time of a prior entry. **Please use the official "E-Mail Entry Form."** The e-mail entry form will be provided by the Meet Director

Qualifying Period

The qualifying period for this event is September 1, 2009 through the entry deadline.

Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1800 verified by USA Swimming.

Entry Fees:

\$5.00 per athlete surcharge
\$25.00 per 11-12 athlete entry
\$30.00 per 13-14 athlete entry

Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. All entry times must be proven.

Events

11 & 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13 & 14-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Scoring

Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total.

Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring. Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed as a reason for a no-show.

Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender.

Team Scoring & Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.

Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Games and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

“Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.”

ELIGIBILITY:

Swimmer(s) must be registered with USA Swimming and be between the ages of 11 and 14 to be accepted in this meet. Age as of November 19, 2010, shall determine swimmer’s age for the entire meet.

Membership Requirement

All coaches and officials expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

Coaches MUST constantly display their current USA Swimming coach credentials to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms. Athletes entered in the meet will receive a deck pass as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage

therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

Check-In

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Start at the Clerk of Course table upon entry to the pool deck. At that time you must present your coach membership card. Have your coach membership card with you.
- B. After you have been cleared, you will receive your coaches packet, swimmers’ IDs and goodie bags.
- C. Present any questions to the Meet Referee or Meet Director.

Positive Check-In for Athletes

There will be a positive check-in for all swimmers (not events) in the meet prior to the first session. Check-in will close at 4:15 pm on Friday, November 19th.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

Swimsuits

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.



SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Thursday, November 18)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and **make checks payable to: Mount Hood Aquatics** Thank you.

Send to: **Julie Greenaway**
 1409 SE 207th Avenue
 Gresham, OR 97030

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:

Athlete Surcharge Boys: _____ X \$ 5.00 = _____
 Girls: _____ X \$ 5.00 = _____

Number of 11-12 yr. old individual entries: _____ X \$ 25.00 = _____

Number of 13-14 yr. old individual entries: _____ X \$30.00 = _____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry:

Coaches:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Club Official FAX: _____

Daytime Phone: () _____

Club Official E-mail: _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assignees, hereby releases and forever discharges the host club (Mount Hood Aquatics), USA Swimming, the host club and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club, USA Swimming, the host club and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____

Date _____

*Person who signs above is responsible for any fines imposed on the club.

*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please list the name of your spokesperson: _____

Did you submit?

<input type="checkbox"/>	Electronic entries
<input type="checkbox"/>	Check for entries
<input type="checkbox"/>	I have read the meet information , the entry and competition procedures and understand all of them.
<input type="checkbox"/>	This completed form