



2011-12
USA Swimming
IM Xtreme Games-NMW

November 19-20, 2011
IUPUI Natatorium
Indianapolis, IN

Official Event Information

LSCs PARTICIPATING IN THE NORTHERN MID-WEST REGION MEET
Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern,
Minnesota, North Dakota, Ohio, South Dakota, Wisconsin



2011-12
USA Swimming IM Xtreme Games –NMW
 November 19-20, 2011 Indianapolis, IN
 Sanctioned by USA Swimming through Indiana Swimming # IN12010

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2010 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Saturday November 5, 2011 by 11:59 p.m. Eastern Standard Time. If the meet is not full, the Entry Deadline may be extended.
- ◆ **E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday November 5, through Sunday November 13, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday November 14, 2011, 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 USA Swimming Registered athletes that are between the ages of 11-16 on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age group during the qualifying period.
- ◆ This meet will follow IMX Challenge program guidelines.
- ◆ The qualifying standard will be a minimum IMX Challenge score of 1500 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 remain open until 7:30am on Saturday, November 20th.
- ◆ 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

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

Any swimmer that is 11-16 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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2011-12 USA Swimming IM Xtreme Games-NMW Order of Events

<u>Women's Events</u>	<u>Session 1- Saturday November 19</u>	<u>Men's Events</u>
1	11-12 500 Freestyle	2
3	13-14 500 Freestyle	4
5	15-16 500 Free	6
	<u>Session 2 - Saturday November 19</u>	
7	13-14 200 Breaststroke	8
9	15-16 200 Breaststroke	10
11	11-12 100 Breaststroke	12
13	13-14 200 IM	14
15	15-16 200 IM	16
	<u>Session 3 - Sunday November 20</u>	
17	11-12 100 Butterfly	18
19	13-14 200 Butterfly	20
21	15-16 200 Butterfly	22
23	11-12 100 Backstroke	24
25	13-14 200 Backstroke	26
27	15-16 200 Backstroke	28
	<u>Session 4 - Sunday November 20</u>	
29	11-12 200 IM	30
31	13-14 400 IM	32
33	15-16 400 IM	34

SCHEDULE:

Saturday, November 19, 2011 AM Session

- ◆ Warm ups will not begin before 7:00 AM
- ◆ Competition will not begin before 8:15 AM

Sunday, November 20, 2011 AM Session

- ◆ Warm ups will not begin before 7:00 AM
- ◆ Competition will not begin before 8:15 AM

Saturday, November 19, 2011 PM Session

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

Sunday, November 20, 2011 PM Session

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

General Information



<p>Facility Address IUPUI Natatorium 901 West New York Street Indianapolis, IN</p> <p>Meet Referee Brenda Fisher bfjazz@sbcglobal.net</p> <p>Entry Chairperson Scott Wittig 317-670-0338 entries@brownburgswimclub.com 35 Lakeshore Circle Brownsburg IN 46112</p>	<p>Meet Director Jay Watson 36 Ridgeway Drive Brownsburg, IN 46112 317-858-8825 we4watsons@sbcglobal.net</p>
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Meeting Schedule				
Saturday, November 19	7:45am	Coaches General Meeting	Hospitality	
Saturday November 19	7:30am	Official's Briefing	NW Hallway	
<i>All subsequent officials' briefings TBA</i>				
Sunday, November 20		Evaluation Meeting—Prior to start of Sunday PM Session		

LSCs Participating in the Northern Mid-West Region Meet

Illinois	Midwestern
Indiana	Minnesota
Iowa	North Dakota
Kentucky	Ohio
Lake Erie	South Dakota
Michigan	Wisconsin

Officials

The Brownsburg 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 Jay Watson with the names of any officials interested in working, we4watsons@sbcglobal.net.

General Information (Continued)



Ticket Information

All Session Pass:

Adults	\$20.00
Students/Senior	\$10.00
10 & U Children	No Charge

Heat Sheets \$5.00.

Single Session Tickets:

Adult	\$5.00
Student/Senior	\$2.50
10 & U Children	No Charge

- ◆ Includes admission to IM Ready
- ◆ Wristbands must be worn throughout the meet

Heat Sheets/Psyche Sheets

Psyche Sheets: \$10 including all session Heat Sheets

Individual Heat Sheets: \$2.00/session

Airlines

Airlines serving Indianapolis, IN

United	800/521-4041
America West	800/235-9292
American	800/433-7300
America Trans Air	800/225-2995
Continental	800/523-3273
Delta	800/221-1212
Northwest	800/225-2525
Southwest	800/435-9792
US Airways	800/428-4322

Nearby Hotels

There are several hotels downtown near the Natatorium. Two of the closest, within walking distance to the venue, are:

University Place Conference Center and Hotel

317/269-9000
850 West Michigan Street; Indianapolis 46202
Conveniently located on the Campus of IUPUI
Complimentary Internet; In-House Restaurants

Courtyard by Marriott Downtown

317/822-9029
601 West Washington Street; Indianapolis 46204
Complimentary Internet; On-Site Business Center;
State-of-the-Art Fitness Center & Indoor Pool;
Business Center; Connected to TGI Friday's
Rate includes breakfast vouchers with "grab and go" healthy options.

Car Rental Agencies

Alamo	800/327-9633
Avis	800/230-4898
Budget Rent-A-Car	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

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 imxindy.org

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 lifeguard office on the east side of the pool deck.

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office on the east side of the pool deck.

Parking

Parking will be \$5.00 per day. Location of parking lots can be found on the map at imxindy.org.

Concessions

Concessions will be available for spectators at the first floor concession stand.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room in the SE corner of the deck.

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 entrance to the pool on the deck level of the IU Natatorium starting Saturday November 19 at 6:30 a.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 balcony railing using rope or cord. Please do not use adhesives.

Results (Live Results)

Live Results will be available through the link on www.imxindy.org and pdf files will be posted after each session at the same website.

Facility Notes

Seating gallery: Open on the west side of the facility only. Contains seats with backs as well as bleacher seating.

Facility Notes (continued)

The following rules will be strictly enforced:

1. The IUPUI Natatorium is designated as smoke free zones. Smoking is not permitted anywhere in the facility or outside of the facility on school grounds.
2. No food or drinks with exception of plastic water bottles 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.

IU NATATORIUM Main Competition Pool

The water depth at both starting ends is 9 feet. Warm-up Pool: Continuous warm-up and warm-down in 25 yard diving well.

The Main Competition Pool of the IU Natatorium is 50-meters with eight racing lanes. Two moveable bulkheads allow for long or short course events as well as hosting water polo and synchronized swimming. The seating capacity of the Natatorium is 4,700 making it the largest indoor pool in the United States. There is also room for additional seating of 1,500 on deck. The depth of the pool is 9 feet at the ends and 10 feet at center of pool. Water temperature is kept at 79 degrees. The main pool contains six underwater windows for television and coaching analysis. There are approximately one million gallons of water in the main pool. Currently there have been 90 American Records and 11 World Records set in the pool to date.

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

Saturday, November 19 6:00 a.m. - 9:00 p.m.
 Sunday November 22 6:00 a.m. - 1 hour after finals

- ◆ Friday 11/18 Practice: To arrange practice time on Friday 11/18/11, please contact Ed Merkling Program Manager at emerklin@IUPUI.edu



IU Natatorium

901 W New York St

Indianapolis, IN 46202

Getting to Indianapolis and the IUPUI Sport Complex is easy! Indianapolis, known as the "Crossroads of America" has seven major interstates leading into it. This makes traveling from any of the major surrounding cities a breeze. Did you know that 50 percent of the U.S. population are within one days drive of Indianapolis? That may be why Indianapolis has become a hot spot for tourism, conventions and sporting events. With world class facilities, like the IUPUI Sport Complex, it is easy to see why so many organizations choose to hold their events here.

Interstate 65 (North):

- From North take exit 114 and follow West St. (Dr. Martin Luther King Jr. St.) South to Michigan St. and turn right.
- Turn left on N. University Blvd.
- Turn left on New York St. and the Natatorium will be on the immediate right

Interstate 65 (South):

- From South turn on to I-70 West from I-65.
- Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) North to Michigan St.
- Turn left on Michigan St.
- Turn left on N. University Blvd.
- Turn left on New York St. and the Natatorium will be on your right.

Interstate 70 (West):

- Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) North to Michigan St.
- Turn left on Michigan St.
- Turn left on N. University Blvd.
- Turn left on New York St. and the Natatorium will be on your right.

Interstate 70 (East):

- From East turn on to I-65 north from I-70 (merge into the far LEFT lane)
- Take exit 114 to West st. (Dr. Martin Luther King Jr. St.)
- Turn right onto Michigan St.
- Turn left on N. University Blvd.
- Turn left on W. New York St. the Natatorium will be on the right.

Indianapolis International Airport:

- From the airport, follow signs onto I-70 E.
- Continue on I-70 E. for approx. 4 miles, and take Exit 79A
- From the exit, go straight (across West St.) and you will arrive at S. Missouri St.
- Turn left (North) onto S. Missouri St.
- S. Missouri St. will merge into West St. continue traveling North on West St. to Michigan St.
- Turn left on Michigan St.
- Turn left onto University Blvd.
- Turn left onto W. New York St.
- IU Natatorium and parking garage will be on your right.

Entering the Meet



Entry Chairperson

Scott Wittig
317-670-0338
entries@brownsburgswimclub.com
35 Lakeshore Circle,
Brownsburg IN 46112

All Entry questions should be directed to:
Scott Wittig-Entry Chair

Entry Process

The meet will be run using Hytek's Windows Meet Manager. Entries may be made by e-mail. (entries@brownsburgswimclub.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 Brownsburg Swim Club. Mail entries and fees to Scott Wittig at the address above.

- Entries will be accepted starting October 24, 2011 EST
- Entries will close November 5, 2011 EST. If the meet is not full, the Entry Deadline may be extended.

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 13, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday November 14, 2011, 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, 2010 through the entry deadline.

Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1500 verified by USA Swimming.

Entry Fees:

\$5.00 per athlete surcharge
\$25.00 per 11-12 athlete entry
\$30.00 per 13-16 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.

Events

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

13,14,15 &16-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.

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 to 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 16 to be accepted in this meet. Age as of November 19, 2011 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. All others will be required to purchase individual tickets. 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 check-in table at the base of the stairs on deck level at the IU Natatorium. 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 7:30am on Saturday 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.

Restrictions

- ◆ **USA SWIMMING RULES 103.11 AND 103.12 REGARDING TABACCO AND ALCOHOL USE WILL BE STRICTLY ENFORCED.**
- ◆ **The use of audio or visual recording devices, including cell phone cameras, is not allowed in changing areas, restrooms or locker rooms.**
- ◆ **On-deck changing is not allowed**
- ◆ **All swimmers entered in the competition must comply with USA Swimming Rulebook section 102.8 regarding swimwear and taping.**



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 17)

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: Brownsburg Swim Club** Thank you.

Send to: **Scott Wittig**
35 Lakeshore Circle
Brownsburg, IN 46112

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:

<i>Athlete Surcharge</i>	Boys: _____	X	\$ 5.00 =	_____
	Girls: _____	X	\$ 5.00 =	_____
<i>Facility Renovation Fee</i>	Boys: _____	X	\$ 1.50 =	_____
	Girls: _____	X	\$ 1.50 =	_____

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

Number of 13-16 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 (Brownsburg Swim Club), 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