



IMX DISTANCE CHALLENGE



Hosted by Eagle Swim Team

January 7-8, 2017

Held at McDonogh School – Rosenburg Aquatic Center, 8600 McDonogh Road, Owings Mills, MD, 21117

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction # MD 16-17/016

In granting this approval it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C

CERTIFIED MEET DIRECTOR Daniel Russell 443-544-7150 Daniel.russell0827@gmail.com	CERTIFIED MEET ENTRY COORDINATOR Clarke Nyman PO BOX 371 Reisterstown, MD, 21136 315-382-2125 Coach.clarke.est@gmail.com
MEET REFEREE Joe Cucchiaro joecucchiaro@yahoo.com	USA Registered MEET SAFETY DIRECTOR John Clark 443-544-7163 John.clark71@gmail.com
OFFICIALS CONTACT Joe Cucchiaro joecucchiaro@yahoo.com	ADMIN OFFICIAL Melanie Snyder

FACILITY

McDonogh School has an indoor eight-lane, 25 yard competition pool. In addition, opposite the competition pool is a nine-lane, 20 yard warm-up/cool-down pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. The minimum water depth, measured in accordance with USA Swimming Article 103.2.3 is 8'0" at the start end and 6'0" at the turn end." The competition course has not been certified in accordance with USA Swimming Article 104.2.2C (4). There is ample parking in the McDonogh School's Eagle Lot. Please do not park or leave your car in the drop-off circle.

MEET FORMAT

This is a timed final meet. All athletes must check-in to participate in their events.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, Jan. 7, 2017	7:30 AM	8:30 AM	11 & Older
2	Saturday, Jan. 7, 2017	12:30 PM	1:30 PM	OPEN
3	Sunday, Jan. 8, 2017	7:30 AM	8:30 AM	11 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Dec. 23, 2016	12:00PM	Entry deadline
Saturday, Jan. 7, 2017	1 hour before meet starts	Officials Meeting
Saturday, Jan. 7, 2017	20 min. after warm-ups start	Athlete Check-In deadline (Session 1)
Saturday, Jan. 7, 2017	20 min. after warm-ups start	Athlete Check-In deadline (Session 2)
Sunday, Jan. 8, 2017	20 min. after warm-ups start	Athlete Check-In deadline (Session 3)

SAFETY

The MSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. Upon approval by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm up areas. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

RACING STARTS

Per USA Swimming Rules Article 202.4.9 (D): 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.

RULES

Per USA Swimming Rules Article 202.4.9(H,I,J)and 305.3 Code of Conduct.

- This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.
- Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.
- Deck changes are prohibited.
- If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure the swimmers are familiar with and understand how overhead starts are done.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. All entries must be submitted with Short Course Yard Times. "No Time" (NT)'s may be submitted, but estimated times are strongly encouraged.

SWIMMERS WITH DISABILITIES

EAGLE SWIM TEAM welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit **EAGLE SWIM TEAM's** ability to accommodate all requests.

ENTRIES

All entries must be submitted with Short Course Yard Times. Teams can use a “No Time” (NT), but estimated times are strongly encouraged. All entries must be submitted via email to Clarke Nyman –

coach.clarke.est@gmail.com – with accompanying (1) Team Manager or Team Unify Elctronic Files [.hy3, .cl2], and (2) a PDF Report of Entries by NAME.

Checks for Entry Fees should be made payable to Eagle Swim Team and mailed with disk (or Entry Forms) to :

Clarke Nyman, Entry Director
PO BOX 371
Reisterstown, MD, 21136

Please Note: Payment in full must be received before the entry deadline to the Meet Entry Coordinator in order to be accepted. **EAGLE SWIM TEAM** entries will be entered first and then accept teams/entries in the order received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed.

Maryland LSC Team

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 events per session and five (5) individual events for the meet.

The 1650 Free, 1000 Free, & 400 IM are 11 & Over events.

No 8 & Unders may participate in the meet.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt, and acceptance/rejection of the entry file.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received.

ENTRY FEES

	Make checks payable to: EAGLE SWIM TEAM		
	LSC Surcharge	\$2.00 per Swimmer	
	Individual Event	\$7.50 per event	

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. The 1650 Free, 400 IM, and 1000 Free events will be Mixed Gender, 11 & older, and seeded fastest to slowest.

CHECK-IN	<p>Athlete check-in will be required for all events.</p> <ul style="list-style-type: none"> • Deadline for Athlete Check-In will be 20 minutes after the start of each warm-up session. • Swimmers who fail to “check-in” will be scratched from the event and not seeded. • The 1650 Free, 400 IM, and 1000 Free will be mixed gender, 11 & older, and swum fastest to slowest. • Any swimmer who “checks-in” for an event and fails to compete in said event shall be barred from competing in his/her next individual event per MSI Rules and Regulations 3.1.7 Positive Check-in Events.
SCRATCHES	<p>There will be no penalty for scratching events before the Athlete Check-in deadline.</p>
SCORING	<p>No team or individual scoring will be kept.</p>
AWARDS	<p>A speedo gift for the Overall Top 10 in the 1000/1650. Maximum of 1 award per swimmer</p>
RESULTS	<p>Results will be posted on EAGLE SWIM TEAM's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.</p>
COACHES	<p>All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Either Deck Pass or a membership card will be acceptable as proof of membership. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.</p>
OFFICIALS	<p>EAGLE SWIM TEAM welcomes and encourages anyone willing to volunteer as an official who is registered and certified with USA Swimming. Either Deck Pass or a membership card will be acceptable as proof of membership. Official briefings will be held in the hospitality area ONE HOUR prior to the start of each session. Advance sign up is appreciated but not required. Please contact the Meet Referee, Joe Cucchiaro, at joecucchiaro@yahoo.com to sign up.</p>
TIMERS/ VOLUNTEERS	<p>Eagle Swim Team volunteers will be helping to run that meet as timers, computer operators, concessions, etc. Volunteer must have their credentials before beginning their positions, and should check-in with the Volunteer Coordinator. A timers meeting will take place 30 minutes before the beginning of Sessions 2. For Session 1 & 3, as well as the 500 Free during Session 2, swimmers will need to provide their own timers.</p>
HOSPITALITY/ CONCESSIONS	<p>There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.</p>

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.

ORDER OF EVENTS & QUALIFYING TIMES**Session 1**

Saturday, January 7, 2017

Warm-up: 7:30 AM; Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
1	*11 & OVER MIXED 1650 FREE	1

***ALL SWIMMERS IN THE 1650 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

***THE 1650 FREE WILL BE MIXED GENDER AND SEEDED FASTEST TO SLOWEST.**

Session 2

Saturday, January 7, 2017

Warm-up: 12:30 PM; Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
2	OPEN 200 BACK	3
4	OPEN 200 IM	5
6	OPEN 200 BREAST	7
8	OPEN 200 FLY	9
10	*OPEN 500 FREE	11

***ALL SWIMMERS IN THE 500 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

Session 3

Sunday, October 9, 2016

Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls/Women	Event	Boys/Men
12	*11 & OVER MIXED 1000 FREE	12
13	*11 & OVER MIXED 400 IM	13

***THE 400 IM AND 1000 FREE EVENTS ARE MIXED GENDER AND SEEDED FASTEST TO SLOWEST.**

***ALL SWIMMERS IN THE 400 IM MUST PROVIDE THEIR OWN TIMER.**

***ALL SWIMMERS IN THE 1000 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

EST SPEEDO IMX CHALLENGE MEET

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **EAGLE SWIM TEAM**): EAGLE SWIM TEAM

ATTN: MEET ENTRY COORDINATOR PO BOX
371

REISTERSTOWN, MD, 21136

Email to: COACH.CLARKE.EST@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
LSC Surcharge		\$2.00 per swimmer	
Individual Entries		\$7.50 per event	
Relay Entries		\$0.00 per relay	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. EAGLE SWIM TEAM, McDONOGH SCHOOL, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE