

IM EXTREME CHALLENGE

SATURDAY JANUARY 3, 2009

Sanction: Hold under sanction of USA Swimming, issued by North Carolina Swimming, Inc.
Sanction #NC09006

Host: SwimMAC

Facility: SwimMAC
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

The SwimMAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system, single pedestal Paddock stainless steel starting platforms and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectators

Schedule: SATURDAY

Session I

Warm-up	8:30AM
Timed Finals	9:30AM

Session II

Warm-up:	1:30PM
Timed Finals:	2:30PM

Format: All events will be conducted on a timed final basis. The age groups for Session I will be 12&U and Open. The age group for Session II will be open. There will be a positive check-in for each event during warm-up. Meet Management reserves the right to combine heats of the 1650 Free.

Eligibility: All swimmers must be registered with USA Swimming and be members of SwimMAC.

Entry Limits: Swimmers are limited to two individual events.

Rules: This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook, except where Rules therein are optional and exceptions are stated. The NCS 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.

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.

During the competition, there will be lanes available for continuous warm-up/warm-down. There is to be no diving or horseplay in this area.

Entry Forms: Entries can be submitted on a 3.5" Disk generated by HY-TEK Team Manager OR the enclosed meet entry forms and summary sheet. All computer entries must be accompanied by a hard copy of the entire entry. Please list each swimmer's age as of January 24, 2009.

All entries, manual or computer generated, must include the following forms:

1. Official Summary Sheet
2. Payment of Fees

Fees: \$8 per swimmer.
Please make check payable to SwimMAC.

Entry Limit: Entries must be received by **Wednesday, December 10, 2008 by 7:30PM**. No Fax or phone entries. Late entries will be accepted at the discretion of Meet Director.
Please mail entries to:

SwimMAC
9850 Providence Road
Charlotte, NC 28277
Attention: IMX Challenge Meet Directors

Officials: SwimMAC welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please contact the Meet Director by telephone or the Meet Referee once you arrive.

All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

Meet

Management: Meet Director: Danen Murray
Meet Referee: Richard Pockat
Meet Marshall: Carrie Andrews

Meetings: There will be an Officials' briefing at 9:00 am and 2:00 pm in the Aerobics Room.
There will also be a Coaches' meeting at 9:20 am and 2:20 pm in the Aerobics Room as well.

Hospitality &

Concessions: There will be hospitality room open to all coaches and officials.

Release: USA Swimming, North Carolina Swimming Inc., SwimMAC @ Charlotte Latin School, and SwimMAC and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Attachments: Order of Events
Individual Entry Forms
Entry Summary Form

Information: Please contact Carrie Andrews at 704-846-5335 Ext. 112 for more information.

**IM Extreme Challenge
January 3, 2009**

Club Name _____ Abbreviation _____
Address _____
City _____ State _____ Zip Code _____
Head Coach _____ Home Phone: _____
Asst. Coach _____ Work Phone: _____
Asst. Coach _____ Fax: _____
Asst. Coach _____
E-Mail: _____

All coaches identified above are currently registered as coaches with USA Swimming Inc., and are responsible for the swimmers entered in this meet during the meet.

Signature _____ Date _____

Entry Deadline: Received by 7:30pm Wednesday December 10, 2008

Mail Entries to: Meet Directors
IMX Challenge Meet
9850 Providence Road
Charlotte, NC 28277

ENTRY FEE SUMMARY

# of Swimmers		X \$8 each	
----------------------	--	-------------------	--

Make check payable to the SwimMAC

USA Swimming, North Carolina Swimming Inc., SwimMAC, and Charlotte Latin School, shall be held free and harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

**IM EXTREME CHALLENGE
SATURDAY, JANUARY 3, 2009**

Host: SwimMAC

Facility: SwimMAC
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

Schedule: Session I
Warm-ups: 8:30am
Timed Finals: 9:30am

Session II
Warm-ups: 1:30pm
Timed Finals: 2:30pm

**Athletes need to check with their coach to verify which session they will swim.*

Eligibility This meet is open to Silver, Gold, White, Orange, and Blue. Other swimmers may be added at coach's discretion.

Entry Limit: Swimmers may swim two events.

Entry Fees: Individual Events: \$8.00

Non-Participation: If you will not be competing in this meet you must return the non-participation form by Monday December 8th, 2008 otherwise you will be entered and your escrow debited.

**SwimMAC IMX CHALLENGE JANUARY 3, 2009
Non-Participation Form
Due Monday December 8, 2008**

NAME _____ GROUP _____

REASON _____

SIGNED _____ DATE _____

IM EXTREME CHALLENGE
SATURDAY, JANUARY 3, 2009
ORDER OF EVENTS

Saturday
January 3, 2009

Session I

Warm-ups: 8:30AM
Meet: 9:30AM

Event #

Girls

1 Open 200 Fly
3 12&U 500 Free
5 Open 500 Free
7 Open 200 Breast
9 12&U 200 IM
11 Open 400 IM

Boys

2
4
6
8
10
12

Session II

Warm-up: 1:30PM
Meet: 2:30PM

Event #

Girls

13 Open 1650 Free

Boys

14

SESSION I ELIGIBILITY

To be eligible to swim the 12 & Under 500 Free, swimmers must have achieved a BB time in the 200 Free in their respective age-group. In order for 13&O athletes to swim the 400 IM, you must have swum the 200 IM. In order for 12&U athletes to swim the 400 IM, you must have a BB in the 11-12 200 IM.

SESSION II ELIGIBILITY

In order to swim the 1650 Free, swimmers must have completed the 500 Free within 6:30.