

STAR IMR-IMX Invitational

October 23 and 24

The meet will be conducted under the auspices of North Carolina Swimming, Inc. & USA Swimming, the rules of which will apply.

- SANCTION #:** NC10112
- HOST CLUB:** STAR Aquatics, LLC – 10% of the profit from this meet will be donated to The Triad area Humane Society.
- LOCATION:** Gateway YWCA of Winston Salem
1300 South Main Street
Winston Salem, NC 27127
- VENUE:** The YWCA Gateway Facility, Winston-Salem, N.C. An 8-lane, 25 yd. pool with a depth of 6 feet on the starting end. Pool has non-turbulent lane lines, Colorado Timing System with 8-lane scoreboard display and custom starting blocks. There is a two lane warm-up/cool-down pool that will be available. This pool is not certified by USA Swimming.
- OFFICIALS:** Meet Referee: Gary Flynn gary_flynn@bellsouth.net 336.855.6814
MEET DIRECTOR: Michele Hendrix lyta@badwolf-us.com 336.847.2613
- HEAD COACH:** Jay Dodson jay@staraquatics.net 336.337.0169
MEET MARSHAL: Gary & Jan Byrum
- RULES:** The meet will be conducted in accordance with current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions must be stated.
- ELIGIBILITY:** STAR Aquatics 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 [Host Team Name here] ability to accommodate all requests. All swimmers must be currently registered 2010 athlete members of USA Swimming and all coaches who wish to have deck access must be currently registered 2010 non-athlete coach members of USA-S. 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.
- CREDENTIALS:** In accordance with North Carolina Swimming Rules, coaches and officials are required to display proof of current USA Swimming membership.
- SCHEDULE:** October 23rd & 24th **IM Xtreme Session**
Warm-up: Not before 7:00 AM
Competition: Not before 8:30 AM
- SCHEDULE:** October 23rd and 24th **IM Ready Session**
Warm-up: Not before 12:30 PM
Competition: 1 Hour after warm-ups begin

- MEET FORMAT:** The purpose of this meet is to give the kids an opportunity to get an IM Ready score or an IM Xtreme score. Therefore, there are two separate sessions in this meet format: an IM Ready session and an IM Xtreme session. There will be 72 “open” events, 36 events in the IMR session and 36 in the IMX session. Each event will be run as timed-finals. Star Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time.
- SEEDING:** All events will be pre-seeded except for the 400 IM & 500 Free. Deck seeded entries may be limited as deemed necessary by the meet director to fit within timelines. Deck seeded events will be swum slowest to fastest in traditional girl/boy format.
- ENTRY LIMITS:** All Swimmers competing in either the IMX or IMX Ready may enter up to three (3) events per day. Swimmers must choose to participate in either the IM Ready session or the IM Xtreme session and may not enter both.
- ENTRIES:** Please submit entries on Hy-tek Meet Manager compatible diskettes accompanied by enclosed summary form. List the swimmer’s age as of October 23, 2010. Only properly completed forms accompanied by payment will be accepted.
Please note that the following entry guidelines will be strictly enforced by the meet director:
- 1. Payment must be attached with all entries.**
 - 2. There may be on-deck entries taken at this meet, but in open lanes only, with double fees paid at the time of entry. All deck entered swimmers must be USA swimming athlete members and already entered in the meet.**
 - 3. Entries are welcome on disk which must be compatible with Hy-tek’s Meet Manager program and accompanied by hard copy documentation.**
- ENTRY TIMES:** Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths. NT times will be accepted.
- ENTRY DEADLINE:** **Tuesday, October 12, 2010.** Entries will be accepted up to Midnight on Tuesday, October 12, 2010. Telephone entries will not be accepted. Changes to entries will be accepted by email. Please follow up to be sure that the meet director has received any changes. Entries will be accepted in the order in which completed entries are received. Entries may be limited at the discretion of the meet director in order to manage the timeline.
- ENTRY FEES:** \$2.50 per individual event
\$9.00 per swimmer facility surcharge
\$4.00 per swimmer NCS Travel Fund
- Double fees will be charged for late entries. A late entry is any entry received after midnight on Monday, October 18, 2010. All fees are non-refundable. A check made out to Star Aquatics must accompany entries.
- MAIL ENTRIES TO:** Star Aquatics
P.O. Box 16311
High Point, NC 27261
Entries@staraquatics.net
- SCRATCHES:** A swimmer may scratch a pre-seeded event on the blocks without penalty. Swimmers entered in the 400 IM or 500 FR, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.
- AWARDS:** Individual Events 1st- 8th Place Ribbon
Heat winner prizes will be awarded throughout the meet.
- SCORING:** The meet will not be scored individually or by team.

WARM-UP RULES: Specific warm-ups will be held in accordance with the NCS safety program. Lane assignments for warm-ups will be available in the coaches' packets. A current coach's card will be required to obtain the packet and must be with the coach at all times on deck. Please begin warm-up procedures at the starting end of the pool only. Diving will not be allowed until specific warm-up period is announced. Specific warm-up times and procedures will be emailed prior to the meet and also detailed in the coaches' packet.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

COACHES MEETING: There will be a coaches meeting Saturday October 23rd at 8:00am or as announced by the meet referee.

OFFICIALS : There will be an officials meeting at 8:00am Saturday and 30 minutes prior to the start of the other sessions as needed. Star Aquatics welcomes and encourages the participation of visiting officials. All officials must wear current USA membership card while on deck.

RULES / OTHER: **Positive check-in is required for the following events as per deadlines listed:**
400 IM – Sunday am by the end of warm-ups for the IMX Session
500 Free – Saturday am by the end of warm-ups for the IMX Session
500 Free – Sunday pm by the end of warm-ups for the IMR Session

Swimmers competing in the 500 Free must provide their own counter (timers will be provided).

FACILITY RULES: Coolers are not allowed in the facility. This will be strictly enforced by facility management.

No personal items should be left in the spectator area overnight (or when not in use). Anything left will be removed and placed in lost and found.

Entry to the building and pool area is through the main lobby only.

Release Statement: USA Swimming Inc. North Carolina Swimming Inc., Star Aquatics LLC, Gateway YWCA and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

STAR IMR-IMX Invitational
October 23rd and 24th, 2010
ORDER OF EVENTS

IMXtreme Saturday, October 23rd

Morning Session

Warm-up 7:00 to 8:20am Meet Starts 8:30am

Girls	Event	Boys
1	Senior 200 IM	2
3	11-12 200 IM	4
5	10 & Under 200 IM	6
7	Senior 200 Backstroke	8
9	11-12 100 Backstroke	10
11	10 & Under 100 Backstroke	12
13	Senior 500 Free	14
15	11-12 500 Free	16
17	10 & Under 200 Free	18

IMXtreme Sunday, October 24th

Morning Session

Warm-up 7:00 to 8:20am Meet Starts 8:30am

Girls	Event	Boys
37	Senior 200 Butterfly	38
39	11-12 100 Butterfly	40
41	10 & Under 100 Butterfly	42
43	Senior 200 Breaststroke	44
45	11-12 100 Breaststroke	46
47	10 & Under 100 Breaststroke	48
49	Senior 400IM	50
51	11-12 100 IM*	52
53	10 & Under 100IM*	54

*Events that are not a part of the IMX event list and are not required in order to have an IMX score and may be removed if timelines require.

IMX Ready Order of Events

IMReady Saturday, October 23rd

Afternoon Session

Warm-ups not before 12:30pm

Meet Starts 1 hour after

Girls	Event	Boys
19	Senior 200 IM	20
21	11-12 100 IM	22
23	10 & Under 100 IM	24
25	Senior 100 Backstroke	26
27	11-12 50 Backstroke	28
29	10 & Under 50 Backstroke	30
31	Senior 200 Free	32
33	11-12 200 Free	34
35	10 & Under 100 Free	36

IMReady Sunday October 24th

Afternoon Session

Warm-ups not before 12:30pm

Meet Starts 1 hour after

Girls	Event	Boys
55	Senior 100 Butterfly	56
57	11-12 50 Butterfly	58
59	10 & Under 50 Butterfly	60
61	Senior 100 Breaststroke	62
63	11-12 50 Breaststroke	64
65	10 & Under 50 Breaststroke	66
67	Senior 500 Free*	68
69	11-12 200 IM*	70
71	10 & Under 200IM*	72

*Events that are not a part of the IMR event list and are not required in order to have an IMX score and may be removed if timelines require.

STAR IMR-IMX Invitational
October 23 & 24, 2010
MEET ENTRIES/ENTRY FEES SUMMARY FORM

AGE GROUP	TOTAL # SWIMMERS	NCS TRAVEL FUND@ \$4 PER SWIMMER	FACILITY SURCHARGE @ \$9 PER SWIMMER	TOTAL INDIVIDUAL ENTRIES	INDIVIDUAL ENTRIES @ \$2.50	RELAY ENTRIES @ \$8.00	
8 UND GIRLS							
9-10 GIRLS							
11-12 GIRLS							
13-18 GIRLS							
8 UND BOYS							
9-10 BOYS							
11-12 BOYS							
13-18 BOYS							
TOTALS							

TOTAL NCS TRAVEL \$ _____
TOTAL FACILITY SURCHARGE \$ _____
TOTAL INDIVIDUAL ENTRY FEE \$ _____
TOTAL RELAY ENTRIES \$ _____
TOTAL ENTERED \$ _____

PLEASE RETURN THIS SUMMARY SHEET BY JANUARY 26TH WITH ENTRY FEES, DISK AND HARD COPY OF ENTRIES TO:

STAR AQUATICS
P.O. BOX 16311
High Point, NC. 27261

entries@staraquatics.net
336-847-2613

MAKE CHECKS PAYABLE TO STAR AQUATICS

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC STAR AQUATICS, LLC. WSSU, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

HEAD COACH SIGNATURE _____ PHONE _____
PRINT COACH'S NAME _____ E-MAIL ADDRESS _____
CLUB NAME _____ CLUB CODE _____
CLUB ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____