



PACK

IM XTREME (IMX) & IM Ready (IMR) MEET

Premier Aquatics Club of Klein

January 15 - 17, 2016

A Short Course Yards Timed Finals Meet

SANCTION: #GUSC 16-047

ENTRIES DUE BY 6:00 PM, MONDAY, JANUARY 4th.

Time Trials on Saturday and Sunday following the meet for all ages.

MEET FORMAT: This meet is formatted to offer swimmers the ability to swim all their IM Xtreme (IMX) OR IM Ready (IMR) Events in 1 meet. Swimmers entering the meet MUST enter all their IMX OR all their IMR events for their age group.

12 & Under Swimmers will be offered a choice of swimming their 5 IM Xtreme (IMX) Events OR their 5 IM Ready Events. **MUST enter EITHER all 5 IMX events OR all 5 IMR events, CANNOT mix your 5 entries between IMX and IMR.**

13 & Over Swimmers will be offered their 6 IM Xtreme (IMX) events and must enter all 6.

See list of events for IMX and IMR by age group on Page 4.

LOCATION: Klein High School Natatorium.
16715 Stuebner Airline
Klein, Texas 77379
Directions: See map on last page of this announcement



COACHES: **Mike McCauley** Executive Director/Head Coach
Shane McCauley Head Age Group Coach

MEET REFEREE: **Tom Jones** twjones@earthlink.net

ADMINISTRATIVE OFFICIAL: **Donna Akins**

MEET DIRECTORS: **Lyne Martin** packswimming@att.net

SAFETY MARSHAL: **Adam Hayes**

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines with separate 3 lane warm down area.

TIME AND DATE: **This is a timed-finals meet with 11 & Up session on Friday night with IMX Events (No IM Ready), Morning sessions on Saturday and Sunday with 11 & Up IMX Events, 12 & Under IM Ready Events and 10 & Under IMX Events.**

Session 1: Friday Night – January 15, 2016 (TIMED FINAL EVENTS)
Age Groups: 11 & Up (ONLY IMX EVENTS. NO IM READY EVENTS.)
Warm-ups: 5:00 – 6:15 pm
Meet Starts: 6:30 pm

Session 2: Saturday Morning – January 16, 2016 (TIMED FINAL EVENTS)
Age Groups: All Ages
Warm-ups*: 7:30 am – 8:45 am
Meet Starts: 9:00 am

Session 3: Sunday Morning – January 17, 2016 (TIMED FINAL EVENTS)
Age Groups: All Ages
Warm-ups* 7:30 am – 8:45 am
Meet Starts: 9:00 am

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, January 11, 2016.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:
See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be pre-seeded, with the exception of the 400 IM and 500 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

400 IM AND 500 FREE:

All swimmers must positive check in with the clerk of course for the 400 IM and 500 Free by the following times:

500 Free – Friday, January 15th by 5:45 PM

400 IM – Sunday, January 17th by 8:45 AM

After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman Jason Wedlick, if he/she fails to appear. The 400 IM and 500 Free will be swum alternating girls and boys heats. Swimmers must provide 2 timers and a lap counter where applicable.

ON-DECK ENTRIES: Late entries will be accepted up to 45 minutes before the start of the meet on the 1st day of your 1st offered event .

- **For 11 & Up entering IM Extreme (IMX) Events, on-deck entries will only be taken on Friday night, January 15th , until 5:45 pm.**
- **For 12 & Under entering IM Ready (IMR) Events and 10 & Unders entering IM Extreme (IMX) Events, on-deck entries will only be taken on Saturday morning, January 16th until 8:15 am.**

Those swimmers missing the **6:00 p.m. Monday, January 4, 2016** deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into open lanes only in the preseeded events and according to their best times in deck seeded events.
3. Swimmers must enter all IMX OR IMR events for their age group.
4. Swimmers must be qualified to swim the events entered.
5. The on deck entry fees still apply to swimmers who on-deck to change an entry time in a deck seeded event.
6. **The meet host reserves the right to limit on-deck entries, in order to comply with the 4 hour rule and based on projected timeline.**

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time and **times must be from USAS meets**. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert *meter (yard)* times to *yard (meter)* times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). **No Times ARE allowed at this meet.**

Cut-off Times: None

Qualifying Times: None

Age: As of January 15, 2016

Number of Events Required for Each Swimmer to Enter:

12 & Under – 5 IMX OR 5 IMR Events

13 & Over – 6 IMX Events

Deadline: Entries must be in the hands of the Meet Entry Chair no later than **6:00 pm. on Monday, January 4, 2016**. No late entries will be accepted.

Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

Premier Aquatics
Todd Ber
PO Box 11108
Spring TX 77391
281.818.0387
entries@packswimming.com

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the HY-TEK MEET MANAGER/HY-TEK TEAM MANAGER computer software, along with a hard copy printout of the entries. Teams without HY-TEK should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending HY-TEK files).

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

Eligible Teams: Any currently registered USA-S teams may enter, space permitting. Only swimmers attached to a USA-S team or swimmers in the documented process of transferring to a USA-S team may participate in this meet.

Meet Limits: The meet host reserves the right to limit entries from teams if the meet becomes too large based on projected timeline in order to comply with the 4 hour rule. Once your entries are accepted, you will receive a confirmation email from PACK Entry Coordinator, confirming your entries have been accepted.

List of IMX and IMR Events by Age Group (Required to Enter ALL events for your age group in the category you select below, either IMX OR IMR):

IM Extreme (IMX) Events –

10 & Under – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11-12 – 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
13 & Up – 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

IM Ready (IMR) Events –

10 & Under – 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
11-12 – 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

Fees: \$6.50 per Individual Event plus \$2.00 per swimmer facility surcharge fee.

Make checks payable to **Premier Aquatics**. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: **Individual event awards for 12 & Under Swimmers Only:
Ribbons 1st–8th place.**

IM Extreme (IMX) Competitors - Each single age group for IMX competitors will be awarded a special award for 1st and 2nd place girl and boy in single each age group as follows (8 & Under, 9, 10, 11, 12, 13, 14, 15-16, 17-18), with the fastest composite time for all their events.

IM Ready (IMR) Competitors - Each single age group for IMR competitors will be awarded a special award for 1st and 2nd place girl and boy in each age groups as follows (8 & Under, 9, 10, 11,12), with the fastest composite time for all their events.

MUST swim all their events entered without DQ to be eligible for above overall single age group awards.

SCORING: Individual Events: 9-7-6-5-4-3-2-1

All Individual 15-18 events will be swum combined but scored separately as 15-16 and 17-18.

All Individual 13-14 events will be swum combined but scored separately as 13 and 14.

All Individual 11-12 events will be swum combined but scored separately as 11 and 12.

All Individual 10 & under events will be swum combined but scored separately as 8 & Under, 9 and 10.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted.

The three (3) event rule and up/down rule do not apply.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

POOL MEASUREMENT: The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 12 feet measured from 1 meter to 5 meters on the starting end of the course, and 4 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Daktronics electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety. Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room.

Coaches must supervise their swimmers.

Wet swimmers are not allowed in the spectator area

Audio/Video Recording Devices: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

PROOF OF TIME: Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, Jason Wedlick.

UNACCOMPANIED SWIMMERS:

Any swimmers 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.

SWIMMERS WITH DISABILITIES:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

CONCESSIONS: Concessions will be available

HOSPITALITY: A hospitality room will be available.

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear.

MEET RESULTS: *Unofficial* real time results will be available on the *MEET MOBILE* app on Android and iPhone.

Official Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.

ATTACHMENTS: Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, Klein Oak HS Map



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IM XTREME (IMX) & IM Ready (IMR) MEET

Klein High School Natatorium

January 15 - 17, 2016

Time Trials on Saturday and Sunday following the meet for all ages.

Type of Meet	Timed Finals
Maximum # individual events per day	Must enter all IMX OR IMR Events for Age. See List on Page 4.
Swimmers eligible	See Entry Information Above
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	\$6.50 per Individual Event plus \$2.00 per swimmer facility surcharge fee.

IM Extreme Events are designated below with **IMX.**

IM Ready Events are designated with **IMR.**

MUST ENTER EITHER ALL IMX OR ALL IMR EVENTS FOR YOUR AGE GROUP.

Friday, January 15, 2016 (Warm-ups: 5:00 – 6:15 pm, Meet Starts: 6:30 pm)

11 & Up - (IMX EVENTS. NO IM READY EVENTS.)

Girls	Event	Boys
1	13-14 200 Breast IMX	2
3	15-18 200 Breast IMX	4
5	11-12 500 Free* IMX	6
7	13-14 500 Free* IMX	8
9	15-18 500 Free* IMX	10

* The 500 Freestyle will be swum alternating girls and boys heats.

500 Free swimmers must provide 2 timers and a lap counter.



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Klein High School Natatorium
January 15 - 17, 2016

SATURDAY, January 16, 2016 (Warm-ups: 7:30 am – 8:45 am, Meet Starts: 9:00 am)

Girls	Event	Boys
11	10 & Under 100 Fly IMX	12
13	10 & Under 50 Breast IMR	14
15	11-12 50 Breast IMR	16
17	11-12 100 Breast IMX	18
19	13-14 200 Fly IMX	20
21	15-18 200 Fly IMX	22
23	10 & Under 100 Back IMX	24
25	10 & Under 100 IM IMR	26
27	11-12 200 IM IMX	28
29	13-14 200 IM IMX	30
31	15-18 200 IM IMX	32
33	11-12 200 Free IMR	34
35	10 & Under 200 Free IMX	36

SUNDAY, January 17, 2016 (Warm-ups: 7:30 am – 8:45 am, Meet Starts: 9:00 am)

Girls	Event	Boys
37	10 & Under 50 Fly IMR	38
39	11-12 50 Fly IMR	40
41	10&Under 100 Breast IMX	42
43	11-12 100 Fly IMX	44
45	13-14 200 Back IMX	46
47	15-18 200 Back IMX	48
49	10 & Under 100 Free IMR	50
51	11-12 100 IM IMR	52
53	10 & Under 200 IM IMX	54
55	11-12 100 Back IMX	56
57	10 & Under 50 Back IMR	58
59	11-12 50 Back IMR	60
61	13-14 400 IM** IMX	62
63	15-18 400 IM** IMX	64

* The 400 I.M. will be swum alternating girls and boys heats. Swimmers must provide 2 timers.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date

SAFETY GUIDELINES AND WARM-UP PROCEDURES

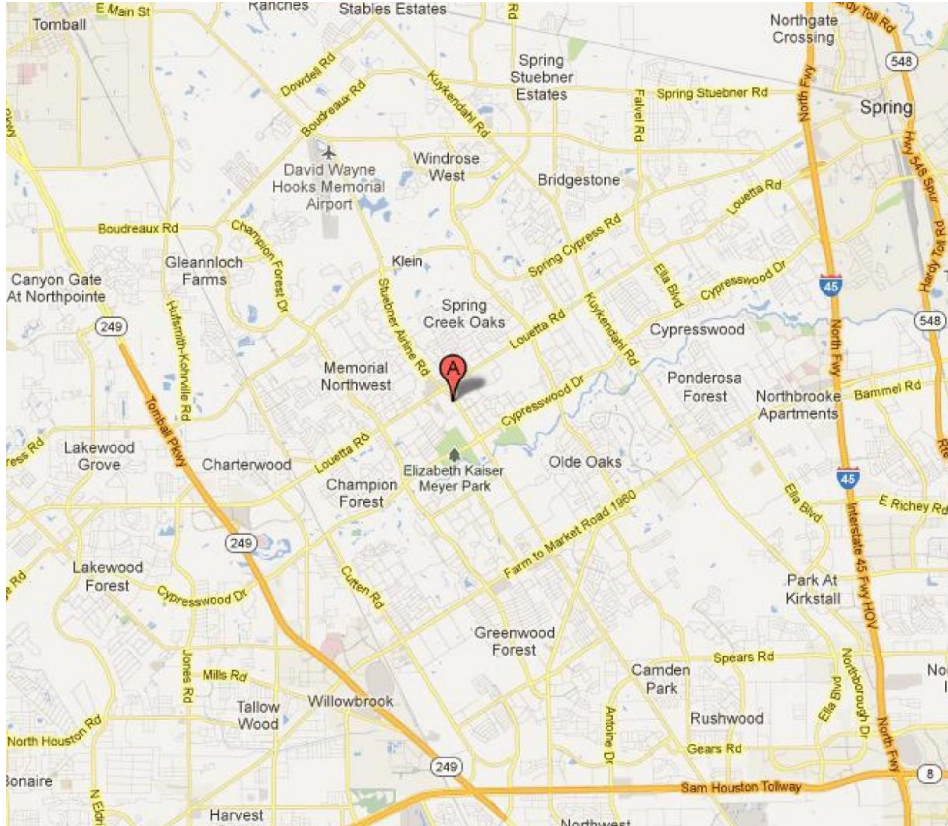
WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.
 - 4. Food and smoothies not allowed on deck.

Klein High School Natatorium.
16715 Stuebner Airline
Klein, Texas 77379



KLEIN HIGH SCHOOL POOL

