



FLEET



IM XTREME (IMX) MEET

Hosted by Cy Fair Swim Club

October 2-3, 2015

A Short Course Yards Timed Finals Meet

SANCTION #GUSC 16-006



ENTRIES DUE BY 6:00 PM, THURSDAY, SEPTEMBER 24th.

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

- **12 & Under Swimmers** will be offered their 5 IM Xtreme (IMX) Events and must enter all 5.
- **13 & Over Swimmers** will be offered their 6 IM Xtreme (IMX) events and must enter all 6.

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

LOCATION: Michael D. Holland Natatorium
14350 FM 1488
Magnolia, TX 77354

Directions: See map attached to this announcement

COACHES:

Louis Demetriades Assistant Coach
Colin Kennedy Head Age Group Coach

MEET REFEREE:

Tom Jones Phone: 281-376-6625, email: twjones@earthlink.net

MEET DIRECTORS:

Carolyn Reed Phone: 713-725-4604, email deerjc@gmail.com
Paula Mulvihill Phone: 281-376-2372, email fleetoffice@fleetswimming.com

ADMINISTRATIVE OFFICIAL: Holger Luebsen

SAFETY MARSHAL: Efrain Rovira

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

TIME AND DATE: This is a timed-finals meet with an evening session on Friday night and a morning and an afternoon session on Saturday.

Session 1: Friday Night – October 2, 2015 (TIMED FINAL EVENTS)
Age Groups: 11 & Over
Warm-ups: 4:30pm
Meet Starts: 6:00pm

Session 2: Saturday Morning – October 3, 2015 (TIMED FINAL EVENTS)
Age Groups: 13 & Over
Warm-ups: 7:30am
Meet Starts: 9:00am

*Meet Referee/Director reserves the right to insert 10 minute breaks between events to insure swimmers have enough rest between swims.

Session 3: Saturday Afternoon – October 3, 2015 (TIMED FINAL EVENTS)
Age Groups: 12 & Under
Warm-ups*: 12:30pm (or 10 minutes after the conclusion of the morning session)
Meet Starts: 2:00pm

*Meet Referee/Director reserves the right to insert 10 minute breaks between events to insure swimmers have enough rest between swims.

*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, September 28, 2015.

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:

400 IM - Friday, October 2nd by 5:45 PM

500 Free - Saturday, October 3th by 8:15 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. 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: for 11 & Over Age Groups, on-deck entries will only be accepted on Friday night, October 2nd, until 5:45 pm AND ONLY to fill empty lanes. 10 & Under Age Group on-deck entries will be accepted Saturday October 3rd from 12:15 until 1:15. NO HEATS will be added. On-deck swimmers must enter all IMX events for your age group.

1. Swimmers must pay the entry fee plus a \$15 on-deck 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 the events according to their best times.
3. Swimmers must enter all events for their age group forty-five (45) minutes prior to the start of the first day's first event.
4. Swimmers must be qualified to swim the event 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 October 2nd, 2015

Number of Events Required for Each Swimmer to Enter:

12 & Under – 5 IMX 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 THURSDAY, September 24, 2015.** No late entries will be accepted. Do not send payments 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:

CFSC
Attn: Carolyn Reed
11659 Jones Rd PMB #351
Houston TX 77070
281-772-0811
deerjc@gmail.com

Entries: All teams entering 10 or more swimmers MUST submit their entries 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 Fleet Entry Coordinator, confirming your entries have been accepted.

LIST OF IMX EVENTS by Age Group:**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 & Over – 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

FEES:

12 & Under - \$33.50/athlete (includes \$3.50 per swimmer facility surcharge)

13 & Over - \$39.50/athlete (includes \$3.50 per swimmer facility surcharge)

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

AWARDS: Individual event awards for 14 & Under Swimmers Only: Ribbons 1st–8th place. IM Extreme Champion awards will be given for top male and female IMX point scorer for the meet in each age group: 10 & under, 11-12, 13-14, and 15 & over

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

All Individual 13 & Over events will be swum combined but scored separately as 13 and 14, 15 & over.

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 Colorado Model 6000 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 must supervise their swimmers.

Food is not allowed on deck and will be confiscated if found

Coaches and Officials must present their membership cards in order to receive a complimentary psych sheet and for admission to the hospitality room.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the starting blocks, in changing areas, rest rooms, showers or locker rooms. Violators may be reported to the law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

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: Near real time results will be available at results.teamunify.com/gscfsc/
Unofficial real time results will be available on the MEET MOBILE app on Android and iPhone.

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, Map

**Fleet Hosted
IM XTREME (IMX) MEET
Michael D. Holland Natatorium
October 2-3, 2015**

MUST ENTER ALL IMX EVENTS FOR YOUR AGE GROUP.

Type of Meet	Timed Finals
Maximum # individual events per day	Must enter all IMX 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	12 & Under - \$33.50/athlete (includes \$3.50 per swimmer facility surcharge) 13 & Over - \$39.50/athlete (includes \$3.50 per swimmer facility surcharge)

Friday, October 2, 2015 (Warm-ups: 4:30pm, Meet Starts: 6:00pm)

Girls Event #	Event	Boys Event #
1	13 & Over 200 Fly	2
3	11-12 100 Fly	4
7	13 & Over 400 IM*	8
9	11-12 500 Free	10

* The 400 IM and 500 Free will be swum alternating girls and boys heats.
400 IM and 500 Free swimmers must provide 2 timers and a lap counter.

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**SATURDAY, October 3, 2015
 Morning Session
 (Warm-ups: 7:30am, Meet Starts: 9:00am)**

Girls Event #	Event	Boys Event #
13	13 & Over 200 IM	14
15	13 & Over 200 Back	16
17	13 & Over 200 Breast	18
19	13 & Over 500 Free	20

* The 500 Free will be swum alternating girls and boys heats.
 500 Free swimmers must provide 2 timers and a lap counter.

**SATURDAY, October 3, 2015
 Afternoon Session
 (Warm-ups: 12:30pm, Meet Starts: 2:00pm)**

Girls Event #	Event	Boys Event #
5	10 & Under 100 Fly	6*
11	10 & Under 200 Free	12
21	11-12 100 Back	22
23	10 & Under 100 Back	24
25	11-12 100 Breast	26
27	10 & Under 100 Breast	28
29	11-12 200 IM	30
31	10 & Under 200 IM	32

*There will be a 10 minute break between 100 Fly and 200 Free

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
 - 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
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

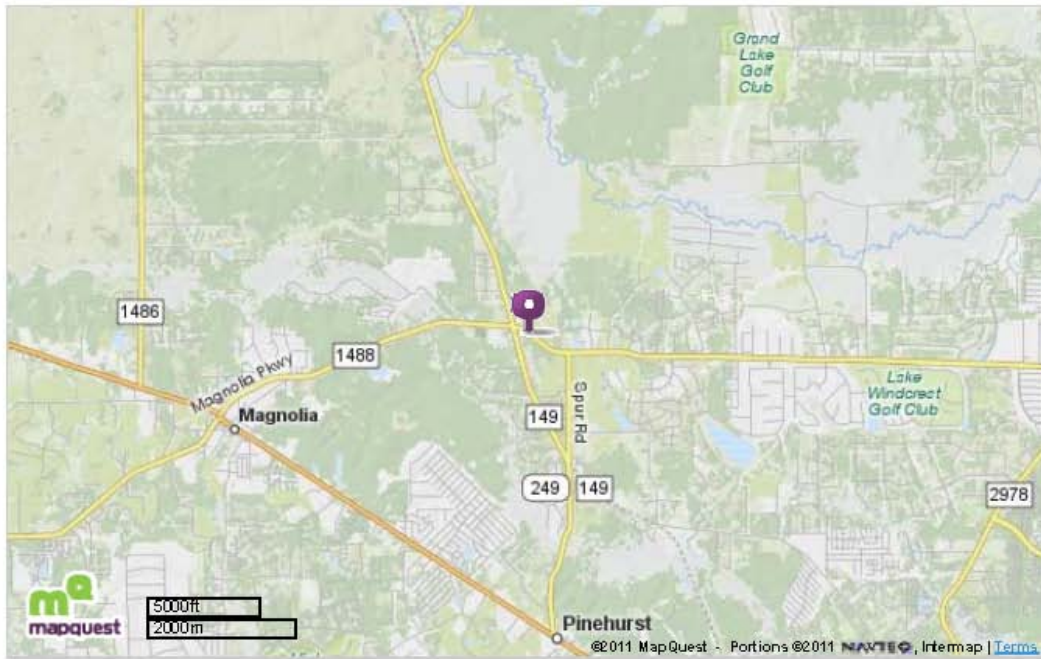
SAFETY GUIDELINES

- 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.
- C. Safety Marshals
 - 1. Appointed Safety Marshals 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 invitation.



Map of:
14350 Fm 1488 Rd
Magnolia, TX 77354-1665

Notes



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