



2010-11 IM Xtreme Games

February 4-6, 2011
Takoma Aquatic & Community Center
Washington, DC

Official Event Information

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia



2010-11
IM Xtreme Games Championships
 February 4-6, Washington, D.C.
 Sanctioned by USA Swimming through Potomac Valley Swimming **PVZ-11-501**

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2009 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 18, 2011 by 11:59 p.m. Eastern Standard Time.
- ◆ **E-Mail Entry Deadline:** Athletes achieving the qualifying time standards for the first time from Saturday January 22, through Sunday January 23, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 24, 2011, and cannot be used to improve the seed time of a prior entry. Please use the official “E-Mail Entry Form”. The e-mail entry form will be provided by the Meet Director.
- ◆ All athletes that are 11-14 years on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
- ◆ This meet will follow IMX Challenge program guidelines.
- ◆ The qualifying standard will be a minimum IMX Challenge score of 1800 points for all locations, ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ Prior to the first session, there will be a positive check-in for all swimmers (not events) in the meet. Check-in will close at 3:30pm on Saturday, February 5th.
- ◆ Swimmers’ and Coaches’ Responsibility—It shall be the swimmers’ and coaches responsibility to acquaint themselves with all of the information contained in this meet information book and any details at the coaches

Age of the athlete will be the first day of the competition.

Any swimmer that is 11-14 year-old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet will be eligible to enter the meet. A 12-year-old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13-year-old.

Table of Contents



Order of Events	3
General Information.....	4
Site Information.....	6
Entering the Meet.....	8
Championship Procedures.....	9
Summary of Events.....	10



2010-11 IM Xtreme Games Order of Events

<u>Women's Events</u>	<u>Session 1– Friday February 4</u>	<u>Men's Events</u>
1	11-12 500 Freestyle	2
3	13-14 500 Freestyle	4
	<u>Session 2 - Saturday February 5</u>	
5	13-14 200 Breaststroke	6
7	11-12 100 Breaststroke	8
9	13-14 200 IM	10
11	11-12 100 Butterfly	12
13	13-14 200 Butterfly	14
	<u>Session 4 - Sunday February 6</u>	
15	11-12 100 Backstroke	16
17	13-14 200 Backstroke	18
19	11-12 200 IM	20
21	13-14 400 IM	22

SCHEDULE:

Friday, February 4, 2011 AM Session

- ◆ Warm ups will start at 3:00 PM
- ◆ Competition will start at 4:10 PM

Sunday, February 6, 2011 AM Session

- ◆ Warm ups will start at 7:00 AM
- ◆ Competition will start at 8:10 AM

Saturday, February 5, 2011 AM Session

- ◆ Warm ups will start at 7:00 AM
- ◆ Competition will start 8:10 AM

General Information



Facility Address

300 Van Buren St. NW
NW Washington, D.C. 20011

Meet Referee

Scott Witkin—RMS
scottwitkin@verizon.net

Entry Chairperson

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
Coach_bill@verizon.net

Meet Director

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
Coach_bill@verizon.net

Co-Meet Director

3212 Allness Lane
Herndon, VA 20171
571-334-0871
marlinswimming@verizon.net

Meeting Schedule

Friday, February 4	2:45pm	Coaches General Meeting	Hospitality
Friday February 4	3:30pm	Official's Briefing	Hospitality

All subsequent officials' briefings TBA

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia

Hotels

See page 5 for more detailed hotel information.

Officials

The Potomac Marlins welcomes any of your USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over blue. Shorts are acceptable throughout. Please contact Scott Witkin with any officials interested in working, scottwitkin@verizon.net

General Information (Continued)



Ticket Information

According to DC Government rules, no money may exchange hands in this facility by entities not registered in D.C. therefore, a \$7.50 surcharge will be assessed per swimmer which will cover admission fees and meet programs for everyone.

Airlines

Airlines serving Washington D.C.

Air Canada	888/2472262
AirTran	800/AIRTRAN
United	800/241-6522
American	800/433-7300
Continental	800/523-3273
Delta	800/221-1212
Frontier	800/432-1359
JetBlue	800/538-2583
Spirit	800/772-7117
US Airways	800/428-4322

Car Rental Agencies

Alamo	800/462-5266
AVIS	800/331-1212
Budget	800/527-0700
Dollar	800/800-4000
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/367-2277

Off Airport

Enterprise	800/736-8222
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Hotel Information (rates provided thru Hotels.com)

Comfort Inn Georgia Ave. \$85/night
1.3Miles from the pool
866-678-6350

Days Inn Silver Spring \$76/night
1.3 miles from the pool
866-767-0278

Courtyard by Marriott \$89/night
1.8 miles from the pool
866-538-0251

Hilton Washington DC \$84/night
2.0 miles from the pool
866-538-1314

Hampton Inn Silver Spring \$84/night
2.0 miles from the pool
866-538-6252

Homewood Suites by Hilton \$93/night
2.0 miles from the pool
866-538-9298

Crowne Plaza Silver Spring \$90/night
2.1 miles from the pool
866-539-5067

Quality Inn Takoma Park \$75/night
1.8 miles from the pool
866-925-8676

Media Credentials

Anyone wishing media access to the event must contact the Co-Meet Director Terri Marlin at marlinswimming@verizon.net for Media Credentials.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.



Information/Lost & Found

A Lost & Found booth will be available at the lifeguard office located on the pool deck under the stands.

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office located on the pool deck under the stands.

Parking

A small parking lot is available at the facility but most parking will be street parking.

Concessions

Concessions will be available for spectators at the first floor concession stand provided by the DCPR Waves Swim Team.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room on deck.

Coaches' Packet

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.

Credential Pick-Up & Registration

Coach & athlete Credentials can be picked up at the entrance to the pool on the deck level of the Takoma Aquatics Center starting Friday, February 4 at 2:30 p.m.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times.

Team Banners

Banners may be attached to the balcony railing using rope or cord. Please do not use adhesives

Results (Live Results)

After each session at these championships, the results will be available at www.potomacmarlins.com

Facility Notes

Seating Gallery: Open on the south side of the facility only. Contains bleacher seating only.

Facility Notes (continued)

The following rules will be strictly enforced:

1. The Takoma Aquatics Center is designated as a smoke free zone. Smoking is not permitted anywhere in the facility.
2. No food or drinks with exception of plastic water bottles will be permitted on deck.
3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and volunteers are allowed on deck. **There are no exceptions.**

Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.

Takoma Aquatics Center Competition Pool

Continuous warm-up and warm-down available.

The Competition Pool of the Takoma Aquatics Center is 50-meters by 25 yards with 16 SCY racing lanes. Two moveable bulkheads allow for long or short course events.

Course#1, water depth ranges from 7' in lane 8 to 13.5' in lane 1 for both the starting and turning ends.

Course #2, water depth ranges from 6' to 6'8" in both the starting and turning ends

Pool Certification

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Hours

Friday, February 4, 3:00 p.m. - 9:00 p.m.
Saturday & Sunday February 5-6:
7:00 a.m. - 15 minutes after the final event



Takoma Aquatics and Community Center

300 Van Buren Street St, NW *(at 3rd and Van Buren Sts)*., NW
Washington, DC 20011
202-576-9284, 202-576-9285 25 Yards - 15 lanes
50 Meters - 8 lanes

Directions: From Intersection (in MD) of US-50, B-W Pkwy and/or Kenilworth Ave., take US 50 W 1.2 miles to the intersection of New York Ave. and South Dakota Ave. Bear R onto South Dakota Ave. for approx. 3.8 miles to Riggs Rd. Turn L and after 3 lights, turn R onto North Capitol St. Go approx. 0.9 miles (becomes Blair Rd.). Turn L on Tuckerman St. NW. Turn R at 3rd St. Pool is on left near Coolidge High School. Limited parking is available in lot off 3rd St -- between Tuckerman and Underwood Street. On-street parking is available on 3rd St.or Van Buren St.

From the 495 Beltway, take Georgia Ave. S exit (towards Washington). Go just past Walter Reed Army Hospital to Aspen St. and make a Left. Turn R at Blair Road then immediately right again onto 3rd St. Go 3+ blocks to parking lot between Underwood and Tuckerman. On-street parking is available on 3rd St.or Van Buren St

From I-395 (14th Street Bridge) continue to end of I-395 (New York Ave., NW) Turn R on New York Ave, turn slight R again shortly thereafter on M Street NW. Take to North Capitol. Turn L on North Capitol -- take North Capitol north to past New Hampshire Ave when North Capitol becoms Blair Road. Turn L on Tuckerman St. NW. Turn R at 3rd St. Pool is on left near Coolidge High School. Limited pool parking lot is availble off 3rd St -- between Tuckerman and Underwood Street. On-street parking is available on 3rd St.or Van Buren St
Walk to the Van Buren (north) side of the pool to gain entrance to the pool.

[District of Columbia Recreation and Parks Page](#)

[Link to Mapquest Map](#)

[Link to Google Map](#)

Entering the Meet



Entry Chairperson

Bill Marlin
571-334-0987
coach_bill@verizon.net
3212 Allness Lane
Herndon, VA 20171

All Entry questions should be directed to:

Bill Marlin-Entry Chair

Entry Process

The meet will be run using Hytek's Windows Meet Manager. Entries may be made by e-mail.

(coach_bill@verizon.net).

Entries not submitted by e-mail will be subject to a \$25 processing fee for teams with more than 3 swimmers.

Telephone entries or FAX entries will not be accepted.

For entries received by e-mail, an acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of entry will be sent within 24 hours, please contact the entry chair by telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to Marlin Meet Management. Mail entries and fees to Bill Marlin at the address above.

- Entries will be accepted starting December 27, 2010
- Entries will close January 18, 2011

THERE WILL BE NO OME ENTRY PROCESS

E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday January 22, through Sunday January 23, 2011 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 24, 2011, and cannot be used to improve the seed time of a prior entry. Please use the official "E-Mail Entry Form." The e-mail entry form will be provided by the Meet Director

Qualifying Period

The qualifying period for this event is September 1, 2009 through the entry deadline.

Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1800 verified by USA Swimming.

Entry Fees:

\$7.50 per athlete surcharge
\$25.00 per 11-12 athlete entry
\$30.00 per 13-14 athlete entry

Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. All entry times must be proven.

Events

11 & 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13 & 14-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Scoring

Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total.

Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring. Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed as a reason for a no-show.

Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender.

Team Scoring & Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.

Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Games and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

“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.”

The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA’s, etc) are banned from behind the blocks during the entire meet, including warm-up, competition and cool-down periods.

The practice of Deck Changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

ELIGIBILITY:

Swimmer(s) must be registered with USA Swimming and be between the ages of 11 and 14 to be accepted in this meet. Age as of February 4, 2011, shall determine swimmer’s age for the entire meet.

Membership Requirement

All coaches and officials expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members may join by completing the appropriate form and paying the required fee at a table adjacent to the registration desk. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

Coaches MUST constantly display their current USA Swimming coach credentials to gain deck access. The meet referee reserves the right to ask for coach

credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

Check-In

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Start at the check-in table at the base of the stairs on deck level at the IU Natatorium. At that time you must present your coach membership card. Have your coach membership card with you.
- B. After you have been cleared, you will receive your coaches packet and swimmer’s credentials.
- C. Present any questions to the Meet Referee or Meet Director.

Positive Check-In for Athletes

There will be a positive check-in for all swimmers (not events) in the meet prior to the first session. Check-in will close at 3:30pm on Friday February 4th.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

Swimsuits

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

