



FAST SWIM TEAM IMX Xtreme Challenge Meet

January 21-22, 2012

Sanction # 120109

FAST SWIM TEAM IMX Xtreme Challenge Meet

January 21-22, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
120109
- LOCATION:** Theodore D. Young Community Center,
32 Manhattan Avenue
White Plains New York 10607.
- FACILITY:** The Pool is a 6 lane, 25 yard pool. Daktronics timing system.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: 13-14/ 11-12 - 8:00 AM Warm- Up 9:00 AM Start
Session 2: Open /10 and under -1:30 PM Warm - Up 2:30 PM Start
Session 3: 13-14/ 11-12 - 8:00 AM Warm- Up 9:00 AM Start
Session 4: Open /10 and under -1:30 PM Warm - Up 2:30 PM Start
- FORMAT:** Timed Finals
Deck Seeding
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **January 21, 2012** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:**
- Swimmers may enter and compete in four individual events per day. No Time or NT will not be accepted for this meet.
 - All entries will be accepted on a first come bases.
 - Team entries will be considered accepted when the host club accepts the entries.
 - Meet Entries will be taken until the meet fills. The host club must stay within the three and one half hour per session rule.
 - E-Mail Entries should be send to: fastentries@gmail.com
 - All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.
 - Hard Copy and Entry Fees are to be mailed to:
Jennifer Parra
37 Sherman Ave Apt 3S
Yonkers, New York 10705
(347) 276-6747
fastentries@gmail.com
- Make entry fee checks payable to: **FAST Parent Association**,
FAST has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
- If you are not e-mailing your entries, then overnight or express mail is recommended, **but waive the signature.**
 - It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 7, 2012**.
2: The final entry deadline for this meet is **January 13, 2012**
3: Metro entries received between **January 7, 2012** and **January 13, 2012** and all entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$ 3 per individual even must accompany the entries.
Make check payable to: **Fast Parent Association**.
Payment must be received by **January 13, 2012** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Session 1: 8:00 AM Warm-Up 9:00 AM Start
Session 2: 1:30 PM Warm-Up 2:30 PM Start
Session 3: 8:00 AM Warm-up 9:00 AM Start
Session4: 1:30 PM Warm-up 2:30 PM Start
Lane assignment will be given at the meet
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Ages 9 & Overs** - Trophies for 1st through 6th place Combined IMX Score overall Girls/Boys by the following age groups/events. 9 year olds; 10-year olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly. 11-year olds; 12-year olds: 200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly. 13-14 year olds, 15-18 year olds & Open : 200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly . Prizes Awarded for heat winners.
- OFFICIALS:** **Meet Referee: Paul McClintock Tockswim@msn.com**
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** Jennifer Parra
(347) 267-6747
fastentries@gmail.com
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
"Any swimmer 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"
- WATER DEPTH:** USA 2011 - 202.3.7 "The water depth is 3 feet 7 inches at the shallow end and 8 feet 10 inches at the diving end.
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Theodore D. Young Community Center and The FAST SWIM TEAM** , Metropolitan Swimming Inc., USA Swimming

Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

ADMISSION: Admission: Adult (18 and over) \$4.00 per person, Children: \$1.00
Programs: \$3.00 per session

MERCHANTS: Food, Equipment, Clothing concession

PARKING: There is ample on site parking and next to the building.

DIRECTIONS: For updates check www.fastswimteamny.com

Important in case of Emergency call:

Jennifer Parra 347-276-6747

POOL OFFICE 914-989-3600 or 914-989-3645

Theodore D. Young Community Center :

From Manhattan:

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Session 1-Saturday January 21, 2012
Warm Up: 8:00 AM / Start: 9:00 AM
13-14/ 11-12

Girls Event No.	Events	Boys Events No.
1.	13-14 400 IM	2.
3.	11-12 200 IM	4.
5.	13-14 200 Breast	6.
7.	11-12 100 Breast	8.
9.	13-14 100 Free	10.
11.	11-12 50 Back	12.
13.	13-14 500 Free	14.
15.	11-12 500 Free	16.

Session 2- Saturday January 21, 2012
Warm Up: 1:30 PM / Start: 2:30 PM
Open/ 10 and under

Girls Event No.	Events	Boys Events No.
17.	Open 500 Free	18.
19.	10 and under 50 Free	20.
21.	Open 200 Back	22.
23.	10 and under 100 Back	24.
25.	Open 100 Free	26.
27.	10 and under 50 Back	28.
29.	Open 400 IM	30.
31.	10 and under 200 IM	32.

Session 3-Sunday January 22, 2012
Warm Up: 8:00 AM / Start: 9:00 AM
13-14/ 11-12

Girls Event No.	Events	Boys Events No.
33.	13-14 200 Fly	34.
35.	11-12 100 Fly	36.
37.	13-14 200 Back	38.
39.	11-12 100 Back	40.
41.	13-14 50 Free	42.
43.	11-12 50 Breast	44.
45.	13-14 200 IM	46.
47.	11-12 100 Free	48.

Session 4- Sunday January 22, 2012
Warm Up: 1:30 PM / Start: 2:30 PM
Open/ 10 and under

Girls Event No.	Events	Boys Events No.
49.	Open 200 Fly	50.
51.	10 and under 100 Fly	52.
53.	Open 200 Breast	54.
55.	10 and under 100 Breast	56.
57.	Open 50 Free	58.
59.	10 and under 50 Breast	60.
61.	Open 200 IM	62.
63.	10 and under 200 Free	64.

IMX Age Groups & Required Events:

9 & 10 – 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

11 & 12 – 500 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

13 & 14 – 200 IM, 400 IM, 500 Free, 200 Fly, 200 Back, 200 Breast

Open - 200 IM, 400 IM, 500 Free, 200 Fly, 200 Back, 200 Breast