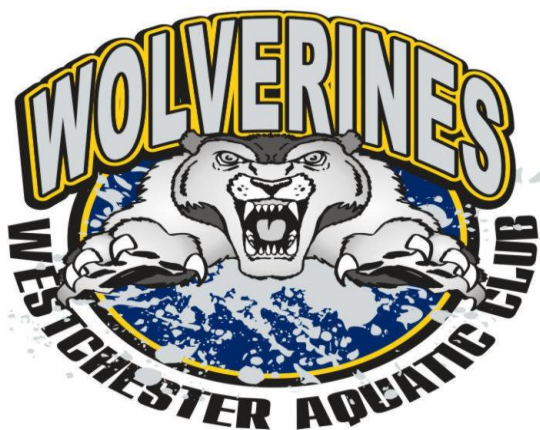




WOLVERINE IMX CHALLENGE TROPHY MEET
FEBRUARY 4TH & 5TH, 2012
AT
MARK TWAIN MIDDLE SCHOOL
YONKERS, NEW YORK

PRIZES FOR EACH HEAT WINNER !
TROPHIES AWARDED FOR TOP 8 IMX SCORES

SANCTION #: 120204



WOLVERINE IMX CHALLENGE TROPHY MEET

FEBRUARY 4TH & 5TH, 2012

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 110709.

LOCATION: Mark Twain Middle School
160 Woodlawn Avenue
Yonkers, New York 10704

FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.
NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool **has not** been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

SESSIONS:	Session 1:	Saturday AM – 13-14 & 15&Over	Warm-up 8:00 am	Meet: 9:00 am
	Session 2:	Saturday PM – 10&Us & 11-12s	Warm-up 1:30 pm	Meet: 2:30 pm
	Session 3:	Sunday AM – 13-14 & 15&Over	Warm-up 8:00 am	Meet: 9:00 am
	Session 4:	Sunday PM – 10&Us & 11-12s	Warm-up 1:30 pm	Meet: 2:30 pm

FORMAT: All events are 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 **February 4, 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 MUST Swim all the IMX events in their age group to be eligible for a trophy.** The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:
Carle Fierro
5 White Birch Road South
Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com
Please sign the "signature waiver" on envelope for entries sent by Express Mail

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 16, 2012**.
2: The final entry deadline for this meet is **January 23, 2012**.
3: Metro entries received between **January 16, 2012** and **January 23, 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 \$ **3.00 per individual event** must accompany the entries.
Make check payable to: **Westchester Aquatic Club**.
Payment must be received by **January 23, 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:** First 40 minutes will be general warm-up. Lane assignment will be given at the meet.
Last 20 minutes: 2 or more lanes will be open for one-way sprint.
All other lanes will remain open for general warm-up.
- 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:** **Ducks will be awarded to all heat winners.** Trophies for 1st through 8th place Combined IMX Score overall Girls/Boys by the following age groups/events. **9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM. **11-year olds; 12-year olds:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM **13-14, 15-18-year olds:** 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM. **Relay Events:** Medals for 1st through 3rd, and ribbons for 4th -8th places.
- OFFICIALS:** Meet Referee: **KRIS SAWICZ**, email: krzysztofs0711@aol.com. Officials wishing to volunteer should contact Meet Referee by January 23, 2012.
- MEET DIRECTOR:** Carle Fierro, email: Carleswim@aol.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.
It is understood that USA Swimming, Inc and Metropolitan Swimming, Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event"
- 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"
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Lehman College,

Westchester Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **Adults** \$5.00 **Children** \$2.00 per session **Session Programs:** \$3.00
The stands must be cleared after each session.

MERCHANTS: **Parent Food Concession.**

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS: **DIRECTIONS: from the North (choose 1 from below)**

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: from Long Island

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: from NY City

87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

Day 1 – Saturday, February 4, 2012

Session I: Saturday AM – 13-14 & 15&Over Warm-up 8:00 am Meet: 9:00 am

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
1	13-14 400 IM	2
3	15-18 400 IM	4
5	13-14 200 Back	6
7	15-18 200 Back	8
9	13-14 200 Breast	10
11	15-18 200 Breast	12

Session 2: Saturday PM – 10&Us & 11-12s Warm-up 1:30 pm Meet: 2:30 pm

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
13	10&U 200 Free Relay	14
15	11-12 200 Free Relay	16
17	10&U 200 Free	18
19	11-12 500 Free	20
21	10&U 200 IM	22
23	11-12 200 IM	24

Day 2 – Sunday, February 5, 2012

Session 3: Sunday AM – 13-14 & 15&Over Warm-up 8:00 am Meet: 9:00 am

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
25	13-14 200 Fly	26
27	15-18 200 Fly	28
29	13-14 500 Free	30
31	15-18 500 Free	32
33	13-14 200 IM	34
35	15-18 200 IM	36

Session 4: Sunday PM – 10&Us & 11-12s Warm-up 1:30 pm Meet: 2:30 pm

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
37	10&U 200 Medley Relay	38
39	11-12 200 Medley Relay	40
41	10&U 100 Fly	42
43	11-12 100 Fly	44
45	10&U 100 Back	46
47	11-12 100 Back	48
49	10&U 100 Breast	50
51	11-12 100 Breast	52