



**Wolverine IMX Trophy Meet
January 31 – February 1, 2016**

Sanction: # 160120

Time Trial Sanction: #160157-T

Wolverine IMX Trophy Meet

January 30 – 31, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160120
Time Trial - #160157-T
- LOCATION:** Mark Twain Montessori Pool, 160 Woodlawn Ave Yonkers, NY 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 been certified in accordance with Article 104.2.2C (4).)
- SESSIONS:** Session 1: Saturday – Warm-up: 8:00 am, Start: 9:00 am,
Session 2: Saturday – Warm-up: 1:30 pm, Start: 2:30 pm
Session 3: Sunday – Warm-up: 8:00 am, Start: 9:00 am
Session 4: Sunday – Warm-up: 1:30 pm, Start: 2:30 pm
- FORMAT:** This will be a timed finals event. This is a deck seeded
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- 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 31, 2015, 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 be entered in 3 individual events and 1 relay event per session. No NT's will be accepted. Entries will be accepted on a first come, first served basis. U.S. Mail Entries/Payment to: "Westchester Aquatic Club", 5 White Birch Road South, Pound Ridge, NY 10576
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by 1/15/16.
2: The final entry deadline for this meet is 1/20/16
3: Metro entries received between 1/15/16 and 1/20/16 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 \$4.00 per individual event and \$10.00 per relay event must accompany the entries.
Make check payable to: "Westchester Aquatic Club".
Payment must be received by 1st Day of Meet 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:** Assigned lanes for all teams.
- SCRATCH:** 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:** **Trophies for top 8 Places in Overall IMX Standings**, Must Compete in all of the IMX Events to be Eligible for Trophy. Age Group Categories, 8&U (Must Swim all 8 &U Events for both sessions), 9 Year Olds, 10 Year Olds, 11 Year Olds, 12 Year Olds, 13-14s and Open. Medals for Relays 1-3rd Places.
Heat winner prizes will be awarded..
- OFFICIALS:** **Meet Referee: Meet Referee: Flick Marinello, email: flickdance@msn.com 845-406-1103**
Officials wishing to volunteer should contact Meet Referee by January 20, 2016.
- MEET DIRECTOR:** **Carle' Fierro, Carleswim@aol.com (914) 299-9964**
- ADMINISTRATIVE OFFICIAL** Laurie Lawson
- 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:** 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 been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against "**Westchester Aquatic Club, City of Yonkers**", 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is **Prohibited**.

ADMISSION: \$5.00 Adults/session \$2.00 Program/session, Children under 12 free.

MERCHANTS Metro Swim Shop,
Parent Concession Stand

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.

Session I – 12 & Under Session – 8:00 am w/u – 9:00 am Start

Girls Events	Event Description	Boys Events
1	8&U 200 Free Relay	2
3	10&U 200 Free relay	4
5	11-12 200 Free relay	6
7	8&U 100 IM	8
9	9-10 200 IM	10
11	11-12 100 back	12
13	8&U 50 Back	14
15	9-10 100 Back	16
17	11-12 50 Free	18
19	8&U 50 Free	20
21	9-10 50 Free	22
23	11-12 500 Free *	24

Swimmers may be entered in 3 individual events and 1 relay event per Sessions I.

Session II – 11&Over and Open – 1:30 pm w/u – 2:30 pm Start

Girls Events	Event Description	Boys Events
25	Open 200 Free Relay	26
27	13-14 200 Free relay	28
29	Open 400 IM *	30
31	13-14 400 IM *	32
33	Open 50 Free	34
35	13-14 50 Free	36
37	Open 200 Back	38
39	13-14 200 Back	40
41	Open 200 Breast	42
43	13-14 200 Breast	44

Swimmers may be entered in 4 individual events and 1 relay event per Sessions II.

* Distance events may be limited to the fastest 4 heats conform with the timeline.
Wolverines reserve the rights to keep their swimmers in the distance events.

Session III – 11&Over and Open – 8:00 am w/u – 9:00 am Start

Girls Events	Event Description	Boys Events
45	13-14 200 Medley Relay	46
47	Open 200 Medley relay	48
49	13-14 200 IM	50
51	Open 200 IM	52
53	13-14 200 Fly	54
55	Open 200 Fly	56
57	13-14 500 Free *	58
59	Open 500 Free *	60

Session IV – 10 & Under Session – 1:30 pm w/u – 2:30 pm Start

Girls Events	Event Description	Boys Events
61	10&U 200 Medley Relay	62
63	8&U 200 Medley relay	64
65	11-12 200 Medley Relay	66
67	9-10 200 Free	68
69	8&U 100 Free	70
71	11-12 200 IM	72
73	9-10 100 Fly	74
75	8&U 50 Fly	76
77	11-12 100 Fly	78
79	9-10 100 Breast	80
81	8&U 50 Breast	82
83	11-12 100 Breast	84

Swimmers may be entered in 3 individual events and 1 relay event per sessions 3 and 4.

* Distance events may be limited to the fastest 4 heats conform with the timeline.
Wolverines reserve the rights to keep their swimmers in the distance events.