

Synergy Swim Team BOLT**IM Ready Sprint Challenge****December 3rd - 4th, 2011**

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Sanction Number ILS11-1210**MEET DIRECTOR**

John Fleming
 3806 45th St Ct
 Rock Island, IL 61201
 309-781-0821
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ENTRY CHAIRPERSON

Clay Grafft
 1518 State St #3
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MEET REFEREE

Irma Gripp

SAFETY CHAIRPERSON

Kleber Macias

Format: IM Ready Events. Timed Finals, Novelty Meet.

USA Swimming has a number of programs to help swimmers reach the next level in their swimming careers. One of those programs is the IMX series designed to help various age groups compete in multiple events, rather than specialize in one stroke too early. IMX is a motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their age group. All you have to do is swim a combination of events, at least one time per season, and USA Swimming will automatically give you your ranking. An IM Ready score is established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season. Sign up for a My USA Swimming Account, swim the combination of events, and USA Swimming will automatically give you your ranking.

December 3rd, December 4th

Saturday Sunday

AM Session

Warm Ups: 7:30 am

Meet Starts 8:30 am

PM Session

Warm Ups: Not before 11:30 am

Meet Starts: One hour after warm ups start.

Pool Location:

Rock Island High School, 1400 25th Ave. Rock Island, Il. 61201

Facility:

The RIHS pool is a 25 yard, six lane pool with non-turbulent lane lines, starting blocks and a Colorado automatic timing system. Depth at the primary starting end of the pool is 9 feet. Depth at the shallow end is 3.5 feet. Seating is available for about 300 persons.

Rules and Safety:

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming safety rules will be strictly enforced.

Eligibility:

Only USA Swimming, Inc. registered swimmers are eligible. Entries listed "Registration applied for" will not be accepted. Age for this meet shall be the swimmer's age as of December 3rd, 2011. USA Swimming registration forms can be obtained from Illinois Swimming, Inc., 1400 Touhy Ave. Suite 245, Des Plaines IL, 60018. Telephone: 847-824-1596. Fax: 847-824-1726. Age for this meet shall be the swimmer's age as of Oct, 21st, 2011.

Events:

This is a timed finals meet. No deck entries will be accepted. Heats will be seated slowest to fastest. If you would like a downloadable file of the order of events, please go to Illinois Swimming website. The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

We will also offer 50 free and relay events at this meet.

Deck Meet:

All swimmers are asked to sit with their team in assigned areas.

Qualifying Times

No Qualifying times or cutoff times apply. NT times will be accepted.

Entry Limit

Swimmers are limited to 4 individual events and 1 relay per day. Swimmers are encouraged to swim all IM Ready events as part of the first step in the IMX Challenge.

Entry Fees

The entry fee for this meet is \$9 per swimmer per day and \$7.00 for each relay. There is a \$2.00 Splash fee.

Entry Deadlines:

Entries, with all enclosures, must be received no earlier than 8:00 a.m., October 31st, 2011 and not later than 9:00p.m., November 23rd, 2011. If you wish to have verification that your entry packet has arrived, please enclose a stamped, self-addressed envelope or postcard. No late entries will be accepted. Entries will be accepted, subject to the 4-hour rule, until the maximum time limit is reached and entries received thereafter will be returned immediately.

Entry Forms:

The enclosed summary sheet and release, signed by the coach, parent, or club representative must accompany all entries. Please submit all entries using short course yards times. If you would like to e-mail your entries, send to: synergyboltswimming@gmail.com via Zip file (note: you must still send your disc and hardcopy with-in 72 hours). A Hy-Tek printout must accompany computer entries. Do not submit individual entry cards for each event. The host club shall provide and prepare all individual entry cards. For those clubs using the enclosed forms, a typed list of swimmers' names and registration would be greatly appreciated. All paper entries must be submitted on the entry forms attached or a facsimile. Be sure that the swimmers whole name, first, last and middle initial and release form are included in this packet and signed by the club official. Failure to comply with any of the above requirements is sufficient grounds to refuse entry. Mail entry forms and a check to: John Fleming 3806 45th St Ct. Rock Island, IL 61201.

Time Limit:

Entries will be accepted until the maximum time limit, subject to the 4/10 hour rule is reached and entries received thereafter will be returned.

Meet Schedule:

Warm-ups for the morning's sessions will start at 7:30 a.m., with the meet starting at 8:30 a.m. Warm-Ups for the PM session will not start before 11:30 a.m., with meet starting one hour after the warm-ups have started. The meet will use fly over starts format except for backstroke and relays.

Scoring:

Scoring will follow USA Swimming IM Ready Power Points format. There is no scoring for relays.

Awards:

An IM Ready champion award will be given to the overall winner for Girls and Boys in each age group 9-U, 10, 11, 12, 13-O. Awards will be given to the top three relay teams in each relay event. All awards will be distributed to each team's coach or team representative. The IM Ready champion for each age group will be announced at the end of the last session.

Concessions and Sales:

The concession stand and swim wear will be available in the lobby. Heat sheets will be available for \$8.00.

Racing Start Certifications:

As of May 1, 2009, USA Swimming rules require that all registered swimmers must be racing start certified in order to perform racing starts in less than six feet of water, 103.2.2 (which already provides that racing starts should only be taught in at least six feet of water) to further clarify that racing starts should only be taught under the direct supervision of a USA Swimming member coach, and to expand the definition of teaching racing starts to make clear that no swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water. Each athlete on your team must have a "Racing Start Certification Checklist" filled out and kept on file at your club for proof of completion of this testing.

Safety Requirements:**1) WARM UP PROCEDURES****a. General Warm-up (first 30 minutes)**

- i. NO DIVING allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool
- ii. No sprinting or pace work allowed during this general warm-up session.
- iii. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

2) SPECIFIC WARM-UP (Last 30 Minutes)

- a. Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. NO DIVING.
- b. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- c. General Warm-Up Lanes - NO DIVING. Circle swim only.
- d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach. POOL LANE USE PUSH/PACE DIVING.

3) SAFETY GUIDELINES**a. Coaches Responsibilities**

- i. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- ii. Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the warm-up session at meets and practices.

4) HOST TEAM RESPONSIBILITIES

- a. Marshaling
 - i. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on deck during the warm-up session.
 - ii. Marshals shall be current members of USA Swimming.
 - iii. Marshals shall 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 or warm-up procedures.
- b. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
- c. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
- d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

5) MISCELLANEOUS:

- a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c. 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 the warm-up session.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Coaches:

All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

Meet Results:

One copy of printed meet results in required format will be sent (or emailed or posted to a website to download) to each team represented by 5 (five) or more swimmers. Individual copies may be ordered at the time of the meet at a cost of \$5.

**Order of Events
IM Ready Sprint Challenge**

Saturday, December 3rd AM Session
Warm-up 7:30 Meet Starts 8:30

Girls	Events	Boys
1	9-U, 10, 11, 12 100 IM*	2
3	10 - U 200 Medley Relay	4
5	11 - 12 200 Medley Relay	6
7	9-U, 10 100 Free*	8
9	11, 12 200 Free*	10

Saturday, December 3rd PM Session
Warm-up No earlier than 11:30
Meet Starts 1 hour after start of warm-ups

Girls	Events	Boys
11	13 - 18 200 IM*	12
13	13 - O 200 Medley Relay	14
15	13 - 18 200 Free*	16

Sunday, December 4th AM Session
Warm-up 7:30 Meet Starts 8:30

Girls	Events	Boys
17	9-U, 10, 11, 12 50 Fly*	18
19	9-U, 10, 11, 12 50 Back*	20
21	10 - U 200 Free Relay	22
23	11 - 12 200 Free Relay	24
25	9-U, 10, 11, 12 50 Breast*	26
27	9-U, 10, 11, 12 50 Free	28

Sunday, December 4th PM Session
Warm-up: No earlier than 11:30
Meet Starts 1 hour after start of warm-ups

Girls	Events	Boys
29	13 - 18 100 Fly*	30
31	13 - 18 100 Back*	32
33	13 - O 400 Free Relay	34
35	13 - 18 100 Breast*	36
37	13 - 18 50 Free	38

* Denotes IM Ready Event

**SYNERGY SWIM TEAM BOLT
IM Ready Sprint Challenge
December 3rd - 4th, 2011**

Complete this form and mail it along with entry forms ****OR**** Hy-Tek disks and printouts, and a check payable to "Synergy Swim Team BOLT" to:

John Fleming
3806 45th St Ct
Rock Island, IL 61201

Summary of Fees

12-U	# of entries on Saturday	_____ @	\$9.00 =	\$ _____
12-U	# of entries on Sunday	_____ @	\$9.00 =	\$ _____
13-O	# of entries on Saturday	_____ @	\$9.00 =	\$ _____
13-O	# of entries on Sunday	_____ @	\$9.00 =	\$ _____
Surcharge	# of swimmers	_____ @	\$2.00 =	\$ _____
	# of relays	_____ @	\$7.00 =	\$ _____
			Total =	\$ _____

Name of Club _____ Club Code _____ - _____

Mailing Address _____ LSC _____

City, State _____ Zip _____

Contact Name _____ Phone _____

Email Address _____

Names of Attending Coaches

- 1.) _____ 2.) _____
3.) _____ 4.) _____

In consideration of acceptance of this entry I, intending to be legally bound; hereby consign, waive and release all rights and claims for damages which may accrue against USA Swimming, Inc.; Illinois Swimming Inc.; Synergy Swim Team; Rock Island School District #41, their Representatives, employees or successors for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. I attest that all athletes entered in this meet are duly and correctly registered with USA Swimming.

Signature (Coach, Parent, or Club Representative) _____

This signed release and payment must accompany the entry or the entry will not be accepted.

Entry must be received no sooner than October 31st and no later than 9:00 pm on November 23rd, 2011. Entries will be accepted on a first received, first entered basis. E-mailed or Mailed Entries only will be accepted. No Hand Delivered Entries.