



**The Hauppauge Swim Club
Presents:**

IMX Extreme Challenge

**** Special IMX Awards – See below ****

February 13-15, 2009 USA Swimming Sanction 090203

SESSION 1 – 4:30 pm warm-up 5:30 pm Start – 10 under, 11-12, 13-14, Open

SESSION 2 - 7AM warm-up 8AM Start – Age groups – 11-12, 13-14

SESSION 3 – 1PM warm-up 2PM Start – Age groups – 10 under, Open

SESSION 4 - 7AM warm-up 8AM Start – Age groups – 11-12, 13-14

SESSION 5 – 1PM warm-up 2PM Start – Age groups – 10 under, Open

SITE: Hauppauge High School Ron Bellucci Natatorium.

DIRECTIONS: Long Island Expressway, Exit #57. Vets Highway. West on Vets Highway to Lincoln Blvd. North on Lincoln Blvd., high school on the left. Detailed directions can be found at

<http://hauppaugeswimclub.com/directions/hauppauge.html>

ELIGIBILITY: Competitors must be registered with USA Swimming. Age as of February 13, 2009 will determine eligibility. Swimmers with disabilities are strongly encouraged to attend. Please advise our meet directors if any special accommodations will be necessary.

POOL: The pool at Hauppauge High School is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used. Our facility has a very large comfortable spectator area and a large deck.

RULES: USA Swimming Code of Conduct is in effect for the duration of the meet. Current USA Swimming rules will govern the meet. All events are timed finals. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session. Entries will be accepted on a first come first served basis and cuts to keep within the 4-hour session time limit will be made in the same manner.

WARM-UP: Teams will be assigned lanes to be used as they wish for their swimmers. Warm-ups will be broken into 20-minute time intervals.

ENTRIES: The meet will be run on computer using Hy-Tek's Meet Manager. Entry fees are 3.00 per individual event. All events are timed finals. **ALL ENTRIES MUST BE IN YARDS!! NT's WILL NOT BE ACCEPTED. SWIMMERS MAY BE ENTERED IN A MAXIMUM OF 3 EVENTS PER DAY.**

E-mailed entries are encouraged, using Hy-Tek software. Please include a printout of the entry sheet with the entries. All e-mail entries will be acknowledged with an e-mail reply. Please send to the following e-mail address: HAAMeets@optonline.net – Brian Wendland-(631)678-1413. If mailing your entries, they must be on a disk, with the master sheet included. **Please sign the "signature waiver" for entries sent by Express Mail.** If verification is requested, please send a self-addressed, stamped postcard. In addition, there is a \$1.00 surcharge for any entries not sent on disk.

Make **Checks** payable to **Hauppauge Athletic Association** and mail with entries to:
Brian Wendland– Hauppauge Swim
22 Grassy Pond Drive
Smithtown NY, 11787

All entries must be received no later than Friday, February 6th, 2009.

Be sure to include coach's name, email and telephone number with entry.

DEADLINES: Metropolitan LSC teams will be given priority and entered on a first come first serve basis if their entries are received by February 1st, 2009 at 8pm. Teams outside Metro LSC will be entered on February 4th in the order they were received, prior to and including February 4th. All entries received after February 4th, 2009 at 8pm will be entered in the order they were received, regardless of LSC affiliation, as space allows. Entries will not be accepted after Friday February 6th at 8pm or after the meet fills to capacity.

Any questions concerning this meet please contact:

Meet Director – Brian Wendland (631) 678-1413– haameets@optonline.net
Head Coach - Ray Willie - sweem@optonline.net – 631-871-1765

*****AWARDS: -Medals 1-3, ribbons 4-6.
-Each Heat Winner will receive a ribbon.
-HIGH IMX SCORE award for each age group and gender.

This award will be based on the times of the events swam at THIS EVENT ONLY.

ADMISSION: \$5.00 Admission. \$2 Program.

REFRESHMENTS: A complete snack bar will be available in the lobby area, during the meet. This will include bacon and egg sandwiches for breakfast and complete hot meals for lunch and dinner. No glass is allowed anywhere in the building.

SUFFOLK COUNTY HEALTH REGULATIONS PROHIBIT SMOKING IN ANY SCHOOL BUILDING or GROUNDS.

Vendors: There will be a vendor available on site for the purchase of suits, bags, towels, shampoos, goggles and apparel.

Parking in SOUTH lot only for the entire meet. This includes all coaches. The Hauppauge School district has asked us to abide by this parking rule as other events are going on this very busy weekend. We will have parents in the lot to direct traffic. We ask that you cooperate with their directions. The lot will be labeled "SWIM MEET PARKING". Handicapped parking only is permitted in the north lot.

CONDITIONS: Upon acceptance of his/her entries, the participant waives all claims against the Hauppauge Athletic Association, Metropolitan Swimming, USA Swimming, their agents or representatives for any injury occurring as a result of the meet.

IMX Age Groups and Events

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

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USA Swimming Sanction

CLUB: _____ CLUB
CODE: _____

ADDRESS:

CITY: _____ STATE: _____
ZIP: _____

COACH:

PHONE: _____ E-MAIL
ADDRESS: _____

CLUB CONTACT: _____
PHONE: _____

Entry Fees: Make check payable to: **Hauppauge Athletic Association**

Total Individual Events _____ x \$3.00
= _____

TOTAL DUE to HAA

Mail to: Brian Wendland 22 Grassy Pond Drive, Smithtown NY 11787

Email entries – haameets@optonline.net

(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Hauppauge Athletic Association Swim Club , Hauppauge School District or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club
Official) _____

No entries will be processed without this signed waiver.

**IMX Extreme Challenge
At
Hauppauge Swim Club**

**Friday Feb. 13, 2009
Session 1
Warm-up 4:30
Start 5:30**

Girls	Event	Boys
1	Open 400IM*	2
3	8 and under 200 free	4
5	12 Under 500 Free**	6
7	13-14 500 Free	8
9	Open 500 Free	10

*Separate awards for 13-14/15 & over

**Separate awards for 10 Under/11-12

**Saturday Feb. 14, 2009
Session 2
Warm-Up 7:00 AM
Start 8:00AM**

Girls	Event	Boys
11	11-12 100 Back	12
13	13-14 200 Back	14
15	11-12 100 Fly	16
17	13-14 200 Fly	18
19	11-12 50 Free	20
21	13-14 100 Free	22
23	11-12 200 IM	24
25	13-14 200 IM	26

Saturday Feb. 14, 2009
Session 3
Warm-Up 1:00 PM
Start 2:00PM

Girls	Event	Boys
27	10 Under 100 Back	28
29	Open 200 Back	30
31	10 Under 100 Fly	32
33	Open 200 Fly	34
35	10 Under 50 Free	36
37	Open 100 Free	38
39	10 Under 200 Free	40
41	Open 200 Free	42

Sunday Feb. 15, 2009
Session 4
Warm-Up 7:00 AM
Start 8:00AM

Girls	Event	Boys
43	11-12 100 IM	44
45	13-14 100 Back	46
47	11-12 100 Free	48
49	13-14 200 Free	50
51	11-12 50 Back	52
53	13-14 200 Breast	54
55	11-12 100 Breast	56

Sunday Feb. 15, 2009
Session 5
Warm-Up 1:00 PM
Start 2:00 PM

Girls	Event	Boys
57	10 Under 100 Breast	58
59	Open 200 Breast	60
61	10 Under 100 Free	62
63	Open 50 Free	64
65	10 Under 50 Back	66
67	Open 100 Back	68
69	10 Under 200IM	70
71	Open 200IM	72

If Time allows there will be time trials after each session.