



**2015-16
USA Swimming
IM Xtreme Games-NE**

**January 29 - 31, 2016
University of Maryland
College Park, MD**

Official Event Information

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia



2015-16
USA Swimming IM Xtreme Games-NE
 January 29— 31, College Park, MD
 Sanctioned by USA Swimming through Potomac Valley Swimming **PVZ-15-**

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2014 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 19, 2016 by 11:59 p.m. Eastern Standard Time.
- ◆ **E-Mail Entry Deadline:** Athletes achieving the qualifying time standards for the first time from Saturday January 23, through Sunday January 24, 2016 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 25, 2016, and cannot be used to improve the seed time of a prior entry.
- ◆ All athletes that are 9-14 years on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
- ◆ This meet will follow IMX Challenge program guidelines.
- ◆ **The qualifying standard will be a minimum IMX Challenge score of 1800 points** for all ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ *A note about IMX Scores: An IMX score is only 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; both short and long course seasons start September 1 and end August 31 for IMX purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.*
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ Swimmers’ and Coaches’ Responsibility—It shall be the swimmers’ and coaches responsibility to acquaint themselves with all of the information contained in this meet information book and any details at the coaches
- ◆ **All swimmers MUST provide their own timer and counter for the 500 Free on Friday**

Age of the athlete will be the first day of the competition.

Any swimmer that is 9-14 year-old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet, will be eligible to enter the meet and compete as an 11 year old. A 12-year-old who has achieved the minimum qualifying score as a 12 year old, but ages up to 13 prior to the start of the meet, will be eligible to enter the meet and compete as a 13-year-old, even if he/she has not completed all of the 13-14 events.

Table of Contents



Order of Events	3
General Information.....	4
Site Information.....	6
Entering the Meet.....	8
IM Xtreme Games Procedures.....	9
Summary of Entries.....	10



2015-16 USA Swimming IM Xtreme Games-NE Order of Events

<u>Women's Events</u>	<u>Session 1– Friday January 31</u>	<u>Men's Events</u>
1	13-14 500 Freestyle	2
3	11-12 500 Freestyle	4
	<u>Session 2 - Saturday February 1</u>	
5	13-14 200 Butterfly	6
7	13-14 200 IM	8
9	13-14 200 Breaststroke	10
	<u>Session 3– Saturday February 1</u>	
11	11-12 100 Butterfly	12
13	11-12 100 Breaststroke	14
	<u>Session 4– Saturday February 1</u>	
15	9-10 200 Freestyle	16
17	9-10 100 Butterfly	18
19	9-10 100 Breaststroke	20
	<u>Session 5 - Sunday February 2</u>	
21	13-14 200 Backstroke	22
23	13-14 400 IM	24
	<u>Session 6 - Sunday February 2</u>	
25	11-12 100 Backstroke	26
27	11-12 200 IM	28
	<u>Session 7—Sunday February 2</u>	
29	9-10 100 Backstroke	30
31	9-10 200 IM	32

SCHEDULE:

Friday, January 29, 2016 PM Session

- ♦ Warm ups will start at 1:00 PM
- ♦ Competition will start at 2:00 PM

Saturday, January 30, 2016 AM Session

- ♦ 13-14 Warm ups will start at 6:30 AM
- ♦ 13-14 Competition will start 7:30 AM
- ♦ 11-12 Warm ups will start no sooner than 12:00 PM
- ♦ 11-12 Competition will start no sooner than 1:00 PM
- ♦ 9-10 Warm ups will start no sooner than 3:15 PM
- ♦ 9-10 Competition will start no sooner than 3:45 PM

Sunday, January 31, 2016 AM Session

- ♦ 13-14 Warm ups will start at 6:30 AM
- ♦ 13-14 Competition will start at 7:30 AM
- ♦ 11-12 Warm ups will start no sooner than 12:00 PM
- ♦ 11-12 Competition will start no sooner than 1:00 PM
- ♦ 9-10 Warm ups will start no sooner than 4:15PM
- ♦ 9-10 Competition will start no sooner than 4:45 PM
- ♦ 500's will be swum fast to slow.
- ♦ 2 courses will be used for the meet
- ♦ Session start times MAY BE adjusted and will be announced at the coaches meeting

General Information



Facility Address

Eppley Recreation Center
University of Maryland
College Park, MD 20742

Meet Referee

Scott Witkin—**RMSC**
scottwitkin@verizon.net

Entry Chairperson

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
[Coach bill@verizon.net](mailto:bill@verizon.net)

Meet Director

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
[Coach bill@verizon.net](mailto:bill@verizon.net)

Co-Meet Director

Terri Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0871
marlinswimming@verizon.net

Meeting Schedule

Friday, January 29	2:45pm	Coaches General Meeting	Hospitality
Saturday, January 30	2:30pm	9-10 Coaches General Meeting	Hospitality
Friday January 29	2:30pm	Official's Briefing	Hospitality
<i>All subsequent officials' briefings TBA</i>			
Sunday, January 31	6:45 am	Coaches Evaluation Meeting	Hospitality
Sunday, January 31	1:45 pm	9-10 Coaches Evaluation Meeting	Hospitality

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia

Hotels

See page 5 for more detailed hotel information.

Officials

The Potomac Marlins welcomes any of your USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over blue. Shorts are acceptable throughout. Please contact Scott Witkin with any officials interested in working, scottwitkin@verizon.net

General Information (Continued)



Ticket Information

There will be no admission charge

Airlines:

Airlines serving Washington D.C. Regan National

Air Canada	888/247-2262
AirTran	800/AIRTRAN
Alaska Airlines	800/252-7522
American Airlines	800/433/7300
Delta	800/221-1212
Frontier	800/432-1359
JetBlue	800/538-2583
Southwest	800/435-9792
Sun Country	800/359-6786
United	800/864-8331
US Airways	800/428-4322
Virgin America	877-359-8474

Car Rental Agencies

Alamo	800/462-5266
AVIS	800/331-1212
Budget	800/527-0700
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/367-2277

Off Airport

Advantage	800/777-5500
Dollar	800/800-4000

Meet Hotel Information—Request IMX Meet Rates

The Marriott Inn & Convention Center —Host Hotel \$109

3501 University Blvd. East
Hyattsville, MD 20783
.5 miles to University
1-800-228-9290 ask for 2016 IMX Meet room block

Sheraton Washington North \$89

Breakfast Available
4095 Powder Mill Road
Beltsville, MD 20705
301-937-4422
Ask for IMX Extreme room block

Holiday Inn Washington—College Park \$93

10000 Baltimore Blvd.
College Park, MD
2.4 miles to University
301-345-6700
Ask for IMX Swim Meet Room Block

Greenbelt Marriott \$109

6400 Ivy Lane
Greenbelt, MD 20770
301-441-3700
2.9 miles to University
866-712-4780

Hampton Inn College Park
1.9 miles to University
866-539-5072

Clarion Inn College Park
1.0 miles to University
866-925-9753

Comfort Inn & Suites
1.1 miles to University
866-538-0154

Media Credentials

Anyone wishing media access to the event must contact the Co-Meet Director Terri Marlin at marlinswimming@verizon.net for Media Credentials.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.



Information/Lost & Found

A Lost & Found booth will be available at the lifeguard office located on the pool deck under the stands.

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office located on the pool deck under the stands.

Parking

Parking will be in the Stadium Parking Garage.

Concessions

Limited Concessions are provided at the facility.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room on deck.

Coaches' Packet

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.

Credential Pick-Up & Registration

Credentials will be picked up at the athlete entrance. Coaches and Officials must have their current USA Swimming Registration Card displayed.

Credentials

Restricted access to the facility will be strictly enforced. Please wear your USA Swimming Registration Card at all times.

Team Banners

Banners may be attached to the balcony railing using rope or cord. Please do not use adhesives

Results (Live Results)

After each session at these championships, the results will be available at www.potomacmarlins.com

Facility Notes

Seating Gallery: Open on the south side of the facility only. Contains bleacher seating only.
The following rules will be strictly enforced:
1. The Eppley Recreation Center is designated as a smoke free zone. Smoking is not permitted anywhere in the facility.
2. No food or drinks with exception of plastic water bottles will be permitted on deck.
3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and volunteers are allowed on deck. **There are no exceptions.**
Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.

Eppley Recreation Center Competition Pool

Continuous warm-up and warm-down available.

The Competition Pool of the Eppley Recreation Center is 50-meters by 25 yards with 16 SCY racing lanes. Two moveable bulkheads allow for long or short course events. There is a separate warm-up / Cool-down pool.

Course#1, water depth ranges from 11'-6" to 13' in for both the starting and turning ends.

Course #2, water depth ranges from 10"-9" to 5' in both the starting and turning ends

Pool Certification

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Hours

Friday, January 29, 2:00 p.m. - 9:00 p.m.
Saturday & Sunday January 30-31:
7:00 a.m. - 15 minutes after the final event.

Automatic timing (touch pads primary) will be used for this meet .



University of Maryland Eppley Recreation Center

University of Maryland
College Park, Maryland 20742
301-226-44— 25 Yards - 16 lanes
50 Meters - 8 lanes

Directions: Capitol Beltway (MD) exit 25 US 1 South on Baltimore Ave. Proceed to off ramp for MD 193 west (Signs for Univ of Maryland stadium.) Proceed two traffic lights to Stadium Drive. Turn left and proceed to traffic circle in front of parking garage. Bear right after going 3/4 way around circle. Proceed short distance to next intersection and turn left. Go to bottom of hill to parking lot.

For some meets, athletes, coaches and officials will be able to enter the building at this level. Otherwise, building entrance is at top of stairs from parking lot.

Parking in lower lot may sometimes either be restricted or prohibited . In this case, use the stadium parking garage and walk from there to the pool. (The garage can be reached by not turning left for lower parking lot. Instead, garage entrance is just after this intersection on the right.) **There may be a charge at certain times for using the lower lot or the Stadium parking lot.**

On **weekdays after 4pm, and all day Saturday and Sunday**, parking is also available **for free** in the **new** Comcast Arena Garage. This garage is only accessible off University Blvd (MD193) **Eastbound ONLY**. The only approach to the garage is by turning right at the traffic light at Terrapin Trail, the next intersection after Stadium Drive.

If you approach the pool going Westbound on MD 193 you need to make a U-turn at the Stadium Drive light, go east and then turn right at the next intersection -- Terrapin Trail..

The new Comcast garage does not appear on all versions the University of Maryland map. There is a foot bridge that connects the Comcast Garage to the Campus Recreation Center. Once you cross the bridge, you can enter the Recreation Center on the ground level and take either the stairs or an elevator up two levels to the spectator entrance level.

[Link to Yahoo Map](#)

[Link to "Most Current" University of Maryland Map](#)

[Link to current Parking Map](#) look for Stadium Dr Garage Northside Near Atrium. It's a short walk to the pool.

Entering the Meet



Entry Chairperson

Bill Marlin
571-334-0987
coach_bill@verizon.net
3212 Allness Lane
Herndon, VA 20171

All Entry questions should be directed to:

Bill Marlin-Entry Chair

Entry Process

The meet will be run using Hytek's Windows Meet Manager 5.0. Entries may be made by e-mail. (coach_bill@verizon.net).

Entries not submitted by e-mail will be subject to a \$25 processing fee for teams with more than 3 swimmers.

Telephone entries or FAX entries will not be accepted.

For entries received by e-mail, an acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of entry will be sent within 24 hours, please contact the entry chair by telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to Marlin Meet Management. Mail entries and fees to Bill Marlin at the address above.

- Entries will be accepted starting January 1, 2015
- Entries will close January 20, 2015

THERE WILL BE NO OME ENTRY PROCESS

E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday January 24, through Sunday January 25, 2015 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 26, 2015, and cannot be used to improve the seed time of a prior entry. Please use the official "E-Mail Entry Form." The e-mail entry form will be provided by the Meet Director.

Qualifying Period

The qualifying period for this event is September 1, 2013 through the entry deadline.

Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1800 verified by USA Swimming.

Entry Fees:

\$8.50 per athlete surcharge
\$25.00 per 9-10 athlete total entry
\$25.00 per 11-12 athlete total entry
\$30.00 per 13-14 athlete total entry

Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. All entry times must be proven.

Events

9-10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 & 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13 & 14-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Scoring

Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total.

Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring. Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed.

Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender.

Team Scoring & Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.

Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Games and will serve as the official guide for technical and procedural rules.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12&U sessions in Rule 205.3.1F.

ELIGIBILITY:

Swimmer(s) must be registered with USA Swimming and be between the ages of 9 and 14 to be accepted in this meet. Age as of January 30, 2015 shall determine swimmer's age for the entire meet.

Membership Requirement

All coaches and officials expecting to be on deck should be prepared to show a current USA Swimming Registration Card. There will be no on deck registration. Coaches **MUST** constantly display their current USA Swimming coach credentials to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

Check-In

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Coaches must present their current USA Swimming Registration Card to gain access to the deck.
- B. After you have been cleared, you will receive your coaches heat sheet at the computer table.
- C. Present any questions to the Meet Referee or Meet Director.

There will be no Positive Check-In for Athletes. The entire meet will be pre-seeded. Please inform the Meet Director of any know scratches no later than January 21, 2015.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

Swimsuits

All swimmers entered into the competition must comply with the USA Swimming Rulebook Section 102.8 regarding swimwear and taping.

Note: In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, Potomac Marlins and the University of Maryland shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.



SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Tuesday, January 20th)

Please fill out the information requested below and mail with your entry form and check.
Please refrain from sending cash and **make checks payable to: Marlin Meet Management**
Thank you.

Send to: **Bill Marlin (IMX)**
3212 Allness Lane.
Herndon, VA 20171

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:
Athlete Surcharge Boys: _____ X \$ 8.50 = _____
Girls: _____ X \$ 8.50 = _____
Number of 9-10 yr. old individuals entered: _____ X \$ 25.00 = _____
Number of 11-12 yr. old individuals entered: _____ X \$ 25.00 = _____
Number of 13-14 yr. old individuals entered: _____ X \$30.00 = _____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry: _____ **Coaches:** _____
Name: _____
Address: _____
City: _____
State: _____ Zip: _____ Club Official FAX: _____
Daytime Phone: () _____ Club Official E-mail: _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assignees, hereby releases and forever discharges the host club (Potomac Marlins), University of Maryland, USA Swimming, the host club and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club, University of Maryland, USA Swimming, the host club and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____ **Date** _____

*Person who signs above is responsible for any fines imposed on the club.
*You may have one designated spokesperson for your team to talk to the Meet Referee. The coach would be the logical person.

Please list the name of your spokesperson: _____

Did you submit?

<input type="checkbox"/>	Electronic entries
<input type="checkbox"/>	Check for entries
<input type="checkbox"/>	I have read the meet information , the entry and competition procedures and understand all of them.
<input type="checkbox"/>	This completed form