

PACIFIC SWIMMING SHORT COURSE TRIALS & FINALS



**QUICKSILVER SWIMMING
IMX TRIALS & FINALS
TEAM CHALLENGE**

Presented by San Jose Aquatics

February 9-10, 2013

Enter Online: <http://ome.swimconnection.com/pc/qss20130209>

SANCTION: IMX: Held under USA Pacific Swimming Sanction No. **13-020**

Time Trials: Held under USA Pacific Swimming Sanction No. **13-021**

In granting this sanction it is understood and agreed that USA SWIMMING shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

Use of Audio and Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

OFFICIALS: **Meet Referee:** Carole Keighley
Meet Marshal: Dolores Akin

Head Starter: Ardsher Ahmed
Meet Director: Janet Gutierrez (408-206-0504/Stevejan5@sbcglobal.net)

LOCATION: Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right: pool is located at the back of the school.

COURSE: 25 yard x 50-meter outdoor, heated pool. Up to 18 competition lanes are available. A separate warm up/down pool is available. The minimum water depth, measured in accordance with Article 103.2.3, is 4' or more throughout the racing course. The competition course has been certified in accordance with Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.

TIME: Meet begins at 9:00 am each day, warm-ups from 7:30 to 8:45 a.m. each day. Finals are estimated to start at 3:00 PM. Finals warm-up will start no later than 2:00 PM.

RULES: Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course. All events will advance 1 Final Heat (1-8) and 1 Consolation Final Heat (1-8); these will be in the traditional age categories (10-un, 11-12, 13-14, and 15-Up). **Swimmers may compete in three events per day.** The 1650Y and 1000Y Freestyle will be offered as a Time Trial Events between the morning prelim and the afternoon final sessions and does not affect the 3 events/per day limit. Swimmers may deck enter these events up until 11:00AM on the day of the event. They will be swum fastest to slowest; swimmers competing in these events must provide their own lap counters and timers. Please note that the 1000Yd and 1650Yd Freestyle are swum as 11- Up events. **Coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

Swimmers in the 500 Free will have to provide their own lap counters, timers will be provided for this event.

DECK CHANGING: 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 strongly discouraged.

UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No deck changing. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

ELIGIBILITY: Swimmers must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. No Time (NT) entries will be accepted. Disabled swimmers are welcomed to attend this meet and should contact the Meet Director or Head Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and over may compete in the meet for times only within the 13 & Up and 11- Up Distance Event, no awards will be given.

ENTRY FEES: \$5.50 per event and \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. Time Trial events are \$9.00 due at registration.

Make check payable to: QuickSilver Swimming
Mail with entries to: Janet Gutierrez
Swim Meet Entries
PO Box 36205, San Jose, CA 95158

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedure. Entries must be postmarked by midnight, Monday, **January 28, 2013** or hand delivered to the Gunderson High School Aquatic Center Pool Office by 6:30 p.m. Wednesday, January 30, 2013. Entries mailed or delivered to the Gunderson High School Office WILL BE REJECTED. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/qss20130209> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, January 30, 2013. When the number of splashes exceeds the estimated timeline, all entries will be closed and notification will be posted on Swim Connection and the Pacific Swimming website.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: **Trials:** Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun, that they wish to scratch. Failure to swim an event will result in being barred from the rest of his/her events that day. If the swimmer qualified for a final before missing an event they may swim that final.

Finals: Any swimmer qualifying for finals in an individual event that does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that

they may not intend to compete in finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. Any swimmer originally qualifying for final that fails to compete in that final, will be barred from further competition for the remainder of the meet, If the failure to compete occurs on the last day the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Exceptions to that fine are ONLY under the conditions stated in the Pacific Swimming scratch rules.

AWARDS: Team High Point Awards will be given for 1st-5th place. Scores will be based on a traditional scoring system 9, 7, 6, 5, 4, 3, 2, & 1 for the Individual Events. Individual High Point Awards will be given 1st-8th in the following age/gender brackets: 10-Un, 11,12,13,14,15,16,17 and 18. Individual High Point Awards will be based on the IMX Power Point Totals obtained at this meet. All swimmers completing the IMX events will be given a Certificate of Completion with their IMX score from this meet (Note: Swimmers score may be different on the USA site when Best Times from other meets are utilized). Any swimmer achieving a new "A" time will receive an A Medal.

ADMISSION: Free.

PROGRAMS: Will be available for sale.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch.

MISCELLANEOUS: Swimmers found inside the school (other than locker rooms) will be removed from the meet. Overflow parking may use Chynoweth Light Rail Station. No overnight parking is allowed. Facilities will not be provided after meet hours. Parking illegally will result in being ticketed and/or towed at the owner's expense.

Event Summary

Saturday, February 9, 2013

10-Under	11-12	13-Up	11-Up Non-Scored Time Trial
100 Free	*200 Free	200 Free	1000 Free
*100 Fly	*100 Fly	*200 Fly	
*100 Back	*100 Back	*200 Back	
		*400 IM	

Sunday, February 10, 2013

10-Under	11-12	13-Up	11-Up Non-Scored Time Trial
*200 Free	*500 Free	*500 Free	
*100 Breast	*100 Breast	*200 Breast	1650 Free
*200 IM	*200 IM	*200 IM	

*Events are part of the 5 or 6 required events in the IMX Format; more information on page 5.

EVENTS
SATURDAY FEBRUARY 9, 2013

WOMENS EVENT #	MINIMUM TIME		EVENT		MINIMUM TIME	MENS EVENT #
1	No Minimum	13-Up	200 Free	13-Up	No Minimum	2
3	No Minimum	11-12	200 Free	11-12	No Minimum	4
5	No Minimum	10-Under	100 Free	10-Under	No Minimum	6
7	No Minimum	13-Up	200 Fly	13-Up	No Minimum	8
9	No Minimum	11-12	100 Fly	10-Under	No Minimum	10
11	No Minimum	10-Under	100 Fly	11-12	No Minimum	12
13	No Minimum	13-Up	200 Back	13-Up	No Minimum	14
15	No Minimum	11-12	100 Back	10-Under	No Minimum	16
17	No Minimum	10-Under	100 Back	11-12	No Minimum	18
19	No Minimum	13-Up	400 IM	13-Up	No Minimum	20

EVENTS
SUNDAY FEBRUARY 10, 2013

WOMENS EVENTS #	MINIMUM TIME		EVENT		TIME	MENS EVENT #
21	No Minimum	13-Up	500 Free	13-Up	No Minimum	22
23	No Minimum	11-12	500 Free	11-12	No Minimum	24
25	No Minimum	10-Under	200 Free	10-Under	No Minimum	26
27	No Minimum	13-Up	200 Breast	13-Up	No Minimum	28
29	No Minimum	11-12	100 Breast	11-12	No Minimum	30
31	No Minimum	10-Under	100 Breast	10-Under	No Minimum	32
33	No Minimum	13-Up	200 IM	13-Up	No Minimum	34
35	No Minimum	11-12	200 IM	11-12	No Minimum	36
37	No Minimum	10-Under	200 IM	10-Under	No Minimum	38

WHAT IS IMX??? A NOTE FROM USA SWIMMING . . .

<http://www.usaswimming.org/DesktopDefault.aspx>

Once you go to the site proceed to TIMES. . .IMX/Power Points for more information on this great USA Swimming Program.



A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready 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/IMR 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.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

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

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

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a My USA Swimming Account, and then compete in each required event, at a sanctioned meet, at least once in a season.

Pacific Swimming – Hosted by
QuickSilver Swimming
2/9/2013
Consolidated Entry Form

Name: Last, First Middle

Club Abbr. UNATT TEAM ABBR Club Name

Age Date of Birth Sex LSC – (PC, SN)
M F

USA-#

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$5.50 = \$ _____
EVENT Participation Fee \$8.00
Total \$ _____

Coach

Swimmer's
Address

Home Phone Cell Phone