



**2013-14  
USA Swimming  
IM Xtreme Games-South**

**January 31-February 2, 2014  
Cherokee County Aquatic Center  
Holly Springs, GA 30144**

**Official Event Information**

**LSCs PARTICIPATING IN THE SOUTH REGION MEET  
Florida, Florida Gold Coast, Georgia, Mississippi, North  
Carolina, South Carolina, Southeastern**



**USA Swimming IM Xtreme Games-South**  
**January 31-February 2**  
**Sanctioned by USA Swimming through Georgia Swimming GA-14-**

**Important Facts about the Meet**



- ◆ The qualifying period for this event is September 1, 2012 through the entry deadline.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 14, 2014 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 25, through Sunday January 26, 2014 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on *Tuesday January 28, 2014*, 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 can be requested from the Meet Director.
- ◆ All athletes that are 9-18 years of age 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 Timed Final meet will follow IMX Challenge program guidelines.
- ◆ The qualifying standard will be a minimum IMX Challenge score of 1500 points for all locations, ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ At the discretion of the Meet Referee, sessions may be conducted using “Dive Over” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ Swimmers will be responsible for providing a timer and a counter for the 500 Freestyle event.
- ◆ 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 meeting.

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

***Any swimmer between the ages of 9-18 years of age is eligible for the meet if they have 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. A 12-year-old who has achieved the minimum qualifying score 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.***

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## Order of Events



### 2013-14 USA Swimming IM Xtreme Games-South

Women's Events	Session 1 – Friday, January 31	Men's Events
1	13 – 14 500 Freestyle	2
3	15 – 18 500 Freestyle	4
5	11 – 12 500 Freestyle	6

	Session 2 – Saturday, February 1	
7	13 – 14 200 Fly	8
9	15 – 18 200 Fly	10
11	13 – 14 200 IM	12
13	15 – 18 200 IM	14
15	13 – 14 200 Breaststroke	16
17	15 – 18 200 Breaststroke	18

	Session 3 - Saturday, February 1	
19	11 – 12 100 Fly	20
21	9 – 10 100 Fly	22
23	11 – 12 200 IM	24
25	9 – 10 200 IM	26
27	11 – 12 100 Breaststroke	28
29	9 - 10 100 Breaststroke	30

	Session 4 – Sunday, February 2	
31	13 – 14 200 Backstroke	32
33	15 – 18 200 Backstroke	34
35	13 – 14 400 IM	36
37	15 – 18 400 IM	38

	Session 5 – Sunday, February 2	
39	9 – 10 100 Backstroke	40
41	11 – 12 100 Backstroke	42
43	9 – 10 200 Freestyle	44
45	11 – 12 200 Freestyle	46

#### Friday, January 31, 2014 – Session 1

Warm-ups will start at 4:00 PM

Competition will start at 5:30 PM

#### Saturday, February 1, 2014 – Session 2

Warm-ups will start at 7:00 AM

Competition will start at 8:30 AM

#### Saturday, February 1, 2014 – Session 3

Warm-ups will start at No sooner than Noon

Competition will start 60 min after WU start

#### Sunday, February 2, 2014 – Session 4

Warm-ups will start at 7:00 AM

Competition will start at 8:30 AM

#### Sunday, February 2, 2014 – Session 5

Warm-ups will start at No sooner than Noon

Competition will start 60 min after WU start

## General Information



<p><b><u>Facility Address</u></b>                  1200 Gresham Mill Pkwy                  Holly Springs, GA 30144                  (678) 880-4760</p>	<p><b>Officials Contact</b>  <b>Glenda Orth</b>                  (H) 770-973-0083 © 404-275-4369  <a href="mailto:glenda.orth@comcast.net">glenda.orth@comcast.net</a></p>
<p><b>Co-Meet Director</b>  <b>Stephen Payment</b>                  (678) 923-4327  <a href="mailto:sjpayment@yahoo.com">sjpayment@yahoo.com</a></p>	<p><b>Co-Meet Director</b>  <b>Craig Justus</b>                  (404) 216-3416  <a href="mailto:wcjustus86@gmail.com">wcjustus86@gmail.com</a></p>
<p><b>Meet Referee</b>  <b>Glenda Orth</b>                  (H) 770-973-0083 © 404-275-4369  <a href="mailto:glenda.orth@comcast.net">glenda.orth@comcast.net</a></p>	<p><b>Entry Chairperson</b>  <b>Bryan Burwick</b>                  (678) 332-6008  <a href="mailto:bryan@burwicks.com">bryan@burwicks.com</a></p>

<b><u>Meeting Schedule</u></b>			
Friday, January 31	2:45pm	Coaches General Meeting	Hospitality
Friday January 31	3:30pm	Official's Briefing	Hospitality
<i>All subsequent officials' briefings TBA</i>			

<b><u>LSCs PARTICIPATING IN THE SOUTHEAST REGION MEET</u></b>	
Florida Gulf Coast Florida Georgia Mississippi North Carolina South Carolina Southeastern	

**Hotels**  
 See page 5 for more detailed hotel information.

**Officials**  
 Stingrays Swimming 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 **Glenda Orth** (H) 770-973-0083 © 404-275-4369 [glenda.orth@comcast.net](mailto:glenda.orth@comcast.net) with any officials interested in working,

## General Information (cont'd)



### Ticket Information

Heat Sheets	\$12.00
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### Travel Information

#### Airlines serving Atlanta, GA:

Air Tran	800/AIRTRAN
United	800/241-6522
American	800/433-7300
Delta	800/221-1212
Frontier	800/432-1359
Southwest	800/435-9792
Spirit	800/772-7117
US Airways	800/428-4322

### Travel Information (continued)

#### Car Rental Agencies

Alamo	800/462-5266
AVIS	800/331-1212
Budget	800/527-0700
Dollar	800/800-4000
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/367-2277
Enterprise (off airport)	800/736-8222

#### Hotels:

*(rates can be seen thru Hotels.com)*

Springhill Suites \$99/night (Kennesaw)  
9.3Miles from the pool  
770-218-5550

Embassy Suites (Kennesaw)  
9.0 miles from the pool  
770-420-2505

Hampton Inn (Woodstock)  
4.5 miles from the pool  
770-592-2323

### Media Credentials

Anyone wishing media access to the event must contact the Co-Meet Director Stephen Payment at [sjpayment@yahoo.com](mailto:sjpayment@yahoo.com) 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.

## Site Information



### Information/Lost & Found

**A Lost & Found booth will be available at the lifeguard office**

### Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office.

### Parking

A parking lot is available at the facility.

### Concessions

Concessions will be available for spectators.

### Hospitality

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

### 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

Coach & athlete Credentials can be picked up at the entrance to the pool on the deck level of the Cherokee County Aquatics Center starting Friday, January 31 at 2:30 p.m.

### Credentials

**Restricted access to the facility will be strictly enforced. Please wear your credential at all times.**

### Team Banners

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

### Results

After each session at these championships, the results will be available at [www.stingraysswimming.com](http://www.stingraysswimming.com) via Live Results. Meet Mobile results will also be available.

### Facility Notes

Seating Gallery: seats approx. 800

The following rules will be strictly enforced:

1. The Cherokee County Aquatics 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.***

### Cherokee County Aquatics Center Competition Pool

Continuous warm-up and warm-down available.

The Competition Pool of the Cherokee County Aquatics Center is 50-meters by 25 yards with 20 SCY racing lanes. A moveable bulkheads allow for long or short course events.

### Pool Certification

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming

## Directions to the Natatorium



### Cherokee County Aquatics Center (CCAC)

1200 Gresham Mill Pkwy  
Holly Springs, GA 30144  
678-880-4760

#### **Directions**

From I75 North take the I575 exit to Woodstock/Canton (Exit #11 ).  
On 575 traveling North take the Sixes Rd Exit (Exit 11) and at the top of the exit ramp turn left onto Sixes Road.  
Approx. 1/4 mi turn left on Gresham Mill Pkwy into CCAC complex.

[Cherokee County Recreation and Parks Page](#)

[Link to Mapquest Map](#)

[Link to Google Map](#)

## IM Xtreme Meet Procedures



### 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."*

The use of any audio or visual recording device is not allowed in changing areas, restrooms, or locker rooms. They are banned from behind the blocks during the entire meet, including warm-up, competition and cool-down periods.

The practice of Deck Changing is prohibited at all Stingrays Sanctioned events. Swimmers participating in deck changing could be subject to removal from further competition in the meet.

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

### Eligibility

Swimmer(s) must be registered with USA Swimming and be between the ages of 9 and 18 to be accepted in this meet. Age as of January 31, 2014, shall determine swimmer's age for the entire meet.

### Membership Requirement

All coaches and officials expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.

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.

### Registration

Credentials for coaches, managers and chaperones shall be issued to those persons listed on the submitted team entry forms. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$50 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.

### 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.

1. Start at the check-in table located when you walk into pool. At that time you must present your coach membership card. Have your coach membership card with you.
2. After you have been cleared, you will receive your coaches packet and swimmer's credentials.
3. Present any questions to the Meet Referee or Meet Director.

### Timer & Counter for 500 Freestyle

Swimmers will be responsible for providing a timer and a counter for the 500 Freestyle event.



## IM XTreme Meet Procedures (cont'd)



### Swimsuits

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

### 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.

### 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 as a reason for a no-show.

### Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender for the 11-14 year olds.

IMX plaques will be awarded for the top eight swimmers in each single-year age bracket and gender for the 9-10-15-16-17-18 year olds.

### 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 for the 11-14 year olds

## Entering the Meet



### Entry Chairperson

**Bryan Burwick**  
(678) 332-6008  
[bryan@burwicks.com](mailto:bryan@burwicks.com)

### All Entry questions should be directed to:

Bryan Burwick-Entry Chair

### Entry Process

The meet will be run using Hy-tek Meet Manager.  
Entries should be sent by e-mail.  
([bryan@burwicks.com](mailto:bryan@burwicks.com)).

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 Stingrays Swimming. Mail entries and fees to  
Ian Goss 803 Savona Way, Woodstock, GA 30189.

- Entries will be accepted starting December 2, 2013
- Entries will close January 14, 2014

### **THERE WILL BE NO OME ENTRY PROCESS**

### Qualifying Period

The qualifying period for this event is **September 1, 2012** through the entry deadline.

### Proof of Entry

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1500 verified by USA Swimming.

### Seeding

For athletes who have qualified using a Long course IMX score and do not have Short Course times, please submit an appropriate time from practice so that they will be properly seeded.

### Entry Fees:

\$25.00 per 12 & Under athlete entry  
\$30.00 per 13 & Over athlete entry  
\$15.00 per Athlete Surcharge  
\$2.00 GA Swimming Out Of State Surcharge

### Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for awards.

### Events

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

### Waiver and Release Form

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

# SUMMARY OF ENTRIES

**THIS FORM IS REQUIRED WITH PAYMENT**

Please fill out the information requested below and mail with your entry form and check.  
Please refrain from sending cash; **make checks payable to Stingrays Swimming**. Thank you.

Send to: **Ian Goss (IMX)**  
**803 Savona Way**  
**Woodstock, GA 30189**

NAME OF CLUB: \_\_\_\_\_

CODE: \_\_\_\_\_

Number of swimmers entered					
12 & Under Boys:	_____	X	\$25	=	_____
12 & Under Girls:	_____	X	\$25	=	_____
Number of swimmers entered					
13 & Over Boys:	_____	X	\$30	=	_____
13 & Over Girls:	_____	X	\$30	=	_____
Total Number Athletes (surcharge)	_____	X	\$15		_____
Total Number Athletes (Out of State)	_____	X	\$2		_____

**TOTAL AMOUNT ENCLOSED:**

**Club Official Submitting Entry:**

**Coaches:**

Name: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

\_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_\_

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 (Stingrays), Cherokee County Aquatic Center, USA Swimming, 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 Stingrays, Cherokee County Aquatic Center, USA Swimming, and the directors, 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 for each missed cut not proven.

\*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person.

Please list the name of your spokesperson: \_\_\_\_\_