



2019-20
USA Swimming
IM Xtreme Games-NE

January 24 - January 26, 2020
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



2019-20
USA Swimming IM Xtreme Games-NE
 January 24—January 26, College Park, MD
 Sanctioned by USA Swimming through Potomac Valley Swimming PVZ-20-501

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2018 through the entry deadline.
- ◆ **All times MUST be achieved in one season and in one course.** Times from the 2018-19 season shall not be combined with times from the 2019-20 season.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 14, 2020 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 18, through Sunday January 19, 2020 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 20, 2020, 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 1,800 points** for all ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ This meet will be conducted using “Flyover” starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ All events will be pre-seeded. **Known scratches should be sent to the Meet Director prior to January 17th.**
- ◆ 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 discussed at the coaches meeting.
- ◆ **All swimmers MUST provide their own timer and counter for the 500 Free on Friday & a timer for the 13-14 400 IM on Sunday**
- ◆ 2 courses will be used for the entire meet
- ◆ Session start times MAY be adjusted after all entries have come in.
- ◆ At the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats will be moved to the boys course in each event to help with timelines
- ◆ **It may be necessary for swimmers in later heats of an event in the 11-12 & 9-10 age groups to swim on the opposite gender’s course in order to balance timelines. Coaches will be informed and will be given the opportunity to concur in the event this becomes necessary**

*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 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 swum all the required events as a 13 yr old).*

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2019-20 USA Swimming IM Xtreme Games-NE Order of Events

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

SCHEDULE:

Friday, January 24, 2020 PM Session

- ◆ Warm ups will start at 1:00 PM
- ◆ Competition will start at 2:00 PM
- ◆ 500's will be swum fast to slow.

Saturday, January 25, 2020 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM

Sunday, January 26, 2020 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start at 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM
- ◆ 2 courses will be used for the entire meet
- ◆ Session start times MAY BE adjusted and will be emailed out prior to the meet and announced at the coaches meeting
- ◆ If 12&U timelines are excessive, the session will be split into 2 sessions with the 9-10 session warm-up starting no earlier than 3:30 PM with events no earlier than 4:10 PM on Saturday (4:40 PM on Sunday)

General Information



Facility Address

Eppley Recreation Center
University of Maryland
College Park, MD 20742
(301) 226-4400

Meet Referee

Scott Witkin—RMSC
switkin1@gmail.com

Entry Chairperson

Bill Marlin
31 Century Street
Stafford, VA 22554
571-334-0987
Bill.Marlin@verizon.net

Meet Director

Bill Marlin
31 Century Street
Stafford, VA 22554
571-334-0987
Bill.Marlin@verizon.net

Meeting Schedule

Saturday, January 25	7:15am	Coaches General Meeting	Hospitality
Friday January 24	1:20pm	Official's Briefing	Classroom

All subsequent officials' briefings TBA

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 navy blue. Shorts are acceptable throughout. Please contact Scott Witkin with any officials interested in working, switkin1@gmail.com

[Application to Officiate](#)



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

Deck Parking will be available for advance purchase. A link will be posted on the Potomac Valley Swimming website Schedule Page. Cost of parking on Friday will be approximately \$10.00-\$12.00. The Garage should be free for the weekend. Additional information will be sent to Coaches and Officials as we get closer to the meet.

Concessions

Limited Concessions are provided at the facility.

Hospitality

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

Athlete credentials are being issued to coaches upon building entry. Coaches must have their current USA Swimming Registration Card displayed on their phone

Credentials

Restricted access to the facility will be strictly enforced. Please be able to show your USA Swimming Registration Card at all times. Deck Pass on cell phone is acceptable.

Team Banners

Banners may be attached to the Window Cord using Zip Ties. Please do not use adhesives on the walls.

Results

Results will be posted to Meet Mobile provided the connection is good.

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 10'-6" at the start end to 14' at the turn end.

Course #2, water depth ranges from 8' at the start end to 10'-6" at the turn end.

Pool Certification

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

Pool Hours

Friday, January 24, 2:00 p.m. - 9:00 p.m.
 Saturday & Sunday January 25-26:
 6:30 a.m. - 15 minutes after the final event.

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

General Information (Continued)



Ticket Information

Airlines:

Airlines serving Washington D.C. Regan National

Air Canada	888/247-2262
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
United	800/864-8331

Car Rental Agencies

Alamo	800/462-5266
AVIS	800/331-1212
Budget	800/527-0700
Dollar	800/800-4000
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Payless	800/729-5377
Thrifty	800/541-7044
Zipcar	866/494-7227

Off Airport

Advantage	800/777-5500
EZ Rent A Car	800/277-5171

Meet Hotel Information:

[The Marriott Inn & Convention Center](#) —Host Hotel

\$129-\$149 – Request IMX Meet Rate
3501 University Blvd. East
Hyattsville, MD 20783
.5 miles to University
1-800-228-9290 ask for 2020 IMX Meet room block

[The Hotel at the Univ Of MD](#) —\$119

7777 Baltimore Ave.
College Park, MD 20740
301-277-0777
www.thehotelumd.com
Ask for IMX swim meet 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

[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 Meet Director Bill Marlin at Bill.Marlin@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.



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 (follow signs for University of Maryland events) Proceed two traffic lights to Stadium Drive. Make U-turn at Stadium Drive and make next immediate right into Terrapin Trail Garage. There is a foot bridge that connects the Terrapin Trail Garage to the Eppley 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. For some meets, athletes, coaches and officials will be able to enter the building on the pool level by the Maryland Adventure Program complex (walk towards the 55 foot climbing wall).

There may be a charge at certain times/events for using the lower lot, Terrapin Trail Garage or other university lots. Terrapin Trail Garage is free on weekdays after 4pm, and all day Saturday and Sunday, unless an event is happening.

Please visit the UMD Department of Transportation website at www.dots.umd.edu for additional parking information and campus maps.

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

[Link to current Visitor Parking Map](#) Look for Terrapin Trail Garage Northside Near Atrium. It's a short walk to the pool across the foot bridge.

Entering the Meet



Entry Chairperson

Bill Marlin
571-334-0987
Bill.Marlin@verizon.net
31 Century Street
Stafford, VA 22554

All Entry questions should be directed to:
Bill Marlin-Entry Chair

Entry Process

The meet will be run using Hy-tek's Windows Meet Manager 7.0. Entries may be made by e-mail (Bill.Marlin@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.

Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.

Should you not receive an acknowledgement of your entry within 24 hours, please contact the entry chair by e-mail or 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 **Potomac Marlins**. Mail entries and fees to Bill Marlin at the address above.

- Entries will be accepted starting December 16, 2019
- Entries will close January 14, 2020

THERE WILL BE NO OME ENTRY PROCESS

E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday January 18, through Sunday January 19, 2020 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday January 20, 2020, and cannot be used to improve the seed time of a prior entry. Please E-Mail these last minute entries to the Meet Director.

Qualifying Period

The qualifying period for this event is September 1, 2018 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:

\$9.00 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, including the [Minor Athlete Abuse Prevention Policy](#) (“MAAPP ”), 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.

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy](#) as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete’s coach) is also responsible for notifying the session referee of any disability prior to the competition.

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 202.5.3). 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 (e.g., cell phones, cameras, etc) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Operation of a drone or other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectators areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Deck changes are 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:

Swimmers 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 24, 2020 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 their current USA Swimming Registration Card. Deck Pass on a mobile device is acceptable. There will be no on deck registration. 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. Deck Pass on a mobile device is acceptable.
- 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.

Positive Check-In for Athletes

The meet is pre-seeded. There will be no positive check-in for swimmers. Please inform the Meet Director of any known scratches by January 17th, 2020.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures **for all 3 courses** to include lane usage and times, which must be adhered to by all participants. Two or Three warm-up sessions may be used based on entry numbers for the combined 9-12 session. This information will be distributed with the meet information at registration or via e-mail prior to the meet, 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.

Moving Girls Heats to Boys Course

At the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats will be moved to the boys course in each event to help with timelines.

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, Eppley Recreation Center, 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 14th 2020)

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: Potomac Marlins**
Thank you.

Send to: **Bill Marlin (IMX)**
31 Century Street
Stafford, VA 22554

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:
Athlete Surcharge Boys: _____ X \$ 9.00 = _____
Girls: _____ X \$ 9.00 = _____
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