

**Triton Tsunami Winter IMX Challenge**  
**Hosted By: Great Lakes Tritons**  
**December 2 – 4, 2011**

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number **MI1112027**. Michigan Swimming rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.
- Location:** **L'Anse Creuse North High School**  
23700 21 Mile Road  
Macomb, MI 48042
- Times:**
- |   |                 |              |
|---|-----------------|--------------|
| <b>Friday, December 2<sup>nd</sup> - PM</b>   | Warm-up 5:00pm  | Start 6:00pm |
| <b>Saturday, December 3<sup>rd</sup> - AM</b> | Warm-up 7:30am  | Start 8:30pm |
| <b>Saturday, December 3<sup>rd</sup> - PM</b> | Warm-up 12:30pm | Start 1:30pm |
| <b>Sunday, December 4<sup>th</sup> - AM</b>   | Warm-up 7:30am  | Start 8:30am |
| <b>Sunday, December 4<sup>th</sup> - PM</b>   | Warm-up 12:30pm | Start 1:30pm |
- Facilities:** L'Anse Creuse North High School pool is an 8-lane pool with a diving well, which will be available for supervised warm-up and warm down. Depth at start end of the pool is 8 feet and 4 feet at turn end. Permanent starting blocks and non-turbulent lane markers will be used. 25-yard events will start from the starting blocks. Colorado timing with an 8-lane display will be used. The competition course has not been certified in accordance with 104.2.2C(4). There is ample seating for spectators. Lockers are available (provide your own lock).
- Eligibility:** The Triton Tsunami is for all swimmers who are currently registered with United States Swimming (USA). A swimmer's age on December 2, 2011 will determine his/her eligibility for an age group. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Meet Format:** The Triton Tsunami is a timed finals format. Session 1 is a distance session with offerings for all ages. Sessions 2 and 4 are open to 11/12 girls, 13/14, and open swimmers and will be swum in the AM. Sessions 3 and 5 are open to 11/12 boys, and all 10 and under swimmers and will be swum in the PM. The time standards used in this meet are A, B, & C.
- Individual Entry Limit and Fee:** Swimmers are limited to four (4) individual events. There will be a charge of \$4.00 per individual event and please include a \$1.00 Michigan Swimming for each swimmer entered.
- Entry Deadline:** **November 11, 2011 to the Black Box.**

**Check In:** Check In will be available 15 minutes prior to warm-up, until 15 minutes after warm-up has begun. Check in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check in will cause the swimmer to be scratched from **all** events in that session. Pursuant to MS Rules, failing to swim an event after checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted in the hallway outside of the locker rooms. **A separate check in for the 1650 will close at 6:15pm on Friday night.**

**Scratch Rules:** Prior to check in close a swimmer may scratch events at the Clerk of Course. After check in closes, you must see the Meet Referee to scratch an event. Once a swimmer has checked in for an event that swimmer must compete in that event or the swimmer will be scratched from his/her next event.

**Marshaling:** All events will be self-marshaled. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently. If a swimmer does not show up for the correct heat of the event, that swimmer will be scratched from his/her next scheduled event.

**Deck Entries:** Deck entries may be accepted at the Clerk of Course, if time and space permit, at the discretion of the Meet Referee and the Meet Director. Deck entries are \$7.00 per individual event. Deck entries are subject to MS athlete surcharge and must provide a valid USA Swimming membership card if not already in the meet. Registration status must be proven by providing current USA swimming membership card or a current print out of athlete roster from club portal. The club portal is located on the USA swimming website.

**Time Trials:** Time Trials will not be offered.

**Meet Programs/ Admissions:** Friday admission is \$2.00 per person 12 & over.  
Saturday and Sunday admission is \$4.00 per person per day 12 & over.  
Meet Program is \$6.00.

**Scoring:** No individual or team scoring will be recorded.

**Awards:** Awards will be given to 1<sup>st</sup> – 8<sup>th</sup> place in individual events for A, B, and C levels and 1<sup>st</sup>-8<sup>th</sup> in relay events. 1<sup>st</sup> – 3<sup>rd</sup> place will receive medals. Meet ribbons will be given for 4<sup>th</sup> – 8<sup>th</sup> place. Awards will be given to the coaches at the end of the meet.

*IMX High Point awards* – Point totals will come from state recognized events for each age-group. The IMX Events will be used to total high point scores. Swimmers will need to compete in all IMX Events for their age group to be considered for the High Point Award. Relay points will not be considered. High Point awards will take place following the Sunday AM session for 11-12 Girls, 13-14, and Open and following the Sunday PM session for 10&U and 11- 12 Boys. 1st-3rd place for each gender of the following age groups: 10&U, 11-12, 13-14 and Open. **Awards will not be mailed.** No time (NT) Entries are not eligible for awards.

**Concessions:** Food and beverages will be available in concessions. No food or beverage will be allowed on the deck of the pool, in the locker room or in the spectator areas except for plastic water/sports drink bottles. A hospitality area will be available for coaches and officials.

**Lost and****Found:**

Articles may be turned in/picked up at admissions. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be at the sole discretion of the Meet Director).

**Swimming Safety:**

Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules apply with respect to the diving well. Penalties for violating these rules will be in the sole discretion of the meet referee, which may include ejection from the meet.

**Deck Personnel:**

Only swimmers, registered coaches, and meet officials/workers are allowed on the pool deck. Coaches and Officials must display their registration cards at all times. Coaches must be current in all certifications through the final date of the meet.

**Swimmers with****Disabilities:**

All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please indicate them on the entry form and with the Clerk of the Course and/or the Meet Referee during warm ups.

**General Info:**

Any errors or omissions in the program will be documented and signed by the Referee and available for review at the Clerk of the Course for Coaches review. Information will also be covered at the Coaches' Meeting.

**First Aid:**

Supplies will be kept in the control room on deck.

**Facility Items:**

- (A) No smoking is allowed in the building or on the grounds of L'Anse Creuse North High School
- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- (C) No bare feet allowed outside the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review in inspection in the timing room.
- (E) To comply with USA Swimming privacy and security policy, NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.

## What is the IMX

**Extreme Challenge:** The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season. However, at the Triton Tsunami Winter IMX Challenge, all swimmers who swim all of the IMX events at the Triton Tsunami will receive an IMX Pin (**all events must be swum in one age group and swum legally**).

### Age Groups and Events

The following single age groups and event combinations will be tabulated and scored for both men and women:

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

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

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

USA Swimming will automatically compute scores and results for all athletes. Swimmers only need to compete in the IMX combination of events for their age group and they will be part of the program. USA Swimming will automatically update each athlete with best times as they are achieved during each season.

		<b>Session 1: Friday Evening</b>		
Girl's Event #	Age	Event	Age	Boy's Event #
1	<b>12 &amp; U</b>	200 Fly	<b>12 &amp; U</b>	2
3	<b>10 &amp; U</b>	500 Free	<b>10 &amp; U</b>	4
5	<b>11 &amp; 12</b>	500 Free (imx)	<b>11 &amp; 12</b>	6
7	<b>13 &amp; 14</b>	1650 Free	<b>13 &amp; 14</b>	8
9	<b>OPEN</b>	1650 Free	<b>OPEN</b>	10

<b>Session 2: Saturday Morning</b>				
Girl's Event #	Age	Event	Age	Boy's Event #
11	<b>11 &amp; 12</b>	200 Free		
12	<b>13 &amp; 14</b>	500 Free (imx)	<b>13 &amp; 14</b>	13
14	<b>Open</b>	500 Free (imx)	<b>Open</b>	15
16	<b>11 &amp; 12</b>	100 Back (imx)		
17	<b>13 &amp; 14</b>	100 Back	<b>13 &amp; 14</b>	18
19	<b>Open</b>	100 Back	<b>Open</b>	20
21	<b>11 &amp; 12</b>	100 IM		
22	<b>13 &amp; 14</b>	200 IM (imx)	<b>13 &amp; 14</b>	23
24	<b>Open</b>	200 IM (imx)	<b>Open</b>	25
26	<b>11 &amp; 12</b>	50 Fly		
27	<b>13 &amp; 14</b>	100 Fly	<b>13 &amp; 14</b>	28
29	<b>Open</b>	100 Fly	<b>Open</b>	30
31	<b>11 &amp; 12</b>	200 Breast		
32	<b>13 &amp; 14</b>	200 Breast (imx)	<b>13 &amp; 14</b>	33
34	<b>Open</b>	200 Breast (imx)	<b>Open</b>	35
36	<b>11 &amp; 12</b>	50 Free		
37	<b>13 &amp; 14</b>	100 Free	<b>13 &amp; 14</b>	38
39	<b>Open</b>	100 Free	<b>Open</b>	40
41	<b>11 &amp; 12</b>	200 Medley Relay		
42	<b>13 &amp; 14</b>	200 Medley Relay	<b>13 &amp; 14</b>	43
44	<b>Open</b>	200 Medley Relay	<b>Open</b>	45

<b>Session 3: Saturday Afternoon</b>				
Girl's Event #	Age	Event	Age	Boy's Event #
46	<b>8 &amp; U</b>	100 Free	<b>8 &amp; U</b>	47
		200 Free	<b>11 &amp; 12</b>	48
49	<b>10 &amp; U</b>	200 Free (imx)	<b>10 &amp; U</b>	50
51	<b>8 &amp; U</b>	25 Breast	<b>8 &amp; U</b>	52
		100 Breast (imx)	<b>11 &amp; 12</b>	53
54	<b>10 &amp; U</b>	100 Breast (imx)	<b>10 &amp; U</b>	55
		100 IM	<b>11 &amp; 12</b>	56
57	<b>10 &amp; U</b>	100 IM	<b>10 &amp; U</b>	58
59	<b>8 &amp; U</b>	25 Back	<b>8 &amp; U</b>	60
		100 Back (imx)	<b>11 &amp; 12</b>	61
62	<b>10 &amp; U</b>	100 Back (imx)	<b>10 &amp; U</b>	63
64	<b>8 &amp; U</b>	50 Fly	<b>8 &amp; U</b>	65
		50 Fly	<b>11 &amp; 12</b>	66
67	<b>10 &amp; U</b>	50 Fly	<b>10 &amp; U</b>	68
		200 Breast	<b>11 &amp; 12</b>	69
70	<b>10 &amp; U</b>	200 Medley Relay	<b>10 &amp; U</b>	71
		200 Medley Relay	<b>11 &amp; 12</b>	72

		<b>Session 4: Sunday Morning</b>		
Girl's Event #	Age	Event	Age	Boy's Event #
73	<b>11 &amp; 12</b>	200 IM(imx)		
74	<b>13 &amp; 14</b>	400 IM (imx)	<b>13 &amp; 14</b>	75
76	<b>Open</b>	400 IM (imx)	<b>Open</b>	77
78	<b>11 &amp; 12</b>	100 Free		
79	<b>13 &amp; 14</b>	200 Free	<b>13 &amp; 14</b>	80
81	<b>Open</b>	200 Free	<b>Open</b>	82
83	<b>11 &amp; 12</b>	100 Breast(imx)		
84	<b>13 &amp; 14</b>	100 Breast	<b>13 &amp; 14</b>	85
86	<b>Open</b>	100 Breast	<b>Open</b>	87
88	<b>11 &amp; 12</b>	50 Back		
89	<b>13 &amp; 14</b>	200 Back (imx)	<b>13 &amp; 14</b>	90
91	<b>Open</b>	200 Back (imx)	<b>Open</b>	92
93	<b>11 &amp; 12</b>	100 Fly(imx)		
94	<b>13 &amp; 14</b>	200 Fly (imx)	<b>13 &amp; 14</b>	95
96	<b>Open</b>	200 Fly (imx)	<b>Open</b>	97
98	<b>13 &amp; 14</b>	50 Free	<b>13 &amp; 14</b>	99
100	<b>Open</b>	50 Free	<b>Open</b>	101
102	<b>11 &amp; 12</b>	200 Free Relay		
103	<b>13 &amp; 14</b>	400 Free Relay	<b>13 &amp; 14</b>	104
105	<b>Open</b>	400 Free Relay	<b>Open</b>	106

		<b>Session 5: Sunday Afternoon</b>		
Girl's Event #	Age	Event	Age	Boy's Event #
		50 Free	<b>11 &amp; 12</b>	107
108	<b>8 &amp; U</b>	50 Free	<b>8 &amp; U</b>	109
		200 IM (imx)	<b>11 &amp; 12</b>	110
111	<b>10 &amp; U</b>	200 IM (imx)	<b>10 &amp; U</b>	112
113	<b>8 &amp; U</b>	25 Fly	<b>8 &amp; U</b>	114
		100 Fly (imx)	<b>11 &amp; 12</b>	115
116	<b>10 &amp; U</b>	100 Fly (imx)	<b>10 &amp; U</b>	117
118	<b>8 &amp; U</b>	50 Back	<b>8 &amp; U</b>	119
		50 Back	<b>11 &amp; 12</b>	120
121	<b>10 &amp; U</b>	50 Back	<b>10 &amp; U</b>	122
123	<b>8 &amp; U</b>	25 Free	<b>8 &amp; U</b>	124
		100 Free	<b>11 &amp; 12</b>	125
126	<b>10 &amp; U</b>	100 Free	<b>10 &amp; U</b>	127
		50 Breast	<b>11 &amp; 12</b>	128
129	<b>8 &amp; U</b>	50 Breast	<b>8 &amp; U</b>	130
131	<b>10 &amp; U</b>	50 Breast	<b>10 &amp; U</b>	132
		200 Back	<b>11 &amp; 12</b>	133
134	<b>10 &amp; U</b>	200 Free Relay	<b>10 &amp; U</b>	135
		200 Free Relay	<b>11 &amp; 12</b>	136