



Integrity, Inclusion, Education, Excellence

MLA Left Coast IMX Challenge Meet

Hosted By: Michigan Lakeshore Aquatics

October 8-9, 2016

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI1617013. 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. MS rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.

Location – Holland Community Aquatic Center
550 Maple Avenue
Holland, MI 49423

Times – Saturday, October 8, 2016 Morning Session 10 & Under and 11-12
Warm-up Starts: 8:00am Events Start: 9:00am

Saturday, October 8, 2016 Afternoon Session 8 & Under and 13 & Over
Warm-up will start immediately following the morning session but not before 12:00pm.

Meet will start one hour after warm-up begins but not before 1:00pm.

Sunday, October 9, 2016 Morning Session 10 & Under and 11-12
Warm-up Starts: 8:00am Events Start: 9:00am

Sunday, October 9, 2016 Afternoon Session 8 & Under and 13 & Over
Warm-up will start immediately following the morning session but not before 12:00pm.

Meet will start one hour after warm-up begins but not before 1:00pm.

Motels – The preferred hotels for this meet are:

Comfort Inn—2.0 mi. from pool	616.392.1000
Doubletree Hotel—2.2 mi. from pool	616.394.0111

Microtel Inn and Suites—2.2 mi. from pool	616.392.3235
Residence Inn—3.7 mi. from pool	616.393.6900
Country Inn—4.0 mi. from pool	616.396.6677
Fairfield Inn—4.2 mi. from pool	616.786.9900
Holiday Inn Express—4.2 mi. from pool	616.738.2800
Western Plus—4.2 mi. from pool	616.994.0400

Facilities – Holland Aquatic Center is an 8 lane 25 yard pool with 12 additional 25 yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6’9”¹ and 4’0” at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility – The MLA Left Coast IMX Challenge Meet is for all swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on October 8, 2016 will determine his/her eligibility for a particular age group.

Deck Registration – Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$148.00 per swimmer for 2016-17 registration).

Meet Format – This meet is designed as an IMX Challenge: All swimmers are encouraged to enter all of the events included in the USA Swimming IMXtreme Challenge or IM Ready, for their respective age group as well as additional events if they wish; 8 & Under swimmers may enter all events for the 8 and 10 & Under. All events are timed finals.

IMXtreme Events (from USA Swimming website)

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

Entry Limits – Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the Administrative Official for hard copy entries until the Michigan Swimming Four (4) hour per session maximum time limit is met. As set forth in entry procedures below, (A) a hard copy of your club’s entry summary sheet, (B) a hard copy of your club’s signed release/waiver agreement (C) your club’s certification of entered athletes and (D) your club’s entry and entry fees must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.

¹Depth at Start must meet State of Michigan requirements.

Swimmers Without a Coach – Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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.

Individual Entry Limits – Swimmers are limited to a maximum of four (4) individual events each day, Saturday and Sunday.

Electronic Entries – \$5.00 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Holland Community Aquatic Center.

Paper Entries – MS rules regarding non-electronic entries apply. \$6.00 per individual event. There is a \$1.00 additional charge per individual event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the Administrative Official on a spreadsheet of your choice however the paper entry must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

Entry Procedures – Entries may be submitted to the Administrative Official as of Monday, September 19, 2016 at 4:00pm. The Administrative Official must receive all entries no later than Sunday, October 2, 2016 at 6:00pm. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the Administrative Official at bmeinao@gmail.com. All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the Administrative Official has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your club's signed certification of entered athletes and (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet. The complete MLA Left Coast IMX Challenge Meet entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

Refunds – Once a team or individual entry has been received and processed by the Administrative Official there are no refunds in full or in part unless the “over qualification exception” applies (see MS Rules).

Entries – Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Kyle Mallory
550 Maple Avenue
Holland, MI 49423
616.393.7595 x104

Administrative Official:

Brent Mein bmeinao@gmail.com 616.262.1830

Check In – Check-in will be available as of 7:00am for each morning session and 11:00am for each afternoon session. 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. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted in the hallway outside the locker rooms. The Aquatic Center will not be open until 7:00am each day.

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.

Marshaling – This is a “self-marshaling” meet. Swimmers are responsible for being in the correct heat and lane. Heat Sheets will be posted prior to the start of each session.

Seeding – Seeding will be done after check-in closes. Athletes will be seeded with the SCY times first, LCM times second, and SCM times last. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than distance events, 500 Free, which will be seeded fastest to slowest.

Deck Entries/Time Trials – Time Trials will not be offered. Deck entries will be allowed if time is available under the Michigan Swimming 4-hour rule. Deck entries will be \$7.50 per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal, the Club Portal is located on the USA Swimming website. The athlete may also enter by showing their membership from USA Swimming’s DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmer may compete unattached (UN) if they request to do so.

Meet Programs/Admissions – Admissions: \$5.00 per person per day (children 10 and under are free with a paying adult). Heat Sheets will be available each session at the admissions table for \$2.00 after the meet is seeded. One-day wristband on the right wrist only (no hand stamps) will be utilized. Cut bands are not allowed for re-entry. NO BAG CHAIRS/FOLDING CHAIRS/CAMP CHAIRS ARE ALLOWED IN THE BALCONY. The Aquatic Center will not be open until 7:00am each day.

Scoring – Individual scoring will occur via IMX scores (Power Points) for IMXtreme events only. Those scores will be based on participating in all IMXtreme events for each individual age: 8 & Under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18 years old.

No event substitutions will be allowed to make a meet IMX score or qualify for awards. Please feel free to enter events in addition to the IMXtreme slate for the swimmer's age.

No team scores will be kept.

Awards – High Point Trophy will be presented to the top finisher and medals for 2nd through 8th finishers of each individual age group ages 8 & Under, 9, 10, 11, 12 years old, girls and boys, who compete in the IMXtreme slate of events for their age.

No awards for ages 13 & Over. No other awards will be given.

Deck entries in IMX events will count toward the completion of the IMX Challenge.

Note: Athletes must successfully swim all IMXtreme events for their age to be eligible for awards. Coaches must claim awards at the end of the meet. Awards will not be mailed.

Results – Complete Official meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Unofficial results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive. 'Live Results' will be available through the 'Meet Mobile' app, keyword "Holland". Unofficial real-time results will also be available online at www.mlaswim.org.

Concessions – Food and beverages will be available in the spectator area. No food or beverage will be allowed on the deck of the pool, in the locker rooms. Please, NO coolers are allowed in the stands. No glass containers will be allowed on the deck of the pool or in the locker rooms. A hospitality area will be available for coaches and officials.

Lost and Found – Articles may be turned in/picked up at the announcer's table. 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 in 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 will apply with respect to the warm-down pool and 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/Locker Rooms/Credentialing – Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The General Chair of MS and the Program Operations Vice-Chair of MS are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.

Lists of registered coaches, certified officials and meet personnel will be placed in the Aquatic Center Lobby. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team logo, name, as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each day and be reissued a credential daily.

All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration 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 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 Meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.

First Aid – Supplies will be kept at the First Aid Station located by the blue double doors on the East end of the pool deck.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of Holland Community Aquatic Center.
- (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 of 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 and inspection at the meet director's office.
- (E) To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- (F) Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is **prohibited**.

Meet Director –	Kyle Mallory	616.393.7595 x104	kmallory@mlaswim.org
	(a USA Swimming member)		
Meet Referee –	Steve Weeks	616.355.5571	swmfst16@gmail.com
Safety Marshall –	Thomas Miller and Anita Curtis		
Administrative Official –	Brent Mein	616.262.1830	bmeinao@gmail.com

MLA Left Coast IMX Challenge Meet

Sanction # MI1617013

Saturday, October 8, 2016

10 & Under and 11-12

Warm-up Starts 8:00am

Check-in Closes 8:15am

Meet Starts 9:00am

Girls	Description	Boys
1	11-12 200 IM	
	11-12 500 Free	2
3	10 & Under 200 IM	4
5	9-10 100 IM	6
7	11-12 100 IM	8
9	10 & Under 100 Breast	10
11	11-12 100 Breast	12
13	9-10 50 Breast	14
15	11-12 50 Breast	16
17	9-10 100 Free	18
19	11-12 100 Free	20

Saturday, October 8, 2016

8 & Under and 13 & Over

Warm-up immediately following morning session but not before 12:00pm.

Check-in closes 12:15pm or not until 15 minutes after warm-up starts.

This time will be announced.

Meet Starts one hour after warm-up begins but not before 1:00pm

Girls	Description	Boys
21	13 & Over 400 IM	
	13 & Over 500 Free	22
23	8 & Under 100 IM	24
25	13 & Over 100 Fly	26
27	8 & Under 50 Free	28
29	13 & Over 200 Back	
	13 & Over 200 Fly	30
31	8 & Under 25 Back	32
33	13 & Over 100 Breast	34
35	8 & Under 50 Breast	36
37	13 & Over 200 Breast	
	13 & Over 200 IM	38

MLA Left Coast IMX Challenge Meet

Sanction # MI1617013

Sunday, October 9, 2016

10 & Under and 11-12

Warm-up Starts 8:00am

Check-in Closes 8:15am

Meet Starts 9:00am

Girls	Description	Boys
39	11-12 500 Free	
	11-12 200 IM	40
41	10 & Under 200 Free	42
43	11-12 200 Free	44
45	9-10 50 Back	46
47	11-12 50 Back	48
49	10 & Under 100 Back	50
51	11-12 100 Back	52
53	9-10 50 Fly	54
55	11-12 50 Fly	56
57	10 & Under 100 Fly	58
59	11-12 100 Fly	60

Sunday, October 9, 2016

8 & Under and 13 & Over

Warm-up immediately following morning session but not before 12:00pm.

Check-in closes 12:15pm or not until 15 minutes after warm-up starts.

This time will be announced.

Meet Starts one hour after warm-up begins but not before 1:00pm

Girls	Description	Boys
61	13 & Over 500 Free	
	13 & Over 400 IM	62
63	8 & Under 100 Free	64
65	13 & Over 200 Free	66
67	8 & Under 50 Back	68
69	13 & Over 200 Fly	
	13 & Over 200 Back	70
71	8 & Under 25 Free	72
73	13 & Over 100 Back	74
75	8 & Under 50 Fly	76
77	13 & Over 200 IM	
	13 & Over 200 Breast	78

Meet Evaluation Form

Sanction Number: MI 1617013

Name of Meet: MLA Left Coast IMX Challenge Meet

Date of Meet: October 8 & 9, 2016

Host of Meet: Michigan Lakeshore Aquatics (MLA)

Place of Meet: Holland Community Aquatic Center

Who do you represent (circle)? Host Club Visiting Club Unattached

Describe yourself (circle) Athlete Coach Official Meet Worker Spectator

Please rate the overall quality of this meet:

(Please write any comments or suggestions below or on the reverse side)

	Low			High	
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

Return this completed evaluation to a representative of the Meet Host. Thank you.

Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Co Vice-Chair (Mike Cutler and Steve Shipp) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.