



2014 ZAP IMR/IMX Power Point Spooktacular

October 11-12, 2014 @ East Los Angeles College Swim Stadium

Sponsored by The Pacific Committee and Zenith Aquatic Program

MEET FORMAT: This meet is structured based on the USA Swimming IMX Challenge and includes two Divisions to encourage a breadth of swimming skills: 1) IM Ready (IMR) and 2) IMXtreme (IMX). Awards will be scored based on the Power Point scale. For a full description of the IMX and Power Point systems, please see the USA Swimming website (www.usaswimming.org) under 'TIMES'@IMX & Power Point'.

Swimmers choose a Division to compete in, either IMR or IMX (ages 5-6 IMR only), and swim every event for their age within that Division, for a total of 5-6 events, plus the un-scored OPEN events, if desired. Events will be swum combined for all eligible ages within the same session and all will be seeded fastest to slowest. **Awards will be based on the combined Power Point total of all qualifying events swum; all qualifying events must be entered to be eligible for an award.** There are NO time minimums for any event. Entries will be limited to meet the 4hour rule for each session.

Saturday October 11, 2014: IMR Division - Warm up 7:15 am, Start 8:30 am

GIRLS	EVENT	AGES	BOYS
1	200 yd. Freestyle	13-18	2
3	100 yd. IM	5-10	4
5	100 yd. IM	11-12	6
7	100 yd. Butterfly	13-18	8
9	50 yd. Butterfly	5-10	10
11	50 yd. Butterfly	11-12	12
13	100 yd. Backstroke	13-18	14
15	50 Backstroke	5-10	16
17	50 Backstroke	11-12	18
19	100 Freestyle**	IMR – OPEN 20	

Saturday October 11, 2014: IMX Division - Warm up immediately after IMR session, Start 12 noon earliest

GIRLS	EVENT	AGES	BOYS
21	200 Freestyle	7-10***	22
23	200 Butterfly	13-18	24
25	100 Butterfly	7-10***	26
27	100 Butterfly	11-12	28
29	100 yd. Freestyle**	IMX – OPEN 30	
31	200 yd. Backstroke	13-18	32
33	100 yd. Backstroke	7-10***	34
35	100 yd. Backstroke	11-12	36
37	400 yd. IM**	13-18	38

Sunday October 12, 2014: IMR Division - Warm up 7:15 am, Start 8:30 am

GIRLS	EVENT	AGES	BOYS
39	200 yd. Freestyle	11-12	40
41	200 yd. IM	13-18	42
43	50 yd. Breaststroke	5-10	44
45	50 yd. Breaststroke	11-12	46
47	100 yd. Breaststroke	13-18	48
49	100 yd. Freestyle	5-10	50
51	50 yd. Freestyle**	IMR/IMX – OPEN	52

Sunday October 12, 2014: IMX Division - Warm up immediately after IMR session, Start 12 noon earliest

GIRLS	EVENT	AGES	BOYS
53	200 yd. IM	13-18	54
55	200 yd. IM	11-12	56
57	200 yd. IM	7-10***	58
59	500 yd. Freestyle*	11-12	60
61	100 yd. Breaststroke	7-10***	62
63	100 yd. Breaststroke	11-12	64
65	200 yd. Breaststroke	13-18	66
67	500 yd. Freestyle	13-18	68

OPEN events do NOT count toward Power Point award scores; may be swum only once in the meet (ages 5-10). *Requirements for 5-6 swimmers to enter 100 Back., 100 Breast, 100 Fly, 200 Free, 200 IM are stated on the information sheet of meet form under ELIGIBILITY.

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Sanctioned by: SCS and USA Swimming
Sponsored by: Zenith Aquatic Program
Date of Meet: October 11-12, 2014

Sanction No. S14-246
Received by deadline: 5:00 pm, Oct. 1, 2014
Start of meet: October 11, 2014 8:30 AM

POOL: East Los Angeles College Swim Stadium, 1301 Avenida Cesar Chavez, Monterey Park, CA 91754-6099; **Directions:** From the 710 Fwy, take the 60 Fwy East and exit at Atlantic. Go left on Atlantic and left on Cesar Chavez. Campus is on your right; turn into the parking structure at Schoolside Ave; PARK IN THE STRUCTURE (\$5/day collected by ELAC).

COURSE: The ELAC Swim Stadium has an indoor 8-lane, 25-yard competition pool, with a separate 8-lane warmup and cooldown pool. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming. Start end is 11 feet and turn end is 13 ft. deep. 25-yard events will start from the deck.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:15 – 8:15 am. Diving will be allowed in designated dive lanes only, under the supervision of the coaches and marshals. These will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Questions regarding the conduct of the meet should be directed to the referee.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. This meet will limit entries to meet the "4 Hour" rule. **SWIMMERS MUST CHECK IN** with the clerk of course 30 MIN. PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, swimmers may not check in or scratch. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on October 11, 2014 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. See MEET FORMAT section on the event page for event number limitations.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence though out the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **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.

RACING START CERTIFICATION: 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.

ELIGIBILITY: Open to Pacific Committee athletes who are 2014 or 2015 USA Swimming registered and members of Pacific Committee teams assigned to this venue for this meet: BHST, ELCA, HOLY, HPSC, JCA, LASC, ORCA, ROSE, RYL, SURF, VISN, WEST, ZAP, and UN NOT swimming with chartered clubs. All swimmers training with a club must attend the meet their practice club is assigned. Registration application must be received by meet entry due date by meet processor, admin referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. **Requirements for 5-6 swimmers to enter 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM:** A) if a swimmer's time meets the 5-8 RED standard for the 50 of a stroke, the swimmer may enter the 100 of a stroke; B) If a swimmer's time meets a 5-8 BLUE standard for the 100 free or the 100 IM, the swimmer may enter the 200 Free and/or 200 IM; C) If a swimmer has equaled or bettered the 5-8 RED standard in three events, the swimmer may enter the 100 Back, 100 Breast, or 100 Fly; D) If a swimmer has equaled or bettered the 5-8 BLUE standard in three events, the swimmer may enter the 200 Free and/or 200 IM.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a Club Transfer form to the SCS Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Admin Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or the preceding swim season (NO WORK OUT TIMES). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Plaques for **cumulative** Power Point scores by Division: Top SIX for IMR; top FOUR each for IMX in the 12-and-under and 13-and-over categories. All swimmers will receive a certificate of participation.

ENTRY FEES: \$3.25 for each individual event along with a \$7.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee.

ENTRY PROCEDURE: Team Electronic Entry is preferred. Email entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an email entry must be postmarked within 48 hrs of the email entry. Failure to comply will be referred to the Board of Review. Entry updates will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded. **Send electronic entries to: Latha & Sathish Chandrasekaran (zapmeet.entries@gmail.com).**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WED, October 1, 2014. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. Receipt of entries will not be verified by phone or e-mail. **Checks payable to: So California Swimming**

Make checks payable to: **Southern California Swimming**

Mail or hand delivery of entries:

Latha and Sathish Chandrasekaran
1200 W Jasmine Walk, Torrance, CA

For Information contact: Doris Yamamoto (310) 922-4525

Email for team electronic entries only:
zapmeet.entries@gmail.com

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

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.

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 READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping-stone.



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 SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

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 Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.