



2017 ZAP IMR/IMX Power Point Spooktacular

Sanctioned by: Southern California Swimming and USA Swimming
Sponsored by: Zenith Aquatic Program, Lakewood Aquatics & Pacific Committee
Date of Meet: October 7-8, 2017
Warm-up: 7:00 am

Sanction No. S17-270
Received by deadline: 5:00 pm, **THURS, Sept. 28, 2017**
Start of Meet: October 7, 2017, 8:30 am

CLUBS ASSIGNED TO ATTEND THIS MEET: ALPHA, BLAST, JCA, LKWD, NCA, PAC, PVAC, ROSE, TCS, and ZAP.

POOL: Cerritos College Aquatic Center (located on the Cerritos College campus) – 11110 Alondra Blvd., Norwalk, CA 90650.

DIRECTIONS: Exit the 605 Freeway at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd. and Studebaker Rd. in the city of Norwalk. The aquatic center faces north on Alondra Blvd. There is ample free parking and grassy areas for team canopies outside the pool area.

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warmup pool and full Colorado Timing System and scoreboard. The competition course has been certified in accordance with 104.2.2 © on file with USA Swimming. Pool depth is 7 ft at the start end and 7 ft. at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am on Saturday and Sunday. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes 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. Any 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 MINUTES 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 7, 2017 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 free are requested to furnish their own lap counters. Events will be swum fastest to slowest. **All athletes are limited to a maximum of FOUR (4) events per day***. See **MEET FORMAT** section on the event page for event number limitations.

RECORDING DEVICES & MEDIA NOTICE: The uses 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 throughout 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.

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

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. Tech suits are not permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: www.socialswim.org.

DECK CHANGES: Deck changes are prohibited.

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 swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to Pacific Committee, LKWD, NCA, and international club athletes listed at top who hold **2017 or 2018** USA Swimming Registration. Registration application must be received by meet entry due date by the meet-processor, administrative 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. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

Requirements for 7-8 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 the stroke; B) If a swimmer's time meets the 5-8 Blue standard for the 100 Free or the 100 IM, the swimmer may enter the 200 Free 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 or 200 IM.

"NT" entries will NOT be accepted for any IMX events. Swimmers who have earned a blue time (and is listed in SWIMS) in the distance below a particular event may enter the longer event at the blue minimum. I.e, Sarah has a blue time in the SWIMS database in the 100 Fly, so she may enter the 200 fly at the minimum blue time.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a Club Transfer form to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative 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**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. **"NT" entries will NOT be accepted for any IMX events.** Swimmers who have earned a blue time (and is listed in SWIMS) in the distance below a particular event may enter the longer event at the blue minimum. I.e, Sarah has a blue time in the SWIMS database in the 100 Fly, so she may enter the 200 fly at the minimum blue time.

AWARDS: Plaques for **cumulative** Power Point scores by Division (and single-age scoring), combined for boys and girls: top EIGHT for IMR ages 5 to 18; top SIX each for IMX in the 7-to-12 and 13-to-18 categories. **An athlete must participate in all qualifying events to be eligible for an award.** See page 3 for event list. **Scoring will be per the Hy-Tek single age group point system.**

ENTRY FEES: \$4.00 per individual event **AND** a \$10.50 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. Electronic-mail 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 (5 PM postmark would queue before a 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) 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: Omar deArmas: omarswimref@gmail.com**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, September 27, 2017. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). To avoid concern regarding receipt of entry card at the designated address, enclose a stamped, self-addressed envelope or postcard. *Receipt of entries will not be verified by phone or e-mail.*

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Omar deArmas: P.O. Box 63, Simi Valley, CA 93062

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

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

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

It is understood and agreed that USA Swimming shall be free from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event.



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Sponsored by Pacific Committee and Zenith Aquatic Program

October 7-8, 2017

MEET FORMAT: The meet is based on the USA Swimming IMX Challenge. There are TWO Divisions: IM Ready (IMR) and IM Xtreme (IMX) to encourage a breadth of swimming skills. To be eligible for an award a swimmer may compete in either IMR or IMX by participating in EVERY EVENT in that Division (total of 5 or 6 events). Award scoring will be based on the Power Point scale. A full description of the IMX and Power Point system may be found at www.usaswimming.org under 'TIMES' → 'IMX & Power Point'.

*The non-scoring freestyle events are optional. 7-10 year-old athletes may swim either 5-10 or 7-10 events, no combination. 11-12 swimmers may enter events in only one session per day. All events will be seeded fastest to slowest. Entries will be limited to meet the '4-hour' rule for each session. All athletes are limited to a maximum of FOUR (4) events per day.

SATURDAY AM (IMR Session) – October 7, 2017 – Warm-up 7:00 AM – Meet Start 8:30 AM

GIRLS			EVENT	BOYS		
EV #	BLUE MAX TIME	AGE GROUP		AGE GROUP	BLUE MAX TIME	EV #
1	2:16.10	13-18	200 Freestyle	13-18	2:10.90	2
3	1:26.60	5-10	100 IM	5-10	1:26.90	4
	1:17.70	11-12		11-12	1:17.70	
5	1:16.10	13-18	100 Butterfly	13-18	1:07.70	6
7	38.30	5-10	50 Butterfly	5-10	38.20	8
	34.30	11-12		11-12	34.50	
9	1:14.10	13-18	100 Backstroke	13-18	1:11.30	10
11	40.50	5-10	50 Backstroke	5-10	40.40	12
	36.20	11-12		11-12	36.60	
13	1:14.70	5-10	100 Freestyle **non-scoring IMR	5-10	1:14.30	14
	1:06.70	11-12		11-12	1:06.20	
	1:03.40	13-18		13-18	59.60	

SATURDAY PM (IMX Session) – October 7, 2017 – Will NOT start before 10:30 AM Warm-up immediately after IMR Session

GIRLS			EVENT	BOYS		
EV #	RED MIN TIME	AGE GROUP		AGE GROUP	RED MIN TIME	EV #
15	3:01.30	11-12	200 IM	11-12	3:01.70	16
17	2:56.80	7-10	200 Freestyle	7-10	2:56.50	18
19	2:55.10	13-18	200 Butterfly	13-18	2:47.30	20
21	1:37.40	7-10	100 Butterfly	7-10	1:37.60	22
	1:23.00	11-12		11-12	1:25.30	
23	1:21.50	7-10	100 Freestyle **non-scoring IMX	7-10	1:21.00	24
	1:12.70	11-12		11-12	1:12.20	
	1:09.10	13-18		13-18	1:05.00	
25	2:54.50	13-18	200 Backstroke	13-18	2:45.10	26
27	1:36.80	7-10	100 Backstroke	7-10	1:37.00	28
	1:25.20	11-12		11-12	1:28.00	
29	6:07.30	13-18	400 IM	13-18	5:47.30	30

SUNDAY AM (IMR Session) – October 8, 2017 – Warm-up 7:00 AM – Meet Start 8:30 AM

GIRLS			EVENT	BOYS		
EV #	BLUE MAX TIME	AGE GROUP		AGE GROUP	BLUE MAX TIME	EV #
31	2:24.10	11-12	200 Freestyle	11-12	2:24.60	32
33	2:36.60	13-18	200 IM	13-18	2:29.00	34
35	45.60	5-10	50 Breaststroke	5-10	45.60	36
	40.80	11-12		11-12	41.00	
37	1:23.40	13-18	100 Breaststroke	13-18	1:19.10	38
39	1:14.70	5-10	100 Freestyle	5-10	1:14.30	40
41	33.90	5-10	50 Freestyle **non-scoring IMR	5-10	34.10	42
	30.70	11-12		11-12	30.80	
	29.30	13-18		13-18	27.50	

**SUNDAY PM (IMX Session) – October 8, 2017 – Will NOT start before 10:30 AM
Warm-up immediately after IMR Session**

GIRLS			EVENT	BOYS		
EV #	RED MIN TIME	AGE GROUP		AGE GROUP	RED MIN TIME	EV #
43	3:23.50	7-10	200 IM	7-10	3:24.50	44
45	2:50.90	13-18	200 IM	13-18	2:42.60	46
47	6:59.50	11-12	500 Freestyle	11-12	3:01.70	48
	6:32.30	13-18		13-18	6:20.30	
49	3:18.20	13-18	200 Breaststroke	13-18	3:06.40	50
51	1:49.10	7-10	100 Breaststroke	7-10	1:49.70	52
	1:37.00	11-12		11-12	1:37.10	
53	37.00	7-10	50 Freestyle **non-scoring IMX	7-10	37.20	54
	33.50	11-12		11-12	33.60	
	31.90	13-18		13-18	30.00	

**Events that do NOT count toward Power Point award scores.
An event may be swum only once in the meet (ex: 100 Free, 200 IM).

IMR Division events to qualify for awards:

5-10 yrs: 3/4, 7/8, 11/12, 35/36, 39/40

11-12 yrs: 3/4, 7/8, 11/12, 31/32, 35/36

13-18 yrs: 1/2, 5/6, 9/10, 33/34, 37/38

IMX Division events to qualify for awards:

7-10 yrs: 17/18, 21/22, 27/28, 43/44, 51/52

11-12 yrs: 15/16, 21/22, 27/28, 47/48, 51/52

13-18 yrs: 19/20, 25/26, 29/30, 45/46, 47/48, 49/50

From the USA Swimming website, where athletes can sign up for a Deck Pass account to track progress through the season:

HY-TEK POWER POINTS - WHAT IT IS

Every swim listed in the USA Swimming times database includes a Hy-Tek Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.

HOW IT WORKS

So how exactly does the Hy-Tek power point system work? The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event. We use these points to rank you and your club in our IM Ready, IMX and Virtual Club Championships programs.

WHY USE IT AS A SWIMMER

Ever wonder how your long course times compare to your short course times? Wonder no more. Comparing your season swims is just one way Hy-Tek Power Points can be of use to you. Here are other ways to use it:

- So you're pretty decent in your events across the board, but you want to know which events are stronger for you on a national scale. Use Hy-Tek power points! For example, you can compare your score in the 100 back vs. the 200 back or across several freestyle distances such as the 100, 200, and 400.
- Look at the strength of one stroke vs. another stroke. For example, compare your freestyle to your breaststroke. Determine the quality of you short course vs. long course swims.
- This comparison is a great way to measure progress from the end of the short course season through the long course season.

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 IMReady 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