

2019 **TORR** IMR/IMX Power Point Meet

Sponsored by: USA Swimming and Southern California Swimming

Sponsored by: Swim Torrance and Pacific Committee

Date of Meet: October 12, 13, 2019

Warm-up: 7:00 am

Start of Meet: 8:30 am Sat, Sun

Sanction No. S19-316

Received by deadline 5pm Oct. 2, 2019

POOL: Torrance Unified School District Aquatic Center- 2320 Crenshaw Blvd, Torrance, CA 90501

Directions: 405 freeway, exit Crenshaw Blvd. Proceed south on Crenshaw. Turn left into the driveway just before Sepulveda Blvd.

COURSE: An outdoor, 50 meter by 25-yard pool with 8 to 10 competition lanes and lanes for warm up/warm down. The lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 13' 0" and pool depth at turn end is 13' 1".

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. All swimmers must use 3-point, slide-in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Andy Chen: e-mail: andy.chen@ucla.edu.

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 13, 2018 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. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

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

ELIGIBILITY: Open to Pacific Committee club athletes who hold **2019 or 2020** 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. **All swimmers 18 years and older must complete the free online Athlete Protection Training in order to compete.**

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. To enter IMX, swimmers must have a BLUE standard in the event entered or achieved 3 RED standards in IMX events.

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.

AWARDS: Certificates 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 or certificate.** See page 3 for event lists. **Scoring will be via the Hy- Tek single age group point system.**

ENTRY FEES: \$4.00 for each individual event along with 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: Judi Divan, email: divanj@cox.net**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 2, 2019. 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: Judi Divan: 33561 Calle Miramar, San Juan Capistrano, CA 92675
Email for team electronic entries only: divanj@cox.net Entries will NOT be confirmed by email or phone.

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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Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

2019 **TORR** IMR/IMX Power Point Meet

October 12-13, 2019

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. 5-8-year-old athletes may swim either 5-8 or 5-10 event, no combination. 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 is intended for Red/White level swimmers) – October 12, 2019

Warm-up 7:00 AM – Meet Start 8:30 AM

| GIRLS | | | EVENT | BOYS | |
|-------|----------|-----------|----------------|-----------|----------|
| EV # | MAX TIME | AGE GROUP | | AGE GROUP | MAX TIME |
| 1 | 2:16.10 | 13-18 | 200 Freestyle | 13-18 | 2:10.90 |
| 3 | 1:26.60 | 5-10 | 100 IM | 5-10 | 1:26.90 |
| | 1:17.70 | 11-12 | | 11-12 | 1:17.70 |
| 5 | 1:11.00 | 13-18 | 100 Butterfly | 13-18 | 1:07.70 |
| 7 | 38.30 | 5-10 | 50 Butterfly | 5-10 | 38.20 |
| | 34.30 | 11-12 | | 11-12 | 34.50 |
| 9 | 1:14.10 | 13-18 | 100 Backstroke | 13-18 | 1:11.30 |
| 11 | 40.50 | 5-10 | 50 Backstroke | 5-10 | 40.40 |
| | 36.20 | 11-12 | | 11-12 | 36.60 |

**SATURDAY PM (MX Session is intended for upper level Red (3 red) and Blue level swimmers) –
October 12, 2019 Session Will NOT start before 10:30 AM- Warm-up immediately after MR Session.**

| GIRLS | | | EVENT | BOYS | |
|-------|----------|-----------|----------------|-----------|----------|
| EV # | MIN TIME | AGE GROUP | | AGE GROUP | MIN TIME |
| 13 | 2:46.20 | 11-12 | 200 IM | 11-12 | 2:46.50 |
| 15 | 2:42.00 | 7-10 | 200 Freestyle | 7-10 | 2:41.80 |
| 17 | 2:40.50 | 13-18 | 200 Butterfly | 13-18 | 2:33.30 |
| 19 | 1:29.30 | 7-10 | 100 Butterfly | 7-10 | 1:29.40 |
| | 1:16.10 | 11-12 | | 11-12 | 1:18.20 |
| 21 | 2:39.60 | 13-18 | 200 Backstroke | 13-18 | 2:31.00 |
| 23 | 1:28.60 | 7-10 | 100 Backstroke | 7-10 | 1:28.70 |
| | 1:17.90 | 11-12 | | 11-12 | 1:20.50 |
| 25 | 5:36.60 | 13-18 | 400 IM | 13-18 | 5:18.20 |

SUNDAY AM (MR & Ages 5-8) –October 13, 2019 – Warm-up 7:00 AM– Meet Start 8:30 AM

| GIRLS | | | EVENT | | BOYS |
|-------|----------|-----------|------------------|-------|----------|
| EV # | MAX TIME | AGE GROUP | | | MAX TIME |
| 27 | 2:24.10 | 11-12 | 200 Freestyle | 11-12 | 2:24.60 |
| 29 | 21.30 | 5-8 | 25 Butterfly | 5-8 | 21.30 |
| 31 | 2:36.60 | 13-18 | 200 IM | 13-18 | 2:29.00 |
| 33 | 22.20 | 5-8 | 25 Backstroke | 5-8 | 21.60 |
| 35 | 45.60 | 5-10 | 50 Breaststroke | 5-10 | 45.60 |
| | 40.80 | 11-12 | | 11-12 | 41.00 |
| 37 | 1:23.40 | 13-18 | 100 Breaststroke | 13-18 | 1:19.10 |
| 39 | 24.00 | 5-8 | 25 Breaststroke | 5-8 | 23.30 |
| 41 | 1:14.70 | 5-10 | 100 Freestyle | 5-10 | 1:14.30 |
| 43 | 18.10 | 5-8 | 25 Freestyle | 5-8 | 17.60 |

SUNDAY PM (MX Session is intended for upper level red and Blue level swimmers) –October 13, 2019 –Session WILL NOT start before 10:30 AM Warmup immediately after MR session.

| GIRLS | | | EVENT | BOYS | |
|-------|----------|-----------|-------------------|-----------|----------|
| EV # | MIN TIME | AGE GROUP | | AGE GROUP | MIN TIME |
| 45 | 3:06.50 | 7-10 | 200 IM | 7-10 | 3:07.40 |
| 47 | 2:36.60 | 13-18 | 200 IM | 13-18 | 2:29.00 |
| 49 | 1:40.00 | 7-10 | 100 Breast-stroke | 7-10 | 1:40.50 |
| | 1:28.90 | 11-12 | | 11-12 | 1:29.00 |
| 51 | 3:01.70 | 13-18 | 200 Breast-stroke | 13-18 | 2:31.00 |
| 53 | 6:24.60 | 11-12 | 500 Freestyle | 11-12 | 6:29.80 |
| | 5:59.60 | 13-18 | | 13-18 | 5:48.60 |

IMR Division events to qualify for awards:

5-10 yrs: 3/4, 7/8, 11/12, 35/36, 41,42 11-12 yrs: 3/4, 7/8, 11/12, 27/28, 35/36 13-18 yrs: 1/2, 5/6, 9/10, 31/32, 37/38.

IMX Division events to qualify for awards:

13-18 yrs: 17/18, 21/22, 25/26, 47/48, 51/52, 53/54

7-10 yrs: 15/16, 19/20, 23/24, 45/46, 49/50 11-12 yrs: 13/14, 19/20, 23/24, 49/50, 53/54.

Ages 5-8 25's Series events to qualify for awards:

Events 29/30, 33/34, 39/40, 43/44

(Awards will be given to the top scoring 3 girls and top 3 boys OVERALL in the following age groups: ages 5-6 and ages 7-8.)

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