



# 2019 Beach Cities Swimming IMR/IMX LCM Power Point Meet

**Sanctioned by:** Southern California Swimming and USA Swimming  
**Sponsored By:** Beach Cities Swimming & Pacific Committee  
**Date of Meet:** May 18-19, 2019

**Sanction #:** S19-129  
**Received by deadline:** 5:00 pm, 5/8/2019  
**Meet start time:** 8:30 am- (Sat and Sunday)

**POOL:** City of El Segundo Wiseburn Unified School District Aquatics Center – 201 N. Douglas Street, El Segundo, CA 90245.

**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 am – 8:15 am on Saturday and Sunday. Diving will be allowed in designated dive lanes only under the supervision of certified coaches. Dive lanes will be assigned. 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:** The Meet Referee is Kelly Skelley – Kelly.Skelleycngc.com and kellys3912@hotmail.com. 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 45 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 May 25, 2019 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. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is 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) 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.**

**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 athletes who hold **2019** USA Swimming Registration. Registration application must be received by meet entry due date (May 8, 2019) by 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.

**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). All entered times must have been achieved on or after 09/01/2017. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.

**AWARDS:** Award TBD for **cumulative** Power Point scores by Division, combined for boys and girls: top **EIGHT** for IMR ages 7 - 18; top **SIX** for each for IMX in 7-12 and 13-18 categories. All swimmers will receive a certificate of participation if requested by team coach. **All qualifying events must be participated in to be eligible for an award or certificate.**

**ENTRY FEES:** **\$5.50** 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: Alina de Armas** (alsoswim@gmail.com). Entry on an SCS consolidated entry card will be accepted. Cards must be filled out completely including USA Swimming registration number. No individual meet entries accepted via email.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 8, 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 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:

Deanna de Armas  
P.O. Box 63  
Simi Valley, CA 93062-0063

For Information contact: Deanna de Armas (alsoswim@gmail.com)

Meet hand delivery—2724 Loraine Place, Simi Valley, CA 93065

**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**



# 2019 Beach Cities Swimming IMR/IMX LCM Power Point Meet

Sponsored by Pacific Committee and Beach Cities Swimming

May 18-19, 2019

**MEET FORMAT:** This meet is structured on the USA Swimming IMX Challenge and includes two Divisions to encourage a breadth of swimming skills: IM Ready (IMR) and IM Xtreme (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](http://www.usaswimming.org)) under 'TIMES'→'IMX & Power Point'. Swimmers **MUST** choose a Division, either IMR or IMX, and **SWIM EVERY EVENT FOR THEIR AGE WITHIN THAT DIVISION** for a total of 5-6 events; the non-scoring freestyle events are optional. All events will be seeded fastest to slowest. **Awards will be based upon the combined Power Point total of all qualifying events; all qualifying events must be participated in to be eligible for an award.** In order to swim in the IMX division, you must have a RED time in any IM event (100 IM included and short course or long course). Entries will be limited to meet the '4 hour' rule for each session.

Saturday  
May 18, 2019:

GIRLS	EVENT	AGE	BOYS
<b>IMR: Warm up 7:00 am, Start 8:30 am</b>			
1	200 M Free	13-18	2
3	200 M IM	7-10 11-12	4
5	100 M Fly	13-18	6
7	50 M Fly	7-10 11-12	8
9	100 M Back	13-18	10
11	50 M Back	7-10 11-12	12
13	100 M Free** non-scoring IMR	11-12 13-18	14

### IMX: 11 am earliest Start, warm up immediately after IMR session

15	200 M IM	11-12	16
17	200 M Free	7-10	18
19	200 M Fly	13-18	20
21	100 M Fly	7-10 11-12	22
23	100 M Free** non-scoring IMX	7-10 11-12 13-18	24
25	200 M Back	13-18	26
27	100 M Back	7-10 11-12	28
29	400 M IM	13-18	30

Sunday  
May 19, 2019:

GIRLS	EVENT	AGE	BOYS
<b>IMR: Warm up 7:00 am, Start 8:30 am</b>			
31	200 M Free	11-12	32
33	200 M IM	13-18	34
35	50 M Breast	7-10 11-12	36
37	100 M Breast	13-18	38
39	100 M Free	7-10	40
41	50 M Free** non-scoring IMR	7-10 11-12 13-18	42

### IMX: 11 am earliest Start, warm up immediately after IMR session

43	200 M IM	7-10 13-18	44
45	400 M Free	11-12 13-18	46
47	200 M Breast	13-18	48
49	100 M Breast	7-10 11-12	50
51	50 M Free** non-scoring IMX	7-10 11-12 13-18	52

\*\*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, 49/50

11-12 yrs: 15/16, 21/22, 27/28, 45/46, 49/50

13-18 yrs: 19/20, 25/26, 29/30, 43/44, 45/46, 47/48

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