



# 2016 Penguin Aquatics Club IMR/IMX LCM Power Point Meet

Sanctioned by: Southern California Swimming and USA Swimming  
Sponsored By: Penguin Aquatics Club & Pacific Committee  
Date of Meet: May 14-15, 2016

Sanction # S16-120  
Received by deadline: 5:00 pm, May 4, 2016  
Meet start time: 8:30 am- (Sat and Sunday)

**Directions:** San Fernando Regional Pool, 208 Park Avenue, San Fernando, CA 91340. From the 118 Freeway, exit San Fernando Road and turn North toward San Fernando, make a slight right onto Tiffany Avenue, take the first right onto Wolfskill Street, take the first right onto 1<sup>st</sup> Street/Robert F Kennedy Drive, then take the first left onto Park Avenue.

**COURSE:** Outdoor 50 meter x 25 yard with 8 LC competition lanes. The competition course has been certified in accordance with 104.2.2(c) on file with USA Swimming. Pool depth: start end 13'0" min, turn end 13'1" min. The meet will be contested using 8 lanes. A separate 4-5 lane warm up and warm down SCY pool will be available.

**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 certified coaches. Dive lanes will be assigned. The pool will close 15 minutes before the start of each session. If split warm-up is required the meet referee will notify all clubs no later than May 9, 2016.

**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 May 14, 2016 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, 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.

**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 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 **2016 USA Swimming Registration**. Registration application must be received by meet entry due date (May 4, 2016) 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 09/01/2014. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.

**Requirements for 5-8 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.

**AWARDS:** Plaques 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. **All qualifying events must be participated in to be eligible for an award or certificate.**

**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: Bettie Williams (blwswim@earthlink.net)**. 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 4, 2016.** 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:

Bettie Williams  
5405 W. Slauson Avenue  
Los Angeles, CA 90056

For information contact: Bettie Williams—310-338-8776 (blwswim@earthlink.net)  
Nick Orozco—323-304-2155 (onicolas5@aol.com)  
Meet hand delivery—5405 W. Slauson Avenue, Los Angeles, CA 90056

**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**



# 2016 Penguin Aquatics Club IMR/IMX LCM Power Point Meet

Sponsored by Pacific Committee and Penguin Aquatic Club

May 14-15, 2016

**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.**

\*There are NO time minimums for any event. Entries will be limited to meet the '4 hour' rule for each session.

Saturday  
May 14, 2016:

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	5-6 / 7-10 11-12	8
9	100 M Back	13-18	10
11	50 M Back	5-6 / 7-10 11-12	12
13	100 M Free** non-scoring IMR	5-6 / 7-10 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	5-6 / 7-10	18
19	200 M Fly	13-18	20
21	100 M Fly	5-6 / 7-10 11-12	22
23	100 M Free** non-scoring IMX	5-6 / 7-10 11-12 13-18	24
25	200 M Back	13-18	26
27	100 M Back	5-6 / 7-10 11-12	28
29	400 M IM	13-18	30

Sunday  
May 15, 2016:

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	5-6 / 7-10 11-12	36
37	100 M Breast	13-18	38
39	100 M Free	5-6 / 7-10	40
41	50 M Free** non-scoring IMR	5-6 / 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	5-6 / 7-10 11-12	50
51	50 M Free** non-scoring IMX	5-6 / 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).

**Requirements for 5-6 swimmers to enter 100 Back, 100 Breast, 100 Fly, 200 Free:** **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; **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.

### **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 your 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