



**2023-24
USA Swimming
IM Xtreme Games-NE**

**January 26 - January 28, 2024
Hampton Aquaplex
Hampton, VA**

Official Event Information

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia

2023-24
USA Swimming IM Xtreme Games-NE
 January 26—January 28, 2024 Hampton, VA
 Sanctioned by USA Swimming through Potomac Valley Swimming PVZ-24-52 and
 Virginia Swimming, Inc. VSI-24-

Important Facts About the Meet



- ◆ The qualifying period for this event is September 1, 2022 through the entry deadline.
- ◆ **All times MUST be achieved in one season and in one course.** Times from the 2022-23 season shall not be combined with times from the 2023-24 season.
- ◆ **Entry Deadline:** All entries must be received no later than Tuesday, January 16, 2024 by 11:59 p.m. Eastern Standard Time.
- ◆ **E-Mail Entry Deadline: Athletes achieving the qualifying score for the first time from Saturday, January 20, through Sunday, January 21, 2024 may be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday, January 22, 2024, and cannot be used to improve the seed time of a prior entry.**
- ◆ All athletes that are 9-14 years on the first day of the meet are eligible for the meet if they have achieved the minimum qualifying score in any age during the qualifying period.
- ◆ This meet will follow IMX Challenge program guidelines.
- ◆ **The qualifying standard will be a minimum IMX Challenge score of 1,800 points** for all ages and genders. Qualifying standards are the same for SCY and LCM.
- ◆ Details of any changes to normal meet operations protocol will be announced at the coaches meeting.
- ◆ All events will be pre-seeded. **Known scratches should be sent to the Meet Director prior to January 22nd.**
- ◆ Swimmers' and Coaches' Responsibility—It shall be the swimmers and coaches responsibility to acquaint themselves with all of the information contained in this meet information book and any details discussed at the coaches meeting.
- ◆ **All swimmers MUST provide their own timer and counter for the 500 Free on Friday and a timer for the 13-14 400 IM on Sunday**
- ◆ 2 courses will be used for the entire meet
- ◆ Session start times MAY be adjusted after all entries come in.
- ◆ At the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats will be moved to the boys course in each event to help with timelines if needed.
- ◆ **It may be necessary for swimmers in later heats of an event in the 11-12 and 9-10 age groups to swim on the opposite gender's course in order to balance timelines. Coaches will be informed and will be given the opportunity to concur in the event this becomes necessary**

*Age of the athlete will be the first day of the competition.
 Any swimmer that is 9-14 year-old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period. That is, a swimmer who has achieved a minimum qualifying score as a 10-year-old and ages up to 11 prior to the start of the meet will be eligible to enter the meet and compete as an 11-year-old. A 12-year-old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13-year-old (even if he/she has not swum all the required events as a 13 yr old).*

Table of Contents



| | |
|---------------------------------|----|
| Order of Events | 3 |
| General Information..... | 4 |
| Site Information..... | 6 |
| Entering the Meet..... | 8 |
| IM Xtreme Games Procedures..... | 9 |
| Summary of Entries..... | 10 |



2023-24 USA Swimming IM Xtreme Games-NE Order of Events

| <u>Women's Events</u> | <u>Session 1– Friday, January 26</u> | <u>Men's Events</u> |
|-----------------------|--|---------------------|
| 1 | 13-14 500 Freestyle | 2 |
| 3 | 11-12 500 Freestyle | 4 |
| | <u>Session 2 - Saturday, January 27</u> | |
| 5 | 13-14 200 Butterfly | 6 |
| 7 | 13-14 200 IM | 8 |
| 9 | 13-14 200 Breaststroke | 10 |
| | <u>Session 3– Saturday, January 27</u> | |
| 11 | 9-10 200 Freestyle | 12 |
| 13 | 11-12 100 Butterfly | 14 |
| 15 | 9-10 100 Butterfly | 16 |
| 17 | 11-12 100 Breaststroke | 18 |
| 19 | 9-10 100 Breaststroke | 20 |
| | <u>Session 4 - Sunday, January 28</u> | |
| 21 | 13-14 200 Backstroke | 22 |
| 23 | 13-14 400 IM | 24 |
| | <u>Session 5 - Sunday, January 28</u> | |
| 25 | 11-12 100 Backstroke | 26 |
| 27 | 9-10 100 Backstroke | 28 |
| 29 | 11-12 200 IM | 30 |
| 31 | 9-10 200 IM | 32 |

SCHEDULE:

Friday, January 26, 2024 PM Session

- ◆ Warm ups will start at 1:00 PM
- ◆ Competition will start at 2:00 PM
- ◆ 500's will be swum fast to slow.

Saturday, January 27, 2024 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM

Sunday, January 28, 2024 AM Session

- ◆ 13-14 Warm ups will start at 6:30 AM
- ◆ 13-14 Competition will start at 7:40 AM
- ◆ 12&U Warm ups will start no sooner than 12:30 PM
- ◆ 12&U Competition will start no sooner than 1:40 PM

- ◆ 2 courses will be used for the entire meet
- ◆ Session start times MAY BE adjusted and will be emailed out prior to the meet and announced at the coaches meeting
- ◆ If 12&U timelines are excessive, the session will be split into 2 sessions with the 9-10 session warm-up starting no earlier than 3:30 PM with events no earlier than 4:10 PM on Saturday (4:40 PM on Sunday)

General Information



Facility Address

Hampton Aquaplex
1908 Coliseum Dr,
Hampton, VA 23666

Meet Referee

Scott Witkin—RMSC
switkin1@gmail.com

Entry Chairperson

Bill Marlin
31 Century Street
Stafford, VA 22554
571-334-0987
Bill.Marlin@verizon.net

Meet Director

Bill Marlin
31 Century Street
Stafford, VA 22554
571-334-0987
Bill.Marlin@verizon.net

Meeting Schedule

| | | | |
|--|--------|-------------------------|-------------|
| Saturday, January 27 | 7:15am | Coaches General Meeting | Hospitality |
| Friday, January 26 | 1:20pm | Officials' Briefing | Classroom |
| <i>All subsequent officials' briefings TBA</i> | | | |

LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia, West Virginia

Hotels

See page 5 for more detailed hotel information.

Officials

The Potomac Marlins welcomes any of your certified USA Swimming Officials to work on deck during this meet. Officials' uniforms will be white over navy blue. Shorts are acceptable throughout.

Please contact Scott Witkin with any officials interested in working, switkin1@gmail.com

Application to Officiate:

https://docs.google.com/forms/d/e/1FAIpQLSc1FEE_lbVv7jKZrsgPqx9L2pOmEqpuOkEAWK5Tcuxi-6Af-Q/viewform

General Information (Continued)



Ticket Information

Admission fee is \$10 for both days or \$5 for one day. No admission fee for Friday. Meet Volunteers will receive their admission charge back once the session has concluded.

Airlines serving [Norfolk International Airport](#):

[Allegiant](#)

[American Airlines](#)

[Breeze](#)

[Delta](#)

[Frontier](#)

[United](#)

[Spirit](#)

[Southwest](#)

Airport Rental Car Companies:

[Alamo](#)—757-857-5384

[American](#)—757-734-1388

[Avis](#)—757-855-1945

[Budget](#)—757-313-8241

[Dollar](#)—757-857-3902

[Enterprise](#)—757-855-1329

[Hertz](#)—757-857-1261

Meet Hotel Information:

Courtyard by Marriott:

King Single, Queen Doubles, 2 Doubles \$149 / night
[Booking Link](#)

Embassy Suites:

Standard Double \$169 / night
Queen Beds \$179 / night
Suite \$189 / night
[Booking Link](#)

The Landing:

Double Queen \$139 / night
[Booking Link](#)

Sonesta Suites:

Queen plus pullout \$112 / night
Single Queen—\$99 / night
[Booking Link](#)

Spring Hill Suites:

Double Double Suites \$179 / night
Double Queen Suite \$179 / night
King Suite \$169 / night
[Booking Link](#)

Comfort Inn and Suites

standard doubles at \$149 plus tax per night
King suites at \$149 plus tax per night
Queen/Queen Suites at \$169 plus tax per night.
[Booking Link](#)

Media Credentials

Anyone wishing media access to the event must contact the Meet Director Bill Marlin at Bill.Marlin@verizon.net for Media Credentials.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.



Information/Lost & Found

A Lost & Found booth will be available at the lifeguard office located on the pool deck under the stands.

Medical Assistance

Medical assistance will be provided at the facility. Those needing medical assistance should go to the Lifeguard office located on the pool deck under the stands.

Parking

There is limited parking at the facility but there is a large parking lot across the street at the Convention Center. Many hotels are also across the street so you may not even need to drive from your hotel!

Concessions

Concessions are provided by the facility.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room off deck.

Coaches' Packet

Current USA Swimming coach members who have swimmers in the meet (coach and swimmer(s) must be registered with the same team), may receive a deck pass which includes hospitality.

Credential Pick-Up & Registration

Athlete credentials are being issued to coaches upon building entry. Coaches must have their current USA Swimming Registration Card displayed on their phone

Credentials

Restricted access to the facility will be strictly enforced. Please be able to show your USA Swimming Registration Card at all times. USA Member Card on cell phone is acceptable.

Team Banners

Banners may be attached to the railings using Zip Ties. Please do not use adhesives on the walls.

Results

Results will be posted to Meet Mobile provided the connection is good.

Facility Notes

Seating Gallery is open down the length of the start end of the pool and half of the area on the side of the pool. The other half of the side viewing area, (area with stairs to the pool deck), will be available for athlete seating. Contains bleacher seating only.

The following rules will be strictly enforced:

1. The Hampton Aquaplex is designated as a smoke free zone. Smoking is not permitted anywhere in the facility.
2. No food or drinks with exception of plastic water bottles will be permitted on deck.
3. Due to USA Swimming Insurance requirements **only credentialed** swimmers, coaches, officials and

volunteers are allowed on deck. **There are no exceptions.**

Anyone caught abusing the facility will be asked to leave IMMEDIATELY. Teams will be billed for any damages caused by their swimmers.

Hampton Aquaplex Competition Pool

Continuous warm-up and warm-down available.

◆ 8-lane, 50 -meter indoor pool, 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.

◆ Warm-up/Warm-down Pool: 8 lane 25-yard indoor pool, 3 feet 6 inches deep at one end and 4 feet 6 inches at the other end. NO DIVING is allowed in this pool.

◆ The 50-meter pool will be set up into two 25-yard courses. •

◆ 1500 second level seating is available for spectators. Only swimmers, coaches and officials are allowed on the pool deck.

◆ The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.

◆ There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck in both the competition and teaching pools. The Aquatics staff uses 2 way radios for communication.

◆

Pool Hours

Friday, January 26, 2:00 p.m. - 8:00 p.m.
Saturday and Sunday January 27-28:
6:30 a.m. - 15 minutes after the final event.

Automatic timing (touch pads primary) will be used for this meet .

There is an admission charge of \$5 per person per day for Saturday and Sunday. Meet Volunteers will receive their admission charge back once the session has concluded.



Hampton Aquatic and Community Center

Hampton Aquaplex

1908 Coliseum Dr,
Hampton, VA 23666
(757) 369-2876

Directions: From Interstate 95 South...At Exit 84A, head left on the ramp for I-295 South / I-64 East toward Norfolk / Va Beach / Williamsburg ...At Exit 28A, head right on the ramp for I-64 East toward Norfolk / Virginia Beach ...At Exit 263, head right on the ramp for US-258 North / VA-134 South toward Coliseum ...Turn right onto Coliseum Dr ... Make a U-Turn...Arrive at Coliseum Dr.

Facility Features:

8 lane 50m Competition Pool
8 lane 25 yard warm-up / cool-down pool
Elevated Seating for 1,500 spectators
760 seats on deck for competitors
Colorado Time System with State of the Art Timing and Scoring
On-Site Food and Beverage Concessions

We plan to run a 10 lane girls course and a 9 lane boys course.

Entering the Meet



Entry Chairperson

Bill Marlin
571-334-0987
Bill.Marlin@verizon.net
31 Century Street
Stafford, VA 22554

All Entry questions should be directed to:

Bill Marlin-Entry Chair

Entry Process

The meet will be run using Hy-tek's Windows Meet Manager 8.0.

Entries shall be made by e-mail.

(Bill.Marlin@verizon.net)

Telephone entries or FAX entries will not be accepted.

An acknowledgement that your entry file has been received will be emailed within 24 hours of submission.

Should you not receive an acknowledgement of your entry within 24 hours, please contact the Entry Chair by e-mail or telephone immediately.

After you have received notification of receipt of your entries, please submit your Meet Summary Page with payment in full.

Make checks payable to Potomac Marlins. Mail entries and fees to Bill Marlin at the address above.

- Entries will be accepted starting December 1, 2023
- Entries will close January 16, 2024

THERE WILL BE NO OME ENTRY PROCESS

E-Mail Entry Deadline: Athletes achieving the qualifying time standards for the first time from Saturday January 20, through Sunday January 21, 2024 shall be sent by e-mail. These entries must be received no later than 11:59 p.m. Eastern Standard Time on Monday, January 22, 2024, and cannot be used to improve the seed time of a prior entry. Please E-Mail these last minute entries to the Meet Director.

Qualifying Period

The qualifying period for this event is September 1, 2022 through the entry deadline.

Proof of Entry Score

To enter the meet an athlete must have a minimum IMX Challenge qualifying score of 1800 verified by USA Swimming.

Meet programs will be available each session for \$5

Entry Fees:

\$12.00 per athlete surcharge
\$30.00 per 9-10 athlete total entry
\$30.00 per 11-12 athlete total entry
\$35.00 per 13-14 athlete total entry

Swimmers must enter all events, even if they do not swim them all.

Number of Events

A swimmer must enter and swim all IMX Challenge events within their age group and gender to be eligible for team scoring and awards. All entry times must be proven.

Events

9-10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 & 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13 & 14-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Scoring

Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total.

Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring. Scoring will be determined according to single-year age groupings and the swimmers' IMX totals.

No Shows

A no show in any event will remove the swimmer from the IM Xtreme scoring. Swimmers will be allowed to swim all remaining events for time only. Declared false starts will not be allowed.

Individual Awards

USA Swimming IMX plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender.

Team Scoring and Awards

Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.

Waiver and Release Form

A Waiver and Release form included with this meet information book must accompany entry and payment.

Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.

IM Xtreme Games Meet Procedures



Rules

Current USA Swimming rules shall govern this meet.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the [USA Swimming Minor Athlete Abuse Prevention Policy](#) ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer(s) must be assigned a supervising coach (per USA Swimming rule 202.5.3). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be found.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 without the use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

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

Deck changes are prohibited.

The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12&U sessions in Rule 205.3.1F.

Dive over starts will be used.

ELIGIBILITY:

Swimmers must be registered with USA Swimming and be between the ages of 9 and 14 to be accepted in this meet. Age as of January 26, 2024 shall determine swimmer's age for the entire meet.

Membership Requirement

All coaches and officials expecting to be on deck should be prepared to show their current USA Swimming Registration Card. Membership card on a mobile device is acceptable. There will be no on deck registration. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or membership is no longer valid/current.

Check-In

Coaches are responsible for all business conducted at the Coaches General Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

- A. Coaches must present their current USA Swimming Registration Card to gain access to the deck. Member card on a mobile device is acceptable.
- B. After you have been cleared, you will receive your coaches heat sheet at the computer table.
- C. Present any questions to the Meet Referee or Meet Director.

Positive Check-In for Athletes

The meet is pre-seeded. There will be no positive check-in for swimmers. Please inform the Meet Director of any known scratches by January 19th, 2024.

Warm-Up and Safety

Meet Management will provide a complete schedule of warm-up procedures **for all 3 courses** to include lane usage and times, which must be adhered to by all participants. Two or Three warm-up sessions may be used based on entry numbers for the combined 9-12 session. This information will be distributed with the meet information at registration or via e-mail prior to the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

Moving Girls Heats to Boys Course

If we need to, at the conclusion of each 13-14 Boys event, half of the remaining 13-14 Girls heats will be moved to the boys course in each event to help with timelines. This may not be necessary with the new course set up.

Swimsuits

All swimmers entered into the competition must comply with the USA Swimming Rulebook Section 102.8 regarding swimwear and taping.

Note: In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc, Potomac Marlins and the Hampton AquaPlex shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.



SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Tuesday, January 16th 2024**)**

Please fill out the information requested below and mail with your entry form and check.
Please refrain from sending cash and **make checks payable to: Potomac Marlins**
Thank you.

Send to: **Bill Marlin (IMX)**
31 Century Street
Stafford, VA 22554

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:
Athlete Surcharge Boys: _____ X \$ 12.00 = _____
Girls: _____ X \$ 12.00 = _____
Number of 9-10 yr. old individuals entered: _____ X \$ 30.00 = _____
Number of 11-12 yr. old individuals entered: _____ X \$ 30.00 = _____
Number of 13-14 yr. old individuals entered: _____ X \$36.00 = _____

TOTAL AMOUNT ENCLOSED: _____

**Club Official Submitting Entry:
Coaches:** _____

Name: _____
Address: _____
City: _____
State: _____ Zip: _____ Club Official FAX: _____
Daytime Phone: () _____ Club Official E-mail: _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assignees, hereby releases and forever discharges the host club (Potomac Marlins), Hampton Aquaplex, the city of Hampton, USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc, the host club and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club, Hampton Aquaplex, The city of Hampton, USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc, and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____ **Date** _____

*Person who signs above is responsible for any fines imposed on the club.
*You may have one designated spokesperson for your team to talk to the Meet Referee. The coach would be the logical person.

Please list the name of your spokesperson: _____

Did you submit?

| | |
|--------------------------|---|
| <input type="checkbox"/> | Electronic entries |
| <input type="checkbox"/> | Check for entries |
| <input type="checkbox"/> | I have read the meet information , the entry and competition procedures and understand all of them. |
| <input type="checkbox"/> | This completed form |