

IM Xtreme Games National Age Group Championship

Held Under the Sanction of Oregon Swimming and USA Swimming, Inc.

Sanction: TBD

Dates: December 11-13, 2009; Friday afternoon/evening, Saturday, & Sunday

Host team: Mt. Hood Aquatics

Location: Mt. Hood Aquatic Center
Mt. Hood Community College
26000 S.E. Stark Street
Gresham, Oregon 97030
503-491-6422

Facility: There will be two 8-lane competitions pools used throughout the meet, with additional lanes available for continuous warm-up and warm-down.

Contact Information:

Meet director:	Brandon Drawz
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Phone:	503-491-7244
Co-Meet director:	Julie Greenaway
Email:	agreena833@aol.com
Phone:	(Home) 503-667-4465 (Cell) 503-804-8743
Meet referee:	Jacki Allender
Email:	jallender@marykay.com
Phone:	(Home) 541-753-5681 (Cell) 541-990-5144

Rules: This is a timed finals meet for the top-ranked IMX swimmers aged 11 to 14 in the region. Swimmers will compete in single-year age divisions and will compete in all of the specified IMX events throughout the weekend:

11-year olds and 12-year olds will compete in
500 Free
100 Back
100 Breast
100 Fly
200 IM

13-year olds and 14-year olds will compete in
500 Free
200 Back
200 Breast
200 Fly
200 IM
400 IM

Age on the first day of the meet will determine a swimmer's age division. Swimmers will be entered and seeded in each event according to their short course times for that event. Girls' events (odd-numbered events) will be swum in Pool A; boys' (even-numbered) events will be swum in Pool B. There will be no relays. Fly-over starts will be used. Note that swimmers may scratch events, but that a scratch eliminates a swimmer from contention for awards.

Eligibility: This meet is open to all USA Swimming registered athletes from the designated LSC's aged 11 to 14 years.

Warm-up and Start Times:

Friday afternoon: Warm-up 3:00 p.m. Meet begins 4:00 p.m.

Saturday morning: Warm-up 7:45 a.m. Meet begins 9:00 p.m.

Saturday afternoon: Warm-up 1:30 p.m. Meet begins 3:00 p.m.

Sunday morning: Warm-up 7:45 a.m. Meet begins 9:00 a.m.

Note that for the final 20 minutes of the warm-up sessions, there will be separate lanes designated for dive starts and pacing.

Also, separate warm-up and warm-down lanes will be provided throughout each session of the meet.

Coaches' Meeting: A coaches' meeting will be held at 3:15 on Friday afternoon. In addition, we will have a brief debriefing session at the end of the final session Sunday to discuss the format and flow of the meet.

Entries: Swimmers should enter with their current best short course times. Entries should be made with Hy-tek Team Manager entry file.

Entry deadline: Entries are due by 12 midnight PST, Friday, November 27, 2009, but times may be updated until 12 midnight PST, Friday, December 4, 2009.

Entry fees: Swimmers enter all the events offered for their age bracket; the entry fee for all events is \$ 30.00 total. In addition, there will be a \$5.00 surcharge for each swimmer to help allay pool rental costs.

Mail entries: A hard copy of the entries, along with a check for the entry fees, must be received by Friday, November 27, 2009.

Entry Address:

MHA
c/o Vicky Brunelle
35 N.W. 12th Street
Gresham, OR 97030
sewmanycreations@hotmail.com

Scoring: Scoring for this meet will be based upon the single-age Hy-Tek IMX scores. Each time will be given a point value; a swimmer's scores from all events will be combined for an overall IMX point total. Disqualifications or scratches will receive zero points. Scoring and awards will be determined according to single-year age groupings and according to the swimmers' IMX totals (i.e., no awards for individual events).

Awards: Distinctive USA Swimming IMX plaques will be awarded to the top sixteen swimmers in each single-year age bracket and sex (e.g., sixteen awards for 11-year old girls, sixteen awards for 11-year old boys, etc.). Team awards 1st thru 3rd place.

Apparel: There will be t-shirts, sweat-shirts, etc. with the distinctive IMX Challenge logo available for purchase.

Safety: Current Oregon Swimming safety guidelines will be strictly enforced.

Directions to pool: Mt. Hood Community College Aquatic Center, 26000 SE Stark, Gresham, OR; telephone (503) 491-7243; Eastbound: Take I-84 (Troutdale), continue past the fast food restaurants, turn right at light onto 257th, continue up the hill approximately 2.6 miles, turn left onto 17th Street, take first left into parking lot, the pool is on the left behind the soccer field; Westbound: Take I-84 toward Portland to exit 17, go south on 257th and follow the instructions above.

Hotel accommodations:





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Includes waffles, biscuits & gravy,
fruit, assorted cereals, breads,
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Nightly Soup Bar

Indoor Heated Pool

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with waffles, biscuits & gravy, fruit, assorted cereals,
breads, oatmeal, eggs, juice and coffee.

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Motels:**

Best Western Inn & Suites 503-491-9700
Best Western Pony Soldier 503-665-1591
Comfort Suites 503-661-2200
Days Inn & Suites 503-465-1515
Four Points by Sheraton 503-491-1818
Hampton Inn 503-669-7000
Hawthorn Inn & Suites 503-492-4000
Holiday Inn Express 503-492-2900
Phoenix Inn 503-669-6500
Shilo Inn 503-907-1777
Sleep Inn 503-618-8400

**RV's and
Motor homes:**

May stay at the east end of the Mt. Hood parking lot, but no hook-ups are available.

*Session schedule:***Order of Events****FRIDAY AFTERNOON**

Warmup: 3:00 p.m. Meet begins: 4:00 p.m.

1	13-year old 400 IM	2
3	14-year old 400 IM	4
5	11-year old 200 IM	6
7	12-year old 200 IM	8

SATURDAY MORNING

Warmup: 7:45 a.m. Meet begins: 9:00 a.m.

9	13-year old 500 Free	10
11	14-year old 500 Free	12
13	11-year old 500 Free	14
15	12-year old 500 Free	16

SATURDAY AFTERNOON

Warmup: 1:30 p.m. Meet begins: 3:00 p.m.

17	13-year old 200 Breast	18
19	14-year old 200 Breast	20
21	11-year old 100 Breast	22
23	12-year old 100 Breast	24
25	13-year old 200 IM	26
27	14-year old 200 IM	28

SUNDAY MORNING

Warmup: 7:45 a.m. Meet begins: 9:00 a.m.

29	13-year old 200 Back	30
31	14-year old 200 Back	32
33	11-year old 100 Back	34
35	12-year old 100 Back	36
37	13-year old 200 Fly	38
39	14-year old 200 Fly	40
41	11-year old 100 Fly	42
43	12-year old 100 Fly	44

MEET ENTRY FORM

**Mt. Hood Aquatics
USA Swimming IM Xtreme Games
National Age Group Championship
December 11-13, 2009**

**Mt. Hood Community College Aquatic Center
26000 S.E. Stark Street
Gresham, Oregon 97030**

ENTRY FEE SUMMARY:

Team Total - # of swimmers _____ X \$35.00 ea: \$ _____

**Checks payable to Mt. Hood Aquatics
35 NW 12th Street
Gresham, Oregon 97030**



THE FOLLOWING STATEMENT MUST BE SIGNED BY COACH OR TEAM REPRESENTATIVE:

I have read the meet information and attest that all swimmers entered from my team are members of United States Swimming, Inc.

(Signature of Coach or Meet Representative) _____

Team Name: Team Code: _____

Coach(es) Attending Meet: _____

Contact Person Phone #: (_____) _____

Contact Person E-Mail: _____



****Please mark any courier delivered packages: "NO SIGNATURE REQUIRED"
TOTAL ENTRY FEES MUST ACCOMPANY THIS FORM -Checks payable to: Mount Hood Aquatics