

# Speedo Distance/IMX Challenge

Sponsored by: Speedo

January 2<sup>nd</sup>-3<sup>rd</sup>, 2010

Sanctioned by Maryland Swimming, Inc.  
Sanction # MD10-0002

<b>Hosted By:</b>	<b>The Eagle Swim Team</b>		
<b>Location:</b>	<b>Henry Rosenberg Aquatic Center</b> 8600 McDonogh Rd. Owings Mills, MD 21117 (410) 998-3501		
	Saturday January 2 <sup>nd</sup> (PM Session)	11 & Over	Warm-ups: 12:30-1:20 p.m. Session Starts: 1:30 p.m.
	Sunday January 3 <sup>rd</sup> (AM Session)	11 & Over	Warm-ups: 7:30-8:20 a.m. Session Starts: 8:30 a.m.
	Sunday January 3 <sup>rd</sup> (PM Session)	Open	Warm-ups: 12:30-1:20 p.m. Session Starts: 1:30 p.m.
	<ul style="list-style-type: none"> <li>Please note: The above listed starting times may be adjusted once all entries have been received. Coaches will be notified of any changes to starting times.</li> </ul>		
<b>Facilities:</b>	<ul style="list-style-type: none"> <li>McDonogh School has an indoor eight lane, 50 meter pool.</li> <li>The facility has fully automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area.</li> <li>There will be continuous warmup / warmdown lanes.</li> </ul>		
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>This meet is open to all Maryland LSC registered swim clubs and other USS registered clubs outside the LSC as invited by the Eagle Swim Team.</li> <li>There are no qualifying times for the 1000/1650 Free for this meet.</li> <li>"No Time" (NT) entries are acceptable, but estimated times are strongly encouraged.</li> <li>The swimmer's age as of <b>January 2, 2010</b> shall apply for the entire meet.</li> </ul>		
<b>Entries:</b>	<ul style="list-style-type: none"> <li>Swimmers are limited to a maximum of Four (4) Individual Events</li> <li>The 1650 &amp; 1000 Free are 11 &amp; Over events.</li> <li>All entries must be submitted with Short Course Times or "No Time" (NT).</li> <li>All Individual and Relay Entries must be submitted on disk with accompanying Meet Manager printouts or on Entry Forms available from meet director.</li> <li>Each Team <i>must</i> submit a Team Information Sheet.</li> <li>Checks for Entry Fees should be made payable to <b>Eagle Swim Team</b> and mailed with disk (or Entry Forms) to: Sean Marshall, Meet Director 5413 Weywood Dr. Reisterstown, MD 21136 Sean.L.Marshall@gmail.com</li> <li><b>Please note:</b> Entries received without payment will not be accepted. Phone entries will not be accepted. To verify on-time receipt of your entry, please include a stamped, self-addressed postcard or envelope.</li> <li>The Meet director reserves the right to limit entries or cancel events to stay within the time constraints of the meet.</li> </ul>		

<b>Fees:</b>	<ul style="list-style-type: none"> <li>• \$2.00 <i>per swimmer</i> surcharge.</li> <li>• \$5.50 for each Individual Event.</li> <li>• \$6.00 for each Deck Entry.</li> <li>• Deck entries allowed only for athletes already entered in the meet at the discretion of the meet director.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• The Meet Director must receive all entries <b>no later than 1:00 p.m. on Wednesday, December 22<sup>nd</sup> 2009.</b></li> <li>• Please submit early to avoid being closed out.</li> </ul>
<b>Rules:</b>	<ul style="list-style-type: none"> <li>• Applicable USS Rules shall govern this competition.</li> <li>• Maryland Swimming rules shall also apply where appropriate.</li> <li>• USS/Maryland Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• No one will be permitted in the competition area unless they are registered with USS as an athlete or as a non-athlete working at the meet.</li> <li>• The only exception is for the Timers and Administrative Staff assisting with the conduct of the meet.</li> <li>• Coaches will be emailed the Heat Sheets for the 1650 and 1000 Free's on the Monday before the meet. They will have til Wednesday at 5:00pm to SCRATCH any entries in those already seeded events. On Thursday we will email the coaches the revised heat sheets with start times. Once checked in, the swimmer must compete or be scratched from his/her next individual event.</li> <li>• <b>No-recall Procedure:</b> The no-recall rule will be in effect.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>• <b>Speedo T-Shirts</b> for Top 40 in 1000/1650.</li> <li>• Maximum of 1 t-shirt per swimmer.</li> </ul>
<b>Results:</b>	<ul style="list-style-type: none"> <li>• Meet Results will be available for download or printing from the Maryland Swimming Website (<a href="http://www.mdswim.org">http://www.mdswim.org</a>) shortly after the meet.</li> <li>• Teams that submit their meet entries on computer disk can receive their disks back with Meet Results in HY-BACKUP.ZIP format unless otherwise specified (e.g. DOS COPY or COMMLINK).</li> <li>• If a team requires a paper copy of the Meet Results, this will be mailed within 2 weeks of the meet at a cost of \$10.00.</li> </ul>
<b>Programs:</b>	<ul style="list-style-type: none"> <li>• Programs will be made available at all sessions at a nominal cost.</li> </ul>
<b>Food:</b>	<ul style="list-style-type: none"> <li>• A limited snack bar will be available during the meet. A Coaches/Officials hospitality room will also be provided.</li> </ul>
<b>Meet Director:</b>	Sean Marshall <a href="mailto:Sean.L.Marshall@gmail.com">Sean.L.Marshall@gmail.com</a>
<b>Safety Director:</b>	<ul style="list-style-type: none"> <li>• Ann Seets</li> <li>• USS/Maryland Swimming Warm-up and Safety Guidelines will be in effect for the entire meet.</li> </ul>
<b>Meet Referee:</b>	<ul style="list-style-type: none"> <li>• Bruce Edwards</li> </ul>
<b>Officials:</b>	<ul style="list-style-type: none"> <li>• All USA Swimming certified officials willing to volunteer should contact Bruce Edwards e-mail: <a href="mailto:Edwards.Bruce@bls.gov">Edwards.Bruce@bls.gov</a></li> </ul>

**Directions:**

**From Baltimore City and 695 South:**

Take I-83 North Ramp.

Merge onto Jones Falls Expressway.

Merge onto I-695 West / Baltimore Beltway Outer Loop toward Pikesville

Take MD-140 North Exit toward Garrison.

Turn Right onto Reisterstown Rd / MD-140 West.

Turn Left onto McDonogh Rd.

Turn Right onto Woods Rd.

**From I-695, Baltimore Beltway:**

Take MD-140 North Exit toward Garrison.

Turn Right onto Reisterstown Rd / MD-140 West.

Turn Left onto McDonogh Rd.

Turn Right onto Woods Rd.

**From Washington and points South:**

Take I-95 North toward Baltimore / College Park.

Mergo onto I-695 North / Baltimore Beltway Inner Loop via Exit 49B on the Left toward  
Towson.

Take MD-140 North Exit toward Garrison.

Turn Right onto Reisterstown Rd / MD-140 W.

Turn Left onto McDonogh Rd.

Turn Right onto Woods Rd.

Session	Date	Events	Warm-Ups	Events
1	Saturday (PM)	11 & Over	12:30pm - 1:20pm	1:30pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	*Open 1650 Free	2

\*All swimmers must provide their own lap counter and timer.

Session	Date	Events	Warm-Ups	Events
2	Sunday (AM)	11 & Over	7:30am - 8:20am	8:30am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
3	*Open 1000 Free	4

\*All swimmers must provide their own lap counter and timer.

Session	Date	Events	Warm-Ups	Events
3	Sunday (PM)		12:30pm - 1:20pm	1:30pm

<u>Girls</u>	= to or faster	<u>Event</u>	= to or faster	<u>Boys</u>
5		Open 400 IM		6
7	2:35.89	Open 200 Back	2:23.39	8
9		Open 200 Breast		10
11		Open 200 Fly		12
13		*Open 500 Free		14

\*All swimmers must provide their own lap counter and timer.

## Team Information Sheet

**This form must be submitted with Meet Entries**

Today's Date:	
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<b>Team Name:</b>			
<b>Team Abbreviation:</b>		<b>LSC Code:</b>	
<b>Head Coach:</b>			
<b>Deck Coach:</b>			
<b>Additional Coaches/Managers:</b>			
1.			
2.			
3.			
4.			
5.			
6.			

<b>Mail All Correspondence to</b>					
<b>Name:</b>					
<b>Street:</b>					
<b>City:</b>		<b>State:</b>		<b>Zip:</b>	
<b>Telephone</b>		<b>E-Mail:</b>			