



2010 IM Xtreme Challenge Meet May 14-16 , 2010

- Sanctioned By:** Florida Gold Coast and USA Swimming, Sanction # 051410-FG1
- Sponsored By:** The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
- Location:** Plantation Aquatic Complex
9151 NW 2nd Street
Plantation, Florida 33324
- Pool:** 8 lanes, 50 meter course, with separate warm up and warm down pool will be available. Colorado Timing System will be used. **The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.**
- Eligibility:** Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)
- Entries:** Entries will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com . Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS #. Event # is not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected with in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event.
NOTE: Swimmers without registration numbers an birth dates will not be entered.
- Entry Deadline:** **All entries must be received by Wednesday, May 5, 2010. 12 noon EST. Email entries to JimmyPPST@aol.com - (No Faxed Entries)**
- The FGC deck seed policy will be in effect. Cash only for deck seeds.
- Disability:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Entry Limit:	Individual Events: *Swimmers must enter all events offered for their age bracket.
Entry Fees:	\$16.25 Meet Entry Fee \$6.50 per athlete meet surcharge NOTE: Please make checks payable to Plantation Swim Team. (One check only per Team.)
Seeding:	Eligible entries shall be seeded in the following order – Long Course Meters, followed by Short Course Meters, followed by Short Course Yards.
Check-in:	Positive check in for the 200 / 400 Freestyle and 400 IM will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat. 400 IM – 5:30 pm / 12 & under 200 free & 400 free 10:15 a.m. day of the event. 13 & over 400 Free – 3:15 p.m. day of the event.
Rules:	Current USA Swimming Rules and Florida Gold Coast Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.
Scoring:	Individual scoring for this meet will be as followed. Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Swimmers missing there events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping: 10 & under – 11 – 12 – 13 – 14- 15 – 16 – 17 and older
Awards:	T-Shirts for Top 16 High Point will be awarded for each age group and gender listed above.
Admission:	\$3.00 per session / Heat Sheets \$2.00 each session
Concessions:	Concession stand will be available.
Hospitality:	Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.
Identification:	Coaches and Officials shall wear their 2009 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.)
Meet Information:	Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com .
Referee:	Carlos Hernandez
Meet Marshall:	Howard Bilger and the City of Plantation Life Guard Staff
Meet Director:	Jimmy Parmenter – JimmyPPST@aol.com - (954)-452-2526
Assistant Meet Director:	Terrell Woods – TerrellWPST@aim.com – (954)-452-2526

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Warm-up Procedures:

Warm-up: East Main competition Course
Friday – 4:30 a.m. to 5:30 p.m.
Saturday – 8:30 a.m. to 9:30 a.m. / after morning session is completed.
Sunday - 8:30 a.m. to 9:30 a.m. / after morning session is completed.
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

East - Main Competition Pool – 30 minutes prior to start time.

Lane 1 – Pace, 50 and 100 circle Swim, Push Off
Lane 2 – Pace, 50 and 100 circle Swim, Push Off
Lane 3 – Swimming and Pulling, Push Off
Lane 4 – Swimming and Pulling, Push Off
Lane 5 – Swimming and Pulling, Push Off
Lane 6 – Racing Starts 25s One Length
Lane 7 – Racing Starts 25s One Length
Lane 8 - Racing Starts 25s One Length

West – Pool Continuous during entire meet
 Continuous General Warm-up **NO DIVING**
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

Hotels:

<p>Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.</p>	<p>La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.</p>	<p>Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.</p>
<p>Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com</p>	<p>Marriot Courtyard 7780 SW 6th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.</p>	<p>Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.</p>
<p>Wellesley Inn 7901 SW 6th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool</p>	<p>Hampton Inn Plantation 7801 SW 6th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool</p>	<p>Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252</p>
<p>Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220</p>		

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

Friday – Session I. 6:00 p.m. Start

Event #	Event			
1	IMX-13 year old – girls 400 IM			
2	IMX-13 year old – boys 400 IM			
3	IMX-14 year old – girls 400 IM			
4	IMX-14 year old – boys 400 IM			
5	IMX-15 year old – girls 400 IM			
6	IMX-15 year old – boys 400 IM			
7	IMX-16 year old – girls 400 IM			
8	IMX-16 year old – boys 400 IM			
9	IMX-17 & older – girls 400 IM			
10	IMX-17 & older – boys 400 IM			

Saturday – Session II 10:00 a.m. Start

Event #	Event			
11	IMX-10&Under – girls 100 Breast			
12	IMX-10&Under – boys 100 Breast			
13	IMX-11 year old – girls 100 Breast			
14	IMX-11 year old – boys 100 Breast			
15	IMX-12 year old – girls 100 Breast			
16	IMX-12 year old – boys 100 Breast			
17	IMX-10&Under – girls 200 IM			
18	IMX-10&Under – boys 200 IM			
19	IMX-11 year old – girls 200 IM			
20	IMX-11 year old – boys 200 IM			
21	IMX-12 year old – girls 200 IM			
22	IMX-12 year old – boys 200 IM			
	If Necessary – Referee’s Discretion 5 to 10 minute break before start of session III.			

Saturday – Session III.

Event #	Event			
23	IMX-10&Under – girls 200 Free			
25	IMX-11 year old – girls 400 free			
27	IMX-12 year old girls 400 Free			

Saturday – Session IV. 3:00 p.m. Start

Event #	Event				
29	IMX-13 year old – girls 200 Breast				
30	IMX-13 year old – boys 200 Breast				
31	IMX-14 year old – girls 200 Breast				
32	IMX-14 year old – boys 200 Breast				
33	IMX-15 year old – girls 200 Breast				
34	IMX-15 year old – boys 200 Breast				
35	IMX-16 year old – girls 200 Breast				
36	IMX-16 year old – boys 200 Breast				
37	IMX-17 & older – girls 200 Breast				
38	IMX-17 & older – girls 200 Breast				
39	IMX-13 year old – girls 200 IM				
40	IMX-13 year old – boys 200 IM				
41	IMX-14 year old – girls 200 IM				
42	IMX-14 year old – boys 200 IM				
43	IMX-15 year old – girls 200 IM				
44	IMX-15 year old – boys 200 IM				
45	IMX-16 year old – girls 200 IM				
46	IMX-16 year old – boys 200 IM				
47	IMX-17 & older – girls 200 IM				
48	IMX-17 & older – boys 200 IM				
	If Necessary – Referee’s Discretion 5 to 10 minute break before start of session V.				

Saturday – Session V.

Event #	Event				
49	IMX-13 year old – girls 400 Free				
51	IMX-14 year old – girls 400 Free				
53	IMX-15 year old – girls 400 Free				
55	IMX-16 year old – girls 400 Free				
57	IMX-17 & older– girls 400 Free				

Sunday – Session VI. 10:00 a.m. Start

Event #	Event				
59	IMX-10&Under – girls 100 Back				
60	IMX-10&Under – boys 100 Back				
61	IMX-11 year old – girls 100 Back				
62	IMX-11 year old – boys 100 Back				
63	IMX-12 year old – girls 100 Back				
64	IMX-12 year old – boys 100 Back				
65	IMX-10&Under – girls 100 Fly				
66	IMX-10&Under – boys 100 Fly				
67	IMX-11 year old – girls 100 Fly				
68	IMX-11 year old – boys 100 Fly				
69	IMX-12 year old – girls 100 Fly				
70	IMX-12 year old – boys 100 Fly				
	If Necessary – Referee’s Discretion 5 to 10 minute break before start of session III.				

Sunday – Session VII.

Event #	Event				
24	IMX-10&Under – boys 200 Free				
26	IMX-11 year old – boys 400 free				
28	IMX-12 year old - boys 400 Free				

Sunday – Session VIII. 3:00 p.m. Start

Event #	Event				
71	IMX-13 year old – girls 200 Back				
72	IMX-13 year old – boys 200 Back				
73	IMX-14 year old – girls 200 Back				
74	IMX-14 year old – boys 200 Back				
75	IMX-15 year old – girls 200 Back				
76	IMX-15 year old – boys 200 Back				
77	IMX-16 year old – girls 200 Back				
78	IMX-16 year old – boys 200 Back				
79	IMX-17 & older – girls 200 Back				
80	IMX-17 & older – boys 200 Back				
81	IMX-13 year old – girls 200 Fly				
82	IMX-13 year old – boys 200 Fly				
83	IMX-14 year old – girls 200 Fly				
84	IMX-14 year old – boys 200 Fly				
85	IMX-15 year old – girls 200 Fly				
86	IMX-15 year old – boys 200 Fly				
87	IMX-16 year old – girls 200 Fly				
88	IMX-16 year old – boys 200 Fly				
89	IMX-17 & older – girls 200 Fly				
90	IMX-17 & older – boys 200 Fly				
	If Necessary – Referee’s Discretion 5 to 10 minute break before start of session V.				

Sunday – Session IX.

Event #	Event				
50	IMX-13 year old – boys 400 Free				
52	IMX-14 year old – boys 400 Free				
54	IMX-15 year old – boys 400 Free				
56	IMX-16 year old – boys 400 Free				
58	IMX-17 & older– boys 400 Free				