



**JUNE WOOLGER MEMORIAL
IM XTREME PENTATHLON CHALLENGE – October 8 & 9, 2016**
Sunrise Civic Center Pool
10610 W. Oakland Park Blvd.
Sunrise, Fl. 33351

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. FGI100816SUN-B-33
- Conditions of Sanction:** In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- Hosted by:** The City of Sunrise, Sunrise Swimming, and the Sunrise Booster Club.
- Location:** *Sunrise Civic Center*
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.
- Directions:** From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex
- Date & Time:** **Saturday, October 8, 2016**
Session I – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
- Sunday, October 9, 2016**
Session II – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
- Pool/Timing:** Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. **8 short-course** racing lanes with separate warm-up and warm down lane available. Daktronics Timing System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is 4'6" in accordance with 202.3.7 (C).
- Rules:** 2016 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are timed finals for all swimmers.
- Eligibility:** Open to all current 2016 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 - USA Swimming Rule 202.3.3
- The Meet Host **Will Not** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
- There are no Qualifying Times. **(Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)**

- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations – coachsun1@aol.com
Dave Wathen (954) 747-4635
- Entry Deadline:** All entries must be received by **Wednesday, September 28, 2016. 8pm EST. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)**
- Entry Limit:** Saturday: 3 events. Sunday: 2 events.
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to <mailto:coachsun1@aol.com>. Electronic mail confirmation will be sent within 48 hours after receipt of file. Non-electronic entries are not accepted.
- **Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (954) 747-4635
- Entry Fees:** \$ 3.25 per individual event
\$ 5.00 per swimmer surcharge
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team).
Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**
- Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. **COACHES ONLY PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswwim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered.
***Deck entry fees are DOUBLE the entry fees, CASH ONLY:
\$10 swimmer surcharge; \$6.50 per individual event.***
- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part
- Seeding:** Eligible entries shall be seeded short course yards
- Scoring:** All events will be swum together, but scored separately.
- Scoring for IMX sessions: The HY-TEK special scoring system will be used. Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female:
9&U/ 10yr / 11yr /12yr / 13yr/14yr / 15yr/16yr / 17 and older
- Awards:** IMX Pentathlon Challenge: Medals top 3 scorers per single age.
- Admission:** Admission - \$ 3.00 per session.
Heat Sheets - \$ 3.00 per session.
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches/officials/volunteers will be available.
- Head Referee:** **Yvette Kohanyi**
- Admin Referee:** **Amy Trodick**
- Meet Marshall:** City of Sunrise Lifeguard Staff
- Meet Director:** **Dave Wathen** – coachsun1@aol.com – (954) 747-4635
- Assistant**
- Meet Director:** Christi Wathen (954) 747-4635
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Information:

Call the Sunrise Swimming office (954) 747-4635.

Saturday October 8, 2016
IMX Challenge
Saturday–Session 1
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
1 & 2	12 & under 100 back
3 & 4	13 & over 200 back
5 & 6	12 & under 100 breast
7 & 8	13 & over 200 breast
9 & 10	12 & under 100 fly
11 & 12	13 & over 200 fly

Sunday October 9, 2016
IMX Challenge
Sunday–Session 2
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
13 & 14	10 & under 200 free
15 & 16	11 & over 500 free
17 & 18	12 & under 200 IM
19 & 20	13 & over 400 IM