



### A NATIONAL AGE GROUP COMPETITION

LOCATION: Takoma Aquatic and Community Center -Washington, DC DATE: February 26-28, 2010

FOR MEET INFORMATION CONTACT: Bill Marlin coach\_bill@verizon.net

### LSCs PARTICIPATING IN THE NORTHEAST REGION MEET

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

*Ages: 11-14 Boys and Girls*

*Athletes will compete in all IMX events specified for each age category*

*Single Age Groups (Award Top 16 in each age group)*

*25 Yard Course for competition-with separate warm-up/cool-down pool*

*Team Awards: 1st - 3rd place at each site*

### QUALIFICATION PERIOD: (Age of the athlete will be the first day of the competition)

- Follow IMX program guidelines (Qualifying standards are the same for SCY & LCM)
- Qualifying Period : Sept 1, 2008 up to entry Deadline for all qualifying
- Swimmers who age up prior to completing the IMX event requirements for scoring may use their previous age qualifying scores to enter the meet if the qualifying score is met.

#### NEW!!!

#### QUALIFYING STANDARDS

All participants must meet the IMX points qualifying standard as established by USA Swimming which is the same standard listed below at all sites.

Age	Boys	Girls
11 & 12	1800	1800
13 & 14	1800	1800

#### NATIONWIDE:

NOVEMBER 20 - 22 : IU Natatorium, Indiana & Brophy Sports Complex, Arizona

DECEMBER 11-13: Mt. Hood Community College, Oregon & Palo Alto College, Texas