



A NATIONAL AGE GROUP COMPETITION

LOCATION: IU Natatorium Indianapolis, IN DATE: November 20-22, 2009

FOR MEET INFORMATION CONTACT: Jay Watson we4watsons@sbcglobal.net

LSCs PARTICIPATING IN THE NORTHERN MIDWEST REGION MEET

Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern, Minnesota, North Dakota, Ohio, South Dakota, Wisconsin

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	2000	2100
13 & 14	2000	2100

NATIONWIDE:

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

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