## 6th Annual IM Madness ePostal

What is IM Madness? An ePostal event for swimmers seeking an IM challenge.

## How to enter:

- 1. Choose an event below: Sweet 8, 12, or 24.
- 2. Start the clock and swim madly.
- 3. Complete sub-events combining them into a single event.
- 4. Record your <u>splits</u> (see more on this below).\*
- 5. Stop the clock.
- 6. Record your time to the 100th of a second.
- 7. Come back here to the online entry, and submit your times!



1. Sweet 8: 100 IM		
50 Fly		
100 IM	2. Sweet 12 - 3 X 400 IM	3. Sweet 24 - 3 X 800 IM
50 Back	4 X 100 IM	4 X 200 IM
100 IM	2 X 200 IM	2 X 400 IM
50 Breast	1 X 400 IM	1 X 800 IM
100 IM	Total: 1200 yards	Total: 2400 yards
50 Free	-	·
200 IM		
Total: 800 yards		

**When:** Between Friday, March 1 and Sunday, April 30, 2024 in any 25 yard pool. Entries due Wednesday, May 31, 2024

\*Recording Splits: Please have timers record 50 splits for each event. Submission of split sheets may be required for the verification of a record. Click here to find split sheets for your convenience. Note: Split sheets may be requested in the case of a tie or record.

**Fee:** \$12 for each individual entry. Long sleeved T-shirt: \$23 (S, M, L, XL, XXL) Sign up online on Club Assistant, paying with credit card to "NCMASTERS.ORG." Fees are non-refundable.

## **Event Rules:**

- 1. The event must be swum in its specific order in a 25 yard (SCY) pool.
- 2. The recorded time begins at the start of the 1st swim in an event and ends at the finish of the last swim in the event.
- 3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
- 4. Results are based on cumulative time.
- 5. Swimmers may swim one or more events. Each event must be swum on a different day. An event fee will be charged for each event.
- 6. If two or more swimmers report the same cumulative time, a tie will be declared.

3 202.1.1(3).(b) times will not be eligible for USMS records and Top Ten ion. Click to view records from 2023



**Masters Swimming** 

For more information: Visit USMS Calendar of Events or <a href="http://www.ncmasters.org/">http://www.ncmasters.org/</a>