

# RMSC Distance Freestyle Meet

## Meet Announcement

November 9 – 10, 2019  
At Olney Swim Center  
Sanctioned by USA Swimming through Potomac Valley Swimming  
Meet Sanction # PVQ-20-23

**Meet Director:** Christa Krukiel [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)

**Meet Referee:** Barb Ship [barb@ship3.com](mailto:barb@ship3.com)

**Meet Officials Coordinator:** Certified officials or trainees wishing to work the meet should contact Marcie Ament at [marcieament@msn.com](mailto:marcieament@msn.com), at least two weeks in advance.

**Location:** Olney Swim Centers, (240) 777-4995  
16605 Georgia Avenue, Olney, MD 20832

- 8 lane, 25 yard pool with separate area for warm up/cool down, continuous flow-through gutters, and non-turbulent lane dividers. Diving is not permitted in the warm up/cool down area.
- Water depth is 14' at the starting end and 4'5" at the turn (bulk head) end of the pool.
- The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C).
- Colorado Time Systems Electronic Timing, touch pads and a horn start will be used.
- Automatic timing (touch pads primary) will be used.

**Meet Schedule:** Saturday 1650 Free; Sunday 1000 Free  
Warm-ups: 12:30 – 1:10 PM Event Start: 1:20 PM

The Meet Director reserves the right to adjust meet warm-ups and start times based on entries received and the RMSC Autumn Mini Meet being run earlier in the day.

**Deck Access:** Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. **Parents not working the meet as a deck official, volunteer timer, or other meet position are not permitted on deck.**

**Eligibility:** This meet is open to invited Potomac Valley Swimming Athletes from RMSC. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in *USA Swimming Rules and Regulations*, Article 302. Swimmers will compete at the age attained on the first day of the meet

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy](#) as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**Warm-Up Procedures:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Continuous warm-up and warm-down will be available throughout the meet. The Meet Director may determine the structure of the warm-up, including times and lane assignments.

**Rules:**

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), shall govern this meet.
- No on-deck USAS registration permitted.
- Dive-over starts will be used.
- The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12 &U sessions in Rule 205.3.1F.
- In compliance with *USA Swimming Rules and Regulations*, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition, and cool down periods.
- 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.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Qualifying Times:**

- There will be no qualifying times however, each site of RMSC will be given an assigned number of slots for the 1650 and 1000 Free.

**Event Rules:**

- Seed times are short course yards.
- Events will be positive check-in and deck seeded.
- All events are timed finals, swum fastest to slowest, alternating girls and boys heats.
- The Meet Director reserves the right to combine heats or events based on the number of entries received and the meet timeline.
- The Meet Director reserves the right to limit the number of entries in the 1650/1000 due to time constraints, if necessary, based on fastest entry times.
- Swimmers will be responsible for providing their own timers and counter.

**Warning:** Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2019.

**Entry Information:**

- Entry Fees: \$8.00 per event.
- **Entry Deadline: Tuesday, October 29, 2019 at 8:00 PM.**
- No late entries will be accepted.

- Meet Director will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

**Entry Procedures:**

- Email a Hy-Tek entries file (preferred) or a SDIF file to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov).
- Email subject should be labeled “RMSC 1650/1000 Freestyle Meet”.
- Email must include report by name. Include total number of swimmers and total number of events, along with contact information (name, phone number, e-mail) of a club representative in the body of the e-mail.
- Entry fee payable to: **ActiveMontgomery**
- Each club is requested to remit one check to cover the entry fees of the entire team. Please do not send cash. Entry Fees are due with entries.
- Send payment to: Christa Krukiel  
Germantown Indoor Swim Center  
18000 Central Park Circle  
Boyd's, Maryland 20841

**Swim Center Rules and Conduct**

At the request of [Montgomery County Recreation](#), swimmers are not to leave the pool deck without appropriate attire. Coaches will be responsible for the conduct of their athletes while in the facility and surrounding grounds. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents will be responsible for the conduct of any minor children that accompany them.

- No glass containers are permitted within the facility.
- Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.
- No camera cell phones are permitted in the locker rooms.

**Special Note**

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Olney Swim Center, Rockville Montgomery Swim Club, and Montgomery County Recreation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Warm-Up 12:30 – 1:10 PM; Start 1:20 PM

Women’s Event #	Event	Men’s Event #
1	Open 1650 Freestyle	2
Events will be swum fastest to slowest, alternating women and men. All Athletes must provide their own timers and counter.		

Warm-Up 12:30 – 1:10 PM; Start 1:20 PM

Women’s Event #	Event	Men’s Event #
3	Open 1000 Freestyle	4
Events will be swum fastest to slowest, alternating women and men. All Athletes must provide their own timers and counter.		