

RMSC Frosty Pentathlon Mini Meet

Meet Announcement

January 5, 2020

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-20-42

Meet Director: Christa Krukiel christa.krukiel@montgomerycountymd.gov
(All parent inquiries should be directed to your child's swim coach)

Meet Referee: Barb Ship barb@ships3.com

Meet Officials Coordinator: Certified officials wishing to work should contact Matt James, mrjswimhome@gmail.com, at least two weeks in advance.

Clubs are responsible for providing their fair share of timers, and required number of timers will be assigned by the meet director.

Location: Germantown Indoor Swim Center 18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters.
- Water depth varies at the start end from 17' in lane 1 to 6'9" in lane 10 and at the turn end from 13' in lane 1 to 6'9" in lane 10.
- The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C. The copy of such certification is on file with USA Swimming.
- Colorado Time Systems electronic timing, horn start & a 10 lane scoreboard will be used.
- Semi-automatic timing (buttons primary) will be used.

Meet Schedule:

- Warm-ups: 8:10 – 8:50 AM
- Event Start: 9:00 AM

The Meet Director reserves the right to adjust meet warm-ups and session start times based upon the number of entries received.

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 the following teams: ASA, FAST, MACH, TIBU, Tollefson and RMSC. RMSC participation is only for those athletes registered for the Mini or ISS groups. Other interested teams should email the Meet Director for an invitation as space is limited. 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. The Meet Director may determine the structure of the warm-up, including times and lane assignments

Event Rules:

- Seed times are short course yards.
- All events are timed finals.
- This meet is primarily a pentathlon.
- To enter the “pentathlon competition” a swimmer must be entered and swim all four 25 yard events plus the 100-yard Individual Medley in their age group.
- All other swimmers not entering “pentathlon competition” are limited to 3 events maximum.

Rules:

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), shall govern this meet.
- No on-deck USAS registration permitted.
- 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.

No personal chairs allowed on deck for swimmers.

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 2020.

Entry Information:

- Entry Fees: \$7.00 per individual event.
- Entry Deadline: Monday, December 30, 2020 at 7:00 PM.
- No late entries will be accepted.
- Meet Directors are requested to 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.

Electronic Entry Procedures:

- Email a Hy-Tek entries file (preferred) or a SDIF file to christa.krukiel@montgomerycountymd.gov.
- Email subject should be labeled "Frosty Pentathlon".
- 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.
- Send entry fee check payable to **ActiveMontgomery** to: Christa Krukiel
 Germantown Indoor Swim Center
 18000 Central Park Circle
 Boyds, Maryland 20841
- 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.

Scoring: The overall Pentathlon winners will be based on the accumulated times of the five individual events.

Awards: Special awards will be given for 1st and 2nd place for Overall Pentathlon in 9-year old girl and boy, 8-year-old girl and boy and 7-year-old girl and boy and 6U girl and boy. Ribbons will be given for 1st to 10th place for individual events.

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, Germantown Indoor 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.

Order of Events

Warm-ups: 8:10 – 8:50 AM; Events: 9:00 AM

Girls	Event Description	Boys
1	6&Under 25 Freestyle	2
3	7 Year-Old 25 Freestyle	4
5	8-9 Year-Old 25 Freestyle	6
7	6&Under 25 Backstroke	8
9	7 Year-Old 25 Backstroke	10
11	8-9 Year-Old 25 Backstroke	12
13	6&Under 25 Breaststroke	14
15	7 Year-Old 25 Breaststroke	16
17	8-9 Year-Old 25 Breaststroke	18
19	6&Under 25 Butterfly	20
21	7 Year-Old 25 Butterfly	22
23	8 Year-Old 25 Butterfly	24
25	7&Under 100 Individual Medley	26
27	8-9 Year-Old 100 Individual Medley	28