

# RMSC Frosty Pentathlon Mini Meet

## Meet Announcement

January 9, 2022

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-22-44

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

**Meet Director:** Christa Krukiel [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)  
(Parents are to contact your swimmer's coach if you have any questions/concerns regarding the meet)

**Meet Referee:** Steven Lutz [stevendlutz@gmail.com](mailto:stevendlutz@gmail.com)

**Meet Officials Coordinator:** Certified officials and trainees wishing to work should contact Matt James, [mrjswimhome@gmail.com](mailto:mrjswimhome@gmail.com), at least two weeks in advance.

**Clubs are responsible for providing their share of timers; timers will be assigned by the meet director.**

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

- The competition pool at Germantown Indoor Swim center is a 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters. 10 lanes will be used for competition.
- 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.
- Separate 7 lane, 25 yard pool will be available for continuous warm up/cool down. Diving is not permitted in this pool.
- 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: 8:00 – 9:10 AM
- Event Start: 9:15 AM

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

**Eligibility:** This meet is open to invited Potomac Valley Swimming Athletes and invited USA Swimming Athletes ages 9 and under. Interested teams must email the Meet Director for an invitation as space is limited. RMSC participation is only for those athletes registered for the Mini or ISS groups. 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.

**Disability Swimmers:** 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.

### **COVID-19 Considerations:**

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, ROCKVILLE MONTGOMERY SWIM CLUB, AND GERMANTOWN INDOOR SWIM CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
- By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Montgomery County.

### **COVID-19 Protocols:**

- Before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions:
  - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
  - Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?
  - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- All attendees (athletes, coaches, officials, and volunteers) MUST wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- There is a limit of one spectator for each participating athlete. Spectator viewing will be from the facility lobby. The meet will be live streamed on the RMSC YouTube channel.
- Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.
- Locker room use should be minimized.
- Athletes should arrive and depart in their suits if possible.
- Mask runners will be used for the 25 yard events.
- **No personal chairs allowed in the facility for athletes or spectators.**

### **Rules:**

- Current USA Swimming rules shall govern this meet.
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming [Minor Athlete Abuse Prevention Policy](#) ("MAAPP"), and that they

understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

- No on-deck USA Swimming registration is permitted.
- 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. 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.
- Deck changes are prohibited.
- 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.
- Operation of a drone or any other flying devices 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.
- Dive-over starts will not 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.

#### **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 (five events total).
- All other swimmers not entering "pentathlon competition" are limited to 3 events maximum.

**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.

**Supervision:** Coaches are responsible for the conduct of their swimmers and cleaning up for their team area. No personal chairs allowed on deck for swimmers. No personal chairs allowed in the facility for spectators.

**Credentials:** **Parents not working the meet as a deck official or volunteer timer/runner are not permitted on deck.** 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.

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

**Awards:** Special awards will be given for 1<sup>st</sup> and 2<sup>nd</sup> 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 1<sup>st</sup> to 10<sup>th</sup> place for individual events.

**Concessions:** None

**Meet Programs:** Heat sheets will be available on the RMSC website the day before the meet.  
<http://rmscswimming.com/meet-schedule-2021-2022/2022/1/14/frosty-pentathlon-mini-meet>

**Officials:** Certified officials and trainees wishing to work should contact Matt James, [mrjswimhome@gmail.com](mailto:mrjswimhome@gmail.com), at least two weeks in advance. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the Meet Referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.

**Entry Procedures:**

- Team entry files must be emailed to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)
- Email subject should be labeled "RMSC Frosty Pentathlon Mini Meet".
- Email entry must include entry report by name.
- In body of email include total number of swimmers and total number of splashes.
- In body of email include contact information (name, phone number, e-mail) of a club.
- Entries directly from individual team members will not be accepted.
- Entries by phone, mail or fax will not be accepted.
- The Meet Director will acknowledge receipt by return e-mail within 24 hours. If acknowledgement is not received within 24 hours, please contact the Meet Director again.
- Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 by PVS and no further entries will be accepted from the club until the said fine is paid.

**Entry Information:**

- No late or deck entries will be accepted.
- Entry Fees: \$8.00 per individual event.
- **Entry Deadline: Monday, January 3, 2022 at 8:00 PM**
- Entry fee check payable to **ActiveMontgomery**
- Each club is requested to remit one check (no cash) to cover the entry fees of the entire team.
- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the start of the meet. Payment may be made by cash or check.
- Entry fees are due with the meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
- Send payment to:  
Christa Krukiel  
Germantown Indoor Swim Center  
18000 Central Park Circle  
Boys, MD 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.

## Order of Events

Warm-ups: 8:00 – 9:10 AM; Events: 9:15 AM

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	7 & Under 25 Freestyle	2
3	8-9 Year-Old 25 Freestyle	4
5	7 & Under 25 Backstroke	6
7	8-9 Year-Old 25 Backstroke	8
9	7 & Under 25 Breaststroke	10
11	8-9 Year-Old 25 Breaststroke	12
13	7 & Under 25 Butterfly	14
15	8-9 Year-Old 25 Butterfly	16
17	7 & Under 100 Individual Medley	18
19	8-9 Year-Old 100 Individual Medley	20