

10/13: New Warm up times:
Saturday/Sunday: Men 11-12 & 13 & Over; warm up 11:15-12:05, Event Start: 12:15
Saturday/Sunday: Women's 13 & Over; warm up 4:00-4:50, Events Start: 5:00

RMSC Kick-Off Invitational Meet Announcement

October 16-18, 2009

At Martin Luther King, Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-10-09

ROCKVILLE MONTGOMERY
SWIM CLUB

Meet Director: Christa Krukiel (240) 777-8070 christa.krukiel@montgomerycountymd.gov

Meet Referee: Donna Considine (410) 531-5521 donnaconsidine@verizon.net

Location: Martin Luther King, Jr. Swim Center, 1201 Jackson Road, Silver Spring, MD (240) 777-8060

Meet Schedule:

- Friday, October 16, 2009
 - o Warm-ups: 4:30pm
 - o Event Start: 5:20pm

- Saturday & Sunday, October 17-18, 2009
 - o Men 9-10, Women 9-10 & Women 11-12
 - Warm-ups: 6:30 – 7:20am
 - Event Start: 7:30am

 - o Men 11-12 & Men 13&Over
 - Warm-ups: ~~10:30—11:20am~~ **11:15-12:05**
 - Event Start: ~~11:30am~~ **12:15**

 - o Women 13&Over
 - Warm-ups: ~~3:30—4:20pm~~ **4:00-4:50**
 - Events Start: ~~4:30pm~~ **5:00**

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

Officials: Certified officials wishing to work the meet should contact Donna Considine at donnaconsidine@verizon.net or (410) 531-5521. Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet manager.

Eligibility: This meet is open to invited United States Swimming Athletes of the following clubs: RMSC, MACH and JFD. Swimmers will compete at the age attained on the first day of the meet. It may be necessary to limit entries due to the time constraints.

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.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For [additional information including the use of modesty wear under swimsuits](#), see the USA Swimming website.

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 will govern this meet. All events are timed finals. A contestant may enter no more than three individual events per day, and no more than six individual events for the meet.

Friday distance events will be swum fastest to slowest, alternating girls & boys heats. In addition, the 500 Free and 400 IM will be swim fastest to slowest.

Swimmer must provide their own timer & counter for the 500 & 1000 Free. Swimmers must provide their own timer for the 400 IM.

Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. A determination whether to do so will be made shortly after entries for this meet have been processed.

Meet Format: Seed times are short course yards.

The meet director reserve the right to limit the number of entries in distance events, if necessary, based on fastest entry times. 13 & Over Boys and Girls 1000 Free may be limited to 6 heats each (fastest 48 swimmers after positive check-in). Any additional swimmers may be removed from the event. 13 & Over Boys and Girls 500 Free may be limited to 8 heats each (fastest 64 swimmers after positive check-in). Any additional swimmers may be removed from the event. Coaches are asked to enter swimmers in these events with this in mind.

Entry Information:

- Entry Fees: \$4.50 per individual event.
- **Entry Deadline: Tuesday, October 6, 2009 at 11:59pm.**
- No late entries will be accepted. Deck entries will be accepted provided there is an empty lane available on a first come first serve basis. A heat will not be created for a deck entry.
- Entry fee for deck entries is \$10 due at time of acceptance.
- Meet Director reserves the right to deny any deck entry if the event/meet is significantly oversubscribed.
- 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 "RMSC Kick-Off Entry".
- Email must include reports by name and by event. 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 check, including "Entry Cover Sheet" to Christa Krukiel at the address below.
Christa Krukiel
Montgomery Aquatic Center
5900 Executive Boulevard
N. Bethesda, Maryland 20852
- 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.
- Entry Fee Payable To: Montgomery County Recreation Department (MCRD).

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 2010.

Positive Check In: Positive check-in will be required in events 200 yards and longer. The Meet Director will determine if positive check-in will be necessary for all events in order to maintain manageable timelines.

Athletes who check into a deck-seeded event (positively checked in), have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the referee before the event takes place.

Information regarding the possibility of additional check-in times and procedures will be available the week prior to the meet in the form of an email to each participating club. Positive check-in for events 200 yards and longer will close at the following times:

- Events 1-4: Friday 5:00pm
- Events 5,9,10,11: Saturday 7:00am
- Events 21: Saturday 8:00am
- Events 22, 25, 26, 27: Saturday 10:45am
- Events 33: Saturday 12:00pm
- Events 36-37: Saturday 4:00pm
- Events 40: Saturday 5:00pm
- Events 41-44: Sunday 7:00am
- Events 60-63: Sunday 10:45am
- Events 67, 71: Sunday 12:00pm
- Events 74, 75: Sunday 4:00pm
- Events 76, 78: Sunday 5:00pm

Spectator Admission and Heat Sheets: There will be no charge for admission. Heat sheets will be available for \$2.00 each.

Swim Center Rules and Conduct

At the request of [Montgomery County Recreation Department](#), 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.

RMSC Kick-Off Invitational

October 16-18, 2009

At Martin Luther King, Jr. Swim Center

Order of Events

Session 1

Friday, October 16, 2009

Warm-up: 4:30-5:10pm Events: 5:20pm start

Girls	Event Description	Boys
1	12&U 500 Freestyle	2
3	13&Over 1000 Freestyle	4

Session 2

Saturday, October 17, 2009

Warm-up: 6:30-7:20am Events: 7:30am start

Girls	Event Description	Boys
5	11-12 200 Breaststroke	
6	9-10 50 Backstroke	7
8	11-12 50 Backstroke	
9	9-10 200 Individual Medley	10
11	11-12 200 Individual Medley	
12	9-10 100 Butterfly	13
14	11-12 100 Butterfly	
15	9-10 50 Breaststroke	16
17	11-12 50 Breaststroke	
18	9-10 100 Freestyle	19
20	11-12 100 Freestyle	
21	11-12 200 Backstroke	

Session 3

Saturday, October 17, 2009

Warm-up: 10:30-11:20am Events: 11:30am start

Girls	Event Description	Boys
	11-12 200 Breaststroke	22
	13&Over 100 Backstroke	23
	11-12 50 Backstroke	24
	13&Over 200 Individual Medley	25
	11-12 200 Individual Medley	26
	13&Over 200 Butterfly	27
	11-12 100 Butterfly	28
	13&Over 100 Breaststroke	29
	11-12 50 Breaststroke	30
	13&Over 50 Freestyle	31
	11-12 100 Freestyle	32
	13&Over 500 Freestyle	33
	11-12 200 Backstroke	34

Session 4
Saturday, October 17, 2009

Warm-up: 3:30-4:20pm Events: 4:30pm start

Girls	Event Description	Boys
35	13&Over 100 Backstroke	
36	13&Over 200 Individual Medley	
37	13&Over 200 Butterfly	
38	13&Over 100 Breaststroke	
39	13&Over 50 Freestyle	
40	13&Over 500 Freestyle	

Session 5
Sunday, October 18, 2009

Warm-up: 6:30-7:20am Events: 7:30am start

Girls	Event Description	Boys
41	11-12 200 Butterfly	
42	9-10 200 Freestyle	43
44	11-12 200 Freestyle	
45	9-10 100 Breaststroke	46
47	11-12 100 Breaststroke	
48	9-10 50 Butterfly	49
50	11-12 50 Butterfly	
51	9-10 100 Backstroke	52
53	11-12 100 Backstroke	
54	9-10 50 Freestyle	55
56	11-12 50 Freestyle	
57	9-10 100 Individual Medley	58
59	11-12 100 Individual Medley	

Session 6
Sunday, October 18, 2009

Warm-up: 10:30-11:20am Events: 11:30am start

Girls	Event Description	Boys
	11-12 200 Butterfly	60
	13&Over 200 Freestyle	61
	11-12 200 Freestyle	62
	13&Over 200 Breaststroke	63
	11-12 100 Breaststroke	64
	13&Over 100 Butterfly	65
	11-12 50 Butterfly	66
	13&Over 200 Backstroke	67
	11-12 100 Backstroke	68
	13&Over 100 Freestyle	69
	11-12 50 Freestyle	70
	13&Over 400 Individual Medley	71
	11-12 100 Individual Medley	72

Session 7
Sunday, October 18, 2009

Warm-up: 3:30-4:20pm Events: 4:30pm start

Girls	Event Description	Boys
73	13&Over 100 Butterfly	
74	13&Over 200 Freestyle	
75	13&Over 200 Breaststroke	
76	13&Over 200 Backstroke	
77	13&Over 100 Freestyle	
78	13&Over 400 Individual Medley	

Entries may be limited based on session time constraints.