

RMSC Kick-Off Invitational Meet Announcement

October 9 -11, 2015

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-16-07

ROCKVILLE - MONTGOMERY
SWIM CLUB

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

Meet Referee: Izumi Horikawa horikawa@verizon.net

Officials: Certified officials and trainees wishing to work the meet should contact Izumi at least one week in advance to request your sessions and positions.

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

Location: Location: Germantown Indoor Swim Center, (240) 777-6830

18000 Central Park Circle, Boyds, MD 20841

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters
- Water depth is 17' in lane 1 and 6'9" in lane 10 at the starting end and 13'5" at the turning end.
- 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 104.2.2C, and is on file with USAS.
- Colorado Electronic Timing system, touch pads, horn start and a 10 lane scoreboard will be used.
- Automatic Timing System (touch pads primary) will be used.

Meet Schedule:

- Friday
 - Warm-ups: 4:20 PM – 4:50 PM
 - Event Start: 5:00 PM

- Saturday & Sunday
 - 9-10's
 - Warm-ups: 7:00 – 7:50 AM
 - Event Start: 8:00 AM
 - 11-12's
 - Warm-ups: 10:45 – 11:35 AM
 - Event Start: 11:45 AM
 - 13&Over's
 - Warm-ups: 3:00 – 4:10 PM
 - Events Start: 4:15 PM
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The Meet Director reserves the right to adjust meet warm-ups and session start times based upon the number of entries received.

Deck Access: All PVS/USAS registered coaches and deck officials are required to wear current 2015/2016 USA Swimming membership credentials on the deck area. Anyone not displaying proper credentials will be asked to leave the deck area. **Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.**

Eligibility: This meet is open to invited United States Swimming Athletes of the following clubs: Tollefson and RMSC. 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. No on-deck USAS registration permitted.

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.

Meet Format: Seed times are short course yards.

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 (12&U 500 Free, 13&O 1000 Free) will be swum fastest to slowest, alternating girls & boys heats.
- The 500 Free (13&O) and 400 IM will be swim fastest to slowest, alternating girls & boys.
- Swimmer must provide their own timer & counter for the 500 & 1000 Free.
- Swimmers must provide their own timer for the 400 IM.
- The meet director reserves the right to combine girls & boys events/heats in order to reduce timelines.

The meet director reserve the right to limit the number of entries in distance events, if necessary, based on fastest entry times. 13 & Over Girls and Boys 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 Girls and Boys 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.

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 (i.e. cell phones, cameras, PDS's etc) are 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.

Expect where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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 2015/2016.

Entry Information:

- Entry Fees: \$6.00 per individual event.
- **Entry Deadline: Tuesday September 29th, 2015 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.
- No on-deck USAS registration permitted.
- 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 October Kick-Off Entry".
- 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 check 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
Kennedy Shriver Aquatic Center
5900 Executive Boulevard
N. Bethesda, Maryland 20852

Positive Check In: Positive check-in will be required in events 200 yards and longer. Athletes who have not checked in prior to the specified time will be scratched from the event. The Meet Director will determine if positive check-in will be necessary for other 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 check in closing times and the possibility of additional check-in events will be available the week prior to the meet in the form of an email to each participating club.

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 the 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.

RMSC Kick-Off Invitational

October 9-11, 2015

At Germantown Indoor Swim Center

Order of Events

Session 1 - Friday

Warm up: 4:20 pm

Events: 5:00 pm

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

Session 2 – Saturday

9-10

Warm up: 7:00 am

Events: 8:00 am

Girls	Event Description	Boys
5	9-10 50 Backstroke	6
7	9-10 200 Individual Medley	8
9	9-10 100 Butterfly	10
11	9-10 50 Breaststroke	12
13	9-10 100 Freestyle	14

Session 3 – Saturday

11-12

Warm up: 10:45

Events: 11: 45

Girls	Event Description	Boys
15	11-12 200 Breaststroke	16
17	11-12 50 Backstroke	18
19	11-12 200 Individual Medley	20
21	11-12 100 Butterfly	22
23	11-12 50 Breaststroke	24
25	11-12 100 Freestyle	26
27	11-12 200 Backstroke	28

Session 4 – Saturday

13 & Over

Warm up: 3:00

Events: 4:15

Girls	Event Description	Boys
29	13&Over 100 Backstroke	30
31	13&Over 200 Individual Medley	32
33	13&Over 200 Butterfly	34
35	13&Over 100 Breaststroke	36

37	13&Over 50 Freestyle	38
39	13&Over 500 Freestyle	40

Session 5 - Sunday

9-10

Warm up: 7:00 am

Events: 8:00 am

Girls	Event Description	Boys
41	9-10 200 Freestyle	42
43	9-10 100 Breaststroke	44
45	9-10 50 Butterfly	46
47	9-10 100 Backstroke	48
49	9-10 50 Freestyle	50
51	9-10 100 Individual Medley	52

Session 6 - Sunday

11-12

Warm up: 10:45

Events: 11: 45

Girls	Event Description	Boys
53	11-12 200 Butterfly	54
55	11-12 200 Freestyle	56
57	11-12 100 Breaststroke	58
59	11-12 50 Butterfly	60
61	11-12 100 Backstroke	62
63	11-12 50 Freestyle	64
65	11-12 100 Individual Medley	66

Session 7 - Sunday

13 & Over

Warm up: 3:00

Events: 4:15

Girls	Event Description	Boys
67	13&Over 100 Butterfly	68
69	13&Over 200 Freestyle	70
71	13&Over 200 Breaststroke	72
73	13&Over 200 Backstroke	74
75	13&Over 100 Freestyle	76
77	13&Over 400 Individual Medley	78

Entries may be limited based on session time constraints.