



The Rockville-Montgomery Swim Club
and
The City of Rockville Department of
Recreation and Parks

Hosted by:



PRESENT

The 43rd Annual
Maryland State Long Course Swimming Championships
June 3 – June 5, 2022
Sanction # PVI-22-110

MEET DIRECTOR Dave Greene (240) 314-8755 DGreene@rockvillemd.gov	MEET REFEREE Jim Garner garner@garnerjim.net	CLUB OFFICIALS CHAIR Jim Garner garner@garnerjim.net
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-110. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Rockville-Montgomery Swim Club, and the City of Rockville Department of Recreation and Parks shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																												
FACILITY	<p style="text-align: center;">Rockville Swim & Fitness Center – Outdoor Fitness Pool 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <ul style="list-style-type: none"> Competition will be held in the Outdoor Fitness Pool at the Rockville Swim & Fitness Center. The pool is an 8 lane, 50-meter pool. Warmup/warm down may be available in the indoor 25 yard South pool and the upper rec pool. Water depth of 13’ at the starting end and 4’ at the turning end of the competition course. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																												
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, May 24, 6:00 pm</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>																												
SCHEDULE	<p style="text-align: center;">Friday, June 3, 2022</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Warm Up 2</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>13&Over</td> <td>12:30pm – 1:00pm</td> <td>1:00pm – 1:30pm</td> <td>1:40pm</td> </tr> <tr> <td>11-12, 10&U</td> <td>5:00pm – 5:25pm</td> <td>5:25pm – 5:50pm</td> <td>6:00pm</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday & Sunday, June 4-5, 2022</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Warm Up 2</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>15&O</td> <td>8:00am – 8:30am</td> <td>8:30am – 9:00am</td> <td>9:10am</td> </tr> <tr> <td>13-14</td> <td>12:30pm – 1:00pm</td> <td>1:00pm – 1:30pm</td> <td>1:40pm</td> </tr> <tr> <td>11-12, 10&U</td> <td>4:30pm – 4:55pm</td> <td>4:55pm – 5:20pm</td> <td>5:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warm Up 1	Warm Up 2	Events	13&Over	12:30pm – 1:00pm	1:00pm – 1:30pm	1:40pm	11-12, 10&U	5:00pm – 5:25pm	5:25pm – 5:50pm	6:00pm	Session	Warm Up 1	Warm Up 2	Events	15&O	8:00am – 8:30am	8:30am – 9:00am	9:10am	13-14	12:30pm – 1:00pm	1:00pm – 1:30pm	1:40pm	11-12, 10&U	4:30pm – 4:55pm	4:55pm – 5:20pm	5:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered, invited swimmers. 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 <i>USA Swimming Rules and Regulations</i> Article 302. 																												

	<ul style="list-style-type: none"> Swimmers must have equaled or bettered the applicable qualifying time. Qualifying times must have been achieved on or after May 28, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> 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 CITY OF ROCKVILLE DEPARTMENT OF RECREATION AND PARKS 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	<ul style="list-style-type: none"> Locker room use should be minimized. No one with symptoms of COVID-19 is permitted in the facility. Athletes should arrive and depart in their suits if possible. We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
SAFE SPORT CONSIDERATIONS	<ul style="list-style-type: none"> In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Spectators will be permitted.

<p>RULES</p>	<ul style="list-style-type: none"> • 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 <i>USA Swimming Rules and Regulations</i>, 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 may 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 sessions that include 12 & U events per Rule 205.3.1F.
<p>EVENT RULES</p>	<ul style="list-style-type: none"> • All events are timed finals. • SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries • 13-14 and 15 & over swimmers can only enter two (2) events on each day, for a total of no more than six (6) events for the meet. • 10 & under and 11-12 swimmers may enter (1) event on Friday, a maximum of (3) individual events either Saturday or Sunday, for a total of no more than six (6) individual events for the meet. <p>13-14 AND 15&O 50 BREAST, 50 BACK AND 50 FLY:</p> <ul style="list-style-type: none"> • must be qualified for the 100 of the corresponding stroke or as bonus event. • Enter using 100 time, mark as Bonus Event if time does not meet qualifying standard <p>BONUS EVENTS:</p> <ul style="list-style-type: none"> • Athletes who qualify for 1 event or more events may enter 1 bonus event. 400 meter events may not be entered as bonus events. • Bonus event entries should be marked in the event file with "Bonus" • After entries are received bonus events will be first removed if adjustments are necessary to reduce the timeline <p>MIXED GENDER RELAYS:</p> <ul style="list-style-type: none"> • Relay Teams must meet the qualifying standard. Each club may enter up to two relay teams for each mixed gender relay event • Swimmers must already be entered in the meet in an individual event • Mixed gender relay teams must consist of 2 males and 2 females.
<p>POSITIVE CHECK IN</p>	<ul style="list-style-type: none"> • All events will be pre-seeded.
<p>WARM-UP</p>	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director

	may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be seeded slowest to fastest
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold, however the meet will be available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position 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.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Jim Garner (garner@garnerjim.net). Officials interested in volunteering should contact the Meet Referee. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups. Walk-on officials can be accommodated.
TIMERS	<ul style="list-style-type: none"> Three timers per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director (Dave Greene, DGreene@rockvillemd.gov). Include in the subject of the email, 2022 Maryland State LC Championship Meet - ****, with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. 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 that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Individual event fee: \$11.00 Relay event fee: \$20.00</p> <ul style="list-style-type: none"> Make checks payable to RMSC Parents Club. Checks may be mailed to: 355 Martins Lane Rockville, MD 20850 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Friday, June 3

13&O Girls and Boys – Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:00 pm – 1:30 pm, First event at 1:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
4:49.99	5:21.49	1	15&O 400 Free	2	4:57.99	4:28.19
5:09.69	5:36.09	3	13-14 400 Free	4	5:21.69	5:05.39
29.59	26.09	5	15&O 50 Free	6	23.69	26.99
31.59	27.29	7	13-14 50 Free	8	25.99	29.99
%100 Br	%100 Br	9	15&O 50 Breast	10	%100 Br	%100 Br
%100 Br	%100 Br	11	13-14 50 Breast	12	%100 Br	%100 Br
%100 Bk	%100 Bk	13	15&O 50 Back	14	%100 Bk	%100 Bk
%100 Bk	%100 Bk	15	13-14 50 Back	16	%100 Bk	%100 Bk
%100 Fl	%100 Fl	17	15&O 50 Fly	18	%100 Fl	%100 Fl
%100 Fl	%100 Fl	19	13-14 50 Fly	20	%100 Fl	%100 Fl
5:34.49	4:53.99	21	15&O 400 IM	22	4:30.59	5:10.99
5:57.59	5:08.99	23	13-14 400 IM	24	4:51.99	5:35.09

%- 13-14 and 15&O 50 Breast, 50 Back and 50 Fly must be qualified for the 100 of the corresponding stroke.
Enter using qualified 100 time or as Bonus Event

12&U – Warm up 1 at 5:00 pm – 5:25 pm, Warm up 2 at 5:25 pm -5:50 pm, First event at 6:00 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
3:03.99	2:40.99	25	10&U 200 Free	26	2:39.59	3:03.99
5:36.99	6:03.99	27	11-12 400 Free	28	6:00.99	5:36.69
3:34.19	3:01.99	29	10&U 200 IM	30	3:01.99	3:35.29
3:27.59	2:58.09	31	11-12 200 Breast	32	2:57.69	3:27.59
2:55.69	2:35.39	33	11-12 200 Back	34	2:36.69	2:57.79
3:14.19	2:52.99	35	11-12 200 Fly	36	2:47.99	3:16.09

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Saturday, June 4

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:37.49	2:19.39	37	15&O 200 Fly	38	2:05.99	2:22.29
1:11.39	1:02.39	39	15&O 100 Back	40	57.39	1:06.79
2:54.09	2:34.19	41	15&O 200 Breast	42	2:20.59	2:41.29
1:03.69	56.19	43	15&O 100 Free	44	51.19	58.29
2:36.59	2:17.29	45	15&O 200 IM	46	2:04.99	2:24.29

13-14 Warm up 1 at 12:30 pm-1:00pm Warm up 2 at 1:00 pm – 1:30 pm, First event at 1:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:59.79	2:31.99	47	13-14 200 Fly	48	2:21.99	2:51.59
1:17.49	1:06.99	49	13-14 100 Back	50	1:04.19	1:16.29
3:12.09	2:43.99	51	13-14 200 Breast	52	2:35.39	3:03.69
1:06.89	59.59	53	13-14 100 Free	54	55.99	1:04.99
2:48.99	2:23.99	55	13-14 200 IM	56	2:16.49	2:43.19

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:33.29	2:19.89	57	11-12 Mixed 200 Med Relay			
2:56.39	2:35.09	58	10&U Mixed 200 Med Relay			
		GIRLS	EVENT	BOYS		
33.79	29.39	59	11-12 50 Free	60	29.39	33.59
38.29	33.69	61	10&U 50 Free	62	33.59	38.19
1:34.59	1:23.19	63	11-12 100 Breast	64	1:23.59	1:36.59
1:50.49	1:35.39	65	10&U 100 Breast	66	1:35.39	1:52.09
39.79	33.89	67	11-12 50 Back	68	34.09	40.19
44.49	39.29	69	10&U 50 Back	70	39.49	44.79
1:25.99	1:13.99	71	11-12 100 Fly	72	1:14.29	1:27.89
1:46.19	1:32.39	73	10&U 100 Fly	74	1:32.99	1:51.99
2:39.89	2:19.99	75	11-12 200 Free	76	2:18.99	2:43.19

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Sunday, June 5

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:10.19	1:02.09	77	15&O 100 Fly	78	56.49	1:04.29
2:33.79	2:15.39	79	15&O 200 Back	80	2:05.09	2:23.79
1:22.49	1:12.19	81	15&O 100 Breast	82	1:04.99	1:15.19
2:17.29	2:01.29	83	15&O 200 Free	84	1:51.99	2:07.19

13-14 Warm up 1 at 12:30 pm-1:00pm Warm up 2 at 1:00 pm – 1:30 pm, First event at 1:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:15.19	1:06.59	85	13-14 100 Fly	86	1:02.99	1:12.99
2:47.29	2:21.99	87	13-14 200 Back	88	2:15.99	2:39.99
1:28.59	1:16.49	89	13-14 100 Breast	90	1:11.79	1:25.49
2:24.49	2:07.79	91	13-14 200 Free	92	2:00.99	2:19.49

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:13.99	1:57.39	93	11-12 Mixed 200 Free Relay			
2:31.99	2:13.39	94	10&U Mixed 200 Free Relay			
		GIRLS		BOYS		
1:12.99	1:03.39	95	11-12 100 Free	96	1:04.39	1:12.19
1:24.79	1:14.29	97	10&U 100 Free	98	1:13.99	1:24.69
43.99	38.59	99	11-12 50 Breast	100	38.59	45.09
50.59	44.09	101	10&U 50 Breast	102	44.59	51.39
1:24.49	1:12.99	103	11-12 100 back	104	1:12.99	1:24.99
1:38.29	1:24.49	105	10&U 100 Back	106	1:24.49	1:39.59
37.89	32.19	107	11-12 50 Fly	108	32.99	37.79
43.69	38.09	109	10&U 50 Fly	110	38.39	43.79
3:03.59	2:37.19	111	11-12 200 IM	112	2:37.39	3:03.59