

# National Age Group Team Challenge Meet Announcement

November 6 – 7, 2021

At Martin Luther King Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

**Meet Sanction # PVT-22-18**

ROCKVILLE - MONTGOMERY  
SWIM CLUB

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Martin Luther King Jr. 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)

**Meet Referee:** Scott Witkin [switkin1@gmail.com](mailto:switkin1@gmail.com)

**Meet Officials Coordinator:** Certified officials or trainees wishing to work the meet should contact Stephanie Frank at [sacolacicco@yahoo.com](mailto:sacolacicco@yahoo.com) at least two weeks in advance

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

- 8 lane, 25 yard pool with separate area for warm up/cool down, continuous flow-through gutters, and non-turbulent lane dividers. Diving is not permitted in the warm up/cool down area.
- Water depth is 14' at the starting end and 4'9" at the turn end.
- The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C).
- Colorado Electronic Timing System, touch pads, horn start and an 8 lane scoreboard will be used.
- Automatic timing (touchpads primary) will be used.

**All invited teams are responsible for providing 4 timers for every session; RMSC will provide the rest.**

## Meet Schedule:

- Saturday & Sunday
  - 13 & 14 Year Olds
    - Warm-ups: 7:50 – 8:50 AM
    - Event Start: 9:00 AM
  - 9-12 Year Olds
    - Warm-ups: 1:00 – 1:50 PM
    - Event Start: 2:00 PM

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 Potomac Valley Swimming registered athletes from All-Star Aquatics, The FISH and RMSC. 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. It may be necessary to limit entries due to the time constraints.

**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 MARTIN LUTHER KING JR. 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 last 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.
- 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.
- We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.

**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 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.
- **No personal chairs allowed on deck for swimmers.**

**Event Rules: 3 Team Format (2021)**

- Swimmers may compete in 3 individual events and 2 relays per day. The meet max is 6 individual and 4 relay events max.
- Invited teams may enter up to 5 swimmers per individual event, except the 11-12 500 Freestyle and the 13-14 1000/1650 Freestyle (only 2 swimmers per single age per club per event).
- Invited teams may enter unattached swimmers; however, those swimmers will count as one of the 5 entries allowed per team and may not score. These swimmers must be entered unattached and marked as exhibition. They are not eligible for relays.
- Invited teams may enter 8 year olds into 9-10 events; however, those swimmers will count as one of the 5 entries allowed per team and may not score. These swimmers must be marked as exhibition. They are not eligible for relays.
- Teams may enter 2 relays per event.
- No relay only swimmers.
- Swimmers will be responsible for providing their own timer 1000/1650 Free.
- Swimmers will be responsible for providing their own counter for the 500/1000/1650 Free events.

**Meet Format:**

- Seed times are short course yards.
- An 8-lane course will be used.
- The 13 yr old and 14 yr old 500 Freestyle will swim combined but scored separately by single age.
- The 11 yr old and 12 yr old 500 Freestyle will swim combined but scored separately by single age.
- The 13 yr old and 14 yr old 400 IM will swim combined but scored separately by single age.
- The 13 yr old and 14 yr old 1000/1650 Freestyle will swim combined but scored separately by single age.
- All events are timed finals and will be swum slowest to fastest.

**Distance Positive check in:**

- Positive Check in for the 1000/1650 Freestyle will close 30 minutes after the start of the session. The Meet Director reserves the right to pre-seed these events based on entries received.
- The Meet Director reserves the right to positive check in the 400 IM or 500 Freestyle events based on entries received.
- 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. A substitution for that swimmer will not be allowed.
- 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.

**Scratches:** Please see the Meet Director for scratches and substitutions. The scratch/substitution deadline is 20 minutes prior to the start of the session. If a swimmer is unable to swim the club may scratch a swimmer from the day's events or whole meet and substitute with eligible swimmers. The maximum individual event rule must still be followed. Coaches cannot remove a swimmer from one event in order to place in another event.

**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.

**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 always have proof of active USA Swimming membership with them.

**Awards:** Awards will be presented immediately following session 4. Plaques will be presented to the individual male and female with the outstanding performance of the meet (based on Power Points). The male and female swimmer scoring the highest power point ranking in one individual event will be considered the outstanding performer of the meet.

**Scoring:** Individual event scoring will be calculated by Power Points (the same values as those used in the Virtual Club Championships), not by place. A maximum of two swimmers per club per event will be scored.

Relays (two per club) will be scored as follows: 1<sup>st</sup>-2000 points, 2<sup>nd</sup>-1700 points, 3<sup>rd</sup>-1600 points, 4<sup>th</sup>-1500 points, 5<sup>th</sup>-1400 points, 6<sup>th</sup>-1300 points, 7<sup>th</sup>-1200 points, 8<sup>th</sup>-1100 points, 9<sup>th</sup>-900 points, 10<sup>th</sup>-800 points, 11<sup>th</sup>- 700, 12<sup>th</sup>-500, 13<sup>th</sup>-400, 14<sup>th</sup>- 300, 15<sup>th</sup>- 200, 16<sup>th</sup>-100. All relays that swim are eligible to score.

**Concessions:** Concessions will not be available.

**Meet Programs:** Heat sheets for events pre-seeded will be available on the RMSC website on the day of the meet. <http://rmscswimming.com/21-22meets>

**Officials:** Certified officials and apprentices interested in volunteering should contact Stephanie Frank ([sacolacicco@yahoo.com](mailto:sacolacicco@yahoo.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 "NAG Team Challenge Entry – *Team Name*"
- 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/deck entries will be accepted.
- Entry Fees: \$7.50 per individual event, and \$10 per relay event,
- **Entry Deadline: Tuesday, October 26, 2021 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.

# National Age Group Team Challenge

**Saturday – 13/14 Session**

**Warm-Up 7:50 – 8:50 AM; Start 9:00 AM**

**Sunday – 13/14 Session**

**Warm-Up 7:50 – 8:50 AM; Start 9:00 AM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	13-14 200 Freestyle Relay	2
3	13 Year-Old 200 Individual Medley	4
5	14 Year-Old 200 Individual Medley	6
7	13 Year-Old 100 Backstroke	8
9	14 Year-Old 100 Backstroke	10
11	13 Year-Old 200 Breaststroke	12
13	14 Year-Old 200 Breaststroke	14
15	13 Year-Old 50 Freestyle	16
17	14 Year-Old 50 Freestyle	18
19	13 Year-Old 200 Butterfly	20
21	14 Year-Old 200 Butterfly	22
23	13 & 14 Year-Old 500 Freestyle	24
25	13-14 400 Medley Relay	26

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
69	13-14 200 Medley Relay	70
71	13 Year-Old 200 Freestyle	72
73	14 Year-Old 200 Freestyle	74
75	13 Year-Old 100 Butterfly	76
77	14 Year-Old 100 Butterfly	78
79	13 Year-Old 200 Backstroke	80
81	14 Year-Old 200 Backstroke	82
83	13 Year-Old 100 Breaststroke	84
85	14 Year-Old 100 Breaststroke	86
87	13 Year-Old 100 Freestyle	88
89	14 Year-Old 100 Freestyle	90
91	13 & 14 Year-Old 400 IM	92
93	13-14 400 Freestyle Relay	94
95	13 & 14 Year-Old 1000 Freestyle	
	13 & 14 Year-Old 1650 Freestyle	96

**Saturday – 12 & Under Session**

**Warm-Up 1:00 – 1:50 PM; Start 2:00 PM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
27	9-10 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	9 Year-Old 200 Freestyle	32
33	10 Year-Old 200 Freestyle	34
35	11 Year-Old 200 Freestyle	36
37	12 Year-Old 200 Freestyle	38
39	9 Year-Old 100 Backstroke	40
41	10 Year-Old 100 Backstroke	42
43	11 Year-Old 100 Backstroke	44
45	12 Year-Old 100 Backstroke	46
47	9 Year-Old 100 Breaststroke	48
49	10 Year-Old 100 Breaststroke	50
51	11 Year-Old 100 Breaststroke	52
53	12 Year-Old 100 Breaststroke	54
55	9 Year-Old 50 Freestyle	56
57	10 Year-Old 50 Freestyle	58
59	11 Year-Old 50 Freestyle	60
61	12 Year-Old 50 Freestyle	62
63	11 & 12 Year-Old 500 Freestyle	64
65	9-10 400 Freestyle Relay	66
67	11-12 400 Freestyle Relay	68

**Sunday – 12 & Under Session**

**Warm-Up 1:00 – 1:50 PM; Start 2:00 PM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
97	9-10 200 Freestyle Relay	98
99	11-12 200 Freestyle Relay	100
101	9 Year-Old 200 Individual Medley	102
103	10 Year-Old 200 Individual Medley	104
105	11 Year-Old 200 Individual Medley	106
107	12 Year-Old 200 Individual Medley	108
109	9 Year-Old 100 Freestyle	110
111	10 Year-Old 100 Freestyle	112
113	11 Year-Old 100 Freestyle	114
115	12 Year-Old 100 Freestyle	116
117	9 Year-Old 100 Butterfly	118
119	10 Year-Old 100 Butterfly	120
121	11 Year-Old 100 Butterfly	122
123	12 Year-Old 100 Butterfly	124
125	9-10 400 Medley Relay	126
127	11-12 400 Medley Relay	128