

# RMSC November Invitational Meet Announcement

November 20 - 22, 2015  
At Martin Luther King, Jr. Swim Center  
Sanctioned by USA Swimming through Potomac Valley Swimming  
Meet Sanction # PVI-16-22  
ROCKVILLE - MONTGOMERY  
SWIM CLUB

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

**Meet Referee:** Morgan Hurley [mhurley@peerreview.com](mailto:mhurley@peerreview.com)

**Meet Officials Coordinator:** Certified officials and trainees wishing to work the meet should contact Carrie Sanidad at [sanidad@gmail.com](mailto:sanidad@gmail.com) 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:** Martin Luther King, Jr. Swim Center, 1201 Jackson Road, Silver Spring, MD (240) 777-8060

- 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.
- The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C), because it is a bulkhead pool, which is measured in length prior to the start of the meet.
- Water depth is 14' at the starting end and 4'9" at the turn end.
- Colorado Electronic Timing System, touch pads, horn start and an 8 lane scoreboard will be used.
- Automatic timing (touch pads primary) will be used for this meet.

## Meet Schedule:

Friday

- Distance
  - Warm-ups: 4:30 – 5:20 PM
  - Event Start: 5:30 PM

Saturday & Sunday

- 13 & Over
  - Warm-ups: 7:00 – 8:00 AM
  - Event Start: 8:10 AM
- 11/12 and 12&Under
  - Warm-ups: 12:15 PM – 1:05 PM
  - Events Start: 1:15 PM
- 10 & Under
  - Warm-ups: 4:30 – 5:20 PM
  - Events Start: 5:30 PM

**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.**

**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.

**Eligibility:** This meet is open to **invited** PVS athletes/teams and **invited** USA Swimming athletes/teams. 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.

**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.

**Meet Format:** Seed times are short course yards. All distance events will be positive check-in.

- The meet director reserve the right to limit the number of entries in the Friday night distance session due to time constraints, if necessary, based on fastest entry times. Clubs will be notified one week prior to the meet if an athlete has been removed from their event.
- Open Girls and Boys 1650 Free may be limited to 4 heats each (fastest 32 swimmers), 12 & Under Girls and Boys 500 Free may be limited to 6 heats each (fastest 48 swimmers). Any additional swimmers may be removed from the event. Coaches are asked to enter swimmers in these events with this in mind.

**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.
- All distance events (Open 1650 and 500 Freestyles) will be swum fastest to slowest, alternating girls & boys heats. Swimmers must provide their own timers and counters.
- The 400 IM's will be swum fastest to slowest, alternating girls & boys heats. Swimmers must provide their own timers.
- Dive-over starts will be used at this meet.
- The meet director reserves the right to combine girls & boys events/heats in order to reduce timelines.

**Positive Check In:** Positive check-in will be required in events 400 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 events 200 yards and longer or all events in order to maintain manageable timelines. Information regarding positive 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.

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.

**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.**

**Except 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.**

**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, PDA'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.**

**Entry Information:**

- Entry Fees: \$6.00 per individual event.
- **Entry Deadline: Tuesday, November 10, 2015 at 11:59 PM.**
- No late entries will be accepted.
- Deck entries will be accepted provided there is an empty lane available. A new heat will not be created.
- Deck Entry Fee: \$10.00 per individual event, due at time of acceptance.
- No on-deck USAS registration permitted.
- 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.

**Entry Procedures:**

- Email a Hy-Tek entries file (preferred) or a SDIF file to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov).
- Email subject should be labeled "RMSC November Invitational".
- 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

**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, Martin Luther King Swim Center, Rockville Montgomery Swim Club and 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.

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## Friday

### Session 1 – Distance

Warm-Up 4:30 – 5:20 PM; Start 5:30 PM

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

*Entries may be limited based on session time constraints.*

## Saturday

### Session 2 – 13 & Over

Warm-Up 7:00 – 8:00 AM; Start 8:10 AM

Girls	Event Description	Boys
5	13&Over 200 Freestyle	6
7	13&Over 200 Breaststroke	8
9	13&Over 100 Backstroke	10
11	13&Over 200 Butterfly	12
13	13&Over 50 Freestyle	14
15	13&O 400 IM	16

### Session 3 – 11/12 and 12&U

Warm-Up 12:15 – 1:05 PM; Start 1:15 PM

Girls	Event Description	Boys
17	12&U 200 Backstroke	18
19	11-12 200 Freestyle	20
21	11-12 100 IM	22
23	11-12 50 Backstroke	24
25	11-12 100 Butterfly	26
27	11-12 50 Freestyle	28
29	11-12 100 Breaststroke	30
31	12&U 400 IM	32

### Session 4 – 10 & Under

Warm-Up 4:30 – 5:20 PM; Start 5:30 PM

Girls	Event Description	Boys
33	10&Under 200 Freestyle	34
35	10&Under 100 IM	36
37	10&Under 50 Backstroke	38
39	10&U 100 Butterfly	40
41	10&U 50 Freestyle	42
43	10&U 100 Breaststroke	44

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## **Sunday**

### **Session 5 – 13 & Over**

**Warm-Up 7:00 – 8:00 AM; Start 8:10 AM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
45	13&Over 200 IM	46
47	13&Over 100 Breaststroke	48
49	13&Over 200 Backstroke	50
51	13&Over 100 Butterfly	52
53	13&Over 100 Freestyle	54

### **Session 6 – 11/12 and 12&U**

**Warm-Up 12:15 – 1:05 PM; Start 1:15 PM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
55	12&U 200 Butterfly	56
57	11-12 200 IM	58
59	11-12 50 Breaststroke	60
61	11-12 100 Backstroke	62
63	11-12 50 Butterfly	64
65	11-12 100 Freestyle	66
67	12&U 200 Breaststroke	68

### **Session 7 – 10 & Under**

**Warm-Up 4:30 – 5:20 PM; Start 5:30 PM**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
69	10&Under 200 IM	70
71	10&Under 50 Breaststroke	72
73	10&Under 100 Backstroke	74
75	10&Under 50 Butterfly	76
77	10&Under 100 Freestyle	78