

National Age Group Team Challenge Meet Announcement

November 7 - 8, 2015

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-16-16
ROCK MOUNTAIN MARY
SWIM CLUB

Meet Director: Christa Krukiel christa.krukiel@montgomerycountymd.gov (240) 777-8074
Contact number, for Coaches only, on or after Thursday, November 5th (301) 742-4996

Meet Referee: Scott Witkin scottwitkin@verizon.net

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

All invited teams are responsible for providing 3 timers for every session; RMSC will provide the rest.

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, 6'9" in lane 10 at the starting end & 13'5" at all turning ends
- 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 (touch pads primary) will be used for this meet.

Meet Schedule:

- Saturday
 - 13 & 14 Year Olds
 - Warm-ups: 6:45 – 7:50 AM
 - Event Start: 8:00 AM
 - All Ages – Relay Session
 - Warm-ups: 11:00 – 12:10 PM
 - Events Start: 12:15 PM
 - 9-12 Year Olds
 - Warm-ups: 3:10 – 4:10 PM
 - Event Start: 4:20 PM
- Sunday
 - 13 & 14 Year Olds
 - Warm-ups: 6:45 – 7:50 AM
 - Event Start: 8:00 AM
 - 9-12 Year Olds
 - Warm-ups: 11:30 – 12:30 PM (or immediately after the morning session ends)
 - Event Start: 12:40 PM

The competition course closes immediately after the conclusion of the final event at every session. The warm-up/cool-down pool will remain open for 30 minutes.

Warm-Up Procedures: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Information regarding assigned warm-ups will be available 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. No on-deck USAS registration permitted.

- Teams may enter unattached swimmers however, those swimmers will count as one of the 3 entries allowed per team and may not score. These swimmers must be entered unattached and marked as exhibition. They are not eligible for relays.
- Teams may enter 8 year olds into 9-10 events, those swimmers will count as one of the 3 entries allowed per team and may not score. These swimmers must be marked as exhibition. They are not eligible for relays.

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.

Meet Format: Seed times are short course yards.

- A 10-lane course will be used, allowing for 2-3 heats per individual event, depending on the number of swimmers entered.
- The Meet Director reserves the right, depending on entries received, to combine the 11 yr old & 12 yr old 500 Freestyle, 13 yr old & 14 yr old 500 Freestyle or the 1000/1650 Freestyle, the event will be scored separately by single age. Coaches and athletes are asked to consider this when selecting events, as no breaks will be taken other than those already mentioned in the event schedule.
- All events are timed finals, and will be swum slowest to fastest.
- Crescendo Freestyle Relay will be swum in the following order: 9 year-old 50 Freestyle, 11 year-old 100 Freestyle, 13 year-old 200 Freestyle, 14 year-old 200 Freestyle, 12 year-old 100 Freestyle, 10 year-old 50 Freestyle. Please create an aggregate time for seeding purposes.

Rules: Current USA Swimming rules will govern this meet.

- Swimmers may compete in up to 4 individual events, and as many relays as offered in their age group.
- Teams may enter up to 3 swimmers per individual event, except the 11-12 500 Freestyle and the 13-14 1000/1650 Freestyle (only 2 swimmers per club per event).
- 2 relays per team per event allowed for relay events 1, 2, 27, 28, 65-76, 79, 80, 109 & 110. All B relays will swim in heat 1 and all A relays will swim in heat 2 regardless of entry time.
- One relay per team per event for the Crescendo relays (events 77-78).
- Swimmers will be responsible for providing their own timer and counter for the 500/1000/1650 Free and their own timer for the 400 IM.
- Dive-over starts will be used.

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 positive check in the 400 IM or 500 Freestyle if necessary.
- 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.

Scratches: The scratch/substitution deadline is 15 minutes prior to the start of the session, please see the Meet Director. 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 can not remove a swimmer from one event in order to place in another event.

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.**

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.

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.

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: \$6.50 per individual event, and \$13.00 per relay event.
- **Entry Deadline: Tuesday, October 27, 2015 at 7:00 PM.**
- No late/deck entries will be accepted.
- 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.
- Email subject should be labeled "NAG Team Challenge 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

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: 1st-2000 points, 2nd-1700 points, 3rd-1600 points, 4th-1500 points, 5th-1400 points, 6th-1300 points, 7th-1200 points, 8th-1100 points, 9th-900 points, 10th-800 points, 11th- 700, 12th- 500, 13th-400, 14th- 300, 15th- 200, 16th-100. All relays that swim are eligible to score.

Awards: Awards will be presented immediately following session 5. A banner will be presented to the 1st place team. 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 event will be considered the outstanding performer of the meet.

Concession and Hospitality will be offered at the meet.

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 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.

Hotel Accommodations

[Holiday Inn Express & Suites](#)

20260 Goldenrod Lane, Germantown, MD (301) 428-1300

[Extended Stay America](#)

12450 Milestone Center Drive, Germantown, MD (301) 540-9369

[Fairfield Inn](#)

20025 Century Boulevard, Germantown, MD (301) 916-0750

[Gaithersburg Marriott Washingtonian Center](#)

9751 Washingtonian Boulevard, Gaithersburg, MD (301) 590-0044

[Hilton Gaithersburg](#)

620 Perry Parkway, Gaithersburg, MD (301) 977-8900

[Holiday Inn](#)

2 Montgomery Village Avenue, Gaithersburg, MD (301) 948-8900

[Wyndham-Gaithersburg](#)

805 Russell Avenue, Gaithersburg, MD (301) 670-0008

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Saturday – 13/14 Session

Warm-Up 6:45 – 7:50 AM; Start 8:00 AM

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Girls	Event Description	Boys
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 Year-Old 500 Freestyle	24
25	14 Year-Old 500 Freestyle	26

Saturday – Relay Session

Warm-Up 11:00 – 12:10 PM; Start 12:15 AM

Girls	Event Description	Boys
27	9-10 200 Medley Relay	28
29	11-12 400 Medley Relay	30
31	13-14 400 Medley Relay	32
33	9-10 200 Freestyle Relay	34
35	11-12 400 Freestyle Relay	36
37	13-14 400 Freestyle Relay	38
10 Minute Break		
39	700 Yard Crescendo Freestyle Relay	40

Saturday – 12 & Under Session

Warm-Up 3:10 – 4:10 PM; Start 4:20 PM

Girls	Event Description	Boys
41	11-12 200 Medley Relay	42
43	9 Year-Old 200 Freestyle	44
45	10 Year-Old 200 Freestyle	46
47	11 Year-Old 200 Freestyle	48
49	12 Year-Old 200 Freestyle	50
51	9 Year-Old 100 Backstroke	52
53	10 Year-Old 100 Backstroke	54
55	11 Year-Old 100 Backstroke	56
57	12 Year-Old 100 Backstroke	58
59	9 Year-Old 100 Breaststroke	60
61	10 Year-Old 100 Breaststroke	62
63	11 Year-Old 100 Breaststroke	64
65	12 Year-Old 100 Breaststroke	66
67	9 Year-Old 50 Freestyle	68
69	10 Year-Old 50 Freestyle	70
71	11 Year-Old 50 Freestyle	72
73	12 Year-Old 50 Freestyle	74
75	11 Year-Old 500 Freestyle	76
77	12 Year-Old 500 Freestyle	78

Sunday – 13/14 Session

Girls	Event Description	Boys
79	13-14 200 Medley Relay	80
81	13 Year-Old 200 Freestyle	82
83	14 Year-Old 200 Freestyle	84
85	13 Year-Old 100 Butterfly	86
87	14 Year-Old 100 Butterfly	88
89	13 Year-Old 200 Backstroke	90
91	14 Year-Old 200 Backstroke	92
93	13 Year-Old 100 Breaststroke	94
95	14 Year-Old 100 Breaststroke	96
97	13 Year-Old 100 Freestyle	98
99	14 Year-Old 100 Freestyle	100
101	13 Year-Old 400 Individual Medley	102
103	14 Year-Old 400 Individual Medley	104
105	13 Year-Old 1000 Freestyle	
	13 Year-Old 1650 Freestyle	106
105	14 Year-Old 1000 Freestyle	
	14 Year-Old 1650 Freestyle	106

Sunday – 12 & Under Session

Warm-Up 11:30 – 12:30 PM; Start 12:40 PM

Girls	Event Description	Boys
107	11-12 200 Freestyle Relay	108
109	9 Year-Old 200 Individual Medley	110
111	10 Year-Old 200 Individual Medley	112
113	11 Year-Old 200 Individual Medley	114
115	12 Year-Old 200 Individual Medley	116
117	9 Year-Old 100 Freestyle	118
119	10 Year-Old 100 Freestyle	120
121	11 Year-Old 100 Freestyle	122
123	12 Year-Old 100 Freestyle	124
125	9 Year-Old 100 Butterfly	126
127	10 Year-Old 100 Butterfly	128
129	11 Year-Old 100 Butterfly	130
131	12 Year-Old 100 Butterfly	132