

Spring LC Classic Meet Announcement

May 13 – 15, 2016

At Kennedy Shriver Aquatic Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-16-80

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

Meet Referee: Barb Ship barb@ships3.com

Meet Officials Coordinator: Certified officials and trainees wishing to work the meet should contact the Izumi Horikawa, horikawa@verizon.net, at least one week in advance.

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

Location: Kennedy Shriver Aquatic Center

5900 Executive Boulevard, N. Bethesda, MD 20852 (240) 777-8070

- 8 lane, 50 meter pool with continuous flow-through gutters and non-turbulent lane dividers.
- There is no separate warm up/cool down pool.
- Water depth is 17' in lane 1 and 7' in lane 8 at the deep end and 4' at the shallow end of the pool.
- 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.
- Colorado Electronic Timing System, touch pads, horn start and a 1 lane scoreboard will be used.
- Automatic timing (touch pads primary) will be used for this meet.

Meet Schedule: Warm-up/Start times may be adjusted after entries are received to allow for warm up/cool down breaks during competition.

Friday Night Distance:

13 & Over

Warm-ups: 3:45 – 4:15 PM; Events Start: 4:20 PM

Check-in Closes at 4:00 PM

12 & Under

Warm-ups: 25 minutes after the conclusion of the 13 & Over 400 Freestyle

Events Start: 5 minutes after the conclusion of warm-ups

Approximate warm-up/start times will be posted once entries are received.

Check-in will close 10 minutes after the start of the 30 minute warm-up period.

Saturday & Sunday:

13 & Over

Warm-ups: 6:00 – 7:00 AM; Events Start: 7:05 AM

11 - 12

Warm-ups: 12:30 – 1:20 PM; Events Start: 1:30 PM

10 & Under

Warm-ups: 4:50 – 5:30 PM; Events Start: 5:40 PM

Deck Access: All PVS/USAS registered coaches and deck officials are required to show current 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. Due to meet size the meet director may assign lanes and warm-up times based on team size.

Eligibility: Open to all registered Potomac Valley and USA Swimming athletes from Team Tollefson and RMSC. This meet has no qualifying times. 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.

Rules: Current USA Swimming rules will govern this meet. All events are timed finals. Swimmers may enter a maximum of 3 events/session with a meet maximum of five (5) events.

Long course entry times will be considered conforming times for this meet. Coaches' times are preferred over NT's for seeding and timeline purposes.

Swimmers in the 400 Free and 400 IM are required to supply their own timer. These events will be swum fastest to slowest alternating girls and boys heats.

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, 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.

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.

Positive Check In: Will be required for all 400 meter events. The Meet Director will determine if positive check-in will be necessary for 200 meter events or all 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 and times will be available the week prior to the meet in the form of an email to each participating club.

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 2016. No on-deck USAS registration permitted.

Entry Information:

- Entry Fees: \$6.50 per event.
- Entry Deadline: Tuesday, May 3, 2016 at 11:59 PM.
- Late entries will not be accepted.
- Meet Director will 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 "Spring LC Classic Entry".
- Email must include entry report by name. Include total number of swimmers (boys and girls) 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.
- Send entry fee check payable to **Active Montgomery** to: Christa Krukiel
Kennedy Shriver Aquatic Center
5900 Executive Boulevard
N. Bethesda, Maryland 20852
- 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.

Awards: There will be no awards for this meet.

Spectator Admission and Heat Sheets: There will be no charge for admission. Heat sheets may be available for each session.

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, Kennedy Shriver Aquatic 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.

RMSC Spring LC Classic

May 13 - 15, 2016

Order of Events

Friday

Warm-ups for 13 & Over Events: 3:45 – 4:15; Start 4:20 PM

12 & Under Events: 25 minutes after the conclusion of the 13 & Over Events

Girls	Event Description	Boys
1 @	13& O 400 Freestyle	2 @
3 @	12& U 400 Freestyle	4 @

Saturday Events

13 & Over Session

Warm-ups: 6:00 – 7:00; Start 7:05 AM

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

11 - 12 Session

Warm-ups: 12:30 – 1:20; Start 1:30 PM

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

10 & Under Session

Warm-ups: 4:50 – 5:30; Start 5:40 PM

Girls	Event Description	Boys
31	10&U 200 Freestyle	32
33	10&U 50 Butterfly	34
35	10&U 100 Backstroke	36
37	10&U 50 Breaststroke	38
39	10&U 50 Freestyle	40

Sunday Events

13 & Over Session

Warm-ups: 6:00 – 7:00; Start 7:05 AM

Girls	Event Description	Boys
41	13&Over 200 IM	42
43	13&Over 100 Freestyle	44
45	13&Over 200 Breaststroke	46
47	13&O 200 Backstroke	48
49	13&Over 100 Butterfly	50

11 – 12 Session

Warm-ups: 12:30 – 1:20; Start 1:30 PM

Girls	Event Description	Boys
51	11-12 200 IM	52
53	11-12 100 Freestyle	54
55	11-12 50 Backstroke	56
57	11-12 100 Breaststroke	58
59	11-12 100 Butterfly	60
61	12&U 200 Backstroke	62

10 & Under Session

Warm-ups: 4:50 – 5:30; Start 5:40 PM

Girls	Event Description	Boys
63	10&U 200 IM	64
65	10&U 100 Freestyle	66
67	10&U 100 Breaststroke	68
69	10&U 50 Backstroke	70
71	10&U 100 Butterfly	72

@ Events are swum Fastest to Slowest Alternating Girls/Boys. @

@ Swimmers MUST provide their own timer. @