

**AMENDED OCTOBER 2, 2006 TO
MODIFY WARM-UP AND START TIMES FOR SESSIONS 2 AND 5**

The Rockville-Montgomery Swim Club

The Sixth Annual RMSC Kick-Off October 6-8, 2006

**Sanctioned by United States Swimming
Through Potomac Valley Swimming
Sanction # PVT-07-101**

Meet Directors	Dave Kraft 301-774-9328 dmkraft77@aol.com
Co-Meet Directors	Riley Eaton 301-384-5924 Herb Poe 301-989-1227
Location	Martin Luther King, Jr. Swim Center 1201 Jackson Road Silver Spring, MD 20904 301-989-1206
Dates and Times	<u>Friday, October 6, 2006</u> Warm-up: 4:30-5:10pm Events: 5:20pm <u>Saturday, October 7 and Sunday, October 8, 2006</u> Women 13-Over: Warm-up 6:30-7:30 AM 6:00-6:50 AM; Events 7:40 AM 7:00 AM Men 11-12 / 13-Over: Warm-up: 10:45-11:35 AM Events: 11:45 AM Women 9-10 / 11-12: Warm-up 4:00-4:50 PM; Events 5:00 PM <u>Session start times may be adjusted dependent on entries.</u>
Eligibility	Open to invited United States Swimming Athletes of the following three clubs: RMSC, HOYA, and MACH. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints. Please get entries in early.
Inclusion Policy for Swimmers with a Disability	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 United States Swimming rules shall govern the 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. Friday distance events will be swum fastest to slowest. In addition, the 500 Free and 400 IM will be swum fastest to slowest.
Distance Events	The meet directors reserve the right to limit the number of entries in distance events, if necessary, based on fastest entry times. 13&Over Boys and Girls 1000 free may be limited to 6 heats each. Any additional swimmers may be removed from the event. 13&Over Boys and Girls 500 free may be limited to 8 heats each. Any additional swimmers may be removed from the event.

	Coaches are asked to enter swimmers in these events with this in mind.
Seeding	Seed times are short course yards. Positive Check-in will be used for all events 200 yards and longer, and possibly for other events, depending on the number of entries received. Information regarding check-in times and procedures will be available the week prior to the meet in the form of an email to each participating club.
Warm-up	The prescribed Potomac Valley warm-up procedures and safety policies will be followed. Continuous warm-up and warm-down will be available throughout the meet.
Timers	Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.
Officials	Certified officials who wish to work at the meet can contact Denice Wepasnick, at wepaz@verizon.net .
Supervision	Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and the Martin Luther King, Jr. Swim Center.
Admission	There is no admission charge. Heat sheets will be available for \$1.00.
Fees	Fees for individual events: \$4.00
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.
Entry Procedures	<p>Computer disk entries require a meet entry report by SWIMMER and a report by EVENT from Team Manager. Also submit a completed "Entry Cover Sheet." Send completed entries, including the name and phone number of a club representative, to:</p> <p>Dave Crocker 2919 Wilton Ave. Silver Spring, MD, 20910 301-565-3186</p> <p>Email procedures (E-mail entries preferred): In subject heading, write "RMSC Kick-Off Entry *****" (with club initials in place of *****). Include the entry file from Team Manager, as well as a report by SWIMMER and a report by EVENT. Include total number of swimmers and total number of events, along with contact information (name, phone, email) of a club representative. Email the entry to gchsswim@aol.com</p> <p>Send check, including an "Entry Cover Sheet" to Sandy Cohen, at the address below: Sandy Cohen 17513 Applewood Lane Derwood, MD 20855 Make Checks payable to: "MCRD" (Montgomery County Recreation Department). Each club is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry Fees are due with entries.</p>
Deadline	Entries are due by 5:00pm on Thursday September 28, 2006 . Late entries and deck entries WILL NOT BE ACCEPTED .

Session 1
Friday Program- 6 October 2006
Warm-up: 4:30pm-5:10 pm Events: 5: 20pm

Girls Event	Event Description	Boys Event
1	12 & Under 500 Free	2
3	13 & Over 1000 Free	4

Session 2
Saturday Morning Program – 7 October 2006
Warm-up: 6:30-7:30AM ~~6:00-6:50 AM~~ Events: 7:40 AM ~~7:00 AM~~

Event Description	Events
Girls 13 & Over 100 Backstroke	5
Girls 13 & Over 200 IM	6
Girls 13 & Over 200 Butterfly	7
Girls 13 & Over 100 Breaststroke	8
Girls 13 & Over 50 Freestyle	9
Girls 13 & Over 500 Freestyle	10

Session 3
Saturday Afternoon Program – 8 October 2006
Warm-up: 10:45-11:35 am Events: 11:45 AM

Event Description	Events
Boys 11-12 200 Breaststroke	11
Boys 13 & Over 100 Backstroke	12
Boys 11-12 50 Backstroke	13
Boys 13 & Over 200 IM	14
Boys 11-12 200 IM	15
Boys 13 & Over 200 Butterfly	16
Boys 11-12 100 Butterfly	17
Boys 13 & Over 100 Breaststroke	18
Boys 11-12 50 Breaststroke	19
Boys 13 & Over 50 Freestyle	20
Boys 11-12 100 Freestyle	21
Boys 13 & Over 500 Freestyle	22
Boys 11-12 200 Backstroke	23

Session 4
Saturday Evening Program – 7 October 2006
Warm-up: 4:00-4:50 PM Events: 5:00 PM

Event Description	Event
Girls 11-12 200 Breaststroke	24
Girls 9-10 50 Backstroke	25
Boys 9-10 50 Backstroke	26
Girls 11-12 50 Backstroke	27
Girls 9-10 200 IM	28
Boys 9-10 200 IM	29
Girls 11-12 200 IM	30
Girls 9-10 100 Butterfly	31
Boys 9-10 100 Butterfly	32
Girls 11-12 100 Butterfly	33
Girls 9-10 50 Breaststroke	34
Boys 9-10 50 Breaststroke	35
Girls 11-12 50 Breaststroke	36
Girls 9-10 100 Freestyle	37
Boys 9-10 100 Freestyle	38
Girls 11-12 100 Freestyle	39
10 Minute Break	40
Girls 11-12 200 Backstroke	

Session 5
Sunday Morning Program – 8 October 2006
Warm-up: 6:30-7:30 AM ~~6:00 – 6:50 AM~~ Events: 7:40 AM ~~7:00 AM~~

Event Description	Girls Events
Girls 13 & Over 100 Butterfly	41
Girls 13 & Over 200 Freestyle	42
Girls 13 & Over 200 Breaststroke	43
Girls 13 & Over 200 Backstroke	44
Girls 13 & Over 100 Freestyle	45
Girls 13 & Over 400 IM	46

Session 6
Sunday Afternoon Program – 8 October 2006
Warm-up: 10:45-11:35 am Events: 11:45 AM

Event Description	Events
Boys 11-12 200 Butterfly	47
Boys 13 & Over 200 Freestyle	48
Boys 11-12 200 Freestyle	49
Boys 13 & Over 200 Breaststroke	50
Boys 11-12 100 Breaststroke	51
Boys 13 & Over 100 Butterfly	52
Boys 11-12 50 Butterfly	53
Boys 13 & Over 200 Backstroke	54
Boys 11-12 100 Backstroke	55
Boys 13 & Over 100 Freestyle	56
Boys 11-12 50 Freestyle	57
Boys 13 & Over 400 IM	58
Boys 11-12 100 IM	59

Session 7
Sunday Evening Program – 8 October 2006
Warm-up: 4:00-4:50 PM Events: 5:00 PM

Event Description	Girls Events
Girls 11-12 200 Butterfly	60
Girls 9-10 200 Freestyle	61
Boys 9-10 200 Freestyle	62
Girls 11-12 200 Freestyle	63
Girls 9-10 100 Breaststroke	64
Boys 9-10 100 Breaststroke	65
Girls 11-12 100 Breaststroke	66
Girls 9-10 50 Butterfly	67
Boys 9-10 50 Butterfly	68
Girls 11-12 50 Butterfly	69
Girls 9-10 100 Backstroke	70
Boys 9-10 100 Backstroke	71
Girls 11-12 100 Backstroke	72
Girls 9-10 50 Freestyle	73
Boys 9-10 50 Freestyle	74
Girls 11-12 50 Freestyle	75
Girls 9-10 100 IM	76
Boys 9-10 100 IM	77
Girls 11-12 100 IM	78