

# RMSC November Invitational Meet Announcement

November 14-15, 2009

At Martin Luther King, Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-10-15

ROCKVILLE - MONTGOMERY  
SWIM CLUB

**Meet Directors:** Christa Krukiel (240) 777-8074 [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)  
Dave Kraft (301) 774-9328 [dmkraft77@aol.com](mailto:dmkraft77@aol.com)

**Meet Officials Coordinator:** Amy Hsu (240) 832-7022 [amy.hsu@nih.gov](mailto:amy.hsu@nih.gov)

**Meet Referee:** Scott Witkin [scottwitkin@verizon.net](mailto:scottwitkin@verizon.net)

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

## Meet Schedule:

- Saturday & Sunday, November 14-15, 2009
  - o 13 & Over
    - Warm-ups: 7:00 – 7:50 AM
    - Event Start: 8:00 AM
  - o Distance Events
    - Warm-ups: 11:00 – 11:30 AM
    - Event Start: 11:40 AM
  - o 12 & Under
    - Warm-ups: 3:00 – 3:50 PM
    - Events Start: 4:00 PM

**Officials:** Certified officials wishing to work the meet should contact Amy Hsu at [amy.hsu@nih.gov](mailto:amy.hsu@nih.gov) or (240) 832-7022. Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet manager.

**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.

**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 age group session, and one event per distance session, totaling no more than eight individual events for the meet.

Dive-over starts may be used at this meet at the discretion of the Meet Director and/or Meet Referee.

**Effective October 1, 2009:** In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For **additional information** including the use of modesty wear under swimsuits, see the USA Swimming website, <http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

**Eligibility:** This meet is open to invited United States Swimming Athletes of the following clubs: FGAC, JFD, TIBU and RMSC. 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.

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. Distance events will be swum fastest to slowest, alternating Girls and Boys heats. All distance events will be positive check-in. Distance entries may be limited due to time constraints, and clubs will be notified one week prior to the meet if an athlete has been removed from their event. Please do not send entries with No Time as they will not be accepted.

**Entry Information:**

- Entry Fees: \$4.00 per individual event.
- Regular Entry Deadline: Tuesday, November 3, 2009 at 11:59pm.
- Late entries will not be accepted. Deck entries will be accepted provided there is an empty lane available. A heat will not be created for a deck entry.
- Deck Entry Fee: \$10.00 per individual event, due at time of acceptance.
- 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.

**Electronic 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 reports by name and by event. 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.
- Send check, including "Entry Cover Sheet" to Christa Krukiel at the address below.  
Christa Krukiel  
Montgomery 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.
- Entry Fee Payable To: Montgomery County Recreation Department (MCRD).

**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 2010.

**Positive Check In:** Positive check-in will be used at the meet manager's discretion. Positive check-in deadlines for distance events will be Saturday, 11:20am for 1650 Freestyle and Sunday, 11:20am for 500 Freestyle and 400 Individual Medley. Any swimmer who checks into a deck-seeded event (positively checked in), has been seeded and fails to swim the event will be barred from their next scheduled individual event, unless excused by the referee before the event takes place.

**Spectator Admission and Heat Sheets:** There will be no charge for admission. If events are pre-seeded, heat sheets will be available for \$1.00 each. Heat sheets will not be printed for the distance events, or if other sessions use positive check-in for the majority of events.

**Swim Center Rules and Conduct**

At the request of [Montgomery County Recreation Department](#), 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.

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## Order of Events

### Session 1 – 13 & Over

Saturday, November 14, 2009

Warm-up: 7:00-7:50am

Events: 8:00am start

Girls	Event Description	Boys
1	13-14 200 Freestyle	2
3	15&Over 200 Freestyle	4
5	13-14 200 Breaststroke	6
7	15&Over 200 Breaststroke	8
9	13-14 100 Backstroke	10
11	15&Over 100 Backstroke	12
13	13-14 200 Butterfly	14
15	15&Over 200 Butterfly	16
17	13-14 50 Freestyle	18
19	15&Over 50 Freestyle	20

### Session 2 – Distance

Saturday, November 14, 2009

Warm-up: 11:00-11:30am

Events: 11:40am start

Girls	Event Description	Boys
21	12&Over 1650 Freestyle	22

### Session 3 – 12 & Under

Saturday, November 14, 2009

Warm-up: 3:00-3:50pm

Events: 4:00pm start

Girls	Event Description	Boys
23	11-12 200 Backstroke	24
25	10&Under 200 Freestyle	26
27	11-12 200 Freestyle	28
29	10&Under 100 Breaststroke	30
31	11-12 100 Breaststroke	32
33	10&Under 50 Backstroke	34
35	11-12 50 Backstroke	36
37	10&U 100 Butterfly	38
39	11-12 100 Butterfly	40
41	10&U 50 Freestyle	42
43	11-12 50 Freestyle	44
45	10&U 100 IM	46
47	11-12 100 IM	48

### Session 4 – 13 & Over

**Sunday, November 15, 2009**

*Warm-up: 6:30-7:20am*

*Events: 7:30am start*

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
49	13-14 200 IM	50
51	15&Over 200 IM	52
53	13-14 100 Breaststroke	54
55	15&Over 100 Breaststroke	56
57	13-14 200 Backstroke	58
59	15&Over 200 Backstroke	60
61	13-14 100 Butterfly	62
63	15&Over 100 Butterfly	64
65	13-14 100 Freestyle	66
67	15&Over 100 Freestyle	68

### Session 5 – Distance

**Sunday, November 15, 2009**

*Warm-up: 11:00-11:30am*

*Events: 11:40am start*

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
69	Open 500 Freestyle	70
71	11 & Over 400 IM	72

### Session 6 – 12 & Under

**Sunday, November 15, 2009**

*Warm-up: 3:00-3:50pm*

*Events: 4:00pm start*

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
73	11-12 200 Butterfly	74
75	10&Under 200 IM	76
77	11-12 200 IM	78
79	10&Under 50 Breaststroke	80
81	11-12 50 Breaststroke	82
83	10&Under 100 Backstroke	84
85	11-12 100 Backstroke	86
87	10&Under 50 Butterfly	88
89	11-12 50 Butterfly	90
91	10&Under 100 Freestyle	92
93	11-12 100 Freestyle	94
95	11-12 200 Breaststroke	96

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