

10/30/10 - Updated Warm-up and Start Times and Positive Check-in Deadlines – See Below

RMSC November Invitational Meet Announcement

November 5-7, 2010

At Martin Luther King, Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-11-15

ROCKVILLE MONTGOMERY
SWIM CLUB

Meet Directors: Christa Krukiel christa.krukiel@montgomerycountymd.gov (240) 777-8074

Meet Referee: Donna Considine donnaconsidine@verizon.net (410) 531-5521
donna_s_considine@mcpsmd.org

Meet Officials Coordinator: Certified officials and trainees wishing to work the meet should contact Donna Considine at donnaconsidine@verizon.net or donna_s_considine@mcpsmd.org at least one week prior to the meet. Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet manager.

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.

Meet Schedule:

Friday, November 5, 2010

- Distance
 - Warm-ups: 4:00 – 4:50 PM
 - Event Start: 5:00 PM

Saturday & Sunday, November 6 – 7, 2010

- 13 & Over
 - Warm-ups: 6:20 – 7:20 AM
 - Event Start: 7:30 AM
- 11/12 and 12&U – (UPDATED 10/30/10)
 - Warm-ups: 12:00 PM – 12:50 PM
 - Events Start: 1:00 PM
- 10 & Under
 - Warm-ups: 4:00 – 4:50 PM
 - Events Start: 5:00 PM

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 United States Swimming Athletes of the following clubs: **FGAC, Team Tollefson 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.

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 2011.

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.

Swimmers in the meet, unaccompanied by a USA-S Coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/ Sportsmanship policy (Article 102.10.3) and could be subject to removal from further competition in the meet.

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.

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

A short 5 minute break will be taken before the 400 IM's and 12&Under 500 Free's.

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 Boys and Girls 1650 Free may be limited to 4 heats each (fastest 32 swimmers), 12 & Under Boys and Girls 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.
- The possibility also exists to move some or all heats of the 12 & Under 500 Free to the end of the Sunday sessions.
- If the timelines for the 11-12/12&U and 10&U sessions are undersubscribed the sessions maybe combined into one and possibly swum as is or as all 12&U events.

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 the possibility of additional check-in times and procedures 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.

Positive check-in for the following events will close at the following times:

- Events 1-2: Friday 4:30 PM
- Events 3-4: Friday 6:15 PM (Updated)
- Events 5-8: Saturday 6:50 AM
- Events 11-12, 15-16: Saturday 9:00 AM
- Events 31-32: Saturday 2:30 PM
- Events 45-46, 49-50: Sunday 6:50 AM
- Events 55-56: Sunday 9:00 AM

Entry Information:

- Entry Fees: \$4.50 per individual event.
- **Entry Deadline: Tuesday, October 26, 2010 at 11:59pm.**
- No late entries will 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.
- 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).

Spectator Admission and Heat Sheets: There will be no charge for admission. If events are pre-seeded, heat sheets will be available for \$2.00 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.

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 the Montgomery County Rec Department shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

RMSC November Invitational

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Order of Events

Session 1 – Distance

Friday, November 5, 2010

Girls	Event Description	Boys
1	Open 1650 Freestyle	2
3	12&Under 500 Freestyle	4

Entries may be limited based on session time constraints.

Session 2 – 13 & Over

Saturday, November 6, 2010

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

Saturday, November 6, 2010

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

Saturday, November 6, 2010

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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Order of Events

Session 5 – 13 & Over

Sunday, November 7, 2010

Girls	Event Description	Boys
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
55	13&O 500 Freestyle	56

Session 6 – 11/12 and 12&U

Sunday, November 7, 2010

Girls	Event Description	Boys
57	12&U 200 Butterfly	58
59	11-12 200 IM	60
61	11-12 50 Breaststroke	62
63	11-12 100 Backstroke	64
65	11-12 50 Butterfly	66
67	11-12 100 Freestyle	68
69	12&U 200 Breaststroke	70

Session 7 – 10 & Under

Sunday, November 7, 2010

Girls	Event Description	Boys
71	10&Under 200 IM	72
73	10&Under 50 Breaststroke	74
75	10&Under 100 Backstroke	76
77	10&Under 50 Butterfly	78
79	10&Under 100 Freestyle	80