

# RMSC Frosty Pentathlon Mini Meet

## Meet Announcement

January 10, 2016  
At Germantown Indoor Swim Center  
Sanctioned by USA Swimming through Potomac Valley Swimming  
Meet Sanction # PVI-16-43  
ROCKVILLE - MONTGOMERY  
SWIM CLUB

**Meet Director:** Christa Krukiel [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov) 240-777-8070  
(Parent are to contact your swimmer's coach if you have any questions/concerns regarding the meet)

**Meet Referee:** Amy Hsu [amy.hsu@nih.gov](mailto:amy.hsu@nih.gov)

**Officials:** Certified officials wishing to work should contact Carrie Sanidad at [sanidad@gmail.com](mailto:sanidad@gmail.com). Any trainees must contact Carrie at least two weeks in advance to book a training session.

Clubs are responsible for providing their fair share of timers, and required number of timers will be assigned by the meet director. **There will be no electronic timing at this meet; watch times only.** Each lane MUST have 3 timers at all times, no exceptions.

**Location:** Germantown Indoor Swim Center, 18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters.
- Water depth is 17' in lane 1 and 6'9" in lane 10 at the starting end and 13'5" at the turning end.
- The competition course has been certified in accordance with 104.2.2C, and is on file with USAS
- Manual timing (stopwatches only) will be used for this meet.

### Meet Schedule:

- Warm-ups: 8:00 – 8:50 AM
- Event Start: 9:00 AM

**Warm-Up Procedures:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed.

**Deck Access:** All PVS/USAS registered coaches and deck officials are required to wear 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.**

**Eligibility:** This meet is open to invited USA Swimming athletes from the following teams: ASA, FAST, MACH, TIBU, 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

**Rules:** Current USA Swimming rules will govern this meet. All events are timed finals. This meet is primarily a pentathlon.

- To enter the "pentathlon competition" a swimmer must be entered and swim all four 25 yard events plus the 100 yard Individual Medley in their age group.
- All other swimmers not entering "pentathlon competition" are limited to 3 events maximum.

**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.**

**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.

**Entry Information:**

- Entry Fees: \$5.50 per individual event.
- Entry Deadline: Monday, January 4, 2016 at 5:00 PM.
- No late entries will be accepted.
- Deck entries will be accepted provided there is an empty lane available. A heat will not be created.
- Deck Entry Fee: \$10.00 per individual event, due at time of acceptance.
- No on-deck USAS registration permitted.
- 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 "Frosty Pentathlon".
- 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.
- Send entry fee check payable to ActiveMontgomery 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.

**Scoring:** The championship scoring will be based on the accumulated times of the five events.

**Awards:** Special awards will be given for 1<sup>st</sup> to 3<sup>rd</sup> place for Overall Pentathlon in 8 year-old girl and boy and 7 & under girl and boy. Ribbons will be given for 1<sup>st</sup> to 12<sup>th</sup> place for individual events.

**Spectator Admission and Heat Sheets:** There will be no charge for admission. Heat sheets will be available for sale.

### 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.

### Order of Events

Warm-ups: 8:00 – 8:50 AM

Event Start: 9:00 AM

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	6&Under 25 Freestyle	2
3	7 Year-Old 25 Freestyle	4
5	8 Year-Old 25 Freestyle	6
7	6&Under 25 Backstroke	8
9	7 Year-Old 25 Backstroke	10
11	8 Year-Old 25 Backstroke	12
13	6&Under 25 Breaststroke	14
15	7 Year-Old 25 Breaststroke	16
17	8 Year-Old 25 Breaststroke	18
19	6&Under 25 Butterfly	20
21	7 Year-Old 25 Butterfly	22
23	8 Year-Old 25 Butterfly	24
25	7&Under 100 Individual Medley	26
27	8 Year-Old 100 Individual Medley	28