

Spring LC Classic Meet Announcement

May 1 – 3, 2020

At Kennedy Shriver Aquatic Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-20-87

Meet Director: Christa Krukiel christa.krukiel@montgomerycountymd.gov
(All parent inquiries should be directed to your child's swim coach)

Meet Referee: Ellen Colket ecpenny@msn.com

Meet Officials Coordinator: Certified officials wishing to work should contact Matt James, mrjswimhome@gmail.com, at least two weeks 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 starting end and 4' at the turning end of the pool.
- The competition course has not been certified in accordance with *USA Swimming Rules and Regulations* Article 104.2.2(C).
- Colorado Time Systems Electronic Timing System, touchpads, and horn start will be used.
- Automatic timing (touchpads primary) will be used.

Meet Schedule:

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: immediately after the conclusion of the 13 & Over 400 Freestyle; for 25 minutes

Events Start: 5 minutes after the conclusion of the 25 minute warm-up period

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

Positive check-in will close 5 minutes after the beginning of the 25 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: 1:25 PM

9 - 10

Warm-ups: 4:40 – 5:30 PM; Events Start: 5:35 PM

The Meet Director reserves the right to adjust meet warm-up and start times based upon the number of entries received and to allow the possibility of warm-up/cool down breaks during competition.

Deck Access: Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.

Parents not working the meet as a deck official, volunteer timer, or other meet position are not permitted on deck.

Eligibility: This meet is open to invited Potomac Valley Swimming Athletes from Team Tollefson and RMSC. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in *USA Swimming Rules and Regulations*, Article 302. 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.

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. The Meet Director may determine the structure of the warm-up, including times and lane assignments.

Rules:

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), shall govern this meet.
- No on-deck USAS registration permitted.
- Dive-over starts will be used at this meet.
- 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 (e.g., cell phones, cameras, etc.) is 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.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No personal chairs allowed on deck for swimmers.

Meet Format:

- All events will be swum as MIXED events and 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.
- The 400 Free and 400 IM events will be swum fastest to slowest.

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.

Entry Information:

- Entry Fees: \$7.00 per event.
- Entry Deadline: Tuesday, April 21, 2020 at 8:00 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.kruekiel@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 Kruekiel
Germantown Indoor Swim Center
18000 Central Park Circle
Boys, Maryland 20841
- 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.

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 1 – 3, 2020

400 Free and 400 IM Events

Swum Fastest to Slowest & swimmers MUST provide their own timer

Order of Events

Friday

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

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

Mixed	Event Description
1	13 & O 400 Freestyle
2	12 & U 400 Freestyle

Saturday Events

13 & Over Session

Warm-ups: 6:00 – 7:00; Start 7:05 AM

Mixed	Event Description
3	13&Over 200 Freestyle
4	13&Over 100 Breaststroke
5	13&Over 200 Butterfly
6	13&Over 100 Backstroke
7	13&Over 50 Freestyle
8	13&Over 400 IM

11 - 12 Session

Warm-ups: 12:30 – 1:20; Start 1:25 PM

Mixed	Event Description
9	11-12 200 Freestyle
10	11-12 200 Breaststroke
11	11-12 50 Butterfly
12	11-12 100 Backstroke
13	11-12 50 Breaststroke
14	11-12 200 Butterfly
15	11-12 50 Freestyle

9 - 10 Session

Warm-ups: 4:40 – 5:30; Start 5:35 PM

Mixed	Event Description
16	9 - 10 200 Freestyle
17	9 - 10 50 Butterfly
18	9 - 10 100 Backstroke
19	9 - 10 50 Breaststroke
20	9 - 10 50 Freestyle

Sunday Events

13 & Over Session

Warm-ups: 6:00 – 7:00; Start 7:05 AM

Mixed	Event Description
21	13&Over 200 IM
22	13&Over 100 Freestyle
23	13&Over 200 Breaststroke
24	13&O 200 Backstroke
25	13&Over 100 Butterfly

11 – 12 Session

Warm-ups: 12:30 – 1:20; Start 1:25 PM

Mixed	Event Description
26	11-12 200 IM
27	11-12 100 Freestyle
28	11-12 50 Backstroke
29	11-12 100 Breaststroke
30	11-12 100 Butterfly
31	11-12 200 Backstroke

9 - 10 Session

Warm-ups: 4:40 – 5:30; Start 5:35 PM

Mixed	Event Description
32	9 - 10 200 IM
33	9 - 10 100 Freestyle
34	9 - 10 100 Breaststroke
35	9 - 10 50 Backstroke
36	9 - 10 100 Butterfly