



Spring LC Classic Meet Announcement

May 13 – 15, 2022

At Kennedy Shriver Aquatic Center

Sanctioned by USA Swimming through Potomac Valley Swimming
Meet Sanction # PVD-22-95

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.

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

Meet Referee: Scott Witkin switkin1@gmail.com

Meet Officials Coordinator: Certified officials or trainees wishing to work the meet should contact Matt James, mrjswimhome@gmail.com, at least two weeks in advance. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the Meet Referee upon arrival to make their services available. A comprehensive official briefing will precede each session during warm-ups.

Teams/sites will be responsible for providing timers in proportion to their entries.

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: 3:30 – 4:00 PM; Events Start: 4:05 PM

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

Warm-ups: immediately after the conclusion of the 13 & Over 400 Freestyle; for 20 minutes

Event Start: 5 minutes after the conclusion of warm-ups

Positive check-in will close 5 minutes after the beginning of the 20-minute warm-up.

Saturday & Sunday:

13 & Over - Warm-ups: 6:30 – 7:30 AM; Events Start: 7:35 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.

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. 12 & Under swimmers may only participate in one session per day.

Disability Swimmers: 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.

COVID-19 Considerations:

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, ROCKVILLE MONTGOMERY SWIM CLUB, AND THE KENNEDY SHRIVER AQUATIC CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- We have taken enhanced health and safety measures for all attending this meet; however, we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
- By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Montgomery County.

COVID-19 Protocols:

- Before entering the facility, all attendees (athletes, coaches, officials, volunteers, and spectators) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering "no" to the following questions:
 - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
 - Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?
 - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- All attendees (athletes, coaches, officials, volunteers, and spectators) are encouraged to wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- Spectators will be allowed. The spectator viewing areas may be limited.
- Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.

- Locker room use should be minimized.
- Athletes should arrive and depart in their suits if possible.

Rules:

- Current USA Swimming rules shall govern this meet.
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming [Minor Athlete Abuse Prevention Policy](#) ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- No on-deck USA Swimming registration is permitted.
- 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. 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.
- Deck changes are prohibited.
- 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.
- Operation of a drone or any other flying devices 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.
- Dive-over starts will be used.
- 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
- **No personal chairs allowed in the facility for athletes or spectators.**

Meet Format:

- All events will be swum as MIXED events and as timed finals.
- Swimmers may enter a maximum of three (3) events/session with a meet maximum of five (5) events.
- Seed times will be short course yards.
- 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: Positive check-in will be required in events 200 yards and longer. For those events requiring positive check-in, team coaches shall designate their swimmer's intention to swim the event on the forms provided. Athletes who have not checked in prior to the specified time will not be seeded into the event.

The Meet Director will determine if positive check-in will be necessary for other events in order to maintain manageable timelines. The Meet Director reserves the right to waive all positive check in.

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 will be available the week prior to the meet in the form of an email to each participating club.

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.

Supervision: Coaches are responsible for the conduct of their swimmers and cleaning up for their team area.

Credentials: **Parents not working the meet as a deck official or volunteer timer/runner are not permitted on deck.** 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.

Meet Programs: Heat sheets for events pre-seeded will be available on the RMSC meet page.
<http://rmscswimming.com/meet-schedule-2021-2022/2021/9/11/spring-lc-classic>

Awards: There will be no awards for this meet.

Concessions: There will be no concessions for this meet.

Entry Procedures:

- Team entry files must be emailed to christa.krukiel@montgomerycountymd.gov
- Email subject should be labeled "RMSC Spring LC Classic".
- Email entry must include entry report by name.
- In body of email include contact information (name, phone number, e-mail) of club contact.
- Entries directly from individual team members will not be accepted.
- Entries by phone, mail or fax will not be accepted.
- The Meet Director will acknowledge receipt by return e-mail within 24 hours. If acknowledgement is not received within 24 hours, please contact the Meet Director again.
- Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 by PVS and no further entries will be accepted from the club until the said fine is paid.

Entry Information:

- No late or deck entries will be accepted.
- Entry Fees: \$8.00 per individual event.
- **Entry Deadline: Tuesday, May 3, 2022 at 8:00 PM**
- Entry fee check payable to **ActiveMontgomery**
- Each club is requested to remit one check (no cash) to cover the entry fees of the entire team.
- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the start of the meet. Payment may be made by cash or check.
- Entry fees are due with the meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
- Send payment to:
Christa Krukiel
Germantown Indoor Swim Center
18000 Central Park Circle
Boys, Maryland 20841

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.

RMSC Spring LC Classic

May 13 – 15, 2022

Order of Events

Friday

Warm-ups for 13 & Over Event: 3:30 – 4:00; Start 4:05 PM

12 & Under Event Warm-up: immediately after the conclusion of the 13 & Over Event

Swum fastest to slowest; swimmers MUST provide own timer

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

Saturday Events

13 & Over Session

Warm-ups: 6:30; Start 7:35 AM

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

11 - 12 Session

Warm-ups: 12:30; 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 50 Freestyle
15	11-12 200 Butterfly

9 - 10 Session

Warm-ups: 4:40; 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: 6:30; Start 7:35 AM

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

11 - 12 Session

Warm-ups: 12:30; 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; 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