

RMSC Autumn 350 Challenge Meet

Meet Announcement

November 1, 2025

At Martin Luther King, Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVQ-26-23



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 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: Mike Baird driab_ekim@yahoo.com

Meet Officials Coordinator: Certified officials and apprentices interested in volunteering should contact Stephanie Frank, sacolacicco@yahoo.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 officials' briefing will precede each session during warm-ups.

Each RMSC Site will be responsible for providing their fair share of timers in proportion to their entries.

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

- 8 lanes, 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 warmup/cool down area.
- Water depth is 14' at the starting end and 4'9" at the turn end.
- The meet hosts shall ensure the required course dimensions.
- Colorado Electronic Timing System, touch pads, horn start and an 8-lane scoreboard will be used.
- Automatic timing (touchpads primary) will be used.

Meet Schedule: Warm-ups: 2:00 – 3:20 PM Events Start: 3:30 PM

The Meet Director reserves the right to adjust the meet warm-ups and session start times based upon the number of entries received.

Eligibility: This meet is open to invited Potomac Valley Swimming Athletes from RMSC in the following groups: NDG, AJG, STG (non-high school), Rockville Junior Select (non-high school) and Rockville Junior 1. 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.

Swimmers with a Disability: PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy](#) as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.

[NECESSARY ACCOMMODATIONS FORM](#)

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 without the use of the backstroke ledge. 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.

Event Rules:

- A contestant may enter no more than three (3) individual and one (1) relay for the meet.
- A contestant may enter one (1) 200-yard event, one (1) 100-yard event and one (1) 50-yard event. A contestant may not repeat a stroke/event discipline in their individual event selection (i.e the 200/100/50 must be 3 different strokes or 2 different strokes and an IM)
- Seed times are short course yards since 11/1/2023.
- All events are timed finals and will be pre-seeded.
- It may be necessary to limit entries or change session layout due to the time constraints at the facility and to maintain reasonable timelines.

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 will determine the structure of the warm-up, including times and lane assignments.

Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up the team area around your swimmers. **No personal chairs allowed for swimmers in the facility.**

Credentials: **Parents not working the meet as a deck officials 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 always have proof of active USA Swimming membership with them.

Medical Assistance: Medical assistance will be provided by the swim center staff. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

Volunteers: The meet volunteer link for timers and meet marshals can be found on the meet page. For the meet to begin on time, all timers' positions **MUST** be filled prior to the start of the session. Otherwise, the meet will be delayed, and the spectator viewing will not be open, or it will be closed, and all parents will need to vacate until all positions have been filled.

Spectators: The spectator viewing areas will not be opened until all volunteer positions are filled for each session. **No personal spectator chairs allowed in the facility.**

RMSC Autumn 350 Challenge Intrasquad Meet Page: Meet session changes, heat sheets, volunteer link, and post meet results will be available here: [RMSC Autumn 350 Challenge Intrasquad Meet Page](#)

Awards: None

Concessions: None

Entry Procedures:

- Team entry files must be emailed to christa.krukiel@montgomerycountymd.gov
- Email subject should be labeled "RMSC Autumn 350 Challenge Intrasquad Meet".
- Email entry must include entry report by name.
- In body of email include total number of swimmers and total number of splashes.
- In body of email include contact information (name, phone number, e-mail) of a club.
- 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: \$10.00 per individual event.
- **Entry Deadline: Thursday, October 23, 2025 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.
- No personal spectator or athlete chairs allowed.

RMSC Autumn 350 Challenge Intrasquad Meet

Saturday – Afternoon

Warm-ups: 2:00 – 3:20 PM; Events: 3:30 PM

Mixed Event #	
1	11-14 200 Backstroke
2	11-14 200 Breaststroke
3	11-14 200 Butterfly
4	14 & Under 200 Freestyle
5	14 & Under 200 Individual Medley
6	14 & Under 100 Individual Medley
7	14 & Under 100 Freestyle
8	14 & Under 100 Butterfly
9	14 & Under 100 Breaststroke
10	14 & Under 100 Backstroke
11	14 & Under 50 Backstroke
12	14 & Under 50 Breaststroke
13	14 & Under 50 Butterfly
14	14 & Under 50 Freestyle
*15	*Coaches Choice Relay

*Coaches Choice Relay will be determined by coaches selection of stroke(s) and distance and may or may not take place depending on timeline of meet. There will be a 5-minute break before the relay if it takes place.