



The Rockville-Montgomery Swim Club
and
The City of Rockville Department of
Recreation and Parks

Hosted by:



PRESENT

**The 45th Annual
Maryland State Long Course Swimming Championships**
May 31 – June 2, 2024

MEET DIRECTOR Dave Greene (240) 314-8755 DGreene@rockvillemd.gov	MEET REFEREE Jim Garner garner@garnerjim.net	CLUB OFFICIALS CHAIR Mike Baird 240 515 4698 Driab_ekim@yahoo.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-97. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Rockville-Montgomery Swim Club, and the City of Rockville Department of Recreation and Parks shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																									
FACILITY	<p style="text-align: center;">Rockville Swim & Fitness Center – Outdoor Fitness Pool 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <ul style="list-style-type: none"> Competition will be held in the Outdoor Fitness Pool at the Rockville Swim & Fitness Center. The pool is an 8 lane, 50-meter pool. Limited Warmup/warm down may be available in the indoor 25 yard South pool and Outdoor Upper Rec Pool. Water depth of 13’ at the starting end and 4’ at the turning end of the competition course. The meet hosts will ensure the required course dimensions. 																									
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, May 21, 6:00 pm</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>																									
SCHEDULE	<p style="text-align: center;">Friday, May 31, 2024</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>13&Over</td> <td>2:00 pm – 2:50 pm</td> <td>3:00 pm</td> </tr> <tr> <td>11-12, 10&U</td> <td style="text-align: center;">6:00 pm – 6:30 pm</td> <td style="text-align: center;">6:40 pm</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday & Sunday, June 1-2, 2024</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Warm Up 2</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>15&O</td> <td>8:00am – 8:30am</td> <td>8:30am – 9:00am</td> <td>9:10am</td> </tr> <tr> <td>13-14</td> <td style="text-align: center;">12:10 pm – 12:35 pm</td> <td style="text-align: center;">12:35 pm – 1:10 pm</td> <td style="text-align: center;">1:20pm</td> </tr> <tr> <td>11-12, 10&U</td> <td colspan="2" style="text-align: center;">3:50pm – 4:45pm</td> <td style="text-align: center;">4:50pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warm Up 1	Events	13&Over	2:00 pm – 2:50 pm	3:00 pm	11-12, 10&U	6:00 pm – 6:30 pm	6:40 pm	Session	Warm Up 1	Warm Up 2	Events	15&O	8:00am – 8:30am	8:30am – 9:00am	9:10am	13-14	12:10 pm – 12:35 pm	12:35 pm – 1:10 pm	1:20pm	11-12, 10&U	3:50pm – 4:45pm		4:50pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered, invited swimmers. • 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 <i>USA Swimming Rules and Regulations</i> Article 302. • Swimmers must have equaled or bettered the applicable qualifying time. Qualifying times must have been achieved on or after May 23, 2021. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • 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 notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • 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 <i>USA Swimming Rules and Regulations</i>, 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 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 may 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 sessions that include 12 & U events per Rule 205.3.1F.

EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY qualifying entries. Bonus entries will be seeded last. No deck entries will be accepted. 13-14 and 15 & over swimmers may enter no more than six (6) individual events for the meet with a maximum of two (2) events on Friday and no more than three (3) individual events per day Saturday and Sunday. 10 & under and 11-12 swimmers may enter no more than six (6) individual events for the meet with a maximum of one (1) event on Friday and no more than three (3) individual events per day Saturday and Sunday. <p>400 FREE'S AND 400 IM'S:</p> <ul style="list-style-type: none"> 400 Freestyle/400 Individual Medley may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the meet director. Anyone removed from a 400 event will be notified by the Meet Director and will be allowed to select a replacement event (non-400). <p>13-14 AND 15&O 50 BREAST, 50 BACK AND 50 FLY:</p> <ul style="list-style-type: none"> Must be qualified for the 100 of the corresponding stroke or as bonus event. Enter using 100 time, mark as Bonus Event if time does not meet qualifying standard. <p>BONUS EVENTS:</p> <ul style="list-style-type: none"> Athletes who qualify for 1 or more events may enter 1 bonus event. 400 meter events may not be entered as bonus events. Bonus event entries should be marked in the event file with "Bonus" After entries are received bonus events will be first removed if adjustments are necessary to reduce the timeline. <p>MIXED GENDER RELAYS:</p> <ul style="list-style-type: none"> Relay Teams must meet the qualifying standard. Each club may enter up to two relay teams for each mixed gender relay event. Swimmers must already be entered in the meet in an individual event. Mixed gender relay teams must consist of 2 males and 2 females.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be seeded slowest to fastest
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold, however the meet will be available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position 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.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Jim Garner (garner@garnerjim.net). Officials interested in volunteering should contact the Meet Referee. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. A comprehensive officials' briefing will precede each session during warm-ups. Walk-on officials can be accommodated.

TIMERS	<ul style="list-style-type: none"> • Three timers per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director (Dave Greene, DGreene@rockvillemd.gov). • Include in the subject of the email, 2023 Maryland State LC Championship Meet - ****, with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • 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 that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Individual event fee: \$12.00 Relay event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to RMSC Parents Club. Checks may be mailed to: 355 Martins Lane Rockville, MD 20850 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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The 45th Annual
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May 31 – June 2, 2024
Friday, May 31

13&O Girls and Boys – Warm up at 2:00 pm – 2:50 pm, First event at 3:00 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
*4:47.69	*5:21.49	1	15&O 400 Free	2	*4:57.99	*4:27.79
+*5:08.69	*5:36.09	3	13-14 400 Free	4	*5:21.69	*5:00.99
%100 Br	%100 Br	5	15&O 50 Breast	6	%100 Br	%100 Br
%100 Br	%100 Br	7	13-14 50 Breast	8	%100 Br	%100 Br
%100 Bk	%100 Bk	9	15&O 50 Back	10	%100 Bk	%100 Bk
%100 Bk	%100 Bk	11	13-14 50 Back	12	%100 Bk	%100 Bk
%100 Fl	%100 Fl	13	15&O 50 Fly	14	%100 Fl	%100 Fl
%100 Fl	%100 Fl	15	13-14 50 Fly	16	%100 Fl	%100 Fl
29.49	26.09	17	15&O 50 Free	18	23.69	26.59
31.59	27.29	19	13-14 50 Free	20	25.99	29.69

%- 13-14 and 15&O 50 Breast, 50 Back and 50 Fly must be qualified for the 100 of the corresponding stroke. Enter using qualified 100 time or as Bonus Event

*- 400 free/400 IM may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the Meet Director. Anyone removed from a 400 event will be notified by the Meet Director and will be allowed to select a replacement event (non-400)

12&U – Warm up at 6:10 pm – 6:40 pm, First event at 6:50 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
3:03.99	2:40.99	21	10&U 200 Free	22	2:39.59	3:03.99
*5:36.99	*6:03.99	23	11-12 400 Free	24	*6:00.99	*5:36.69
3:34.19	3:01.99	25	10&U 200 IM	26	3:01.99	3:35.09
3:26.39	2:58.09	27	11-12 200 Breast	28	2:57.69	3:27.59
3:05.49	2:35.39	29	11-12 200 Back	30	2:36.69	3:02.09
3:14.19	2:52.99	31	11-12 200 Fly	32	2:47.99	3:11.99

*- 400 free/400 IM may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the Meet Director. Anyone removed from a 400 event will be notified by the Meet Director and will be allowed to select a replacement event (non-400)

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The 45th Annual
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May 31 – June 2, 2024
Saturday, June 1

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM	SCY	MIXED	EVENT		SCY	LCM
2:00.99	1:49.99	33	15&O Mixed 200 Med Relay			
LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:35.09	2:19.39	34	15&O 200 Fly	35	2:05.99	2:21.29
1:10.59	1:02.39	36	15&O 100 Back	37	57.39	1:04.79
2:54.09	2:34.19	38	15&O 200 Breast	39	2:20.59	2:37.99
1:03.59	56.19	40	15&O 100 Free	41	51.19	58.29
2:34.49	2:17.29	42	15&O 200 IM	43	2:04.99	2:22.09

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:00 pm – 1:30 pm First event at 1:40 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:07.99	1:56.99	44	13-14 Mixed 200 Med Relay			
LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:59.69	2:31.99	45	13-14 200 Fly	46	2:21.99	2:51.09
1:17.49	1:06.99	47	13-14 100 Back	48	1:04.19	1:15.79
3:12.09	2:43.99	49	13-14 200 Breast	50	2:35.39	3:03.09
1:06.89	59.59	51	13-14 100 Free	52	55.99	1:04.99
2:48.59	2:23.99	53	13-14 200 IM	54	2:16.49	2:41.69

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:33.29	2:19.89	55	11-12 Mixed 200 Med Relay			
2:51.39	2:35.09	56	10&U Mixed 200 Med Relay			
		GIRLS	EVENT	BOYS		
33.79	29.39	57	11-12 50 Free	58	29.39	33.59
39.39	33.69	59	10&U 50 Free	60	33.59	39.39
1:37.49	1:23.19	61	11-12 100 Breast	62	1:23.59	1:36.59
1:52.59	1:35.39	63	10&U 100 Breast	64	1:35.39	1:54.59
39.79	33.89	65	11-12 50 Back	66	34.09	40.19
45.79	39.29	67	10&U 50 Back	68	39.49	46.79
1:25.99	1:13.99	69	11-12 100 Fly	70	1:14.29	1:26.29
1:52.99	1:32.39	71	10&U 100 Fly	72	1:32.99	1:52.59
2:39.89	2:19.99	73	11-12 200 Free	74	2:18.99	2:39.39

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The 45th Annual
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May 31 – June 2, 2024
Sunday, June 2

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM	SCY	MIXED	EVENT		SCY	LCM
1:52.99	1:39.99	75	15&O Mixed 200 Free Relay			
LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:08.99	1:02.09	76	15&O 100 Fly	77	56.49	1:02.19
2:31.19	2:15.39	78	15&O 200 Back	79	2:05.09	2:19.79
1:22.49	1:12.19	80	15&O 100 Breast	81	1:04.99	1:14.69
2:15.39	2:01.29	82	15&O 200 Free	83	1:51.99	2:05.49
*5:28.99	*4:53.99	84	15&O 400 IM	85	*4:30.59	*5:00.89

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:00 pm – 1:30 pm First event at 1:40 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:01.99	1:46.99	86	13-14 Mixed 200 Free Relay			
		GIRLS		BOYS		
1:15.19	1:06.59	87	13-14 100 Fly	88	1:02.99	1:12.49
2:47.29	2:21.99	89	13-14 200 Back	90	2:15.99	2:37.99
1:28.59	1:16.49	91	13-14 100 Breast	92	1:11.79	1:25.39
2:24.49	2:07.79	93	13-14 200 Free	94	2:00.99	2:18.99
*5:56.49	*5:08.99	95	13-14 400 IM	96	*4:51.99	*5:35.09

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM	SCY	MIXED	EVENT		SCY	LCM
2:13.99	1:57.39	97	11-12 Mixed 200 Free Relay			
2:31.99	2:13.39	98	10&U Mixed 200 Free Relay			
		GIRLS		BOYS		
1:12.99	1:03.39	99	11-12 100 Free	100	1:04.39	1:12.19
1:26.09	1:14.29	101	10&U 100 Free	102	1:13.99	1:26.49
45.59	38.59	103	11-12 50 Breast	104	38.59	45.09
54.09	44.09	105	10&U 50 Breast	106	44.59	54.09
1:24.49	1:12.99	107	11-12 100 back	108	1:12.99	1:24.99
1:38.29	1:24.49	109	10&U 100 Back	110	1:24.49	1:39.59
37.69	32.19	111	11-12 50 Fly	112	32.99	37.79
45.79	38.09	113	10&U 50 Fly	114	38.39	46.79
3:01.39	2:37.19	115	11-12 200 IM	116	2:37.39	3:00.49