

RMSC February Invitational Meet Announcement

February 23-25, 2024

At Martin Luther King, Jr. Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-24-71

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: Steven Lutz stevendlutz@gmail.com

Meet Officials Coordinator: Certified officials and trainees wishing to work the meet should contact Stephanie Frank at 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.

Clubs will be responsible for providing timers in proportion to their entries.

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

- 8 lane, 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 warm up/cool down area.
- Water depth is 14' at the starting end and 4'9" at the turn end.
- The meet hosts will 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:

Friday Night – 14 & Unders

Swimmers must provide their own timers for all events

Warm-ups: 4:30 – 5:10 PM; Events Start: 5:15 PM

Girls – 14 & Unders

Saturday: Warm-ups: 8:30 – 9:20 AM; Events Start: 9:25 AM

Sunday: Warm-ups: 7:15 – 8:05 AM; Events Start: 8:10 AM

Boys – 14 & Unders

Saturday: Warm-ups: 12:45 PM – 1:35 PM; Events Start: 1:40 PM

Sunday: Warm-ups: 11:40 AM – 12:30 PM; Events Start: 12:35 PM

Sunday – Open Events

Warm-ups: 3:50 – 4:30 PM; Event Start: 4:35 PM

The Meet Director reserves the right to adjust 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 invited teams. Interested teams must email the Meet Director for an invitation as space is limited. 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.

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.

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.

Meet Format:

- A contestant may enter no more than two (2) events per session, and no more than four (4) events for the meet.
- 12 & Under swimmers may only participate in one session per day.
- Seed times are short course yards.
- All events are timed finals.
- It may be necessary to limit entries due to the time constraints at the facility and to maintain reasonable timelines.

Friday events –

- Swimmers must provide their own timers for all events on Friday evening.
- The Mixed 14 & Under 500 Freestyle will be swum fastest to slowest.
- Swimmers must provide their own counter for the 500 Free.

Open Events -

- Swimmers must better the No Slower Than (NST) entry time standards listed at the end of the meet announcement.
- It may be necessary to limit 200y events to 4 heats, 400/500y event to 3 heats, and 1000/1650y events to one heat each. Swimmers would be removed based on entry time and would be allowed to choose another event where they meet the NST standard.

- Coaches' times will not be accepted.
- When possible, events will be combined by gender, event distance or both.
- Dive over starts may be waived.
- Open session is for 15&Over swimmers, all other swimmers must swim in the 14&Under sessions. One exception, approved by Admin Coach/Meet Director is if a 14-year-old High School swimmer can not swim on Saturday due to their High School swim meet. If approved, they would be eligible to swim in up to 2 of the following events: 200 Free, 200 Breast, 100 Fly, 200 Back, or 50 Free

Positive Check In: Positive check-in will be required in events 400 yards and longer. Athletes who have not checked in prior to the specified time will not be seeded into the event. However, on a first come first serve basis, any unassigned lanes in heat 1 may be filled by an athlete who missed positive check in. *The athlete and coach must come to the admin table before the event begins.* No additional heats will be created.

The Meet Director will determine if positive check-in will be necessary for other events 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 positive check in closing times and the possibility of additional positive 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 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 athlete chairs allowed.**

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 February Invitational - Meet Page: Meet session changes, heat sheets, volunteer link, and post meet results will be available here: [February Invitational – 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 February Invitational".
- Email entry must include entry report by name.
- 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: \$8.00 per individual event.
- **Entry Deadline: Tuesday, February 13, 2024 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 February Invitational
 ROCKVILLE - MONTGOMERY
 SWIM CLUB
14 & Under Sessions

Friday Night

Warm-ups: 4:30 – 5:10 PM; Events: 5:15 PM

1	Mixed 14 & Under 200 IM	
2	Mixed 14 & Under 500 Free	

Swimmers must provide their own timers and counters for all Friday events

Saturday

Girls – Morning

Warm-ups: 8:30 AM; Events: 9:25 AM

Boys – Afternoon

Warm-ups: 12:45 PM; Events: 1:40 PM

Girls Event #		Boys Event #
3	14 & Under 200 Free	4
5	14 & Under 200 Breast	6
7	12 & Under 50 Back	8
9	14 & Under 100 Fly	10
11	12 & Under 50 Breast	12
13	14 & Under 200 Back	14
15	14 & Under 50 Free	16

Sunday

Girls – Morning

Warm-ups: 7:15 AM; Events: 8:10 AM

Boys – Afternoon

Warm-ups: 11:35 AM; Events: 12:30 PM

Girls Event #		Boys Event #
17	14 & Under 200 Fly	18
19	14 & Under 100 Free	20
21	14 & Under 100 Breast	22
23	12 & Under 50 Fly	24
25	14 & Under 100 Back	26
27	12 & Under 100 IM	28
29	14 & Under 400 IM	30



RMSC February Invitational
Open Sessions

Sunday Evening

Warm-ups: 3:50 – 4:30 PM; Events: 4:35 PM

Girls Event #	No Slower Than SCY		No Slower Than SCY	Boys Event #
31	2:20.99	Open 200 Back	2:11.99	32
33	57.99	Open 100 Free	52.59	34
35	1:15.99	Open 100 Breast	1:08.09	36
37	2:29.99	Open 200 Fly	2:15.09	38
39	2:05.69	Open 200 Free	1:55.09	40
41	5:03.99	Open 400 IM	4:39.29	42
43	1:05.99	Open 100 Back	59.79	44
45	5:32.99	Open 500 Free	5:07.99	46
47	2:41.99	Open 200 Breast	2:28.99	48
49	1:05.59	Open 100 Fly	58.59	50
51	2:21.79	Open 200 IM	2:08.99	52
53	26.89	Open 50 Free	24.19	54
55	18:05.89	Open 1650 Free	17:00.49	56
57	10:48.99	Open 1000 Free	10:10.49	58

When possible, events will be combined by gender, event distance or both.

1000/1650 Free, events will be swum fastest to slowest, swimmers must provide own timer/counters
 Open session is for 15&Over swimmers, all other swimmers must swim in the 14&Under sessions. One exception, approved by Admin Coach/Meet Director is if a 14-year-old High School swimmer cannot swim on Saturday due to their High School swim meet. If approved, they would be eligible to swim in up to 2 of the following events: 200 Free, 200 Breast, 100 Fly, 200 Back, or 50 Free