

The logo for the Rockville Montgomery Swim Club (RMSC) is a large, stylized oval with a blue background and a red border. The letters 'RMSC' are written in a large, white, serif font across the center of the oval. Above the oval, the text 'RMSC June LC Intrasquad Meet' is written in a bold, black, sans-serif font. Below the oval, the text 'Meet Announcement' is written in a bold, black, sans-serif font.

RMSC June LC Intrasquad Meet Meet Announcement

June 21– 23, 2024

At Kennedy Shriver Aquatic Center

Sanctioned by USA Swimming through Potomac Valley Swimming
Meet Sanction # **PVQ-24-213**

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: Steve Kaiser steve.kaiser270@gmail.com

Meet Officials Coordinator: Certified officials or trainees wishing to work the meet should contact Steve Kaiser, steve.kaiser270@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 officials' briefing will precede each session during warm-ups.

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 meet hosts will ensure the required course dimensions.
- Colorado Time Systems Electronic Timing System, touchpads, and horn start will be used.
- Automatic timing (touchpads primary) will be used.

Meet Schedule:

Friday Afternoon: Warm-ups: 2:15-2:45 PM; Events Start 2:50 PM

Friday Evening: Warm-ups 4:20-5:10 PM; Events Start 5:15 PM

Saturday & Sunday 13 & Overs: Warm-ups: 11:50 AM-12:40 PM; Events Start 12:45 PM

Saturday & Sunday 12 & Unders: Warm-ups 4:15-5:05 PM; Events Start 5:10 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 the Rockville Montgomery Swim Club. 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.

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:

- All events will be swum as timed finals.
- Swimmers may enter a maximum of five (5) events:
 - One event max for Friday sessions
 - Two event max for Saturday and two event max for Sunday sessions
- Seed times will be long course meters. Converted times are not permitted.
- Times since June 1, 2022 will be accepted. NTs will be accepted.
- ALL FRIDAY EVENTS - Swimmers are required to supply their own timer.
- The 400 Free, 400 IM, and 9-10/11-12 200 IM events will be swum fastest to slowest.
- It may be necessary to limit entries due to the time constraints.

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. *The athlete and coach must come to the admin table before the event begins.* Additional heats will not 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 June LC Intrasquad Meet page: Psych sheets, session changes, heat sheets, volunteer link, and post meet results will be available. [June LC Intrasquad - Meet Page](#)

There will be NO concessions or awards for this meet.

Entry Procedures:

- Team entry files must be emailed to christa.krukiel@montgomerycountymd.gov
- Email subject should be labeled "RMSC June LC Intrasquad Meet".
- 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: \$10.00 per individual event.
- **Entry Deadline: Tuesday, June 11, 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 June LC Intrasquad Meet Order of Events

Friday Afternoon

Warm-ups: 2:15 PM; Events: 2:50 PM

Mixed	Event Description	
1	13-14 MIXED 400 Freestyle	
2	15 & Over MIXED 400 Freestyle	

Friday Evening

Warm-ups: 4:45 PM; Events: 5:40 PM

Mixed	Event Description	
3	Open Mixed 400 Individual Medley	
4	9-10 Mixed 400 Freestyle	
5	11-12 Mixed 400 Freestyle	
6	9-10 Mixed 200 Individual Medley	
7	11-12 Mixed 200 Individual Medley	

RMSC June LC Intrasquad Meet

Order of Events

13 & Over Sessions

Warm-ups: 11:50 AM; Events: 12:45 PM

Saturday Afternoon

Girls	Event Description	Boys
8	13&Over 200 Freestyle	9
10	13&Over 100 Breaststroke	11
12	13&Over 100 Backstroke	13
14	13&Over 200 Butterfly	15
16	13&Over 50 Freestyle	17

Sunday Afternoon

Girls	Event Description	Boys
30	13&Over 200 Individual Medley	31
32	13&Over 200 Breaststroke	33
34	13&Over 100 Butterfly	35
36	13&Over 200 Backstroke	37
38	13&Over 100 Freestyle	39

12 & Under Sessions

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

Saturday Evening

Girls	Event Description	Boys
18	12&Under 200 Freestyle	19
20	12&Under 50 Butterfly	21
22	12&Under 100 Breaststroke	23
24	12&Under 100 Backstroke	25
26	12&Under 200 Butterfly	27
28	12&Under 50 Freestyle	29

Sunday Evening

Girls	Event Description	Boys
40	12&Under 100 Freestyle	41
42	12&Under 50 Breaststroke	43
44	12&Under 200 Backstroke	45
46	12&Under 100 Butterfly	47
48	12&Under 200 Breaststroke	49
50	12&Under 50 Backstroke	51