



RMSC NTG SHOWDOWN Meet

FRIDAY and SATURDAY, October 6-7, 2023

Sanction # PVQ-24-204



MEET DIRECTOR	MEET REFEREE	OFFICIALS CONTACT
Mark Eldridge meldridg@verizon.net (301) 254-1564	Jim Garner garner@garnerjim.net	Mike Baird driab_ekim@yahoo.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-24-204 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, City of Rockville Department of Recreation and Parks, Montgomery County Recreation, Rockville Swim and Fitness Center, Kennedy Shriver Aquatic Center, and Rockville Montgomery Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
FACILITY	<p style="text-align: center;">Rockville Swim and Fitness Center 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <ul style="list-style-type: none"> The Rockville Swim and Fitness Center has two indoor pools. Competition will be held in the south pool. The south pool is 6 lanes, 25-yards, with non-turbulent lane lines and continuous flow-through gutters. Water depth is 12' at starting end and 3' 9" at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). <p style="text-align: center;">Kennedy Shriver Aquatic Center 5900 Executive Blvd Rockville, MD 20852 (240) 777-8070</p> <ul style="list-style-type: none"> The Kennedy Shriver Aquatic Center (KASC) has 8 lanes, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters. 6 lanes will be used for competition. Water depth is 17' at the starting end and 6'9" at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Swimmers must declare their intentions to enter the meet by THURSDAY, SEPTEMBER 28, 2023</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs/practice groups 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 (Rockville Swim and Fitness Center) Warm-ups: 5:00 PM – 6:00 PM Event Start: 6:05 PM</p> <p style="text-align: center;">Saturday (Kennedy Shriver Aquatic Center) Warm-ups: 12:00 PM – 1:00 PM Event Start 1:05 PM</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> This meet is open to PVS registered and invited RMSC NTG athletes and sites. 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.

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 at both facilities.
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 (i.e., 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 sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • All events are Timed Finals. • Swimmers will compete at the age attained on the first day of the meet. All events are OPEN. • A contestant may enter no more than three (3) individual events per day and no more than five (5) individual events for the meet. • It may be necessary to limit entries due to the time constraints. • It may be necessary to take small breaks between events in order to ensure the best competitive opportunities for the athletes. • Meet Director reserves the right to deny any deck entry if the event/meet is significantly oversubscribed. • No deck entries will be accepted.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • None
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.
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.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning their team areas. At the request of the City of Rockville Department of Recreation and Parks and Montgomery County Recreation, swimmers are not to leave the pool deck or designated team area without appropriate attire. 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.
SEEDING	<ul style="list-style-type: none"> The meet is pre-seeded. Seed times are short course yards.
SCORING	<ul style="list-style-type: none"> Scoring is based on the HY-Tek Open point scoring system. Each team may enter as many swimmers as they like, but: <ul style="list-style-type: none"> Only 5 athletes per team will score in the boys' events. Only 4 athletes per team will score in the girls' events.
AWARDS	<ul style="list-style-type: none"> Valuable prizes for the winning team.
PROGRAMS	<ul style="list-style-type: none"> Heat sheets will be online only. Coaches will have heat sheets emailed to them prior to the meet start.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None.
CONCESSIONS	<ul style="list-style-type: none"> None.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in working the meet should fill out this form: Officials Sign Up or contact Mike Baird (driab_ekim@yahoo.com). Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. A comprehensive officials' briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> An online timer sign up will be used.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Email a Hy-Tek entries file (preferred) to meldridg@verizon.net. Email subject should be labeled "2023 RMSC NTG Showdown Entry". 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	<ul style="list-style-type: none"> Entry Fee: None. Deck Entry fee: N/A.

NTG Showdown Meet

FRIDAY, OCTOBER 6, 2023

Rockville Swim and Fitness Center

ORDER OF EVENTS

- 1 Women's 100y breaststroke
- 2 Men's 100y breaststroke
- 3 Women's 100y freestyle
- 4 Men's 100y freestyle
- 5 Women's 400y Individual Medley
- 6 Men's 400y Individual Medley
- 7 Women's 100y backstroke
- 8 Men's 100y backstroke
- 9 Women's 100y butterfly
- 10 Men's 100y butterfly
- 11 Women's 500y freestyle
- 12 Men's 500y freestyle

SATURDAY, OCTOBER 7, 2023

Kennedy Shriver Aquatic Center

ORDER OF EVENTS

- 13 Women's 200y backstroke
- 14 Men's 200y backstroke
- 15 Women's 200y butterfly
- 16 Men's 200y butterfly
- 17 Women's 50y freestyle
- 18 Men's 50y freestyle
- 19 Women's 200y breaststroke
- 20 Men's 200y breaststroke
- 21 Women's 200y freestyle
- 22 Men's 200y freestyle
- 23 Women's 200y Individual Medley
- 24 Men's 200y Individual Medley