

**The Rockville-Montgomery Swim Club**  
**The Fifth Annual**  
**RMSC Kick-Off Invitational**  
**October 7-9, 2005**

**Sanctioned by United States Swimming**  
**Through Potomac Valley Swimming**  
**PVC-06-01**

Meet Directors	Herb Poe 301-989-1227 Riley Eaton 301 384 5925
Location	Martin Luther King, Jr. Swim Center 1201 Jackson Road Silver Spring, MD 20904 301-989-1206
Dates and Times	<u>Friday, October 7, 2005</u> Warm-up: 4:30-5:15pm Events: 5:25pm <u>Saturday, October 8 and Sunday, October 9, 2005</u> <b>Women 9-12 / Men 9-10:</b> Warm-up: 6:30-7:20am Events: 7:30am <b>Men 11-12 / 13-Over:</b> Warm-up: 10:20-11:10am Events: 11:20am <b>Women 13-Over:</b> Warm-up: 3:30-4:20pm Events: 4:30pm
Eligibility	Open to invited United States Swimming athletes. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints. Please get entries in early. <b>Inclusion Policy for Swimmers with a Disability:</b> PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a> . 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 United States Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than three individual events per day, and no more than seven individual events for the meet. Distance events will be swum fastest to slowest, alternating girls then boys by heat.
Seeding	Seed times are short course yards. Positive Check-in will be used for all events 200 yards and longer, and possibly for other events, depending on the number of entries received. Information regarding check-in times and procedures will be available the week prior to the meet in the form of an email to each participating club.
Warm-up	The prescribed Potomac Valley warm-up procedures and safety policies will be followed. Continuous warm-up and warm-down will be available throughout the meet.
Timers	Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.
Officials	Certified officials who wish to work at the meet can contact Bob Richardson at 301-570-9117.

Supervision	Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and the Martin Luther King, Jr. Swim Center.
Admission	There is <u>no admission charge</u> . Heat sheets will be available for \$1.00.
Fees	Fees for individual events: \$4.00
Warning	Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid.
Entry Procedures	Computer disk entries require a meet entry report by SWIMMER and a report by EVENT from Team Manager. Also submit a completed "Entry Cover Sheet." Send completed entries, including the name and phone number of a club representative, to: Herb Poe 1201 Jackson Road Silver Spring, MD, 20904 301-989-1227 Email procedures: In subject heading, write "RMSC Kick-Off Entry *****" (with club initials in place of *****). Include the entry file from Team Manager, as well as a report by SWIMMER and a report by EVENT. Include total number of swimmers and total number of events, along with contact information (name, phone, email) of a club representative. Email the entry to jreaton@erols.com Send check, including an "Entry Cover Sheet" to Herb Poe at the address above. Make Checks payable to: <b>MSC Operating Fund</b> . Each club is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry Fees are due with entries.
Deadline	Entries are due by 5:00pm on <b>Friday September 30, 2005</b> . Late entries and deck entries WILL NOT BE ACCEPTED.

**Session 1**  
**Friday Program- 7 October 2005**  
**Warm-up: 4:30pm-5:15pm      Events: 5:25pm**

<b>Boys Event</b>	<b>Event Description</b>	<b>Girls Event</b>
1	12 & Under 500 Free	2
3	13 & Over 1000 Free	4

**Session 2**  
**Saturday Morning Program –8 October 2005**  
**Warm-up: 6:30-7:20am      Events: 7:30am**

<b>Event Description</b>	<b>Event</b>
Girls 11-12 200 Breaststroke	5
Girls 9-10 50 Backstroke	6
Boys 9-10 50 Backstroke	7
Girls 11-12 50 Backstroke	8
Girls 9-10 200 IM	9

Boys 9-10 200 IM	10
Girls 11-12 200 IM	11
Girls 9-10 100 Butterfly	12
Boys 9-10 100 Butterfly	13
Girls 11-12 100 Butterfly	14
Girls 9-10 50 Breaststroke	15
Boys 9-10 50 Breaststroke	16
Girls 11-12 50 Breaststroke	17
Girls 9-10 100 Freestyle	18
Boys 9-10 100 Freestyle	19
Girls 11-12 100 Freestyle	20
10 Minute Break	21
Girls 11-12 200 Backstroke	

**Session 3**

**Saturday Afternoon Program – 8 October 2005**

**Warm-up: 10:20-11:10am Events: 11:20pm**

<b>Event Description</b>	<b>Events</b>
Boys 11-12 200 Breaststroke	22
Boys 13 & Over 100 Backstroke	23
Boys 11-12 50 Backstroke	24
Boys 13 & Over 200 IM	25
Boys 11-12 200 IM	26
Boys 13 & Over 200 Butterfly	27
Boys 11-12 100 Butterfly	28
Boys 13 & Over 100 Breaststroke	29
Boys 11-12 50 Breaststroke	30
Boys 13 & Over 50 Freestyle	31
Boys 11-12 100 Freestyle	32
Boys 13 & Over 500 Freestyle	33
Boys 11-12 200 Backstroke	34

**Session 4**

**Saturday Evening Program – 9 October 2005**

**Warm-up: 3:30-4:20pm Events: 4:30pm**

<b>Event Description</b>	<b>Events</b>
Girls 13 & Over 100 Backstroke	35
Girls 13 & Over 200 IM	36
Girls 13 & Over 200 Butterfly	37
Girls 13 & Over 100 Breaststroke	38
Girls 13 & Over 50 Freestyle	39
Girls 13 & Over 500 Freestyle	40

**Session 5**  
**Sunday Morning Program – 9 October 2005**  
**Warm-up: 6:30-7:20am Events: 7:30am**

<b>Event Description</b>	<b>Girls Events</b>
Girls 11-12 200 Butterfly	41
Girls 9-10 200 Freestyle	42
Boys 9-10 200 Freestyle	43
Girls 11-12 200 Freestyle	44
Girls 9-10 100 Breaststroke	45
Boys 9-10 100 Breaststroke	46
Girls 11-12 100 Breaststroke	47
Girls 9-10 50 Butterfly	48
Boys 9-10 50 Butterfly	49
Girls 11-12 50 Butterfly	50
Girls 9-10 100 Backstroke	51
Boys 9-10 100 Backstroke	52
Girls 11-12 100 Backstroke	53
Girls 9-10 50 Freestyle	54
Boys 9-10 50 Freestyle	55
Girls 11-12 50 Freestyle	56
Girls 9-10 100 IM	57
Boys 9-10 100 IM	58
Girls 11-12 100 IM	59

**Session 6**  
**Sunday Afternoon Program – 9 October 2005**  
**Warm-up: 10:20-11:10am Events: 11:20am**

<b>Event Description</b>	<b>Events</b>
Boys 11-12 200 Butterfly	60
Boys 13 & Over 200 Freestyle	61
Boys 11-12 200 Freestyle	62
Boys 13 & Over 200 Breaststroke	63
Boys 11-12 100 Breaststroke	64
Boys 13 & Over 100 Butterfly	65
Boys 11-12 50 Butterfly	66
Boys 13 & Over 200 Backstroke	67
Boys 11-12 100 Backstroke	68
Boys 13 & Over 100 Freestyle	69
Boys 11-12 50 Freestyle	70
Boys 13 & Over 400 IM	71
Boys 11-12 100 IM	72

**Session 7**

**Sunday Evening Program – 9 October 2005**  
**Warm-up: 3:30-4:20pm Events: 4:30pm**

<b>Event Description</b>	<b>Girls Events</b>
Girls 13 & Over 100 Butterfly	73
Girls 13 & Over 200 Freestyle	74
Girls 13 & Over 200 Breaststroke	75
Girls 13 & Over 200 Backstroke	76
Girls 13 & Over 100 Freestyle	77
Girls 13 & Over 400 IM	78