



The Rockville-Montgomery Swim Club presents
Frosty

Pentathlon Mini Meet
January 11, 2009



Sanctioned by UNITED STATES SWIMMING
Through POTOMAC VALLEY SWIMMING
Sanction #PVI-09-27

Co-Meet Directors	Jenn Barnes jennbarnes@hotmail.com Malinda Marcus malindamarcus@verizon.net
Location	<u>Germantown Indoor Swim Center</u> 18000 Central Park Circle Boys, MD 20841 240-777-6830
Date and Time	<u>Sunday, January 11, 2009</u> <u>Warm up: 7:30am Session Start: 8:15am</u>
Eligibility	Open to invited United States Swimming Athletes from RMSC, MACH, FAST, TIBU . 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.
Inclusion Policy for Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committed to the <u>Inclusion Policy as adopted by the BOD</u> . 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.

Meet Format & Scoring:	This meet is primarily a Pentathlon. In order to enter the "Pentathlon Competition" a SWIMMER MUST <u>SWIM ALL FOUR (4) 25 YARD EVENTS PLUS THE 100 YARD I.M. EVENT IN THEIR AGE GROUP.</u> The championship scoring will be based on the accumulated times of the five (5) events. <u>Swimmers that are NOT entering the "pentathlon competition" are limited to 3 events.</u>
Rules	Current United States Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than <u>5</u> individual events.
Awards	Special Awards will be given for 1st to 3rd place - Overall Pentathlon in 8 year old girl and boy age group and 7 & under girl and boy age group. Ribbons will be given for 1st to 12th place - Individual events
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 Germantown Indoor Swim Center.
Warm-up	The prescribed Potomac Valley warm-up procedures and safety policies will be followed.
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 should contact Bill Maneely at swim323@lycos.com
Timers	This is very important at this meet, as no electronic timing will be used. Watch times only will be used. Participating Clubs are required to provide timers in proportion to their entry.
Admission	There is no admission charge. Heat sheets will be available for \$1.00.
Fees	Fees for individual events: \$4.00. The fee for the Pentathlon is \$20.00 total. Each participating Club is requested to remit one check to cover the entry fee for the entire team. Please do not send cash. Entry fees are due with entries.

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	<p>Computer disk entries require a meet entry report by SWIMMER and a report by EVENT from Team Manager. Also submit a completed "<u>Entry Cover Sheet.</u>" Send completed entries, including the name and phone number of a club representative, to:</p> <p>Christa Krukiel 5900 Executive Blvd. N. Bethesda, MD 20852 301-468-4211</p> <p>Email procedures (E-mail entries preferred): In subject heading, write "Frosty Pentatlon ****" (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 Christa.Krukiel@montgomerycountymd.gov Send check, including an "Entry Cover Sheet" the address below :</p> <p>Christa Krukiel 5900 Executive Blvd. N. Bethesda, MD 20852 Make Checks payable to: "MCRD" (Montgomery County Recreation Department). 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.</p>
Deadline	Entries are due by 5:00pm on <u>Friday, January 2, 2009.</u> Late entries and deck entries WILL NOT BE ACCEPTED.

EVENTS

Sunday, January 11, 2009

Warm up: 7:30am Session Start: 8:15am

Girls Event #	Event	Boys Event #
1	6 & Under 25 Free	2
3	7 Year Old 25 Free	4
5	8 Year Old 25 Free	6
7	6 & Under 25 Back	8
9	7 Year Old 25 Back	10
11	8 Year Old 25 Back	12
13	6 & Under 25 Breast	14
15	7 Year Old 25 Breast	16
17	8 Year Old 25 Breast	18
19	6 & Under 25 Fly	20
21	7 Year Old 25 Fly	22
23	8 Year Old 25 Fly	24
25	7 & Under 100 IM	26
27	8 Year Old 100 IM	28