

The logo for the RMSC (Rocky Mountain Swimming Club) is a large, stylized oval with a blue background and a red border. The letters 'RMSC' are prominently displayed in the center in a bold, white, sans-serif font. Below the letters, the text 'Rocky Mountain Swimming Club' is written in a smaller, white font.

RMSC November Invitational Meet Announcement

November 15 - 17, 2019

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming
Meet Sanction # PVI-20-24

Meet Director: Christa Krukiel christa.krukiel@montgomerycountymd.gov

Meet Referee: Jim Garner garner@garnerjim.net

Meet Officials Coordinator: Certified officials and trainees wishing to work should contact Peter Nachod at peter.nachod@gmail.com at least two weeks in advance.

Clubs will be responsible for providing their fair share of timers and will be assigned lanes by the Meet Director.

Location: Germantown Indoor Swim Center, (240) 777-6830
18000 Central Park Circle, Boyds, MD 20841

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters
- Water depth is 17' in lane 1 and 6'9" in lane 10 at the starting end and 13'5" at all the turning end.
- Separate 7 lane, 25 yard pool will be available for continuous warm up/cool down. Diving is not permitted in this pool.
- The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
- Colorado Time Systems Electronic Timing, touch pads, horn start & a 10 lane scoreboard will be used.
- Automatic timing (touch pads primary) will be used.

Meet Schedule:

Friday

- Distance Session
 - Warm-ups: 4:30 – 5:10 PM
 - Event Start: 5:20 PM

Saturday & Sunday

- 13 & Over Sessions
 - Warm-ups: 6:30 – 7:30 AM
 - Event Start: 7:40 AM
- 11 – 12 Sessions
 - Warm-ups: 12:15 PM – 1:05 PM
 - Events Start: 1:15 PM
- 10 & Under Sessions
 - Warm-ups: 4:30 – 5:20 PM
 - Events Start: 5:30 PM

The Meet Director reserves the right to adjust meet warm-ups and session start times based upon the number of entries received.

Deck Access: 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 at all times. **Parents not working the meet as a deck official, volunteer timer, or other meet position are not permitted on deck.**

Eligibility: This is a dual meet open to invited Potomac Valley Swimming Athletes of RMSC and invited Maryland Swimming Athletes of FOX 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.

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.

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 may determine the structure of the warm-up, including times and lane assignments

Meet Format:

- Seed times are short course yards.
- A 10 lane course will be used.
- The meet director reserves the right to limit the number of entries in the Friday night session due to time constraints, if necessary, based on fastest entry times. Clubs will be notified one week prior to the meet if an athlete has been removed from their event.

Rules:

- Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#), shall govern this meet.
- No on-deck USAS registration permitted.
- Dive-over starts will be used at this meet.
- 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.
- 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. As 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.
- 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. 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.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, 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.

No personal chairs allowed on deck for swimmers.

Positive Check In: Positive check-in will be required in events 200 yards and longer. Athletes who have not checked in prior to the specified time will be scratched from the event. The Meet Director will determine if positive check-in will be necessary for events 100 yards and longer or all events in order to maintain manageable timelines. Information regarding positive check-in closing times and the possibility of additional check-in events will be available the week prior to the meet in the form of an email to each participating club.

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.

Event Rules:

- All events are timed finals.
- A contestant may enter no more than three individual events per day, and no more than six individual events for the meet.
- All distance events (500 Free) will be swum fastest to slowest, alternating girls & boys heats. Swimmers must provide their own timers and counters.
- The 400 IM's will be swum fastest to slowest, alternating girls & boys heats. Swimmers must provide their own timers.
- The meet director reserves the right to combine girls & boys events.

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. All swimmers, coaches and officials must be properly registered with USA Swimming for 2019.

Entry Information:

- Entry Fees: \$7.00 per individual event.
- **Entry Deadline: Tuesday, November 5, 2019 at 8:00 PM.**
- No late entries will be accepted.
- Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entry Procedures:

- Email a Hy-Tek entries file (preferred) or a SDIF file to christa.krukiel@montgomerycountymd.gov.
- Email subject should be labeled "RMSC November Invitational".
- Email must include report by name. Include total number of swimmers and total number of events, along with contact information (name, phone number, e-mail) of a club representative in the body of the e-mail.
- Entry fee check payable to **ActiveMontgomery**
- Each club is requested to remit one check to cover the entry fees of the entire team. Please do not send cash. Entry Fees are due with entries.
- 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.

Special Note

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Germantown Indoor 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.

RMSC November Invitational

Friday Distance Events

Warm-Up 4:30 – 5:10 PM; Start 5:20 PM

Girls	Event Description	Boys
1	13&Over 500 Freestyle	2
3	12&Under 500 Freestyle	4

Entries may be limited based on session time constraints.

13 & Over Events

Warm-Up 6:30 – 7:30 AM; Start 7:40 AM

Saturday

Girls	Event Description	Boys
5	13&Over 200 Freestyle	6
7	13&Over 200 Breaststroke	8
9	13&Over 100 Backstroke	10
11	13&Over 200 Butterfly	12
13	13&Over 50 Freestyle	14
15	13&Over 400 Individual Medley	16

Sunday

Girls	Event Description	Boys
49	13&Over 200 Individual Medley	50
51	13&Over 100 Breaststroke	52
53	13&Over 200 Backstroke	54
55	13&Over 100 Butterfly	56
57	13&Over 100 Freestyle	58

11 - 12 Events

Warm-Up 12:15 – 1:05 PM; Start 1:15 PM

Saturday

Girls	Event Description	Boys
17	11-12 200 Backstroke	18
19	11-12 200 Freestyle	20
21	11-12 100 IM	22
23	11-12 50 Backstroke	24
25	11-12 100 Butterfly	26
27	11-12 50 Freestyle	28
29	11-12 100 Breaststroke	30
31	11-12 400 Individual Medley	32

Sunday

Girls	Event Description	Boys
59	11-12 200 Butterfly	60
61	11-12 200 Individual Medley	62
63	11-12 50 Breaststroke	64
65	11-12 100 Backstroke	66
67	11-12 50 Butterfly	68
69	11-12 100 Freestyle	70
71	11-12 200 Breaststroke	72

10 & Under Events

Warm-Up 4:30 – 5:20 PM; Start 5:30 PM

Saturday

Girls	Event Description	Boys
33	10&Under 200 Backstroke	34
35	10&Under 200 Freestyle	36
37	10&Under 100 Individual Medley	38
39	10&U 50 Backstroke	40
41	10&U 100 Butterfly	42
43	10&U 50 Freestyle	44
45	10&U 100 Breaststroke	46
47	10&Under 400 Individual Medley	48

Sunday

Girls	Event Description	Boys
73	10&Under 200 Butterfly	74
75	10& Under 200 Individual Medley	76
77	10&Under 50 Breaststroke	78
79	10&Under 100 Backstroke	80
81	10&Under 50 Butterfly	82
83	10&Under 100 Freestyle	84
85	10&Under 200 Breaststroke	86