



RMSC NTG SHOWDOWN Meet

Saturday and Sunday, October 10-11, 2020
At Martin Luther King, Jr. Swim Center
Sanction # PVQ-21-109

Hosted by:



MEET DIRECTOR	MEET REFEREE	OFFICIALS CONTACT
Mark Eldridge meldridg@verizon.net (301) 254-1564	Jim Garner garner@garnerjim.net	Dan Solomich DSolomich@ComNeticsInc.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-109. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, City of Rockville Department of Recreation and Parks, Rockville Montgomery Swim Club, the Montgomery County Department of Recreation, and the Martin Luther King, Jr. Swim Center 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;">Martin Luther King, Jr. Swim Center 1201 Jackson Road Silver Spring, MD (240) 777-8060</p> <ul style="list-style-type: none"> 8 lane, 25 yard pool with separate area for warm up/cool down, continuous flow-through gutters, and non- turbulent lane dividers. Diving is not permitted in the warm up/cool down area. Water depth is 14' at the starting end and 4' 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;">ENTRIES ARE DUE TUESDAY, October 5, 2020 5:00PM.</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
SCHEDULE	<ul style="list-style-type: none"> Session 1 - Boys Saturday (Warmup at 2:00 pm, 1st Event at 3:00 pm) Session 2 - Girls Saturday (Warmup at 5:00 pm, 1st Event at 6:00 pm) Session 3 - Boys Sunday (Warmup at 2:00 pm, 1st Event at 3:00 pm) Session 4 - Girls Sunday (Warmup at 5:00 pm, 1st Event at 6:00 pm) Meet Director reserves the right to adjust times/sessions after entries are received. The Meet Director and Meet Referee reserve the right to add breaks between events as needed.
ELIGIBILITY	<ul style="list-style-type: none"> This meet is open to PVS registered & 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.

<p>TIMING SYSTEM</p>	<ul style="list-style-type: none"> • Automatic timing (touch pads primary) will be used.
<p>COVID-19 CONSIDERATIONS</p>	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, ROCKVILLE MONTGOMERY SWIM CLUB, AND MARTIN LUTHER KING, JR. SWIM CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet; however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Montgomery County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • All local and state protocols will be followed per Maryland Back to Business and Reopening Montgomery County Guidance for Montgomery County Public Pools. This guidance includes: <ul style="list-style-type: none"> ○ limit of 1 patron per 200 sq. ft. of indoor space ○ The maximum of people in a pool at any given time is the square footage surface area of the pool by 36 ○ Masks must be worn by everyone in the facility except when swimming ○ Maximum of 4 swimmers per lane under the supervision of USA Swimming certified coaches (as specified by the waiver issued to USA Swimming member clubs by Montgomery County Department of Health and Human Services) ○ Letter of Approval from the Montgomery County Department of Health and Human Services • Athletes should arrive and depart in their suits. Locker room use will be minimized. • Coaches, officials, and athletes must wear masks except when swimming. • Health screening will be pursuant to RMSC Return to Swimming (COVID-19 Information) Precautions. Please see https://www.rockvillemd.gov/DocumentCenter/View/38188/RMSC-Rockville-Fall-2-2020-Program-Information-Packet?bidId= • Coaches, officials, and athletes should maintain a minimum of 6 feet of distancing from all other participants whenever possible.

	<ul style="list-style-type: none"> • No spectators will be permitted. The meet will be livestreamed on the RMSC Facebook Page. • No more than 50 individuals will be on the pool deck at any one time. • Team areas are set up in order to maintain adequate distancing at all times. • Team areas and athlete protocols will ensure that no more than 50 participants (including athletes, coaches, officials, timers, and pool staff) on deck at any one time and maintain adequate distancing at all times. Complete details in Supplemental Document.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S 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. 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 not 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 sessions that include 12 & U events per Rule 205.3.1F. • No deck entries will be accepted.
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 individual events per day and no more than five individual events for the meet. • It may be necessary to limit entries due to the time constraints.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be preseeded. No deck entries will be accepted.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • Warmups will proceed under Montgomery County approved schedule in email dated Wednesday, September 30, 2020 10:38 am. Complete details in the supplemental document.

SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. • 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.
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 FINA points system. • Each team may enter as many swimmers as they like, but only 5 may score points for their team.
PROGRAMS	<ul style="list-style-type: none"> • Meet programs will be posted on the RMSC website by Saturday morning.
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 at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • None.
TIMERS	<ul style="list-style-type: none"> • One timer per lane. Each participating club will be responsible for providing its fair share of timers. Timer requirements for each club will be assigned by the meet director. Lane assignments will be made in advance.
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 "2020 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. • Entry Deadline: Tuesday, October 5, 2020 at 5:00 PM. • No late entries will be accepted.

RMSC NTG SHOWDOWN Meet

ORDER OF EVENTS

Session 1 - Boys Saturday (Warmup at 2:00 pm, 1st Event at 3:00 pm)

- #2 - 100 Breast
- #4 - 100 Free
- #6 - 400 IM
- #8 - 100 Back
- #10 - 100 Fly
- #12 - 500 Free

Session 2 - Girls Saturday (Warmup at 5:00 pm, 1st Event at 6:00 pm)

- #1 - 100 Breast
- #3 - 100 Free
- #5 - 400 IM
- #7 - 100 Back
- #9 - 100 Fly
- #11 - 500 Free

Session 3 - Boys Sunday (Warmup at 2:00 pm, 1st Event at 3:00 pm)

- #14 - 200 Back
- #16 - 200 Fly
- #18 - 50 Free
- #20 - 200 Breast
- #22 - 200 Free
- #24 - 200 IM

Session 4 - Girls Sunday (Warmup at 5:00 pm, 1st Event at 6:00 pm)

- #13 - 200 Back
- #15 - 200 Fly
- #17 - 50 Free
- #19 - 200 Breast
- #21 - 200 Free
- #23 - 200 IM