



The Rockville-Montgomery Swim Club
and
The City of Rockville Department of
Recreation and Parks

Hosted by:



PRESENT

The 42nd Annual
Maryland State Long Course Swimming Championships

June 4 – June 6, 2021

Sanction # PVI-21-202

MEET DIRECTOR Dave Greene (240) 314-8755 DGreene@rockvillemd.gov	MEET REFEREE Jim Garner garner@garnerjim.net	CLUB OFFICIALS CHAIR Jim Garner garner@garnerjim.net
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-21-202. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Rockville-Montgomery Swim Club, and the City of Rockville Department of Recreation and Parks shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																																						
FACILITY	<p style="text-align: center;">Rockville Swim & Fitness Center – Outdoor Fitness Pool 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <ul style="list-style-type: none"> Competition will be held in the Outdoor Fitness Pool at the Rockville Swim & Fitness Center. The pool is an 8 lane, 50 meter pool. Warm ups may be held in the indoor South pool. The South pool is a 25 yard pool. Water depth of 13’ at the starting end and 4’ at the turning end of the competition course. 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;">Friday, May 28, 6:00 pm</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	<p style="text-align: center;">Friday, June 4, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Warm Up 2</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>13&O Girls</td> <td>12:30pm – 1:00pm</td> <td>1:05pm – 1:35pm</td> <td>1:40pm</td> </tr> <tr> <td>13&O Boys</td> <td>3:20pm – 3:50pm</td> <td>3:55pm – 4:25pm</td> <td>4:30pm</td> </tr> <tr> <td>12&U</td> <td>6:10pm – 6:35pm</td> <td></td> <td>6:40pm</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday Sunday, June 5-6, 2021</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>Warm Up 1</th> <th>Warm Up 2</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td rowspan="2">15&O</td> <td>7:30am – 8:00am</td> <td>8:15am – 8:45am</td> <td rowspan="2">9:00am</td> </tr> <tr> <td>7:35am – 8:10am*</td> <td>8:20am – 8:55am*</td> </tr> <tr> <td>13-14</td> <td>12:30pm – 1:00pm</td> <td>1:05pm – 1:35pm</td> <td>1:40pm</td> </tr> <tr> <td>11-12</td> <td>4:20pm – 4:45pm</td> <td>4:50pm – 5:15pm</td> <td>5:20pm</td> </tr> <tr> <td>10&U</td> <td>7:00pm – 7:20pm</td> <td>7:25pm – 7:45pm</td> <td>7:50pm</td> </tr> </tbody> </table> <p style="text-align: center;">*Warm ups will start in the indoor South pool and move to the outdoor pool for the last 5 minutes.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. Upon receipt of entries 15&Over session may be flighted. 	Session	Warm Up 1	Warm Up 2	Events	13&O Girls	12:30pm – 1:00pm	1:05pm – 1:35pm	1:40pm	13&O Boys	3:20pm – 3:50pm	3:55pm – 4:25pm	4:30pm	12&U	6:10pm – 6:35pm		6:40pm	Session	Warm Up 1	Warm Up 2	Events	15&O	7:30am – 8:00am	8:15am – 8:45am	9:00am	7:35am – 8:10am*	8:20am – 8:55am*	13-14	12:30pm – 1:00pm	1:05pm – 1:35pm	1:40pm	11-12	4:20pm – 4:45pm	4:50pm – 5:15pm	5:20pm	10&U	7:00pm – 7:20pm	7:25pm – 7:45pm	7:50pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered, invited swimmers. • 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. • Swimmers must have equaled or bettered the applicable qualifying time. Qualifying times must have been achieved on or after May 28, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.
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.
COVID-19 CONSIDERATIONS	<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 CITY OF ROCKVILLE DEPARTMENT OF RECREATION AND PARKS 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.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes should arrive and depart in their suits if possible. Locker room use should be minimized. • Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with ‘no’: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days? • All attendees (athletes, coaches, volunteers, officials, etc.) should wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth.

	<ul style="list-style-type: none"> • Swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Swimmers will immediately put their masks back on when exiting the pool. • Warm-ups will be assigned. • Team areas will be designated to provide enough room for social distancing. • No spectators will be allowed. The meet will be live-streamed. Live-streaming details will be shared with participating teams. • Fitness pool bathrooms (by snack bar) will be available emergency use for swimmers and recreation pool bathhouse (by main outdoor entrance) for adults to keep all meet participants outdoors. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
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-S 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 (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 may 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Swimmers can only swim one event on Friday if qualified, and no more than 2 events on each of the other days for a total of no more than 5 events. • BONUS EVENTS: Athletes who qualify for 1 event may enter 3 bonus events. Athletes who qualify for 2 events may enter 2 bonus events. Athletes who qualify for 3 events may enter 1 bonus event. Friday's events may not be entered as bonus events. • 15 & Over sessions on Saturday and Sunday may be flighted into two sessions if required. The B flight will swim in the early session, the A flight will swim in the second session. Flight A swimmers will be determined by taking of the top number of seeded athletes in each individual Saturday or Sunday event (estimated top 20 seeds) that will allow the A flight session to remain under 160 athletes. If a swimmer is flighted into the A flight in any event, they will swim all their events in the A flight on both Saturday and Sunday.

POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded.
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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be seeded slowest to fastest
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold, however the meet will be available on Meet Mobile.
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.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Jim Garner (garner@garnerjim.net). Officials interested in volunteering should contact the Meet Referee. Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Each participating club will be responsible for providing its share of timers. 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 (Dave Greene, DGreene@rockvillemd.gov). Include in the subject of the email, Maryland State LC Championship Meet - ****, with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. 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	<p>Individual event fee: \$11.00</p> <ul style="list-style-type: none"> Make checks payable to RMSC Parents Club. Checks may be mailed to: 355 Martins Lane Rockville, MD 20850 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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Friday, June 4

13&O Girls – Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:05 pm – 1:35 pm, First event at 1:40 pm
13&O Boys - Warm up 1 at 3:20 pm - 3:50 pm, Warm up 2 at 3:55 pm – 4:25 pm, First event at 4:30 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
4:41.99	5:15.89	1	15&O 400 Free	2	4:54.59	4:24.19
5:01.59	5:36.09	3	13-14 400 Free	4	5:21.69	4:48.99
29.59	26.09	5	15&O 50 Free	6	23.69	26.99
31.59	27.29	7	13-14 50 Free	8	25.99	29.99
5:25.59	4:49.99	9	15&O 400 IM	10	4:23.99	4:55.89
5:40.89	5:05.19	11	13-14 400 IM	12	4:51.99	5:32.19

12&U – Warm up at 6:10 pm – 6:35 pm, First event at 6:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
3:00.89	2:37.59	13	10&U 200 Free	14	2:37.99	2:58.19
5:26.29	6:03.99	15	11-12 400 Free	16	6:00.99	5:21.69
3:28.59	3:01.99	17	10&U 200 IM	18	3:01.99	3:28.59
2:55.69	2:35.39	19	11-12 200 Back	20	2:36.69	2:57.79
3:23.59	2:58.09	21	11-12 200 Breast	22	2:57.69	3:23.59
3:10.19	2:52.99	23	11-12 200 Fly	24	2:47.99	3:12.09

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Saturday, June 5

15&O Warm up 1 at 7:30 am – 8:00 am, Warm up 1A 7:35 am – 8:10 am*
Warm up 2 at 8:15 am – 8:45 am, Warm up 2A 8:20 am – 8:55 am*
First Event at 9:00 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:37.49	2:17.29	25	15&O 200 Fly	26	2:05.19	2:22.29
1:11.59	1:02.69	27	15&O 100 Back	28	57.59	1:06.89
2:54.39	2:34.69	29	15&O 200 Breast	30	2:20.59	2:41.29
1:03.79	56.39	31	15&O 100 Free	32	50.69	57.99
2:35.79	2:15.99	33	15&O 200 IM	34	2:03.99	2:20.89

*Warm ups will start in the indoor South pool and move to the outdoor pool for the last 5 minutes.

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:05 pm – 1:35 pm, First event at 1:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:47.79	2:28.59	35	13-14 200 Fly	36	2:21.99	2:41.19
1:17.49	1:06.99	37	13-14 100 Back	38	1:04.19	1:13.29
3:11.19	2:43.99	39	13-14 200 Breast	40	2:35.39	3:01.79
1:06.89	59.59	41	13-14 100 Free	42	55.99	1:04.99
2:45.09	2:23.99	43	13-14 200 IM	44	2:16.49	2:38.39

11-12 Warm up 1 at 4:20 pm – 4:45 pm, Warm up 2 at 4:50 pm – 5:15 pm, First event at 5:20 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
33.79	29.39	45	11-12 50 Free	46	29.29	33.19
1:35.19	1:23.19	47	11-12 100 Breast	48	1:21.79	1:32.89
39.39	33.89	49	11-12 50 Back	50	34.09	38.39
1:23.49	1:13.99	51	11-12 100 Fly	52	1:12.49	1:21.59
2:38.39	2:19.99	53	11-12 200 Free	54	2:17.29	2:35.59

10&U Warm up 1 at 7:00 pm – 7:20 pm, Warm up 2 at 7:25 pm – 7:45 pm, First event at 7:50 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
38.09	33.59	55	10&U 50 Free	56	33.09	37.89
1:50.49	1:35.39	57	10&U 100 Breast	58	1:35.39	1:52.09
44.99	39.29	59	10&U 50 Back	60	39.49	45.29
1:39.19	1:28.09	61	10&U 100 Fly	62	1:27.99	1:39.09

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Sunday, June 6

15&O Warm up 1 at 7:30 am – 8:00 am, Warm up 1A 7:35 am – 8:10 am*

Warm up 2 at 8:15 am – 8:45 am, Warm up 2A 8:20 am – 8:55 am*

First Event at 9:00 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:10.29	1:02.19	63	15&O 100 Fly	64	56.79	1:04.59
2:33.89	2:15.49	65	15&O 200 Back	66	2:05.39	2:23.99
1:22.49	1:12.39	67	15&O 100 Breast	68	1:05.19	1:15.29
2:16.79	1:59.99	69	15&O 200 Free	70	1:49.99	2:05.59

*Warm ups will start in the indoor South pool and move to the outdoor pool for the last 5 minutes.

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:05 pm – 1:35 pm, First event at 1:40 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:15.99	1:06.59	71	13-14 100 Fly	72	1:02.99	1:12.59
2:47.29	2:21.99	73	13-14 200 Back	74	2:15.99	2:39.99
1:28.59	1:16.49	75	13-14 100 Breast	76	1:11.79	1:23.29
2:24.49	2:07.79	77	13-14 200 Free	78	2:00.99	2:18.39

11-12 Warm up 1 at 4:20 pm – 4:45 pm, Warm up 2 at 4:50 pm – 5:15 pm, First event at 5:20 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:12.99	1:03.39	79	11-12 100 Free	80	1:03.19	1:11.79
43.79	38.49	81	11-12 50 Breast	82	37.89	43.09
1:24.49	1:12.99	83	11-12 100 back	84	1:12.99	1:22.89
37.59	32.19	85	11-12 50 Fly	86	32.39	36.59
3:01.19	2:37.19	87	11-12 200 IM	88	2:36.29	2:56.69

10&U Warm up 1 at 7:00 pm – 7:20 pm, Warm up 2 at 7:25 pm – 7:45 pm, First event at 7:50 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
1:24.79	1:14.29	89	10&U 100 Free	90	1:13.99	1:24.69
50.59	44.09	91	10&U 50 Breast	92	44.59	50.49
1:38.29	1:24.49	93	10&U 100 Back	94	1:24.49	1:36.29
43.69	38.09	95	10&U 50 Fly	96	38.39	43.79