

# 2022 RMSC Holiday Invitational

December 15-18, 2022

Sponsored by Rockville Montgomery Swim Club

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-23-37

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Germantown Indoor Swim Center, Rockville Montgomery Swim Club, and the Montgomery County Recreation Department shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Meet Director:** Christa Krukiel [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)

**Meet Referee:** Jim Garner [garner@garnerjim.net](mailto:garner@garnerjim.net)

**Admin Referee:** Barbara Ship [barb@ships3.com](mailto:barb@ships3.com) (301-520-4624)

**Location:** Germantown Indoor Swim Center, 18000 Central Park Circle, Boyds, MD 20841

- The competition pool at Germantown Indoor Swim center is a 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters. 10 lanes will be used for competition.
- Water depth varies at the start end from 17' in lane 1 to 6'9" in lane 10 and at the turn end from 13' in lane 1 to 6'9" in lane 10.
- 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 and a 10 lane scoreboard will be used.
- Automatic timing (touchpads primary) will be used.

## Event Schedule:

<b>Thursday, December 15</b>	<b>Distance Events</b>
	<b>13 &amp; O 1650 Free - Warm-up 4:30 to 5:00 PM Events 5:05 PM</b>
	<b>12 &amp; U 500 Free - There will be a 25-minute warm-up immediately after the 1650's.</b>
<b>December 16, 17, 18</b>	<b>13-14/Open Preliminary Sessions</b>
	<b>Warm-up: 6:15 to 7:45 AM Events 7:50 AM</b>
<b>December 16, 17, 18</b>	<b>11-12/10 &amp; Under Preliminary Sessions</b>
	<b>Warm-up <del>12:55 to 1:55 PM</del> Events <del>2:00 PM</del></b>
	<b>Updated 12:15 to 1:15 PM Events 1:20 PM</b>
<b>December 16, 17, 18</b>	<b>Finals Sessions - Competition Pool Warm-Up</b>
	<b>(Only for athletes swimming in finals each night)</b>
	<b>13 &amp; Over <del>4:50 to 5:40 PM</del> Updated 4:05-4:55 PM</b>
	<b>12 &amp; Under <del>5:45 to 6:10 PM</del> Updated 4:55-5:20 PM</b>
	<b>Events <del>6:15 PM</del> Updated 5:30 PM</b>

*The competition pool will close immediately after the conclusion of the final event of every session.*

*The warm-up/cool-down pool (REC Pool) will remain open for 15 minutes after the conclusion of every session.*

The Meet Director reserves the right to adjust the meet warm-up/session start times based upon the number of entries received as well as splitting any session into two sessions depending on athlete numbers.

Teams will be notified of any changes at least one week in advance.

**Eligibility:** This meet is open to invited Potomac Valley Swimming Athletes and invited USA Swimming Athletes that meet the event qualifying times or bonus event eligibility requirements. 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. Interested clubs/teams please contact the meet director for an invitation.

Swimmers will compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.

**Disability Swimmers:** 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.

**Officials:** Certified officials wishing to volunteer please contact the Meet Referee, Jim Garner ([garner@garnerjim.net](mailto:garner@garnerjim.net)), no later than Wednesday, November 30, 2022. Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability after that date are encouraged to contact Jim as soon as possible. A comprehensive officials briefing will precede each session during warm-up.

**Credentials:** Parents not working the meet as a deck official, or volunteer timer/runner 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

#### **Rules:**

- 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 Swimming 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 be used in preliminary sessions and timed finals.
- 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.

#### **Event Rules:**

- The entry qualifying period is 10/1/2020 thru the entry deadline.
- Entry Times: Short course yard times are conforming for this meet. Long course meter times will be seeded after SCY times, followed by bonus entries. Do not convert times before entering them. Long course times must be designated with an "L".
- Swimmers may participate in only his or her own age group events or in open events which are open to all ages.

- Athletes 12 & under may only participate in one (1) preliminary session per day.
- Swimmers must have equaled or bettered the applicable qualifying times listed.
- Swimmers may enter a maximum of six (6) individual events and no more than three (3) individual events per day.
- It may be necessary to limit entries in certain events due to time constraints. Athletes removed will have the option to add a different event, if they meet the qualifying time or bonus event limits.
- Swimmers must provide their own timer for the Thursday distance session, Friday 400 IM, Saturday 500 Free and the 1000 Free at Sunday morning prelims session.
- Swimmers must provide their own lap counter (if desired) for all distance events (500/1000/1650 Free).

#### **Individual Events:**

- Entries with "NT", (No Time), will not be accepted.
- All entries must have provable times in the SWIMS database within the qualifying period.
- All entry times requiring verification must be verified before 5:00 PM on Thursday (first day of meet) or they will be removed from the meet.
- All events are prelim and finals except for relays, the 1000 freestyle (13-14 & Open), 1650 freestyle (13-14 & Open), and the 11-12 500 freestyle which will be timed finals.
- All 10&U and 11-12 individual events will have one (1) heat in the final's sessions, except as noted above.
- All 13-14 and Open individual events will have a "B" final and an "A" final heat. The "B" final will be swum first.
- 13-14 and Open distance events will be swum combined; age groups will be awarded separately.
- 1000, 1650, and 12 & Under 500 freestyle will be swum fastest to slowest, alternating girls and boys.
- The fastest heat of the combined (13-14 & Open) men's 1000 freestyle and the fastest heat of combined (13-14 & Open) women's 1000 freestyle will swim as the first event in finals on the final day of the meet. All other men's and women's 1000s will be swum at the conclusion of the preliminary session. **Positive check in for the Sunday 1000 free will close 30 minutes after finals start on Saturday night.**
- All swim-offs will be performed before the conclusion of the preliminary session in which they occur, as noted in *USA Swimming Rules and Regulations 102.5.2*.
- **1000 free and 1650 free entries may be limited due to time constraints.** If these events become oversubscribed, entries may be limited based on fastest entries received by the entry deadline. Clubs will be notified if their swimmer has been removed from the event, and any swimmer removed from 1000/1650 free due to these limitations will be allowed to select any bonus event to enter in its place.

#### **Individual Bonus Events:**

- Swimmers achieving 1 or 2 qualifying times will be permitted to enter two (2) bonus events.
- Swimmers achieving 3, 4 or 5 qualifying times will be permitted to enter one (1) bonus event.
- Swimmers achieving 6 qualifying times are not permitted to enter bonus events.
- There are no time standards for bonus events; however, swimmers must have a provable seed time that falls within the meet qualifying period.
- Bonus entries with "NT", (No Time), will not be accepted.
- **Make sure to check the bonus event box for all bonus swims when submitting entries.**
- Bonus entries are seeded last.
- Bonus swims in events 400 yards or longer will only be accepted up to the next full heat of each event. In the case that bonus entries exceed the number of lanes available; entries will be taken according to the fastest seed times entered. The coaches of those swimmers who are removed from the bonus event will be contacted and an alternate bonus event can be chosen.

#### **Relay Events:**

- There is a limit of three (3) relay entries per club, per event.
- Relay entries with "no time" (NT) will not be accepted.
- Verification of entry time must be provided for all relay entries with the entry, composite time is acceptable.

- All relay entry times requiring verification must be verified before 5:00 PM on Thursday (first day of the meet) or they will be removed from the meet.
- The Meet Administrative Referee or Meet Manager reserves the right to combine relay events by gender or age when necessary.
- All 200-yard relays will be pre-seeded and swum during the preliminary session.
- All 11-12 400-yard relays will be pre-seeded and swum during the preliminary session.
- 13-14 & Open relays 400 yards and longer require positive check-in. The Meet Director/Referee reserves the right to waive positive check-in depending on entries received.
- All 13-14 & Open 400 relays will be swum fastest to slowest.
- All 13-14 & Open 400 Free relays (Sunday) will be swum during the preliminary session, prior to the distance events.
- Only the fastest heat of the 13-14 and Open 800 free relays will be swum during the final's session. All other heats will be swum at the conclusion of Friday's preliminary session.
- Only the fastest heat of the 13-14 and Open 400 medley relays will be swum during the final's session. All other heats will be swum at the conclusion of Saturday's preliminary session.
- If time permits, there may be a short break before or after some or all relay events. Competition pool will NOT be open during this time for warm-ups.
- Coaches will be provided with relay slips at the meet.

**Relay Bonus Events:** If an invited club does not meet the qualifying standard in a relay event, they may enter one (1) relay in that event. **Enter the relay at the qualifying standard.** Please designate the entry as a bonus event in the body of your entry email.

**Positive Check-in Policy** – Positive check in is required for all individual events 400 yards and longer. The Meet Director/Referee reserves the right to waive positive check-in depending on entries received.

For those events requiring positive check-in, team coaches shall designate their swimmer's intention to swim the event on the forms provided at the scratch table. Athletes who have not been checked-in prior to the specified time will be not be seeded into the event.

Athletes who have 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. Meet Director/Referee reserves the right to positive check-in some or all events besides those listed here to manage the timeline of the sessions.

**PVS "Scratch" Policy:**

- PVS scratch rules apply for swimmers scratching from finals.
- If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:
  - You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for A and B finals (or C finals, if scheduled).
  - You may declare "intent to scratch". You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent". If you declare an "intent to scratch" and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.
- If an athlete fails to properly scratch from an event and does not appear for the "Final" event, they shall be barred from further competition of the remainder for the meet.

**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.

**Supervision:** Coaches are responsible for the conduct of their swimmers and cleaning up for their team area.

### Entry Procedures:

- 1) Team entry files must be emailed to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)
- 2) Email subject line should be labeled "RMSC Holiday Invitational – *team name*".
- 3) Entries must arrive by the due date and time. **No Deck or Late entries will be accepted for this meet.**
- 4) The meet director will not accept phone or fax entries or entries from individual team members.
- 5) Make sure to check the bonus event box for all bonus swims when submitting entries.
- 6) Entry email must include your entry file and a report by name **with proof of time**. PDF is the preferred file format.
- 7) In the body of your e-mail please include contact information (club name, e-mail, phone, officials contact).
- 8) The Meet Director will acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.
- 9) 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 the club until the said fine is paid.
- 10) Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official will not be accepted.
- 11) There is a \$50 surcharge for processing manual entries. Please contact the Meet Director for details.

**\*\* Important \*\*** - Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches into the finals and needs to be notified. Cell phone number should be submitted with the entry email. We will also try and provide text message accessibility in the weeks leading up to the meet.

### Entry Information:

- No late or deck entries will be accepted.
- Entry Fees: \$9.00 per individual event; \$9.00 per relay
- Entry Deadline: **The entry deadline is 8:00 PM, Tuesday, December 6, 2022**
- Entry checks payable to **ActiveMontgomery**
- Each club is requested to remit one check (no cash) to cover the entry fee for the entire team.
- Payment of entry fees are due with meet entries. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the start of the meet. If the Meet Director has not received payment by the entry deadline, or other arrangements have not been made in advance, then your swimmers will be removed from the meet.
- Send Payments To: Christa Krukiel  
Germantown Indoor Swim Center  
18000 Central Park Circle, Boyds, Maryland 20841  
Contact number, ***Coaches only***, on or after Monday, December 5: (301) 742-4996

### Individual Awards:

#### 12 & under Awards:

Individual Events: 1<sup>st</sup>-3<sup>rd</sup> place medals; 4<sup>th</sup>-10<sup>th</sup> place ribbons

Relay Events: 1<sup>st</sup>-3<sup>rd</sup> place medals

#### 13 & Over Awards:

Friday night "IM Award" – highest power point score for the 400 IM, one girl and one boy regardless of age group

Saturday night "Fastest in the Pool Award" – fastest 50 free, one girl and one boy regardless of age group

Sunday night "Distance Award" – highest power point score for any distance event 500 yards and over (includes Thursday distance events), one girl and one boy regardless of age group

**Concessions:** None

**Volunteers/Timers:** This is a large event, and all manner of volunteers are needed. Teams will be assigned timers in proportion to their entries. For the meet to begin on time, all timers' positions MUST be filled prior to the start of the session. Otherwise, the meet will be delayed, and the spectator viewing will not be open. A volunteer sign-up link will be posted on the RMSC meet page (see below) for parents to sign up to help at the meet.

***Participating club coaches will be responsible for making sure all assigned volunteer positions have been filled.***

**Spectators:** The spectator viewing areas will be closed until all volunteer positions are filled for each session.  
**No personal spectator chairs allowed.**

**Live Streaming:** The live stream link will be available on the meet page (see below).

**Heat Programs:** Heat sheets for events pre-seeded will be available on the meet page (see below).

**RMSC Holiday Invitational Meet Page:** Meet session changes, heat sheets (for events pre-seeded), live stream link, volunteer link, and post meet results will be available here.

<https://rmcswimming.com/meet-schedule-20222023/2022/8/25/holiday-invitational>

**Photography:** No flash photography is allowed during the start of the races. No team or parent photographers will be permitted on the deck.

**Parking:** Parking will be available at the Germantown Indoor Swim Center for officials and coaches while spaces remain. Parking for everyone else is available in the designated lots surrounding the swim center. Handicap vehicles will be permitted to park in the swim center lots. Bus parking will be available in designated lots. Parking in the SoccerPlex may be limited due to other events. Parking in the Tennis Center lot is prohibited. All vehicles must be in appropriately marked parking spaces. Violators will be ticketed and/or towed.

**Medical Assistance:** Medical assistance will be provided by the swim center staff. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

**Directions:** Exit I-270 at Rt 118 (Germantown Road), drive 3.2 miles southwest and turn right at Richter Farm Rd. Drive .6 miles and turn left on Schaeffer Rd. Enter the circle and take 1<sup>st</sup> right on Central Park Circle.

### **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.
- No personal spectator or athlete chairs allowed.

# RMSC Holiday Invitational

December 15 – 18, 2022

## Preliminaries Order of Events

### Thursday

13 & O 1650 Free - Warm-up 4:30 to 5:00 PM Event Starts 5:05 PM

12 & U 500 Free - There will be a 25-minute warm-up immediately after the conclusion of the 1650's.

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
1	19:19.99	19:39.99	*13-14 1650 free	18:29.99	18:49.99	2
	18:39.99	18:59.99	*Open 1650 free	16:59.99	17:19.99	
3	6:02.99	5:25.99	^12&U 500 free	6:00.99	5:23.99	4

\*Positive check-in for the 1650 Free closes at 4:40 PM.

^Positive check-in for the 500 Free closes at the start of the 12U 500 Free warmup session.

All Thursday events are swum fastest to slowest, alternating girls and boys.

The 1650 events will be swum combined age groups.

### Friday

Warm Up 6:15-7:45 AM; Events start 7:50 AM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
5	2:09.99	--	13-14 200 Medley Relay	2:00.99	--	6
7	2:00.99	--	Open 200 Medley Relay	1:49.99	--	8
15	1:15.99	1:22.99	13-14 100 breast	1:11.49	1:18.49	16
17	1:12.49	1:19.49	Open 100 breast	1:03.99	1:10.99	18
23	2:05.99	2:20.99	13-14 200 free	1:59.99	2:14.99	24
25	1:59.99	2:14.99	Open 200 free	1:48.69	2:03.69	26
31	1:06.19	1:12.69	13-14 100 fly	1:03.99	1:10.49	32
33	1:01.09	1:07.59	Open 100 fly	55.99	1:01.49	34
39	4:59.99	5:34.99	*13-14 400 IM	4:49.99	5:24.99	40
41	4:42.99	5:17.99	*Open 400 IM	4:22.09	4:57.09	42
47	8:34.99	--	^13-14 800 Free Relay	8:09.99	--	48
49	8:09.99	--	^Open 800 Free Relay	7:23.99	--	50

\*400 IM must check-in no later than 30 minutes after the session starts.

^ All 800 Freestyle relays must check-in no later than 30 minutes after the session starts.

# RMSC Holiday Invitational

December 15 – 18, 2022

**Friday Updated**

**Warm Up 12:15-1:15 PM; Events start 1:20 PM**

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
9	2:14.99	--	11-12 200 Medley Relay	2:14.99	--	10
11	2:36.99	--	10&U 200 Medley Relay	2:36.99	--	12
13	2:38.99	2:53.99	12&U 200 back	2:38.99	2:53.99	14
19	43.39	46.89	10&U 50 breast	43.39	46.89	20
21	37.79	41.29	11-12 50 breast	37.79	41.29	22
27	1:12.99	1:18.99	10&U 100 free	1:12.99	1:18.99	28
29	1:03.29	1:09.29	11-12 100 free	1:03.09	1:09.09	30
35	37.99	40.99	10&U 50 fly	37.99	40.99	36
37	32.19	35.19	11-12 50 fly	32.19	35.19	38
43	2:59.99	3:17.99	10&U 200 IM	2:59.99	3:17.99	44
45	2:35.49	2:53.49	11-12 200 IM	2:35.29	2:53.29	46

**Saturday**

**Warm Up 6:15-7:45 AM; Events start 7:50 AM**

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
51	1:50.99	--	13-14 200 Free Relay	1:43.99	--	52
53	1:44.99	--	Open 200 Free Relay	1:33.99	--	54
59	2:43.99	3:01.99	13-14 200 breast	2:37.99	2:55.99	60
61	2:36.99	2:54.99	Open 200 breast	2:21.99	2:39.99	62
65	27.09	29.99	13-14 50 free	25.49	28.39	66
67	25.69	28.59	Open 50 free	23.09	25.99	68
73	1:06.59	1:13.09	13-14 100 back	1:04.79	1:11.29	74
75	1:03.49	1:09.99	Open 100 back	57.59	1:04.09	76
81	5:29.99	4:57.99	*13-14 500 free	5:17.99	4:45.99	82
83	5:15.99	4:43.99	*Open 500 free	4:52.99	4:20.99	84
89	4:31.99	--	^13-14 400 Medley Relay	4:19.99	--	90
91	4:16.99	--	^Open 400 Medley Relay	3:51.99	--	92

\* 500 Free check-in closes no later than 30 minutes after the session starts.

^All 400 Medley relays must check-in no later than 30 minutes after the session starts.



# RMSC Holiday Invitational

December 15 – 18, 2022

**Saturday Updated**

**Warm Up 12:15-1:15 PM; Events start 1:20 PM**

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
55	1:57.99	--	11-12 200 Free Relay	1:57.99	--	56
57	2:13.99	--	10&U 200 Free Relay	2:13.99	--	58
63	2:49.99	3:06.99	12&U 200 fly	2:49.99	3:06.99	64
69	1:35.49	1:42.49	10&U 100 breast	1:35.49	1:42.49	70
71	1:22.49	1:29.49	11-12 100 breast	1:22.49	1:29.49	72
77	38.99	41.99	10&U 50 back	38.99	41.99	78
79	33.99	36.99	11-12 50 back	33.99	36.99	80
85	2:38.99	2:53.99	10&U 200 free	2:38.99	2:53.99	86
87	2:17.99	2:33.99	11-12 200 free	2:16.99	2:32.99	88
93	4:58.99	--	11-12 400 Medley Relay	4:58.99	--	94

**Sunday**

**Warm Up 6:15-7:45 AM; Events start 7:50 AM**

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
99	2:21.99	2:37.99	13-14 200 back	2:16.99	2:32.99	100
101	2:14.99	2:30.99	Open 200 back	2:02.99	2:18.99	102
107	58.09	1:04.59	13-14 100 free	54.29	1:00.79	108
109	55.09	1:01.59	Open 100 free	50.09	56.59	110
115	2:29.99	2:47.99	13-14 200 fly	2:24.99	2:42.99	116
117	2:17.99	2:35.99	Open 200 fly	2:03.99	2:21.99	118
123	2:23.69	2:40.69	13-14 200 IM	2:16.99	2:33.99	124
125	2:14.99	2:31.99	Open 200 IM	2:03.49	2:20.49	126
131	3:56.99	--	*13-14 400 Free Relay	3:40.99	--	132
133	3:44.99	--	*Open 400 Free Relay	3:23.99	--	134
95	11:24.99	10:14.99	^13-14 1000 free	11:09.99	9:59.99	96
	10:55.99	9:45.99	^Open 1000 free	9:59.99	8:49.99	

\*All 400 Free relays must check-in no later than 30 minutes after the session starts.

**^ Positive check in for the Sunday 1000 free will close 30 minutes after the start of finals Saturday night.**

The fastest heat of the combined men's and women's 1000 freestyle will swim as the first event in finals.

All other women's and men's 1000s will be swum at the conclusion of the preliminary session.

13-14 and Open 1000 free will be swum combined, fastest to slowest, alternating girls and boys.

# RMSC Holiday Invitational

December 15 – 18, 2022

Sunday - Updated

Warm Up 12:15-1:15 PM; Events start 1:20 PM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
97	2:59.99	3:17.99	12&U 200 breast	2:59.99	3:17.99	98
103	1:25.99	1:32.49	10&U 100 back	1:25.99	1:32.49	104
105	1:12.99	1:19.49	11-12 100 back	1:12.99	1:19.49	106
111	32.89	35.79	10&U 50 free	32.89	35.79	112
113	28.79	31.69	11-12 50 free	28.79	31.69	114
119	1:33.99	1:40.99	10&U 100 fly	1:33.99	1:40.99	120
121	1:14.09	1:21.09	11-12 100 fly	1:14.09	1:21.09	122
127	1:22.79	--	10&U 100 IM	1:22.79	--	128
129	1:12.69	--	11-12 100 IM	1:12.39	--	130
135	4:17.99	--	11-12 400 Free Relay	4:16.99	--	136

## Finals Order of Events

Friday - Updated

13 & Over Warm-Up 4:05 to 4:55 PM

12 & Under Warm-Up 4:55 to 5:20 PM

Events start 5:30 PM

Girls Event #		Boys Event #
13	12&U 200 BACK	14
15	13-14 100 BREAST	16
17	Open 100 BREAST	18
19	10&U 50 BREAST	20
21	11-12 50 BREAST	22
23	13-14 200 FREE	24
25	Open 200 FREE	26
27	10&U 100 FREE	28
29	11-12 100 FREE	30
31	13-14 100 FLY	32
33	Open 100 FLY	34
35	10&U 50 FLY	36
37	11-12 50 FLY	38
39	13-14 400 IM	40
41	Open 400 IM	42
43	10&U 200 IM	44
45	11-12 200 IM	46
47	13-14 800 Free Relay	48
49	Open 800 Free Relay	50

# RMSC Holiday Invitational

**Saturday Updated**

**13 & Over Warm-Up 4:05 to 4:55 PM**

**12 & Under Warm-Up 4:55 to 5:20 PM**

**Events start 5:30 PM**

Girls Event #		Boys Event #
59	13-14 200 BREAST	60
61	Open 200 BREAST	62
63	12&U 200 FLY	64
65	13-14 50 FREE	66
67	Open 50 FREE	68
69	10&U 100 BREAST	70
71	11-12 100 BREAST	72
73	13-14 100 BACK	74
75	Open 100 BACL	76
77	10&U 50 BACL	78
79	11-12 50 BACL	80
80	13-14 500 FREE	82
83	Open 500 FREE	84
85	10&U 200 FREE	86
87	11-12 200 FREE	88
89	13-14 400 Medley Relay	90
91	Open 400 Medley Relay	92

**Sunday Updated**

**13 & Over Warm-Up 4:05 to 4:55 PM**

**12 & Under Warm-Up 4:55 to 5:20 PM**

**Events start 5:30 PM**

Girls Event #		Boys Event #
95	13-14/Open 1000 FREE	96
97	12&U 200 BREAST	98
99	13-14 200 BACK	100
101	Open 200 BACK	102
103	10&U 100 BACK	104
105	11-12 100 BACK	106
107	13-14 100 FREE	108
109	Open 100 FREE	110
111	10&U 50 FREE	112
113	11-12 50 FREE	114
115	13-14 200 FLY	116
117	Open 200 FLY	118
119	10&U 100 FLY	120
121	11-12 100 FLY	122
123	13-14 200 IM	124
125	Open 200 IM	126
127	10&U 100 IM	128
129	11-12 100 IM	130