

# RMSC Distance Freestyle Meet

## Meet Announcement

November 9 – 10, 2024  
At Olney Swim Center  
Sanctioned by USA Swimming through Potomac Valley Swimming  
Meet Sanction # PVQ-25-205

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Olney Swim Center, Rockville Montgomery Swim Club, and the 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.

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

**Meet Referee:** Barb Ship [barb@ships3.com](mailto:barb@ships3.com)

**Meet Officials Coordinator:** Certified officials or trainees wishing to work the meet should contact Marcie Ament at [marcieament@msn.com](mailto:marcieament@msn.com) at least two weeks in advance. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the Meet Referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.

**Location:** Olney Swim Center, (240) 777-4995  
16605 Georgia Avenue, Olney, MD 20832

- The pool at Olney Swim Center offers 8, 25 yd competition lanes, running from wall to bulkhead.
- Six 20 yd lanes are available for continuous warm up/cool down with 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 4'5" at the turn (bulkhead) end of the competition course.
- The meet hosts shall ensure the required course dimensions.
- Colorado Time Systems Electronic Timing, touch pads and a horn start will be used.
- Automatic timing (touchpads primary) will be used.

**Meet Schedule:** Saturday 1650 Free  
Sunday 1000 Free  
Warm-ups: 1:15 – 1:55 PM Event Start: 2:00 PM

The Meet Director reserves the right to adjust meet warm-ups and start times based on entries received and the RMSC Autumn Mini Meet being run earlier in the day.

**Eligibility:** This meet is open to invited Potomac Valley Swimming Athletes from RMSC. 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

**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.

**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 without the use of the backstroke ledge. 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.
- 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:**

- Swimmers may enter two (2) events for the meet.
- Seed times are short course yards.
- Events will be positive check-in and deck seeded.
- All events are timed finals and swum fastest to slowest.
- The Meet Director reserves the right to limit the number of entries in the 1650/1000 due to time constraints, if necessary, based on fastest entry times.
- Swimmers will be responsible for providing their own timers and counter.

**Qualifying Times:**

- There will be no qualifying times however, each site of RMSC will be given an assigned number of slots for the 1650 and 1000 Free.

**Positive Check In:** Positive check-in will be done by the coaches. Athletes who have not checked in prior to the specified time will not be seeded into the event.

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 meet referee.

Information regarding check in closing times will be available the week prior to the meet in the form of an email to each participating site.

**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 will 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 the team area around your swimmers. **No personal chairs allowed for swimmers in the facility.**

**Credentials:** **Parents not working the meet as a deck officials 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 always have proof of active USA Swimming membership with them.

**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.

**Spectators:** No personal spectator chairs allowed.

**Awards:** None

**Concessions:** None

**Entry Procedures:**

- Team entry files must be emailed to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)
- Email subject should be labeled "RMSC Distance Meet Entry".
- Email entry must include entry report by name.
- In body of email include total number of swimmers and total number of splashes.
- In body of email include contact information (name, phone number, e-mail) of a club.
- Entries directly from individual team members will not be accepted.
- Entries by phone, mail or fax will not be accepted.
- The Meet Director will acknowledge receipt by return e-mail within 24 hours. If acknowledgement is not received within 24 hours, please contact the Meet Director again.
- 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.

**Entry Information:**

- No late or deck entries will be accepted.
- Entry Fees: \$10.00 per individual event.
- **Entry Deadline: Tuesday, October 29, 2024 at 8:00 PM**
- Entry fee check payable to **ActiveMontgomery**
- Each club is requested to remit one check (no cash) to cover the entry fees of the entire team.
- Payment for entries from unattached swimmers not affiliated with a team must be received prior to the start of the meet. Payment may be made by cash or check.
- Entry fees are due with the meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.
- Send payment to:  
Christa Krukiel  
Germantown Indoor Swim Center  
18000 Central Park Circle  
Boyd, MD 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.
- No personal spectator or athlete chairs allowed.

# Order of Events

## Saturday

Warm-Up 1:15 – 1:55 PM; Start 2:00 PM

Mixed Event #	Event	
1	Open 1650 Freestyle	
Events will be swum fastest to slowest. Athletes must provide their own timers and counter.		

## Sunday

Warm-Up 1:15 – 1:55 PM; Start 2:00 PM

Mixed Event #	Event	
2	Open 1000 Freestyle	
Events will be swum fastest to slowest. Athletes must provide their own timers and counter.		