



Welcome To Summer Meet

Sunday, May 18, 2025

Sanction # PVQ-25-209



<div>MEET DIRECTOR</div> <div>Dave Greene DGreene@Rockvillemd.gov 301-910-2416</div>	<div>MEET REFEREE</div> <div>Tom Allison tom_allison@mac.com</div>	<div>CLUB OFFICIALS CHAIR</div> <div>Mike Baird driab_ekim@yahoo.com (240) 515-4698</div>
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-25-209.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Rockville-Montgomery Swim Club, and Rockville Swim and Fitness Center shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
FACILITY	<div>Rockville Swim & Fitness Center – Outdoor Fitness Pool</div> <div>355 Martins Lane Rockville, MD 20850 (240) 314-8750</div> <ul style="list-style-type: none">The Outdoor Fitness Pool at the Rockville Swim & Fitness Center is 50m x 25m. Competition will be held in 8 lanes, 25m, running from wall to wall.Water depth ranges from 12.5’ – 7’ at both the start and turn ends.The meet hosts will ensure the required course dimensions.	
ENTRY DEADLINE	<div>Wednesday, May 7, 2025, 5:00 pm</div> <div>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.</div>	
SCHEDULE	<div>Sunday, May 18, 2025</div> <div><div>12&Under and 13&over Boys & Girls: Warmup: 8:30-9:00 am</div><div>Events: 9:10 am</div><div>9&U Boys (MINI, ISS Groups): Warmup: 12:30-1:00 pm</div><div>Events: 1:10 pm</div><div>9&U Girls (MINI, ISS Groups): Warmup: 3:30-4:00 pm</div><div>Events: 4:10 pm</div></div> <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	<ul style="list-style-type: none">Open to all registered Potomac Valley Swimmers from Rockville Montgomery 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 <i>USA Swimming Rules and Regulations</i>, Article 302.	
SWIMMERS WITH A DISABILITY	<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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete’s coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.	
TIMING SYSTEM	<ul style="list-style-type: none">Semi-automatic timing (buttons primary) will be used.	
MEDICAL ASSISTANCE	<ul style="list-style-type: none">Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.	

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 Swimming 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 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 not 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • 12&U and 13&O Session swimmers may enter a maximum of two (2) individual events, 9&U Sessions Swimmers may enter a maximum of five (5) individual events. • 200 Freestyle and 200 IM events may be limited to 1 heat of each gender (boy/girl) and age group (10&under, 11/12, 13/14 and 15&over) if required by session times • The Meet Director reserves the right to limit events, heats, swimmers or adjust the format and session times as required after entries are received • No deck entries will be accepted.
AND	<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"> • Slowest to Fastest
SCORING	<ul style="list-style-type: none"> • No Scoring
AWARDS	<ul style="list-style-type: none"> • No Awards
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available via 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 always have proof of active USA Swimming membership with them.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • None
OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should contact the Meet Referee, Tom Allison, tom_allison@mac.com • Officials volunteering for this meet should sign in at the recording table prior to the start of

	<p>warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.</p>
TIMERS	<ul style="list-style-type: none"> Participating clubs are required to provide timers in proportion to their entries. The Meet Director will determine the number of timers per club and lane assignments. The Host Club is required to provide one timer per lane.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director (Dgreene@Rockvillemd.gov). Include in the subject of the email, "Welcome to Summer 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 Events are \$10.00 per entry</p> <ul style="list-style-type: none"> Make checks payable to RMSC Parents Club. Checks may be mailed to: Dave Greene, 355 Martins Lane, Rockville, Maryland 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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12&U/13&O Boys and Girls: Warm – up: 8:30 – 9:00 am Events: 9:10 am

GIRLS	EVENT	BOYS
1	13&O 200 Free	2
3	12&U 200 Free	4
5	13&O 100 Fly	6
7	12&U 100 Fly	8
9	13&O 50 Breast	10
11	12&U 50 Breast	12
13	13&O 100 Free	14
15	12&U 100 Free	16
17	13&O 50 Back	18
19	12&U 50 Back	20
21	13&O 100 Breast	22
23	12&U 100 Breast	24
25	13&O 50 Fly	26
27	12&U 50 Fly	28
29	13&O 100 Back	30
31	12&U 100 Back	32
33	13&O 50 Free	34
35	12&U 50 Free	36
37	13&O 200 IM	38
39	12&U 200 IM	40

9&U Boys: Warm-up: 12:30 - 1:00 p.m. Events: 1:10 p.m.

9&U Girls: Warm-up: 3:30 - 4:00 p.m. Events: 4:10 p.m.

GIRLS	EVENT	BOYS
41	9&U 100 IM	42
43	6&U 25 Free	44
45	7 YR Old 25 Free	46
47	8 YR Old 25 Free	48
49	9&U 50 Free	50
51	6&U 25 Back	52
53	7 YR Old 25 Back	54
55	8 YR Old 25 Back	56
57	9 YR Old 25 Back	58
59	6&U 25 Breast	60
61	7 YR Old 25 Breast	62
63	8 YR Old 25 Breast	64
65	9 YR Old 25 Breast	66
67	6&U 25 Fly	68
69	7 YR Old 25 Fly	70
71	9&U 25 Fly	72