

RMSC Frosty Pentathlon Mini Meet

Meet Announcement

January 10, 2010

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-10-28

ROCKVILLE • MONTGOMERY
SWIM CLUB

Meet Directors: Jenn Barnes jennbarnes@hotmail.com
Amanda Bettinger anbettein@gmail.com

Meet Referee: Bill Maneely swim323@gmail.com

Location: Germantown Indoor Swim Center, 18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

Meet Schedule:

- Sunday, January 10, 2010
 - o Warm-ups: 7:30am
 - o Event Start: 8:15am

Officials: Certified officials wishing to work the meet should contact Andy Anderson at allander@rcn.com. There will be no electric timing at this meet; watch times only. Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet director.

Warm-Up Procedures: The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed.

Rules: Current USA Swimming rules will govern this meet. All events are timed finals. This meet is primarily a pentathlon. In order to enter the “pentathlon competition” a swimmer must swim all four 25 yard events plus the 100 yard Individual Medley in their age group. Swimmers that are not entered in the “pentathlon competition” are limited to 3 events.

Eligibility: This meet is open to invited United States Swimming Athletes of the following clubs: RMSC, MACH, FAST, TIBU. Swimmers will compete at the age attained on the first day of the meet. It may be necessary to limit entries due to the time constraints.

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.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For [additional information](#) including the use of modesty wear under swimsuits, see the USA Swimming website, <http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

Entry Information:

- Entry Fees: \$4.50 per individual event.
- Regular Entry Deadline: Friday, January 1, 2010 at 11:59pm.
- Late entries and deck entries will not be accepted.

Electronic Entry Procedures:

- Email a Hy-Tek entries file (preferred) or a SDIF file to christa.krukiel@montgomerycountymd.gov.
- Email subject should be labeled "Frosty Pentathlon".
- Email must include reports by name and by event. Include total number of swimmers and total number of events, along with contact information (name, phone number, e-mail) of a club representative in the body of the e-mail.
- Send check, including "Entry Cover Sheet" to Christa Krukiel at the address below.
Christa Krukiel
Montgomery Aquatic Center
5900 Executive Boulevard
N. Bethesda, Maryland 20852
- Each club is requested to remit one check to cover the entry fees of the entire team. Please do not send cash. Entry Fees are due with entries.
- Entry Fee Payable To: Montgomery County Recreation Department (MCRD).

Warning: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2010.

Scoring: The championship scoring will be based on the accumulated times of the five events.

Awards: Special awards will be given for 1st to 3rd place for Overall Pentathlon in 8 year-old girl and boy and 7 & under girl and boy. Ribbons will be given for 1st to 12th place for individual events.

Spectator Admission and Heat Sheets: There will be no charge for admission. Heat sheets will be available for \$2.00.

Swim Center Rules and Conduct

At the request of [Montgomery County Recreation Department](#), 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.

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Order of Events

Girls	Event Description	Boys
1	6&Under 25 Freestyle	2
3	7 Year-Old 25 Freestyle	4
5	8 Year-Old 25 Freestyle	6
7	6&Under 25 Backstroke	8
9	7 Year-Old 25 Backstroke	10
11	8 Year-Old 25 Backstroke	12
13	6&Under 25 Breaststroke	14
15	7 Year-Old 25 Breaststroke	16
17	8 Year-Old 25 Breaststroke	18
19	6&Under 25 Butterfly	20
21	7 Year-Old 25 Butterfly	22
23	8 Year-Old 25 Butterfly	24
25	7&Under 100 Individual Medley	26
27	8 Year-Old 100 Individual Medley	28