

RMSC Frosty Pentathlon Mini Meet Meet Announcement

January 29, 2012

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # PVI-12-37

Meet Director: Amanda Bettinger Amanda_N_Bettinger@mcpsmd.org

Meet Entry Coordinator: Christa Krukiel christa.krukiel@montgomerycountymd.gov 240-777-8070

Meet Referee: Amy Hsu amy.hsu@nih.gov

Officials: Certified officials wishing to work the meet should contact Andy Anderson at allander@rcn.com. Any trainees must contact Andy at least one week in advance to book a training session.

Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet director. There will be no electronic timing at this meet; watch times only. Each lane MUST have 3 timers at all times, no exceptions.

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

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters.
- Water depth is 17' in lane 1 and 6'9" in lane 10 at the starting end and 13'5" at the turning end.
- The competition course has been certified in accordance with 104.2.2C, and is on file with USAS.

Meet Schedule:

- Sunday, January 29, 2012
 - o Warm-ups: 8:15 AM
 - o Event Start: 9:00 AM

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

Eligibility: This meet is open to invited United States Swimming Athletes of the following clubs: RMSC, FAST, MACH TIBU and Team Tollefson. 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

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.

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.

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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

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.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy.

Entry Information:

- Entry Fees: \$4.50 per individual event.
- Entry Deadline: Thursday, January 19, 2012 at 11:59 PM.
- No late entries will be accepted.
- Deck entries will be accepted provided there is an empty lane available. A heat will not be created.
- Deck Entry Fee: \$10.00 per individual event, due at time of acceptance.
- Swimmers must show their 2012 USAS Athlete registration card in order to deck enter.
- Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

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 entry fee check payable to MCRD to:
Christa Krukiel
Kennedy Shrivery 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.

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 2012.

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.

Special Note

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 Rec Department shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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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 |