



Spring LC Classic Meet Announcement

May 1 – 3, 2026

At Rockville Swim & Fitness Center

Sanctioned by USA Swimming through Potomac Valley Swimming
Meet Sanction # PVQ-26-103

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Rockville Montgomery Swim Club, Montgomery County Recreation, City of Rockville Department of Recreation and Parks 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
(All parent inquiries should be directed to your child's swim coach)

Meet Referee: Jessica Moore jessica@moofam.net

Meet Officials Coordinator: Certified officials or trainees wishing to work the meet should contact Marcie Ament, 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.

Sites will be responsible for providing timers in proportion to their entries.

Location: Rockville Swim & Fitness Center – **Outdoor Pool**
355 Martins Lane, Rockville, MD 20850 (240) 314-8750

- The pool is an 8 lane, 50-meter pool.
- There is no separate warm up/cool down pool.
- Water depth is 13' at the starting end and 4' at the turning end of the pool.
- The meet hosts will ensure the required course dimensions.
- Colorado Time Systems Electronic Timing System, touchpads, and horn start will be used.
- Automatic timing (touchpads primary) will be used.

Important Meet Notes:

This meet is being held at the Rockville Swim & Fitness Center outdoor pool. Early May weather is unpredictable. While the pool is being heated, plan for the water temperature to be on the cooler side. Come prepared for all types of weather with plenty of extra clothes and towels.

Parking for the meet will be at the outdoor pool parking lot. However, entrance/exit will be from Welsh Park. There is a path to the right of the outdoor pool, along the first base line of the ball fields, that will take you to the Welsh Park entrance (look for signs). There is NO parking at the indoor pool parking lot and no meet access from the indoor pool entrance.

Swimmers should plan to arrive and leave in their swimsuits. The main bathhouse/locker rooms/showers at the outdoor pool entrance will not be accessible. The lower bathrooms will be available for athletes only; there are no showers in these bathrooms.

Meet Schedule: Facility will open 30 minutes prior to the start of warm-ups.

Friday Night 400 Freestyle:

13 & Over - Warm-ups: 3:30 – 4:00 PM; Events Start: 4:05 PM

12 & Under - Approximate warm-up/start times will be posted once entries are received.

Warm-ups: immediately after the conclusion of the 13 & Over 400 Freestyle; for 20 minutes

Event Start: 5 minutes after the conclusion of warm-ups.

Positive check-in will close 5 minutes after the beginning of the 20-minute warm-up.

Saturday & Sunday:

13 & Over - Warm-ups: 9:00 – 9:50 AM; Events Start: 9:55 AM

12 & Unders - Warm-ups: 2:00 – 2:50 PM; Events Start: 2:55 PM

The Meet Director reserves the right to adjust meet warm-up and start times based upon the number of entries received and to allow the possibility of warm-up/cool down breaks during competition.

Eligibility: This meet is open to invited Potomac Valley Swimming Athletes from RMSC from the following groups: **MCR Site groups = NTG, ASG, NDG, STG, AJG and the City of Rockville Site groups = NTG, ASG, Select, and Junior 1.** 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. It may be necessary to limit entries due to the time constraints. 12 & Under swimmers may only participate in one session per day.

Swimmers with a Disability: 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. [NECESSARY ACCOMMODATIONS FORM](#)

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.

Meet Format:

- All events will be swum as MIXED gender events and as timed finals. Coaches need to keep this in mind when selecting events.
- Seed times will be long course meters. Coaches' times are accepted.
- Times since May 1, 2024 will be accepted.
- Swimmers in the 400 Free and 400 IM are required to supply their own timer.
- The 400 Free will be swum fastest to slowest.
- Swimmers may enter a maximum of 2 events/session with a meet maximum of four (4) events.
 - For 2026 swimmers may enter a Bonus Event on either **Saturday or Sunday** allowing for 3 events on one day. Depending on time constraints for the meet, swimmers may be REMOVED from the bonus event either for the 13O sessions and/or the 12U sessions. Swimmers will not be allowed to choose a different bonus event. This is only for the opportunity to swim a 5th event. For a 5th event to be allowed coaches MUST mark this event as BONUS on the entry. ***If a swimmer is entered in 5 events and no event is marked as the bonus event the last event entered will become their bonus event by default.***

Positive Check In: Positive check-in will be required in events 400 yards and longer. Athletes who have not checked in prior to the specified time will not be seeded into the event. However, on a first come first serve basis, any unassigned lanes in heat 1 may be filled by an athlete who missed positive check in. *The athlete and coach must come to the admin table before the event begins.* Additional heats will not be created.

The Meet Director will determine if positive check-in will be necessary for other events to maintain manageable timelines. The Meet Director reserves the right to waive all positive check in.

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 referee before the event takes place.

Information regarding positive check-in closing times and the possibility of additional positive check-in events will be available the week prior to the meet in the form of an email to each participating club.

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.

Publications of Results: By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.

Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up the team area around your swimmers. **No personal athlete chairs allowed.**

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.

Volunteers: The meet volunteer link for timers and meet marshals can be found on the meet page. 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 or coaches will be required to step in and time until all positions have been filled by parents.

RMSC Spring LC Classic Meet Page: Psych sheets, session changes, heat sheets, volunteer link, and post meet results will be available. [Spring LC Classic - Meet Page](#)

There will be no concessions or awards for this meet.

Entry Procedures:

- Team entry files must be emailed to christa.krukiel@montgomerycountymd.gov
- Email subject should be labeled "RMSC Spring LC Classic"
- Email entry must include entry report by name.
- In body of email include contact information (name, phone number, e-mail) of club contact.
- 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, April 21, 2026 at 8:00 PM**
- Entry fee checks 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's, Maryland 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 or behind the starting blocks.

RMSC Spring LC Classic

May 1 – 3, 2026

Order of Events

Friday

Warm-ups for 13 & Over Event: 3:30 – 4:00; Start 4:05 PM

12 & Under Event Warm-up: immediately after the conclusion of the 13 & Over Event

Swum fastest to slowest; swimmers MUST provide own timer

Mixed	Event Description
1	13 & O 400 Freestyle
2	12 & U 400 Freestyle

Saturday Events

13 & Over Session

Warm-ups: 9:00; Start 9:55 AM

Mixed	Event Description
3	13 & O 200 Freestyle
4	13 & O 50 Butterfly
5	13 & O 100 Breaststroke
6	13 & O 100 Backstroke
7	13 & O 200 Butterfly
8	13 & O 50 Freestyle
9	13 & O 400 IM

Sunday Events

13 & Over Session

Warm-ups: 9:00; Start 9:55 AM

Mixed	Event Description
17	13 & O 200 IM
18	13 & O 50 Backstroke
19	13 & O 200 Breaststroke
20	13 & O 100 Butterfly
21	13 & O 200 Backstroke
22	13 & O 50 Breaststroke
23	13 & O 100 Freestyle

12 & Under Session

Warm-ups: 2:00; Start 2:55 PM

Mixed	Event Description
10	12 & U 200 Freestyle
11	12 & U 50 Butterfly
12	12 & U 200 Breaststroke
13	12 & U 100 Backstroke
14	12 & U 200 Butterfly
15	12 & U 50 Breaststroke
16	12 & U 50 Freestyle

12 & Under Session

Warm-ups: 2:00; Start 2:55 PM

Mixed	Event Description
24	12 & U 200 IM
25	12 & U 50 Backstroke
26	12 & U 100 Butterfly
27	12 & U 100 Breaststroke
28	12 & U 200 Backstroke
29	12 & U 100 Freestyle