# EAT – N – MEET MINI MEET

## SUNDAY, OCTOBER 11, 2026

## PVQ-27-204

**Hosted by:**

| MEET DIRECTOR | MEET REFEREE | CLUB OFFICIALS CHAIR |
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| Dave Greene<br>Dgreene@Rockvillemd.gov<br>(301) 910-2416 | Scott Witkin<br>switkin1@gmail.com<br>(301) 467-1675 | Mike Baird<br>driab_ekim@yahoo.com<br>(240) 515-4698 |

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| **SANCTION** | • Held under the sanction of USA Swimming through Potomac Valley Swimming: **PVQ-27-204.**<br>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Rockville-Montgomery Swim Club, and the 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** | **Rockville Swim and Fitness Center**<br>355 Martins Lane<br>Rockville, Maryland 20850<br>(240) 314-8750<br>• The Rockville Swim and Fitness Center has two indoor pools. Competition will be held in the south pool. The south pool is 6 lanes, 25-yards, with non-turbulent lane lines and continuous flow-through gutters.<br>• Water depth is 12' at the starting end and 3' 9" at the turning end.<br>• The meet hosts shall ensure the required course dimensions. |
| **ENTRY DEADLINE** | **Monday, October 5, 2026, 5:00 pm**<br>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. |
| **SCHEDULE** | **Sunday, October 11, 2026**<br>Girls: Warm-ups 1:00 pm. Events at 1:40 pm<br>Updated: Boys: Warm-ups 3:45 pm. Events at 4:25 pm<br>• Meet Director reserves the right to adjust times/sessions after entries are received. |
| **ELIGIBILITY** | • Open to registered Potomac Valley Swimmers from Rockville Montgomery Swim Club.<br>• 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 WITH A DISABILITY** | • PVS and host clubs, along with Meet Directors and Meet Referees, are committed to the Inclusion Policy as adopted by the BOD. The swimmer or the swimmer's coach is responsible for notifying the Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. It is preferable that this notice be provided on the Accommodations/Modifications form<br>NECESSARY ACCOMMODATIONS FORM |
| **TIMING SYSTEM** | • Semi-automatic timing (buttons primary) will be used. |

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| **RULES** | ● Current USA Swimming rules shall govern this meet.<br>● 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.<br>● No on-deck USA Swimming registration is permitted.<br>● 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. In compliance with PVS policy, the use of equipment capable of taking pictures and/or videos of athletes while they are on the blocks or exiting the pool (e.g. cell phones, cameras, etc.) is strictly prohibited. Credentialed and Meet Host, pre-approved media personnel are permitted to take pictures and/or videos of athletes after they have entered the pool and before exiting the pool.<br>● Deck changes are prohibited.<br>● 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.<br>● 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.<br>● Dive-over starts will not be used.<br>● 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** | ● All events are timed finals.<br>● Swimmers may enter up to three (3) events.<br>● No deck entries will be accepted. |
| **POSITIVE CHECK IN** | ● All events will be pre-seeded. |
| **WARM-UP** | ● The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments. |
| **SUPERVISION** | ● Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. |
| **SEEDING** | ● The meet will be pre-seeded. |
| **SCORING** | ● The meet will not be scored. |
| **AWARDS** | ● No awards will be given. |
| **PROGRAMS** | ● Meet programs will be available on Meet Mobile and emailed to participants. |
| **CREDENTIALS** | ● Athletes, USA Swimming certified coaches, and deck officials only will be permitted on the deck. Coaches and Officials must always have proof of active USA Swimming membership with them. |
| **SPECTATOR ENTRY FEE** | ● N/A<br>● Spectators will be Allowed inside the facility in bleacher areas only. |

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| **MEDICAL ASSISTANCE** | ● 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. |
| **FACILITY RULES** | ● At the request of The Rockville Swim and Fitness Center, swimmers are not to leave the pool deck without appropriate attire.<br>● No glass containers are permitted within the facility.<br>● Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.<br>● No camera cell phones are permitted in the locker rooms. |

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| | ● Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. |

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| **OFFICIALS** | ● Officials interested in volunteering should contact Scott Witkin switkin1@gmail.com.<br>● 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 referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups. |
| **TIMERS** | ● An online timer signup will be used. |
| **ENTRY PROCEDURES** | ● Entries should be submitted by email to the Meet Director.<br>● Include in the subject of the email, "2026 EAT-N-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.<br>● Include in entry email: entry file, report of entries by name, report of entries by event.<br>● In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).<br>● Entries directly from individual team members will not be accepted.<br>● Entries by phone or fax will not be accepted.<br>● 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.<br>● 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** | **Individual event fee: $11.00**<br>● Make checks payable to RMSC Parents Club. Checks should be delivered to the Meet Director.<br>● 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.<br>● Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. |

# Eat-N-Meet Mini Meet

## Sunday, October 11, 2026

Girls: Warm-ups 1:00 pm. Events at 1:40 pm

Boys: Warm-ups: 3:30 pm. Events at 4:10 pm

## Sunday, October 11, 2026

| GIRLS | EVENT | BOYS |
|---|---|---|
| 1 | 8&Under 100 IM | 2 |
| 3 | 6&Under 25 Back | 4 |
| 5 | 7 YR Old 25 Back | 6 |
| 7 | 8 YR Old 25 Back | 8 |
| 9 | 7 & Under 25 Breast | 10 |
| 11 | 8 YR Old 25 Breast | 12 |
| 13 | 6 & Under 25 Free | 14 |
| 15 | 7 YR Old 25 Free | 16 |
| 17 | 8 YR Old 25 Free | 18 |
| 19 | 7 & Under 25 Fly | 20 |
| 21 | 8 YR Old 25 Fly | 22 |
| 23 | 8 & Under 50 Free | 24 |
| 25 | 8 & Under 100 Free | 26 |