Frosty Pentathlon Mini Meet

Meet Announcement

January 10, 2027

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction # **PVI-27-54**

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 Recreation 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
(Parents are to contact your swimmer's coach if you have any questions/concerns regarding the meet)

Meet Referee: Steven Kaiser steve.kaiser270@gmail.com

Meet Officials Coordinator: Certified officials and trainees wishing to work should contact Tom Donley, donley.tom@gmail.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.

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

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

- The competition pool at Germantown Indoor Swim center is a 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters. 10 lanes will be used for competition.
- Water depth varies at the start end from 17' in lane 1 to 6'9" in lane 10 and at the turn end from 13' in lane 1 to 6'9" in lane 10.
- The meet hosts will ensure the required course dimensions.
- Colorado Time Systems Electronic Timing, horn start and a 10-lane scoreboard will be used.
- Semi-automatic timing (buttons primary) will be used.

Meet Schedule:

- Warm-ups: 8:45 – 9:25 AM
- Event Start: 9:30 AM

The Meet Director reserves the right to adjust meet warm-ups and session start times based upon the number of entries received.

Eligibility: This meet is open to invited Potomac Valley Swimming Athletes and invited USA Swimming Athletes ages 9 and under. Interested teams must email the Meet Director for an invitation as space is limited. ***RMSC participation is only for those athletes registered for the Mini or ISS groups***. 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.

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 NECESSARY ACCOMMODATIONS FORM

Rules:

- Current USA Swimming rules shall govern this meet.
- No on-deck USA Swimming registration is permitted.
- All 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 MAAPP 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. 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.
- 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.

Event Rules:

- Seed times are short course yards;
- Qualifying period 1/1/2025 thru entry deadline.
- All events are timed finals.
- This meet is primarily a pentathlon. To enter the "pentathlon competition" a swimmer must be entered and swim all four 25-yard events plus the 100-yard Individual Medley in their age group (five events total).
- All other swimmers not entering "pentathlon competition" are limited to 3 events maximum.

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, and the spectator viewing will not be open, or it will be closed, and all parents will need to vacate until all positions have been filled.

Spectators: The spectator viewing areas will not be opened until all volunteer positions are filled for each session. **No personal spectator chairs allowed in the facility**.

RMSC Frosty Pentathlon Mini Meet - Meet Page: Meet session changes, heat sheets, volunteer link, and post meet results will be available on this page.

Scoring: The overall Pentathlon winners will be based on the accumulated times of the five individual events.

Awards: Special awards will be given for the Overall Pentathlon Champion and Runner Up 9-year-old girl and boy, 8-year-old girl and boy and 7-year-old girl and boy and 6&U girl and boy. Swimmers must be entered in all 5 events to be considered for the Pentathlon awards. Ribbons will be given for 1st to 10th place for individual events.

Concessions: None

Entry Procedures:

- Team entry files must be emailed to christa.krukiel@montgomerycountymd.gov
- Email subject should be labeled "RMSC Frosty Pentathlon Mini Meet."
- Email entry must include entry report by name.
- In body of email include total number of swimmers and total number of splashes.
- In body of email include contact information (name, phone number, e-mail) of a club.
- 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, December 29, 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
  Boyds, MD 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.
- No personal spectator or athlete chairs allowed.

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Order of Events

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