

# National Age Group Team Challenge Meet Announcement

November 7-8, 2009

At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming

Meet Sanction #

ROCKVILLE - MONTGOMERY  
SWIM CLUB

**Meet Directors:** Christa Krukiel (240) 777-8074 [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)  
(contact number on or after Thursday, November 5<sup>th</sup> 301-742-4996)  
Dave Kraft (301) 774-9328 [dmkraft77@aol.com](mailto:dmkraft77@aol.com)

**Meet Referee:** Scott Witkin [scottwitkin@verizon.net](mailto:scottwitkin@verizon.net)

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

## Meet Schedule:

- Saturday, November 7, 2009
  - o 13 & 14 Year Olds
    - Warm-ups: 7:00 – 7:50am
    - Event Start: 8:00am
  - o 9-12 Year Olds
    - Warm-ups: 11:00 – 11:50am
    - Event Start: 12:00pm
  - o All Ages “Relay Finals”
    - Warm-ups: 5:00 – 5:45pm
    - Events Start: 6:00pm
- Sunday, November 8, 2009
  - o 13 & 14 Year Olds
    - Warm-ups: 7:00 – 7:50am
    - Event Start: 8:00am
  - o 9-12 Year Olds
    - Warm-ups: 12:00 – 12:50pm (or immediately after the morning session, whichever is later)
    - Event Start: 1:00pm (or one hour after warm-ups start, whichever is later)

**Officials:** Certified officials wishing to work the meet should contact Scott Witkin at [scottwitkin@verizon.net](mailto:scottwitkin@verizon.net). Clubs will be responsible for providing 2 timers per session.

**Warm-Up Procedures:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Information regarding assigned warm-ups will be available the meet.

**Eligibility:** This meet is open to invited United States Swimming Athletes of the following clubs: BSC, CUBU, DST, LIAC, MACH, Monocacy, NOVA, and RMSC. Swimmers will compete at the age attained on the first day of the meet.

Teams may enter unattached swimmers however, those swimmers will count as one of the 3 entries allowed per team and may not score. These swimmers must be entered unattached and marked as exhibition. They are not eligible for relays.

Teams may enter 8 year olds into 9-10 events, those swimmers will count as one of the 3 entries allowed per team and may not score. These swimmers must be marked as exhibition. They are not eligible for relays.

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. Swimmers may compete in up to 4 individual events, and as many relays offered in their age group.

Clubs may enter up to 3 swimmers per individual event, except the 11-12 500 Freestyle and the 13-14 1000/1650 Freestyle (only 2 swimmers per club per event).

2 relay teams per club per event allowed for relay events 65-76. All B relays will swim in heat 1 and all A relays will swim in heat 2. One relay per club per event for the Crescendo relays (events 77-78).

Swimmers will be responsible for providing their own timer and counter for the 500/1000/1650 Free and their own timer for the 400 IM.

Dive-over starts may be used at this meet at the discretion of the Meet Director and/or Meet Referee.

**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>

**Meet Format:** A 10-lane course will be used, allowing for 2-3 heats per individual event, depending on the number of swimmers entered. The Meet Director reserves the right, depending on entries received, to combine the 13 yr old & 14 yr old 1000/1650 Freestyle, the event will be scored separately by single age. Coaches and athletes are asked to consider this when selecting events, as no breaks will be taken other than those already mentioned in the event schedule. All events are timed finals, and will be swum slowest to fastest. All entries should be in short course yards format. Converted times are acceptable.

Crescendo Freestyle Relay will be swum in the following order: 9 year-old 50 Freestyle, 11 year-old 100 Freestyle, 13 year-old 200 Freestyle, 14 year-old 200 Freestyle, 12 year-old 100 Freestyle, 10 year-old 50 Freestyle. Please create an aggregate time for seeding purposes.

**Entry Information:**

- Entry Fees: \$5.00 per individual event, and \$10.00 per relay event.
- Regular Entry Deadline: Tuesday, October 27, 2009 at 11:59pm.
- 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](mailto:christa.krukiel@montgomerycountymd.gov).
- Email subject should be labeled "NAG Team Challenge Entry".
- 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.

**Scratches:** If a swimmer is entered in the meet and is unable to swim, the club may scratch that swimmer from the day's events, and substitute other eligible swimmers, provided those swimmers do not exceed the maximum events rule. Clubs are requested to please see a meet director upon arrival at the session should this need arise.

**Scoring:** Individual event scoring will be calculated by Power Points (the same values as those used in the Virtual Club Championships), not by place. A maximum of two swimmers per club per event will be scored.

Relays (two per club) will be scored as follows: 1<sup>st</sup>-2000 points, 2<sup>nd</sup>-1700 points, 3<sup>rd</sup>-1600 points, 4<sup>th</sup>-1500 points, 5<sup>th</sup>-1400 points, 6<sup>th</sup>-1300 points, 7<sup>th</sup>-1200 points, 8<sup>th</sup>-1100 points, 9<sup>th</sup>-900 points, 10<sup>th</sup>-800 points, 11<sup>th</sup>- 700, 12<sup>th</sup>-500, 13<sup>th</sup>-400, 14<sup>th</sup>-300, 15<sup>th</sup>- 200, 16<sup>th</sup>-100. All relays that swim are eligible to score.

**Awards:** Awards will be presented immediately following session 5. A banner will be presented to the 1<sup>st</sup> place team. Plaques will be presented to the individual male and female with the outstanding performance of the meet (based on Power Points). The male and female swimmer scoring the highest power point ranking in one event will be considered the outstanding performer of the meet.

**Spectator Admission and Heat Sheets:** There will be no charge for admission. An all-session program will be available for \$5.00 each.

### **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.

### **Hotel Accommodations**

#### [Wyndham-Gaithersburg](#)

805 Russell Avenue, Gaithersburg, MD (301) 670-0008

#### [Fairfield Inn](#)

20025 Century Boulevard, Germantown, MD (301) 916-0750

#### [Gaithersburg Marriott Washingtonian Center](#)

9751 Washingtonian Boulevard, Gaithersburg, MD (301) 590-0044

#### [Hampton Inn](#)

20260 Goldenrod Lane, Germantown, MD (301) 428-1300

#### [Hilton Gaithersburg](#)

620 Perry Parkway, Gaithersburg, MD (301) 977-8900

#### [Holiday Inn](#)

2 Montgomery Village Avenue, Gaithersburg, MD (301) 948-8900

#### [Homestead Studio Suites Hotel](#)

20141 Century Boulevard, Germantown, MD (301) 515-4500

#### [Extended Stay America](#)

12450 Milestone Center Drive, Germantown, MD (301) 540-9369

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## Order of Events

**Saturday, November 7, 2009**

Warm-up: 7:00-7:50am Events: 8:00am start

Girls	Event Description	Boys
1	13-14 200 Freestyle Relay	2
3	13 Year-Old 200 Individual Medley	4
5	14 Year-Old 200 Individual Medley	6
7	13 Year-Old 100 Backstroke	8
9	14 Year-Old 100 Backstroke	10
11	13 Year-Old 200 Breaststroke	12
13	14 Year-Old 200 Breaststroke	14
15	13 Year-Old 50 Freestyle	16
17	14 Year-Old 50 Freestyle	18
19	13 Year-Old 200 Butterfly	20
21	14 Year-Old 200 Butterfly	22
23	13 Year-Old 500 Freestyle	24
25	14 Year-Old 500 Freestyle	26

**Saturday, November 7, 2009**

Warm-up: 11:00-11:50am Events: 12:00pm start

Girls	Event Description	Boys
27	11-12 200 Medley Relay	28
29	9 Year-Old 200 Freestyle	30
31	10 Year-Old 200 Freestyle	32
33	11 Year-Old 200 Freestyle	34
35	12 Year-Old 200 Freestyle	36
37	9 Year-Old 100 Backstroke	38
39	10 Year-Old 100 Backstroke	40
41	11 Year-Old 100 Backstroke	42
43	12 Year-Old 100 Backstroke	44
45	9 Year-Old 100 Breaststroke	46
47	10 Year-Old 100 Breaststroke	48
49	11 Year-Old 100 Breaststroke	50
51	12 Year-Old 100 Breaststroke	52
53	9 Year-Old 50 Freestyle	54
55	10 Year-Old 50 Freestyle	56
57	11 Year-Old 50 Freestyle	58
59	12 Year-Old 50 Freestyle	60
61	11 Year-Old 500 Freestyle	62
63	12 Year-Old 500 Freestyle	64

**Saturday, November 7, 2009**

Warm-up: 5:00-5:50pm Events: 6:00pm start

Girls	Event Description	Boys
65	9-10 200 Medley Relay	66
67	11-12 400 Medley Relay	68
69	13-14 400 Medley Relay	70
71	9-10 200 Freestyle Relay	72
73	11-12 400 Freestyle Relay	74
75	13-14 400 Freestyle Relay	76
10 Minute Break		
77	700 Yard Crescendo Freestyle Relay	78

**Sunday, November 8, 2009**

Warm-up: 7:00-7:50am Events: 8:00am start

Girls	Event Description	Boys
79	13-14 200 Medley Relay	80
81	13 Year-Old 200 Freestyle	82
83	14 Year-Old 200 Freestyle	84
85	13 Year-Old 100 Butterfly	86
87	14 Year-Old 100 Butterfly	88
89	13 Year-Old 200 Backstroke	90
91	14 Year-Old 200 Backstroke	92
93	13 Year-Old 100 Breaststroke	94
95	14 Year-Old 100 Breaststroke	96
97	13 Year-Old 100 Freestyle	98
99	14 Year-Old 100 Freestyle	100
101	13 Year-Old 400 Individual Medley	102
103	14 Year-Old 400 Individual Medley	104
105	13 Year-Old 1000 Freestyle	
	13 Year-Old 1650 Freestyle	106
107	14 Year-Old 1000 Freestyle	
	14 Year-Old 1650 Freestyle	108

**Sunday, November 8, 2009**

Warm-up: 12:00-12:50pm Events: 1:00pm start

Girls	Event Description	Boys
109	11-12 200 Freestyle Relay	110
111	9 Year-Old 200 Individual Medley	112
113	10 Year-Old 200 Individual Medley	114
115	11 Year-Old 200 Individual Medley	116
117	12 Year-Old 200 Individual Medley	118
119	9 Year-Old 100 Freestyle	120
121	10 Year-Old 100 Freestyle	122
123	11 Year-Old 100 Freestyle	124
125	12 Year-Old 100 Freestyle	126
127	9 Year-Old 100 Butterfly	128
129	10 Year-Old 100 Butterfly	130
131	11 Year-Old 100 Butterfly	132
133	12 Year-Old 100 Butterfly	134

