

53RD ANNUAL  
**WASHINGTON METROPOLITAN INTERSCHOLASTIC  
SWIMMING & DIVING CHAMPIONSHIPS**

FEBRUARY 8 - 11, 2017

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**MEET ANNOUNCEMENT    PVO-17-204**

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*Sanctioned By: National Federation of State High School Athletic Associations through Montgomery County Public Schools and approved by Potomac Valley Swimming*

**Meet Director:**      Christa Krukiel                      [Christa.Krukiel@montgomerycountymd.gov](mailto:Christa.Krukiel@montgomerycountymd.gov)

**MCR Aquatics Manager:** Melanie Sasse                      [melanie.sasse@montgomerycountymd.gov](mailto:melanie.sasse@montgomerycountymd.gov)

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

The swim center operated by Montgomery County Recreation, features 1 and 3 meter springboards as well as 3.5, 5, 7 and 10 meter platforms, a 10-lane competitive pool and a 7-lane recreational pool, which will be available for continuous warm-ups. The use of the 3 meter springboards and any of the platforms is prohibited during warm-ups or competition.

***Directions: Exit I-270 at Route 118 (Germantown Road). Turn right on Richter Farm Road. Turn left on Schaeffer Road. Make the first right in the traffic circle to Central Park Circle. Make the first left and pool is on right. Parking is available in front of the pool facility and next door in the Splash Pool lot.***

<b>Schedule:</b>	Wednesday	Boys Diving Preliminary, Semi-finals & Finals Check-in 2:15 PM Changes to Dive Sheets close at 4:00 PM Warm-ups 3:00 – 4:15 PM              Event at 4:30 PM
	Thursday	Girls Diving Preliminary, Semi-finals & Finals Check-in 2:15 PM Changes to Dive Sheets close at 4:00 PM Warm-ups 3:00 – 4:15 PM              Event at 4:30 PM
	Friday	500 Freestyle & 400 Freestyle Relay Trials Warm-ups 4:30 - 5:20 PM              Event at 5:30 PM
	Saturday Morning	Swimming - Trials (except 500 Freestyle & 400 Freestyle Relay) Warm-ups 7:00 – 8:10 AM              Event at 8:15 AM

The entire facility is closed 15 minutes after the conclusion of morning trials and will re-open at the times noted below.

Saturday Evening	Swimming - Finals <u>Pool Deck</u> for Coaches/Athletes re-opens at 3:45 PM <u>Spectator Gallery</u> seating re-opens at 4:00 PM Warm-ups 4:30 – 5:20 PM              Event at 5:30 PM
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*There will be a 10 minute break after event 8 Girls 50 Freestyle, during both trials & finals session, after event 14 Girls 100 Freestyle during preliminaries, & after event 16, Girls 500 Freestyle during finals.*

**Eligibility:** Entries will only be accepted from invited high school or prep school teams in the Washington Metropolitan area, who are members of the Maryland Public Secondary Schools Athletic Association (MPSSAA) or have been approved by the MPSSAA as non-member schools or are members of other high school athletic associations (VHSL, DCIAA) that are in compliance with the current Standards of Competition.

Each school/coach is responsible for ensuring their team is eligible to compete. For a list of MPSSAA currently approved non member schools please visit <http://www.mpssaa.org/sanctioning/ApprovedNonMemberSchools.asp>. The form to request to be an approved non member school can be found on the right side of the link above under Standards of Competition.

Each school's cover sheet must bear certification by the Principal or Athletic Director that all entrants listed are students in good standing at their school and that they meet the school's rules for athletic eligibility, and they meet the eligibility regulations of the conference or association of which the school is a member. Swimmers must have equaled or bettered the 2017 qualifying standards for the meet.

**Rules:** Rules for competition will be those set forth in the current National Federation Swimming and Diving Rulebook. The Meet Referee, Starter and all Stroke and Turn Judges will be currently certified USA Swimming officials. Swimmers who wish to use times from this meet for USAS competition will be judged by USA Swimming rules. This meet is approved as an observed meet by Potomac Valley Swimming. All times must be verifiable through the meet results. Competitors may qualify for All-American at this meet. One of the goals of this meet is to encourage high school swim and dive team competition. Therefore, each team must have competed in at least three meets and be prepared to produce appropriate meet results, prior to METROS, to validate their meet entry. School teams not competing in structured programs must be prepared to show meet results, if challenged.

**Meet Format:** All swimming events will be run as Trials & Finals, the top 20 competitors will return for finals. Points for places 1 - 10 will be awarded on the basis of the results of the Championship Final Heat. A Consolation Heat will be swum before the Championship Final Heat to determine places 11 - 20.

**NOTE:** No swimmer in the Consolation Heat may displace a swimmer from the Championship Heat.

**Swim Events:** Swimmers must have equaled or bettered the 2017 qualifying standards for the meet. The qualifying period is 2/3/16 through this year's entry deadline, only official times from high school meets qualify. Proof of time by name, including relays, must be included with your entry. This meet will run on Hy-Tek Meet Manger software.

**Diving Events:** The event will consist of Preliminaries, Semifinals and Finals as described in the current Federation Rule Book. The Meet Director reserves the right to limit the number of divers entered in the meet or waive the cut after the 3<sup>rd</sup> dive of preliminaries. In the interest of having a manageable diving event, we ask coaches to restrict their entries to those athletes who have prepared for, and have sufficient skills for, a safe eleven-dive championship. All divers must be able to do all eleven dives. Each diver must be listed on their team's entry reports. **Coaches must submit, by the entry deadline, with the team entry, one copy of a completed Diving Score Sheet for each diver entered.** Divers should retain a duplicate copy of their dive sheet. Minor changes can be made up to 30 minutes prior to the start of the event.

**Relay Events:** Relay cards must be picked up by the coaches at the scoring table during warm-ups, at both Trials and Finals. All swimmers who are included in the roster zip file are eligible to compete. Coaches must return, to the scoring table, relay cards prior to the start of the first heat of competition for each relay. List on the front of the relay cards the names of each relay member, numbered 1-4, to indicate the order of their swim. Coaches must sign the relay card. Relay team members at finals need not be the same four swimmers who compete in trials. Swimmers can not to exceed the maximum number of events in the meet. Relay names do not need to be entered on the team entry file/report.

**USA Swimming ID's:** For swimmers who wish to have their swim times loaded into the SWIMS database we MUST have the proper USA Swimming athlete ID. Please make sure your team database has this information properly entered before submitting entries.

**Entry Deadline:** Team entries must be received no later than **Sunday, February 5, 2017 at 12 noon.** Your signed cover sheet and meet entry fee must be received by the beginning of the first session of competition on Wednesday, February 8, 2017.

**Entries:** All entries are final. No changes may be made after they are submitted. There will not be a scratch meeting. A competitor will be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Each team may enter a maximum of 4 swimmers in any individual event and one team in a relay event. All entries must include contact information – school name, coach's name(s), phone numbers and email address (es) – so we can contact you at any time to resolve entry problems. It is required that entry for METRO Championships be done electronically with Team Manager. To enter by email, submit your entry to [christa.kruekiel@montgomerycountymd.gov](mailto:christa.kruekiel@montgomerycountymd.gov).

### **The following 5 items must be attached for a team entry to be accepted:**

#### **1 - Entry zip file**

- Make sure to save/rename the file with your school name.

#### **2 - Team roster zip file (all swimmers/divers must be included to be relay eligible)**

- This is a zip file, NOT a hard copy report.
- In Team Manager, select file, then export, then select Athlete/Teams, then export.
- Make sure/rename the file with your school name in full.

#### **3 - Entry report by event (this report must include proof of time and relays)**

- In Team Manager select reports, then entries reports, then the meet entries box will appear
- Once in this menu select the filters: Metro Meet; Sort by Meet Event Number; under "Other Options" select include Proof of Time; under "Event Filters" select individual and relays; then create your report and export.
- Make sure to save/rename the file with your school name in full.

#### **4 - Preliminary diving sheets for all divers (any version of diving a sheet is accepted)**

- Save each divers sheet separately
- Name each dive sheet as follows: divers last name followed by the school name
- Changes and signatures can be made on the day of the event
- If you are not entering divers please state that in the body of your email

#### **5 - Metro cover sheet**

- Make sure to save/rename the file with your school name.
- A completed cover sheet with the Coach and Athletic Director/School Administrator signatures must be included with the team entry by the entry deadline. A scanned copy can be emailed with the entry.
- Team coaches must be listed on the signed cover sheet to receive credentials.
- Teams who fail to submit a signed copy of the cover sheet will not receive coaching/deck credentials for access to Saturday finals.

**No school entry will be accepted without all 5 attachments.**

Divers and relays must be included in the entry and roster file.

**Fees:**

• Individual Entries	\$6.50 per swimmer, per individual event
• Relay Entries	\$13.00 per relay
• Data Entry Fee	\$50.00 (if applicable, manual entries only, contact the Meet Director for directions)

**Make checks payable to: ActiveMontgomery (please do not mail checks, hand deliver at meet, otherwise contact the Meet Director for an address)**

Email entries to [Christa.Kruekiel@montgomerycountymd.gov](mailto:Christa.Kruekiel@montgomerycountymd.gov)

Questions - Contact Christa by email or in an emergency by phone (301) 742-4996

**Athlete Credentials & Deck Passes:** It is the coaches responsibility to make sure all team members are informed of the below policy. In order to receive a deck credential or deck pass to access the pool deck for finals the following procedures must be followed:

- All team athletes/ managers must be included on the team roster submitted by the entry deadline.
- Athletes who qualify for finals must pick up their deck credential BEFORE they leave the preliminary session, the table will be located near the announcer. Athletes must show this credential before being allowed on the pool deck for finals warm-ups.
- Athletes who do not qualify for finals will be given deck passes prior to the start of the finals session in the facility lobby/conference room.
- Athletes MUST present a photo ID in order to receive a pass/band. Passes/bands will only be given to athletes listed on the roster and only to the athlete who presents a photo ID.
- The pass/band must be worn at all times.
- Athletes found violating the policy, removing or trying to share the band will be escorted out of the facility.

**Awards:** Team trophies are awarded for the top three cumulative scores for both boys and girls teams. Individuals and Relays placing in the top 3 in Finals will receive awards. An individual athlete will be chosen to receive the “Outstanding Performance Award” in memory of Frank Martin, the Metro Meet founder.

**Facility & Spectator Seating:** The facility & spectator gallery bleacher seating area above the pool deck will close 15 minutes following the conclusion of Saturday morning’s preliminary session. The facility will re-open 30 minutes before warm-ups begin for finals. NO personal items can remain in the spectator gallery or facility and team areas cannot be saved. Once re-opened seating is first come first serve.

**Personal Chairs:** Athlete and spectator personal chairs are not permitted on the pool deck, on the balcony’s/walkways or in the lobby.

**Photographers/Media:** Any school photographer or news media that wish to be on deck taking pictures or receiving meet info/results must register with MCR ahead of time and then they will need to check in at the meet PRIOR to stepping on deck. Only one person/school is allowed on deck at any time.

**Procedure to register:**

- Email name of the photographer/school they are representing, NO LATER then the entry deadline.
- Check in at the front desk of the GISC to receive deck pass and guidelines.
- Anyone who is on deck and not registered will be removed from the pool deck immediately.

**Concessions:** Food will be available for sale at the concession stand.

**Programs:** Programs will be on sale at the facility front desk Saturday morning.

**Meet T-Shirts:** A limited number of souvenir T-Shirts will be on sale at a nominal cost to all contestants on a first come, first served basis.

**Meet Qualifying Standards: Time standards remain the same as 2016.**

EVENT #	BOYS	EVENTS	GIRLS	EVENT #
1	1:52.99	200 Yard Medley Relay	2:05.99	2
3	1:56.49	200 Yard Freestyle	2:08.59	4
5	2:14.99	200 Yard Individual Medley	2:26.09	6
7	23.79	50 Yard Freestyle	26.59	8
9	---	Diving (1 Meter, 11 Dives)	---	10
11	59.99	100 Yard Butterfly	1:07.09	12
13	53.59	100 Yard Freestyle	58.69	14
15	5:19.99	500 Yard Freestyle	5:47.99	16
17	1:42.99	200 Yard Freestyle Relay	1:54.99	18
19	1:02.19	100 Yard Backstroke	1:07.29	20
21	1:08.29	100 Yard Breaststroke	1:14.79	22
23	3:48.59	400 Yard Freestyle Relay	4:16.99	24

