



FISH Intra-squad Meet

October 11th & 18th, 2020

Sanction # PVQ-21-105

Hosted by: The FISH



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Matt Pelletier mpelletier@pvfish.org , 440-552-6907	Nathan Dean officials@pvfish.org , 571-205-0838	Nathan Dean officials@pvfish.org , 571-205-0838

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVQ-21-105. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH, and Tuckahoe Recreation Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p style="text-align: center;">Tuckahoe Recreation Club 1814 Great Falls St. McLean VA 22101 (703) 356-1205</p> <ul style="list-style-type: none"> 6 lanes, 25 yards Water depth range of 12' at the starting end and 3' – 3.5' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Sunday October 4, 2020 @ 11:59 p.m.</p> <p>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.</p>
SCHEDULE	<p style="text-align: center;">Sunday October 11th & 18th, 2020</p> <p style="text-align: center;">Warm-up: 7:00 – 7:30 a.m. Events: 7:35 a.m.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming-registered FISH swimmers. 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 <i>USA Swimming Rules & Regulations</i> Article 302.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> 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 notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

	<ul style="list-style-type: none"> • USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, THE FISH SWIM TEAM, AND TUCKAHOE RECREATION CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet; however, we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.
<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • Athletes must arrive and depart in their suits. Locker room use must be minimized. Restrooms will be available for emergency situations with occupancy limited to one person at a time. • Athletes must wear masks while not in the water warming up, cooling down, or racing. • Coaches, officials, volunteers, and spectators must wear masks at all times. • All attendees will be required to complete a health attestation in addition to the completing the Sparrow Occupational Health Screening tool (https://www.sparrow.org/OccHealthScreening) no more than four (4) hours before entry into the facility. A coach or marshal will be stationed at the entry point to screen swimmers and volunteers for completion of the survey. No swimmer will be allowed entry after 7:05 a.m. and no volunteers will be allowed entry after 7:35 a.m. • Swimmers will be assigned a space on deck and non-family members will be spaced 10' apart. Swimmers will receive their deck space assignments prior to arrival to the meet. • Entry and Exit will be through separate doors. Entrance is through the building and up the stairs, exit is through the outdoor pool entrance. • No Spectators will be permitted. The meet will be live streamed to the FISH's Facebook page. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), shall govern this meet. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker

	<p>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.</p> <ul style="list-style-type: none"> • 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. 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 not be used. Swimmers will exit the race at the completion of each event. The next heat will be brought forward once the prior heat has left the starting area. • 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Swimmers may enter no more than two (2) events. • Events are open age group, mixed gender.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Warm up lanes and times will be assigned by the Meet Director. No more than 5 swimmers will be permitted in each warm-up lane.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded by the Meet Director.
SCORING	<ul style="list-style-type: none"> • The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
PROGRAMS	<ul style="list-style-type: none"> • Programs will not be sold, but heat sheets will be available on the FISH website.
CREDENTIALS	<ul style="list-style-type: none"> • Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • No spectators allowed.
OFFICIALS	<ul style="list-style-type: none"> • Officials will be identified in advance and coordinated by the Meet Referee, Nathan Dean, officials@pvfish.org. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the night prior to the meet via Zoom.

TIMERS	<ul style="list-style-type: none"> • One timer is required per lane. Parents of participating swimmers are encouraged to volunteer. Lane assignments will be made in advance. The timers briefing will be conducted the night prior to the meet via Zoom.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries will be managed by the Meet Director, Matt Pelletier, mpelletier@pvfish.org.
ENTRY FEES	<p style="text-align: center;">Individual event fee: \$10.00</p> <ul style="list-style-type: none"> • Entry fees will be billed via Team Unify. • 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. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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EVENT	#
Open 500y Freestyle	1
Open 400y IM	2
Open 200y Freestyle	3
Open 200y Backstroke	4
Open 200y IM	5
Open 200y Butterfly	6
Open 200y Breaststroke	7
Open 100y Freestyle	8
Open 100y Backstroke	9
Open 100y Butterfly	10
Open 100y Breaststroke	11
Open 50y Freestyle	12