



Super FISH Bowl XVI

January 31-February 1, 2026

Sanction # PVC-26-67



Hosted by:

MEET DIRECTOR Curtis Din cdin@pvfish.org		MEET REFEREE Barb Ship barb@ships3.com Officials Sign Up		CLUB OFFICIALS CHAIR Elizabeth Wiley officialschair@pvfish.org																																	
SANCTION 		<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-67.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the FISH, Spring Hill REC Center are 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.																																			
FACIL 		<p style="text-align: center;">Spring Hill REC Center 1239 Spring Hill Rd. McLean VA 22102 (703) 827-0989</p> <ul style="list-style-type: none">The pool at Spring Hill Rec Center is 25 yd x 25 m.Competition will be held in 8 lanes, 25 yards. 10 lanes are available for warm-ups;During competition, 1 lane will be used for continuous warm-up with a gap lane between the competition course.Water depth range of 4.5’ – 4.7’ at the starting end and 3.5’ – 5’ at the turning end.The meet hosts shall ensure the required course dimensions.																																			
ENTRY DEADLINE		<p style="text-align: center;">January 20, 2026, 11:59pm</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;">Saturday, January 31 – Sunday, February 1</p> <table><tr><th colspan="2">Saturday, January 31, 2026</th><th>Warm-Ups</th><th>Events</th></tr><tr><td>Session 1</td><td>Girls Open</td><td>6:30am – 7:20am</td><td>7:25am</td></tr><tr><td>Session 2</td><td>Mixed Open 1650 Free</td><td>10:50pm – 11:20pm</td><td>11:25pm</td></tr><tr><td>Session 3</td><td>Boys Open</td><td>12:25pm – 1:15pm</td><td>1:20pm</td></tr></table> <table><tr><th colspan="2">Sunday, February 1, 2026</th><th>Warm-Ups</th><th>Events</th></tr><tr><td>Session 4</td><td>Girls Open</td><td>6:30am – 7:20am</td><td>7:25am</td></tr><tr><td>Session 5</td><td>Mixed Open 1000 Free</td><td>10:50am – 11:20am</td><td>11:25am</td></tr><tr><td>Session 6</td><td>Boys Open</td><td>12:25pm – 1:15pm</td><td>1:20pm</td></tr></table> <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.				Saturday, January 31, 2026		Warm-Ups	Events	Session 1	Girls Open	6:30am – 7:20am	7:25am	Session 2	Mixed Open 1650 Free	10:50pm – 11:20pm	11:25pm	Session 3	Boys Open	12:25pm – 1:15pm	1:20pm	Sunday, February 1, 2026		Warm-Ups	Events	Session 4	Girls Open	6:30am – 7:20am	7:25am	Session 5	Mixed Open 1000 Free	10:50am – 11:20am	11:25am	Session 6	Boys Open	12:25pm – 1:15pm	1:20pm
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ELIGIBILITY		<ul style="list-style-type: none">Open to all registered Potomac Valley Swimming athletes.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 and Regulations</i>, Article 302.																																			

SWIMMERS WITH A DISABILITY	<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. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. 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. No on-deck USA Swimming 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 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. 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 sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals, seeded fastest to slowest. Swimmers may enter no more than four (4) events per session and no more than two (2) distance events. Swimmers may enter no more than ten (10) events for the meet. This is an OPEN meet. Boys and Girls will swim in separate sessions. Events are seeded by time; there are no designated age groups. NO "No Time (NT)" entries will be accepted in the 500y, 1000y, or 1650y freestyles. Provable times in a smaller step of the event ladder is preferable to a coaches' time (e.g. a provable 500y time for entry in the 1000y.) <ul style="list-style-type: none"> A provable 200y Free time is required for entry in the 500y Free and must meet the 'B' time standard or faster. Entries for the 1000 yd Freestyle and 1650 yd Freestyle may be limited due to space and time. All swimmers must provide their own timer (and counter if desired) for the 1000y, and 1650y Freestyle events. 12& Under athletes may only enter 1 session per day. There will be a 5 minute break between individual events and relays.
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. The Meet Director will determine the structure of warm-up, including times/lane assignments.

SUPERVISION	<ul style="list-style-type: none">Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.								
SEEDING	<ul style="list-style-type: none">All events will be seeded FAST to SLOW.								
SCORING	<ul style="list-style-type: none">N/A								
AWARDS	<ul style="list-style-type: none">There are no awards for this meet.								
PROGRAMS	<ul style="list-style-type: none">Programs and heat sheets will be published via Meet Mobile and distributed to coaches prior to the meet.								
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.								
PUBLICATION OF RESULTS	<ul style="list-style-type: none">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								
SPECTATOR ENTRY FEE	<ul style="list-style-type: none">There are no spectator entry fees.								
MEDICAL ASSISTANCE	<ul style="list-style-type: none">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.								
OFFICIALS	<ul style="list-style-type: none">Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes.Officials interested in volunteering should contact the Meet Referee, Barb Ship or use the Officials Sign Up linkOfficials 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	<ul style="list-style-type: none">Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.								
ENTRY PROCEDURES	<ul style="list-style-type: none">Entries should be submitted by email to the Meet Director.Include in the subject of the email, "Super FISH Bowl - *****" 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.Include in entry email: entry file, report of entries by name, report of entries by event.In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).Entries directly from individual team members will not be accepted.Entries by phone or fax will not be accepted.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.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	<table><tr><td>Per Swimmer Surcharge:</td><td>\$10</td><td>Deck Entry event fee:</td><td>\$20</td></tr><tr><td>Individual event fee:</td><td>\$10</td><td>Relay event fee:</td><td>\$4</td></tr></table>	Per Swimmer Surcharge:	\$10	Deck Entry event fee:	\$20	Individual event fee:	\$10	Relay event fee:	\$4
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| | <ul style="list-style-type: none">• Make checks payable to The FISH. Checks may be mailed to:
2026 Super FISH Bowl XVI Entries
1340 Old Chain Bridge Rd, Suite 303
McLean, VA 22101• 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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Super FISH Bowl XVI

Saturday, January 31 and Sunday, February 1, 2026

Saturday, January 31

SESSION 1 : GIRLS	#
<i>Warm-up 6:30-7:20am, Events 7:25am</i>	
Open 50 Freestyle	1
Open 100 Backstroke	2
Open 200 Breaststroke	3
Open 200 Butterfly	4
<i>10 minute break</i>	
Open 500 Freestyle*	5
Open 50 Backstroke	6
Open 200 Freestyle	7
Open 100 IM	8
200 Freestyle Relay	9

SESSION 2: Mixed	#
<i>Warm-up 10:50-11:20pm, Events 11:25pm</i>	
Open Mixed 1650 Freestyle*	10

SESSION 3: BOYS	#
<i>Warm-up 12:25-1:15, Events 1:20</i>	
Open 50 Freestyle	11
Open 100 Backstroke	12
Open 200 Breaststroke	13
Open 200 Butterfly	14
<i>10 minute break</i>	
Open 500 Freestyle*	15
Open 50 Backstroke	16
Open 200 Freestyle	17
Open 100 IM	18
200 Freestyle Relay	19

Sunday, February 1

Session 4: GIRLS	#
<i>Warm-up 6:30-7:20am, Events 7:25am</i>	
Open 50 Butterfly	20
Open 200 Backstroke	21
Open 100 Breaststroke	22
Open 100 Freestyle	23
<i>10 minute break</i>	
Open 400 IM	24
Open 100 Butterfly	25
Open 50 Breaststroke	26
Open 200 IM	27
200 Medley Relay	28

SESSION 2: Mixed	#
<i>Warm-up 10:50-11:20pm, Events 11:25pm</i>	
Open Mixed 1000 Freestyle*	29

SESSION 3: BOYS	#
<i>Warm-up 12:25-1:15pm, Events 1:20pm</i>	
Open 50 Butterfly	30
Open 200 Backstroke	31
Open 100 Breaststroke	32
Open 100 Freestyle	33
<i>10 minute break</i>	
Open 400 IM	34
Open 100 Butterfly	35
Open 50 Breaststroke	36
Open 200 IM	37
200 Medley Relay	38

*no NT entries. See Event Rules for entry. Swimmers in the 1650y and 1000y must provide their own counters and timers