

2010 Last Chance FISH Qualifier
March 6 & 7, 2010
Fairland Aquatic Center in Laurel, Maryland

SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming # PVC 10 33.	
FACILITY	Fairland Aquatic Center, 13820 Old Gunpowder Road, Laurel MD 20707	
MEET DIRECTOR(S)	Josh Morgan jmorgan@pvfish.org (734) 845-0855	
CLUB OFFICIALS CHAIR	Al Meilus al.meilus@gmail.com (202) 264-0568	
MEET REFEREE	Art Davis emerand@comcast.net	
SCHEDULE	Saturday Morning Session 9-10 Girls & Boys, 11-12 Boys 7:00-8:00am Warm Up 8:15am Competition Begins Saturday Afternoon Session 11-12 Girls, 13-14 Girls & Boys 12:0-1:00pm Warm up 1:15pm Competition Begins	Sunday Morning Session 9-10 Girls & Boys, 11-12 Boys 7:00-8:00am Warm Up 8:15am Competition Begins Sunday Afternoon Session 11-12 Girls, 13-14 Girls & Boys 12:00-1:00pm Warm up 1:15pm Competition Begins
ELIGIBILITY	The 2010 Last Chance FISH Qualifier is open to all registered Potomac Valley athletes and invited USA Swimming athletes who meet the qualifying times. Meet Directors reserve the right to limit any event in order to meet the timeline.	
ENTRY DEADLINE	All entries are accepted on a first come first served basis. Team entries will not be considered accepted until entry fees have been received. Team entries may be submitted as soon as this announcement is posted. <u>Team entries must be received by Tuesday, March 2nd, 2010 at Noon.</u> <u>Important:</u> the above dates are the deadlines 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.	
ENTRY FEES	Individual entries are \$5 per event. Deck entries are \$10 per event and will be accepted on a first come first served basis as the timeline permits.	
ENTRY INFORMATION	Email a Hy-Tek entry file (preferred) or a SDIF file. Email subject should be "2010 Last Chance FISH Qualifier Entry – Your Club" . Email must include reports by name and by event including total number of swimmers, total number of events and contact information (name, phone number, e-mail) of a club representative. Each participating club should remit one check, covering entry fee for the entire team, to the address below. Do not send cash. Please put the club name on the entry check. Make checks payable to the FISH. If events are limited by the Meet Directors, refunds for limited events will be granted to athletes cut from those events.	
ENTRY CHAIR	Send Paperwork & Fees to Josh Morgan at: 2010 Last Chance FISH Qualifier Entries 1649 Kurpiers Ct McLean VA 22101 jmorgan@pvfish.org	
RULES	Current USA Swimming Rules and Regulations will apply. Swimmers may enter a maximum of six (6) individual events and no more than three (3) events per day. The meet will be capped when sessions are full (approximately 700 athletes).	

	<p>Events #21-22 and #62-63 (1000y and 1650y freestyles) may be limited to 2 heats (16 athletes) each based on the meet timeline.</p> <p>Also for events #21-22 and 62-63, athletes must have a minimum provable time of 15:00 for the 1000y free or 25:00 for the 1650y free. Athletes may enter the 1000y free with a provable time in the 400m/500y free of 7:20.00 or faster, and may enter the 1650y free with a provable time in the 800/1000y free of 15:00 or faster.</p> <p>Athletes seeded with actual times for each event will be seeded first, followed by athletes seeded at their 400m/500y times in the 1000y or 800m/1000y times in the 1650.</p>
SWIM SUIT RULES	<p>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.</p>
MEET FORMAT	<p>> This meet is a "No Faster Than" meet. Athletes may only swim events in which they have not achieved the listed time standard.</p> <p>> Athletes who attain a new age group between March 7th and March 18th may compete in any event where their time is faster than the "no Faster Than" standard for their current age group but slower than the "No Faster Than" time standard for their new age group. This is to permit those swimmers who will be in a new age group at the PVS 14 & Under Junior Olympic Meet an opportunity to qualify.</p> <p>> An athlete may only compete in his or her age group.</p>
WARM-UP PROCEDURE	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.</p>
INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY	<p>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.</p>
CHECK-IN	<p>Positive check-in may be required for some or all events. If positive check-in is required, check-in will close 45 minutes prior to the start of each session. Athletes who check-in for an event and fail to compete will be barred from their next schedule event.</p>
COACHES	<p>All coaches must be registered members of USA Swimming.</p>
OFFICIALS	<p>Certified officials and trainees wishing to volunteer to work this meet please contact the FISH Officials Chair, Al Meilus (al.meilus@gmail.com or 703 793 9425), by February 28, 2010. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work. Trainees are welcome and encouraged to participate. Officials and trainees should sign in at the computer table at the start of warm-ups for each session. Certified officials and trainees who learn of their availability after February 28, 2010 should contact Al Meilus as soon as possible or sign in and notify the Meet Referee, Art Davis, upon arrival at the meet.</p>

<p>PARTICIPATING CLUB RESPONSIBILITIES</p>	<p>Participating clubs must help with timing assignments. Timing assignments will be sent via email to participating clubs at least 72 hours prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible. List the club contact for club officials with your entry summaries. > Each club is responsible for supervising the conduct of their swimmers. > Athletes are not permitted in any area not directly associated with the swim meet.</p>
<p>TEAM AREA & SUPERVISION</p>	<p>Teams will sit inside the pool area. Please keep your team area clean. Coaches are responsible for supervising their athletes conduct and helping keep their team areas clean.</p>
<p>ONSITE AMENITIES</p>	<p>Psych sheets will be available. Working officials and coaches will receive a complimentary psych sheet. A hospitality area will be available for USA Swimming Officials and Coaches. Concessions for spectators and athletes will be available upstairs in the classroom. A swim vendor will be present for your competitive swimming needs.</p>

2010 Last Chance FISH Qualifier

Session #1					Session #3				
Saturday Morning, March 6th Warm-up 7:00, Events 8:15am					Sunday Morning, March 7th Warm-up 7:00, Events 8:15am				
Girls	NFT	Event Name	NFT	Boys	Girls	NFT	Event Name	NFT	Boys
		11-12 200 IM	2:40.00	1			11-12 50 Free	28.60	59
2	37.80	9-10 50 Fly	38.90	3	60	33.00	9-10 50 Free	32.90	61
		11-12 100 Fly	1:16.00	4	62	2:53.00	12 & Under 200 Fly	2:50.00	63
5	1:25.20	9-10 100 Back	1:25.80	6	64	43.90	9-10 50 Breast	44.60	65
		11-12 50 Back	34.10	7			11-12 100 Breast	1:25.20	66
8	7:25.00	9-10 500 Free	7:35.00	9	67	1:32.20	9-10 100 Fly	1:35.20	68
10	2:58.00	12 & Under 200 Breast	3:00.00	11			11-12 50 Fly	33.00	69
12	1:13.70	9-10 100 Free	1:13.20	13	70	2:44.00	9-10 200 Free	2:44.00	71
		11-12 100 Free	1:03.50	14			11-12 200 Free	2:19.00	72
15	1:36.00	9-10 100 Breast	1:37.40	16	73	38.90	9-10 50 Back	39.20	74
		11-12 50 Breast	39.00	17			11-12 100 Back	1:12.80	75
18	2:38.00	12 & Under 200 Back	2:43.00	19	76	3:02.00	9-10 200 IM	3:04.00	77
20	1:25.20	9-10 100 IM	1:24.40	21			11-12 100 IM	1:14.10	78
		11-12 500 Free	6:08.30	22					
Session #2					Session #4				
Saturday Afternoon, March 6th Warm-up 12:00pm, Events 1:15pm					Sunday Afternoon, March 7th Warm-up 12:00pm, Events 1:15pm				
Girls	NFT	Event Name	NFT	Boys	Girls	NFT	Event Name	NFT	Boys
23	12:00.00	9-14 1000 Free	11:50.00	25	79	20:30.00	9-14 1650 Free	20:00.00	81
24	11:33.60	15 & Over 1000 Free	10:55.10	26	80	19:41.00	15 & Over 1650 Free	18:43.90	82
27	1:14.30	11-12 100 Fly			83	1:13.30	11-12 100 IM		
28	2:37.10	13-14 200 Fly	2:32.60	30	84	5:07.00	13-14 400 IM	5:03.00	86
29	2:31.50	15 & Over 200 Fly	2:20.70	31	85	5:01.30	15 & Over 400 IM	4:42.90	87
32	34.10	11-12 50 Back			88	29.00	11-12 50 Free		
33	5:38.00	13-14 500 Free	5:26.00	35	89	58.50	13-14 100 Free	55.60	91
34	5:28.30	15 & Over 500 Free	5:07.70	36	90	58.20	15 & Over 100 Free	52.50	92
37	2:58.00	11-12 200 Breast			93	2:53.00	11-12 200 Fly		
38	1:07.00	13-14 100 Back	1:04.50	40	94	1:08.00	13-14 100 Fly	1:05.30	96, 97
39	1:07.10	15 & Over 100 Back	58.70	41	95	1:06.20	15 & Over 100 Fly	1:00.30	
42	1:03.30	11-12 100 Free			98	1:23.00	11-12 100 Breast		
43	1:16.60	13-14 100 Breast	1:13.00	45	99	2:45.10	13-14 200 Breast	2:39.00	101
44	1:17.00	15 & Over 100 Breast	1:11.00	46	100	2:45.10	15 & Over 200 Breast	2:35.40	102
47	38.10	11-12 50 Breast			103	32.80	11-12 50 Fly		
48	2:37.00	11-12 200 Back			104	2:18.50	11-12 200 Free		
49	2:06.90	13-14 200 Free	2:02.00	51	105	2:24.50	13-14 200 Back	2:18.80	107
50	2:04.30	15 & Over 200 Free	1:53.50	52	106	2:18.90	15 & Over 200 Back	2:07.80	108
53	2:38.90	11-12 200 IM			109	1:13.00	11-12 100 Back		
54	2:24.50	13-14 200 IM	2:20.50	56	110	27.10	13 & Over 50 Free	25.70	112
55	2:22.70	15 & Over 200 IM	2:11.00	57	111	27.00	15 & Over 50 Free	24.20	113
58	6:08.00	11-12 500 Free							