

Sanctioned by:



Welcome to the

2010 FISH June Invitational
on June 12 and 13, 2010
at George Mason University in Fairfax, VA

Hosted by:



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVI-10-63																							
FACILITY	<p>George Mason University - Aquatic and Fitness Center 4400 University Boulevard, Fairfax, Virginia 22030 (703) 993-3939</p> <ul style="list-style-type: none"> • An 8 lane, 50m course will be used for all competition • A separate 25y pool for continuous warm-up will be available throughout the meet, except during posted warm-up times. • No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck. • No folding chairs, sleeping bags, tents or balloons are permitted in the Athletic Fitness Center. • Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session. • Due to limited pool deck space, Officials, USA Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck. Deck passes will be issued. 																							
MEET DIRECTOR	<p>Josh Morgan jmorgan@pvfish.org (734) 845-0855 The Meet Director reserves the right to limit entries in any event and to combine events in order to manage session length. If it is necessary to make these changes, teams will be notified via email by Friday, June 4th, 2010. Refunds will be given when appropriate.</p>																							
CLUB OFFICIALS CHAIRMAN	<p>Al Meilus al.meilus@gmail.com (703) 793-9425</p>																							
MEET REFEREE	<p>Jim Thompson jimthompson5802@aol.com</p>																							
SCHEDULE	<p>SAT & SUN Mornings (Session #1 & #4) 12 & Under Boys & Girls</p> <table border="0"> <tr><td>6:30-7:50am</td><td>Assigned Warm-up</td></tr> <tr><td>7:15am</td><td>Positive Check-In Closes</td></tr> <tr><td>7:30am</td><td>Officials Meeting</td></tr> <tr><td>7:45am</td><td>Lane Timers Meeting</td></tr> <tr><td>7:50am</td><td>Coaches Meeting (<i>Sat only</i>)</td></tr> <tr><td>8:00am</td><td>Competition Begins</td></tr> </table>	6:30-7:50am	Assigned Warm-up	7:15am	Positive Check-In Closes	7:30am	Officials Meeting	7:45am	Lane Timers Meeting	7:50am	Coaches Meeting (<i>Sat only</i>)	8:00am	Competition Begins	<p>SAT & SUN Afternoons (Session #2 & #5) 13 & Over Boys & Girls *</p> <table border="0"> <tr><td>12:00-1:20pm</td><td>Assigned Warm-up</td></tr> <tr><td>12:45pm</td><td>Positive Check-In Closes</td></tr> <tr><td>1:00pm</td><td>Officials Meeting</td></tr> <tr><td>1:15pm</td><td>Lane Timers Meeting</td></tr> <tr><td>1:30pm</td><td>Competition Begins</td></tr> </table>	12:00-1:20pm	Assigned Warm-up	12:45pm	Positive Check-In Closes	1:00pm	Officials Meeting	1:15pm	Lane Timers Meeting	1:30pm	Competition Begins
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	<p>SAT Evening (Distance Session #3) Warm-up will be available in side pool throughout the afternoon session. The competition pool will be open for warm up for at least 20 minutes immediately following the completion of the afternoon session and prior to the start of the 800m freestyle. Competition will begin 30 minutes after the afternoon session is completed, but no earlier than 5:30pm. A pre-scratch timeline and 800m psych will be posted on the PVS website emailed to attending teams.</p>																							
ELIGIBILITY	<p>Open to USA Swimming registered athletes of <u>invited</u> USA Swimming registered teams. Entry preference will be given to teams who have historically attended the meet. All teams interested in attending should notify the Meet Director with an estimated number of athletes. The meet will be limited to approximately 770 athletes in order to meet time constraints.</p>																							

SWIMMER ELIGIBILITY	<p>Athlete's age on June 12th, 2010, will determine the swimmer's age for the entire meet. All athletes must compete in his or her own age division. All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. On-deck registration will NOT be allowed. All swimmers must show proper credentials when entering the pool deck.</p>
COACHES ELIGIBILITY	<p>All coaches "on the deck" must be a registered member of USA Swimming. Coaches must have coaching card visible at all times and will be issued a deck pass.</p>
MEET FORMAT	<p>All events will be swum as TIMED FINALS. Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-over Starts.</p>
QUALIFYING FOR DISTANCE EVENTS	<p>Events #41 - 42, 12 & Under 400m Free, are limited to those swimmers who have a provable BB time for their age group in either the 400m/500y free or the 200m/200y free. Time conversions are acceptable. All entries must be LCM. Athletes entering with a 200m time will be seeded after athletes entering with 400m time.</p> <p>Events #27 – 28, Open 800m Free, are limited to those swimmers who have a provable BB time for their age group in either then 800m/1000y free or the 400m/500y free. Time conversions are acceptable. All entries must be LCM. Athletes entering with a 400m time will be seeded after athletes entering with 800m times.</p>
SEEDING & EVENT LIMITATIONS	<p>All events are Timed Finals. All events 200m and shorter will be seeded slowest to fastest. All events 400m and longer will be seeded fastest to slowest. Events #27 – 28, Open 800m Free, will be seeded fastest to slowest and alternate gender by heat. If excessive entries are submitted, these events will be limited to the fastest seeded 48 athletes in each event or 12 heats total. An 800m psych sheet will be emailed to team representatives.</p>
MEET RULES	<ul style="list-style-type: none"> • Current USA Swimming Rules and Regulations will apply. • Swimmers may enter and swim a maximum of seven (7) individual events during the meet, but no more than four (4) individual events during one (1) session.. • Entries MUST be submitted as LCM times. Time conversions are permitted. "No Time" or "NT" entries will not be accepted. • If a swimmer exceeds the maximum entries, their last event(s), by numerical order, will be dropped. • No on-deck USAS registrations will be permitted.
POSITIVE CHECK-IN PROCEDURE & POLICY	<p>Events 200m and longer require positive check-in. Check-in will close 45 minutes prior to competition for each session. If entries warrant, All Events may require positive check-in. Athletes who have checked-in prior to the specified time will be scratched from that session without penalty. Athletes who have checked-in, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</p>

ENTRIES	<p>All entries may be submitted using Hy-Tek Team Manager to Josh Morgan (jmorgan@pvfish.org) via email beginning Tuesday, May 11th at 8:00 am, but must be received on or before Tuesday, June 1st at 5:00pm. <i>All teams interested in attending should notify the Meet Director with an estimated number of athletes.</i></p> <ul style="list-style-type: none"> The meet director will respond to emailed entries within 24 hours. If you do not receive an email response within 24 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet director receives the email; please contact the meet director by some means other than email. All entries must be submitted as LCM times. Time conversions are acceptable. "NT" or "No Time" entries will not be accepted. Events #27-28 (Open 800m free) and 41-42 (12U 400m free) require proof of time (see above). A Hytek entry report with the "Include Proof of Time" box checked is adequate. Include with your Hytek entry file an entry report sorted by name and an entry report sorted by event, both saved as Microsoft Excel files. In the body of your e-mail provide entry numbers (total athletes, total individual entries) and include contact information (email, phone, officials contact) for your team representative. The meet director will not accept phone or fax entries. If using a mail service (FedEx, UPS, etc...) sign the waiver allowing the service to leave your entries without requiring a signature. Entries that are incomplete, submitted on incorrect forms, or lack the phone number of a responsible club official will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
ENTRY FEES	<p>Team entries will not be processed until payment has been received.</p> <ul style="list-style-type: none"> \$5.00 surcharge per swimmer. Individual events are \$7.00 each. Deck Entries will be \$10.00 at the discretion of the Meet Director. <p>Each participating club is requested to remit one check to cover the entry fee for the entire team. Do not send cash. Please put your club's name on the entry check (if it is not a club check) and note the number of entries.</p> <p style="text-align: center;">Make checks payable to "the FISH"</p> <p>Refunds will be made to anyone cut from an event by the meet director because of the need meet our timeline.</p>
ENTRY DEADLINE	<p>Invited teams may begin submitting entries on Tuesday, March 30th, 2010. Team entries will not be considered accepted until entry fees have been received. <i>If your team would like to participate in this meet for the first time, please contact the Meet Director in advance of sending your entries.</i></p> <p style="text-align: center;">Team Entry Deadline Date: Tuesday, June 1st 2010 at 5:00PM</p> <p>Please note the early deadline; this is due to the time needed to prepare the set-up of the meet.</p>
SEND ENTRIES TO	<p>Email Hytek entries and entry reports to Josh Morgan at jmorgan@pvfish.org.</p> <p>Mail entry checks to: 2010 FISH LC Derby Entries c/o Monika Paris 1649 Kurpiers Ct. McLean VA 22101</p> <p><i>Entry fees must be received before teams will be allowed to check-in their swimmers.</i></p>
TIMERS	<ul style="list-style-type: none"> The host team will supply one timer per lane. Participating clubs are required to provide one timer per 20 athletes entered for Saturday and Sunday morning and afternoon sessions. All swimmers participating in events #27 -28, 800m Free, must supply a timer and a lap counter.

WARM-UP PROCEDURES	<p>PVS warm-up and safety procedures will be in effect during this meet. These procedures may be found at www.pvswim.org.</p> <p>Assigned warm-ups will be used. All coaches, athletes, volunteers and officials must show a deck pass to enter the pool deck.</p> <p>Deck Marshals will be assigned to supervise the warm-up sessions and have the authority to remove any swimmer, coach, or club from the warm-up who does not follow the safety rules.</p> <p>All swimmers must enter the pool from the starting end of the pool.</p> <p>Warm-up Assignments are based upon number of entries and will be divided into two equal sessions.</p> <p>During the posted warm-up times, only the competition pool will be open. Once the meet begins, the 25y side pool will be open for continuous warm-up/cool down.</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>
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 June 5th, 2010. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work. 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 June 5th, 2010, should contact Al Meilus as soon as possible or sign in and notify the Meet Referee, TBA, upon arrival at the meet.</p>
PARTICIPATING CLUB RESPONSIBILITIES	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. See "Timing" section. • Participating club parents must stay off the pool deck, except for timing assignments. • Participating clubs should help with officiating when possible. List the club contact for club officials with your entry summaries. • Each club is responsible for supervising the conduct of their swimmers. • Swimmers are not permitted in any area not directly associated with the swim meet.
AWARDS	<ul style="list-style-type: none"> • There will be no awards given out at this meet.
WARNING	<p>Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.</p>
TEAM AREA	<p>Teams will be inside the pool area. Due to limited space please remember to keep your area clean and you must follow the rules set forth by the facility (listed under the FACILITY heading).</p>
ONSITE AMENITIES	<ul style="list-style-type: none"> • Meet Programs will be available with name keys for purchase in concession/vendor area. • A hospitality area will be available for USA Swimming officials and coaches. • Concessions for spectators and swimmers will be available in the upstairs classroom. • A swim shop vendor will be available.

2010 FISH June Invitational

Session #1			Session #4		
Saturday Morning, June 12th			Sunday Morning, June 13th		
Girls	Event Name	Boys	Girls	Event Name	Boys
1	12 and Under 100m Fly	2	29	12 & Under 100m Back	30
3	10-12 200m Breast	4	31	10-12 200m Fly	32
5	12 and Under 50m Back	6	33	12 & Under 50m Free	34
7	12 and Under 100m Free	8	35	12 & Under 100m Breast	36
9	12 and Under 50m Breast	10	37	12 & Under 50m Fly	38
11	10-12 200m Back	12	39	12 & Under 200m IM	40
13	12 and Under 200m Free	14	41*	12 & under 400m Free	42*

* Please see "Qualifying for Distance Events" in the Meet Announcement above.

Session #2			Session #5		
Saturday Afternoon, June 12th			Sunday Afternoon, June 13th		
Girls	Event Name	Boys	Girls	Event Name	Boys
15	13 & over 50m Free	16	43	13 & over 200m Back	44
17	13 & over 200m Breast	18	45	13 & over 100m Free	46
19	13 & over 100m Back	20	47	13 & over 200m Fly	48
21	13 & over 200m Free	22	49	13 & over 100m Breast	50
23	13 & over 100m Fly	24	51	13 & over 200m IM	52
25	13 & over 400m IM	26	53	13 & over 400m Free	54

Session #3		
Saturday Evening, June 12th		
Girls	Event Name	Boys
27*	Open 800m Free*	28*

*Please see "Qualifying for Distance Events" in the Meet Announcement above. This event may be limited to the fastest 48 entered athletes.