


The 2013 Super FISH Bowl III
February 2 and 3, 2013
Spring Hill Recreation Center in McLean, Virginia

| | | |
|--|--|--|
| SANCTION | Sanctioned by USA Swimming through Potomac Valley Swimming # PVI-13-41 | |
| FACILITY | Spring Hill Recreation Center 1239 Spring Hill Road, McLean VA 22101 (703) 827-0989 <ul style="list-style-type: none"> • Competition course will be 8 lanes, 25 yards, depth ranges from 4 ft. to 12.5 ft. at the starting end and turning end. • Colorado timing system will be used. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2C(4). | |
| MEET OVERVIEW | The Super FISH Bowl III is a unique USA Swimming non-championship meet since there are no designated age group events - every event is "open." | |
| MEET DIRECTOR | Steven Benecki stevenbenecki@gmail.com 703-405-3381 |  |
| MEET REFEREE | Art Davis emerand@comcast.net 703- 625-9288 | |
| CLUB OFFICIALS CHAIR | Alan Goldblatt alangoldblatt@verizon.net 703-283-6489 | |
| SCHEDULE & SESSION LIMITS <i>Warm-up and start up times may be adjusted after timelines are calculated.</i> | Saturday Morning Session Girls Open - Limited to 300 swimmers 8:30-9:20 am Warm-Up 9:30 am Competition Begins Saturday Afternoon Session 1650 1:15-1:55 pm Warm-Up 2:00 pm Competition Begins Saturday Evening Session Boys Open - Limited to 270 swimmers 2:55-3:45 pm Warm-Up 3:55 pm Competition Begins | Sunday Morning Session Girls Open - Limited to 300 swimmers 6:30-7:20 am Warm-Up 7:30 am Competition Begins Sunday Afternoon Session 1000 Free 10:50-11:30 am Warm-Up 11:35 am Competition Begins Sunday Afternoon Session Boys Open - Limited to 270 swimmers 12:25-1:15 pm Warm-Up 1:25 pm Competition Begins |
| ELIGIBILITY | Open to all registered Potomac Valley athletes and invited USA Swimming registered athletes. The Meet Director reserves the right to limit any event in order to meet the timeline. The Meet Director also has the discretion to increase the number of swimmers over the limit, or heats in the distance sessions, if the timeline permits. | |
| ENTRY DEADLINE | All entries will be accepted on a first come first served basis as the number of swimmers per session will be limited due to session length time constraints. Please note that even if your team participated last year, there is no guarantee your entries will be accepted due to the limited number of entries. <i><u>Team entries will be accepted starting January 1st. Any entries received before January 1st will not be considered. Team entries must be received NO LATER THAN Tuesday, January 22, 2013.</u></i> | |
| ENTRY FEES | Individual entries are \$6.00 per event. Deck entries are \$12 per event and will be accepted on a first come first served basis for empty lanes if the timeline permits. No extra heats will be added. | |

The 2013 Super FISH Bowl III

February 2 and 3, 2013

| | |
|-------------------|---|
| ENTRY INFORMATION | <p>Club entries will be accepted by email and must include the following files: the Hy-Tek team entry file, The Team Manager Meet Entry Report file. Include the following subject line in your email: "The 2013 Super FISH Bowl III – <i>Your Club's name</i>".</p> <p>Email submissions 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. If receipt of your club entry submission is not acknowledged by return email in a timely manner (typically within 24 hours), please contact the Meet Director.</p> <p>Each participating club should remit one check, covering the entry fee for the entire team, and send it to the address below. Do not send cash. Please put the club name on the entry check. Make checks payable to <i>the FISH</i>.</p> <p>If events are limited by the Meet Director, refunds for limited events will be granted to athletes cut from those events.</p> <p>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 and no further entries will be accepted from that club until the said fine is paid. This provision includes compliance with the entry rules below!</p> |
| ENTRY CHAIR | <p>Send Paperwork & Fees to Steven Benecki at: 2013 Super FISH Bowl Entries 1649 Kurpiers Ct. McLean, VA 22101 stevenbenecki@pvfish.org</p> |
| ENTRY RULES | <ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • All events are timed finals. • Swimmers may enter a maximum of no more than three (3) events per non-distance session, plus a maximum of two (2) distance events, bringing up the total to eight (8) events for this meet. • Seed times are short course yards. "No Times" are not accepted, and coaches' times are only accepted as indicated in items #1, and #3 - #6 of the time standards below. • The time standards for this meet are: <ol style="list-style-type: none"> 1. All 50s and 100s require provable times (i.e., listed in USA Swimming's database) or coaches' times 2. Athlete must have a provable "B" time for each 200 event entered 3. Athlete must have a time for the 400 I.M. <ol style="list-style-type: none"> a. Provable time, faster than 6:30.00 b. OR coaches' times may be accepted, but they must have previously swum the 200 I.M., faster than 3:00.00 4. Athlete must have a time for the 500 free <ol style="list-style-type: none"> a. Provable time, faster than 7:30.00 b. OR coaches' times may be accepted, but they must have previously swum the 200 free, faster than 2:45.00 5. Athlete must have a time for the 1650 Free <ol style="list-style-type: none"> a. Provable time, faster than 25:00.00 b. OR Provable time in the 800m/1000y free of 15:00.00 or faster 6. Athlete must have a time for the 1000 Free <ol style="list-style-type: none"> a. Provable time, faster than 15:00.00 b. OR Provable time in the 400m/500y free of 7:00.00 or faster • Both the 1650y (Event #9) and 1000y (Event # 26) events will be seeded as consolidated gender events based on submitted times. These events will be limited to 3 heats of girls and boys combined (24 athletes total) with at least 12 entries available for each gender |

The 2013 Super FISH Bowl III

February 2 and 3, 2013

| | |
|---|---|
| ENTRY RULES (CONTINUED) | <p>through the entry deadline date (any unfilled entries will be allocated to the other gender). Athletes seeded with conforming times for events #9 (1650y freestyle) and #26 (1000y freestyle) will be seeded first, followed by athletes seeded at their 400m/500y times in the 1000y or 800m/1000y times in the 1650.</p> <ul style="list-style-type: none"> • Events swum in the Distance sessions (#2 & #4) will be swum fastest to slowest. • Deck entries will be accepted, and are \$12 per individual event. All deck entries must be submitted no later than 45 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries. • Evidence of current USA-S registration will be required for deck entries. • Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management. • In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy the use of equipment capable of taking pictures (i.e., cell phones, cameras, PDA's, etc...) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy • 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. |
| SEATING | <p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.</p> <ul style="list-style-type: none"> • Personal Chairs WILL NOT BE permitted on the deck. • Swimmers will not be permitted to bring chairs on deck. |
| TIME TRIALS | There will be no time trials conducted at this meet. |
| MEET FORMAT | <ul style="list-style-type: none"> • This meet is an Open meet. • Girls and Boys will swim in separate non-distance sessions. • Girls and Boys will swim in gender-consolidated events during the distance sessions • There will be no designated age groups. Entries will be seeded on entry time alone. |
| WARM-UP PROCEDURE | 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. |
| INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY | 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. |
| POSITIVE CHECK-IN PROCEDURE AND POLICY | <p>Positive Check-in will be completed by the coaches during warm-up for events 200 & longer unless waived by the Meet Referee. The coaches will receive a list of their swimmers entered in events 200 & longer, and will be responsible for scratching any swimmers. Positive check-in sheets will be turned in to the officials about 20 minutes before the session starts.</p> <p>If an athlete is checked into a deck-seeded event and fails to swim the event, then the athlete will be barred from their next scheduled event, unless excused by the Meet Referee before the event takes place. If a seeded athlete in a positive check-in event has a medical or other significant intervening issue after the seeding is posted, the athlete can scratch-out of the event; this action will be treated as a Declared False Start (DFS), which is written as a DQ, and the athlete does NOT forfeit their next swim if otherwise available.</p> |
| COACHES | All coaches must be registered members of USA Swimming. |
| OFFICIALS | Certified officials and trainees available to volunteer at this meet should contact the FISH |

The 2013 Super FISH Bowl III

February 2 and 3, 2013

| | |
|-------------------------------------|---|
| | <p>Officials Chair, Alan Goldblatt at alangoldblatt@verizon.net, or 703-283-6489 by January 27th, 2012. Please indicate the sessions you are able to work, your club affiliation, and certifications held or if a trainee - for what position. 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 January 27 should contact Alan Goldblatt as soon as practical or sign in upon arrival at the meet.</p> |
| TIMERS | <p>The host club will provide one timer in each lane for sessions 1, 3, 4, & 6. The Meet Director will create timing assignments that will be fair and equitable to all teams. The timing assignments will be emailed to participating clubs no later than 72 hours before the meet.</p> |
| PARTICIPATING CLUB RESPONSIBILITIES | <ul style="list-style-type: none">• Participating clubs must help with timing assignments. Timing assignments will be sent via email to participating clubs at least 24 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.• 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. |
| TEAM AREA & SUPERVISION | <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> |
| ONSITE AMENITIES | <ul style="list-style-type: none">• Heat sheets will be available for each non-distance session at \$3.00 each. Working officials and coaches will receive a complimentary heat sheet.• A hospitality area will be available for USA Swimming Officials and Coaches.• Concessions for spectators and athletes will be available in the reception area. |
| NOTE | <p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Spring Hill Recreation Center and The FISH Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p> |

Event schedule on next page...

The 2013 Super FISH Bowl III

February 2 and 3, 2013

| Session #1 - Girls | |
|---|-----------------|
| Saturday Morning, February 2nd Warm-up 8:30-9:20 am Events @ 9:30 am | |
| Girls | Event Name |
| 1 | Open 50 Free |
| 2 | Open 100 back |
| 3 | Open 200 breast |
| 4 | Open 200 Fly |
| 5 | Open 500 Free |
| 6 | Open 50 Back |
| 7 | Open 200 Free |
| 8 | Open 100 IM |

| Session #4 - Girls | |
|---|-----------------|
| Sunday Morning, February 3rd Warm-up 6:30-7:20 am Events @ 7:30 am | |
| Girls | Event Name |
| 18 | Open 50 Fly |
| 19 | Open 200 Back |
| 20 | Open 100 Breast |
| 21 | Open 100 Free |
| 22 | Open 400 IM |
| 23 | Open 100 fly |
| 24 | Open 50 Breast |
| 25 | Open 200 IM |

| Session #2 - Girls and Boys | | |
|---|----------------|------|
| Saturday Afternoon, February 2 nd Warm-up 1:15-1:55 pm Events @ 2:00 pm | | |
| Girls | Event Name | Boys |
| 9 | Open 1650 Free | 9 |

| Session #5 - Girls and Boys | | |
|--|----------------|------|
| Sunday Afternoon, February 3rd Warm-up 10:50-11:30 am Events @ 11:35 am | | |
| Girls | Event Name | Boys |
| 26 | Open 1000 Free | 26 |

| Session #3 - Boys | |
|---|-----------------|
| Saturday Afternoon, February 2nd Warm-up 2:55-3:45 pm Events @ 3:55 pm | |
| Boys | Event Name |
| 10 | Open 50 Free |
| 11 | Open 100 Back |
| 12 | Open 200 Breast |
| 13 | Open 200 Fly |
| 14 | Open 500 Free |
| 15 | Open 50 Back |
| 16 | Open 200 Free |
| 17 | Open 100 IM |

| Session #6 - Boys | |
|--|-----------------|
| Sunday Afternoon, February 3rd Warm-up 12:25-1:15pm, Events @ 1:25 pm | |
| Boys | Event Name |
| 27 | Open 50 Fly |
| 28 | Open 200 Back |
| 29 | Open 100 Breast |
| 30 | Open 100 Free |
| 31 | Open 400 IM |
| 32 | Open 100 fly |
| 33 | Open 50 Breast |
| 34 | Open 200 IM |