


The 2016 Super FISH Bowl VI
February 6 and February 7, 2016
Spring Hill Recreation Center in McLean, Virginia

SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming # PVI-16=50	
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. • Automatic timing system will be used. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	
MEET OVERVIEW	The 2016 Super FISH Bowl V is a unique USA Swimming non-championship meet since there are no designated age groups - every event is "open."	
MEET DIRECTORS	Kelly Rose McCullough coachkelly@pvfish.org 703-967-5062 Ryan Westhafer rwesthafer@pvfish.org 703-965-3424	
MEET OFFICIALS CHAIR	Marcy Hemminger officials@pvfish.org 703-727-7306	
MEET REFEREE	Jack Neill JJNeill@fcps.edu	
SCHEDULE & SESSION LIMITS <i>Warm-up and start up times may be adjusted after timelines are calculated. The meet director reserves the right to increase the number of swimmers in all sessions.</i>	<p>Saturday Morning Session <i>Girls Open – Limited to 300 swimmers</i> 8:30-9:20 am Warm-Up 9:30 am Competition Begins</p> <p>Saturday Afternoon Session <i>1650y Free</i> 1:15-1:55 pm Warm-Up 2:00 pm Competition Begins</p> <p>Saturday Evening Session <i>Boys Open – Limited to 270 swimmers</i> 2:55-3:45 pm Warm-Up 3:55 pm Competition Begins</p>	<p>Sunday Morning Session <i>Girls Open – Limited to 300 swimmers</i> 6:30-7:20 am Warm-Up 7:30 am Competition Begins</p> <p>Sunday Afternoon Session <i>1000y Free</i> 10:50-11:30 am Warm-Up 11:35 am Competition Begins</p> <p>Sunday Afternoon Session <i>Boys Open – Limited to 270 swimmers</i> 12:25-1:15 pm Warm-Up 1:25 pm Competition Begins</p>
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 session if the timeline permits.	
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 beginning Friday, January 8th. Please note that even if your team participated last year, there is no guarantee that your entries will be accepted due to the limited number of entries. <p style="text-align: center;"><u>However, team entries must be received NO LATER THAN Tuesday, January 27, 2016.</u></p>	

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ENTRY FEES	Individual entries are \$7.00 per event and there is a \$1.00 surcharge per swimmer. Deck entries are \$14 per event and will be accepted on a first come first served basis for empty lanes if the timeline permits. No additional heats will be added to accommodate deck entries.
ENTRY INFORMATION	<p>Club entries will be accepted by email. Submission of entries by email must include the following files: the electronic team entry file, the Meet Entry Report file. Include the following subject line in your email: "The 2015 Super FISH Bowl V – <i>Your Club's name</i>".</p> <p>Club entry emails 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. Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, 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 "the FISH."</p> <p>If events are limited by the Meet Directors, 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 by PVS 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 entries to Kelly Rose McCullough at: coachkelly@pvfish.org</p> <p>Send Fees to The FISH at: 2015 Super FISH Bowl V Entries 1649 Kurpiers Ct McLean VA 22101</p>
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • All events in all sessions are timed finals and will be swum fastest to slowest. • Swimmers may enter a maximum of three (3) events per non-distance session plus a maximum of (1) event per distance session, for a maximum of 8 events total for this meet. • Seed times are short course yards. "No Times" are not accepted, and coaches' times are only accepted in the following circumstances: <ol style="list-style-type: none"> 1. Athlete must have a time for all 50s, 100s and 200s to be entered <ol style="list-style-type: none"> a. Provable "BB" time b. OR coaches' times may be accepted, but they must have a provable "BB" time in the 50 for the 100 event and in the 100 for the 200 event of the same stroke 2. Athlete must have a time for the 400y 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 200y I.M., faster than 3:00.00 3. Athlete must have a time for the 500y Free <ol style="list-style-type: none"> a. Provable time, faster than 7:30.00

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Rules Continued	<ul style="list-style-type: none"> b. OR coaches' times may be accepted, but they must have previously swum the 200y Free, faster than 3:00.00 4. Athlete must have a time for the 1650y Free <ul style="list-style-type: none"> a. Provable time, faster than 25:00 b. OR provable time in the 800m/1000y Free of 15:00 or faster 5. Athlete must have a time for the 1000y Free <ul style="list-style-type: none"> a. Provable time, faster than 15:00 <ul style="list-style-type: none"> • Events #9 and #27 (1650y and 1000y freestyles) will be seeded fastest-to-slowest as a consolidated gender event and will be limited to the fastest 32 entered athletes; however, at least the fastest 12 boys and 12 girls, or less if entered, will be eligible for the 32 slots. Athletes seeded with conforming times for each event will be seeded first, followed by athletes seeded at their 800m/1000y times in the 1650y. • Deck entries will be accepted, and are \$14 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. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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. • 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 12 & U sessions in Rule 205.3.1F.
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. • 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

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	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 Positive Check-In Procedure and Policy Continued	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 no later than 30 minutes before the session starts. If an athlete is checked into a positive-seeded event and fails to swim the event 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 Disqualification (DQ), and the athlete does NOT forfeit their next swim if otherwise available.
COACHES	All coaches must be registered members of USA Swimming.
OFFICIALS	Certified officials and trainees available to volunteer at this meet please contact the Meet Officials Chair, Marcia Hemminger at officials@pvfish.org, or 703-727-7306 by February 2 nd , 2016. Please indicate the sessions you are able to work, your club affiliation, and 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 2 nd should contact Marcia Hemminger as soon as practical or sign-in upon arrival at the meet.
HOST CLUB RESPONSIBILITIES	The host club will provide one timer in each lane for sessions 1, 3, 4, & 6. Either Meet Director will create timing assignments that will be fair and equal to all teams. The timing assignments will be emailed to participating clubs no later than 72 hours before the meet.
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 72 hours prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should encourage certified officials affiliated with their team to volunteer as an official during the meet. • 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	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.
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	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.

Event schedule on next page...

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Session #1 - Girls	
Saturday Morning, February 6th 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 7th 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 6th Warm-up 1:15-1:55 pm Events @ 2:00 pm		
Girls	Event Name	Boys
9	Open Mixed 1650 Free	9

Session #5 - Girls and Boys		
Sunday Afternoon, February 7th Warm-up 10:50-11:30 am Events @ 11:35 am		
Girls	Event Name	Boys
26	Open Mixed 1000 Free	26

Session #3 - Boys	
Saturday Afternoon, February 6th 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 7th 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