



Super FISH Bowl XII

February 5-6, 2022

Sanction # PVC-22-56



MEET DIRECTOR	MEET REFEREE
Curtis Din cdin@pvfish.org 540-999-4080	Lynne Gerlach gerlach@msscswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-22-56. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH, and Spring Hill Rec Center shall be 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. 																																				
FACILITY	<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. Water depth ranges from 4.5' (lane 1) to 12' (lane 8) at both the start and turn ends. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																				
ENTRY DEADLINE	<p style="text-align: center;">Friday, January 28, 2022 @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, February 5 & Sunday, February 6, 2022</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4">Saturday, February 5, 2022</td> </tr> <tr> <td style="text-align: center;">Session 1</td> <td>Girls Open</td> <td style="text-align: center;">6:30am – 7:20am</td> <td style="text-align: center;">7:25am</td> </tr> <tr> <td style="text-align: center;">Session 2</td> <td>Mixed Open 1650 Free</td> <td style="text-align: center;">10:50pm – 11:20pm</td> <td style="text-align: center;">11:25pm</td> </tr> <tr> <td style="text-align: center;">Session 3</td> <td>Boys Open</td> <td style="text-align: center;">12:25pm – 1:15pm</td> <td style="text-align: center;">1:20pm</td> </tr> <tr> <td colspan="4">Sunday, February 6, 2022</td> </tr> <tr> <td style="text-align: center;">Session 4</td> <td>Girls Open</td> <td style="text-align: center;">6:30am – 7:20am</td> <td style="text-align: center;">7:25am</td> </tr> <tr> <td style="text-align: center;">Session 5</td> <td>Mixed Open 1000 Free</td> <td style="text-align: center;">10:50am – 11:20am</td> <td style="text-align: center;">11:25am</td> </tr> <tr> <td style="text-align: center;">Session 6</td> <td>Boys Open</td> <td style="text-align: center;">12:25pm – 1:15pm</td> <td style="text-align: center;">1:20pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 			Warm-Ups	Events	Saturday, February 5, 2022				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 6, 2022				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 USA Swimming registered Potomac Valley Swimmers. 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. 																																				

DISABILITY SWIMMERS	<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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, THE FISH, AND SPRING HILL REC CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. • We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia and Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Locker room use should be minimized. Restrooms will be available for emergency situations with occupancy limited to one person at a time. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes should arrive and depart in their suits if possible. • All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. • Masks must be worn by swimmers until they reach the blocks where they will place their masks in personalized plastic zipper bags they have brought from home. • Sessions will be limited to 300 athletes. Maximum capacity for the pool deck is 400 persons. • No spectators allowed. Competition will be live-streamed on The FISH Facebook page.
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.

	<ul style="list-style-type: none"> • 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. 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. • 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" entries will be accepted. Coaches times will be accepted under the following circumstances: <ul style="list-style-type: none"> ○ Any 25y or 50y distanced event ○ A swimmer has a provable time in the smaller step of the event ladder (e.g., a provable 100y time needed for a coach's time in the 200y of that stroke). ○ A 200y Free time is required for a coach's time 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 counter (if desired) and timer for the 500, 1000, and 1650 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session. • 12& under athletes may only enter 1 session per day.
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 may 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 cleaning up for 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"> • The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> • No awards will be given.
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 at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There are no spectators at this meet. It will be live-streamed on The FISH Facebook page

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, Lynne Gerlach, gerlach@msscswimming.com. • Officials 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 XII - ****" 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	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Individual event fee: \$10.00</p> <p style="text-align: center;">Make checks payable to The FISH. Checks may be mailed to: 2022 Super FISH Bowl XII Entries 1340 Old Chain Bridge Rd, Suite 303 McLean, VA 22101</p> <ul style="list-style-type: none"> • 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.

Super FISH Bowl XII

Saturday and Sunday, February 5-6, 2022

Saturday

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
Open 500 Freestyle	5
Open 50 Backstroke	6
Open 200 Freestyle	7
Open 100 IM	8

SESSION 2: Mixed	#
<i>Warm-up 10:50-11:20pm, Events 11:25pm</i>	
Open Mixed 1650 Freestyle	9

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

Sunday

Session 4: GIRLS	#
<i>Warm-up 6:30-7:20am, Events 7:25am</i>	
Open 50 Butterfly	18
Open 200 Backstroke	19
Open 100 Breaststroke	20
Open 100 Freestyle	21
Open 400 IM	22
Open 100 Butterfly	23
Open 50 Breaststroke	24
Open 200 IM	25

SESSION 2: Mixed	#
<i>Warm-up 10:50-11:20pm, Events 11:25pm</i>	
Open Mixed 1000 Freestyle	26

SESSION 3: BOYS	#
<i>Warm-up 12:25-1:15pm, Events 1:20pm</i>	
Open 50 Butterfly	27
Open 200 Backstroke	28
Open 100 Breaststroke	29
Open 100 Freestyle	30
Open 400 IM	31
Open 100 Butterfly	32
Open 50 Breaststroke	33
Open 200 IM	34