



Super FISH Bowl XIV

Hosted by:

February 3-4, 2024

Sanction # PVI-24-57

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Curtis Din cdin@pvfish.org 540 999 4080	Barb Ship barb@ships3.com Officials Sign Up	Please email Barb Ship, barb@ships3.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-24-57. 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 range of 4.5' – 4.7' at the starting end and 3.5' – 5' at the turning end. The meet hosts will ensure the required course dimensions. 																																
ENTRY DEADLINE	<p style="text-align: center;">January 22, 12:00pm Noon</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 3 – Sunday, February 4</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">Saturday, February 3, 2024</th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Session 1</td> <td style="text-align: left;">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: left;">Session 2</td> <td style="text-align: left;">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: left;">Session 3</td> <td style="text-align: left;">Boys Open</td> <td style="text-align: center;">12:25pm – 1:15pm</td> <td style="text-align: center;">1:20pm</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">Sunday, February 4, 2024</th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Session 4</td> <td style="text-align: left;">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: left;">Session 5</td> <td style="text-align: left;">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: left;">Session 6</td> <td style="text-align: left;">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. 	Saturday, February 3, 2024		Warm-Ups	Events	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 4, 2024		Warm-Ups	Events	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
Saturday, February 3, 2024		Warm-Ups	Events																														
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 4, 2024		Warm-Ups	Events																														
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																														
ELIGIBILITY	<ul style="list-style-type: none"> Open to all 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 will be used. 																																

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. • 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 without the use of the backstroke ledge. 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, seeded fastest to slowest. • 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 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 will 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 for cleaning up 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"> • There are no scores for events.

AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There are no spectator entry fees.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
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 Barb Ship: barb@ships3.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 - ****" 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: \$10 Deck entry fee: \$20</p> <p style="text-align: center;">Individual event fee: \$10</p> <ul style="list-style-type: none"> Make checks payable to The FISH. Checks may be mailed to: 2023 Super FISH Bowl XIII Entries 1340 Old Chain Bridge Rd, Suite 303 McLean, VA 22101 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 XIII

Saturday and Sunday, February 3-4, 2024

Saturday, February 3

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, February 4

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