

Sanctioned by:

2007 Swim Like a FISH Invitational

Hosted by:



June 16 - 17, 2007
George Mason University – Fairfax



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVI-07-45					
FACILITY	<p>George Mason University - Aquatic and Fitness Center 4400 University Boulevard Fairfax, Virginia 22030 (703) 993-3939 50 meters -- 8 lanes</p> <ul style="list-style-type: none"> ➤ 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. 					
MEET DIRECTOR	<p>Mike Kraeuter h2o-life@att.net 703-218-2427</p> <p>The Meet Director reserves the right to:</p> <ul style="list-style-type: none"> ➤ Limit entries in any event, if necessary, in order to manage session length. ➤ If it is necessary to limit entries, teams will be notified by Friday, June 9th, and refunds will be given. ➤ Combine events in which there are insufficient entries. 					
CLUB OFFICIALS CHAIRMAN	<p>John Firestein jfirestein@mac.com 540-888-3168</p>					
MEET REFEREE	<p>John Firestein jfirestein@mac.com</p>					
SCHEDULE	<p>Continual warm-up/warm down facilities are available throughout the meet (except during open and assigned warm-up times)</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>SAT & SUN Mornings (Sessions #1 & #4)</p> <ul style="list-style-type: none"> ▪ 6:30-7:50am Assigned Warm-ups 7:30am Officials Meeting 7:45am Lane Timers Meeting 7:50am Coaches Meeting (Sat only) ▪ 8:00am Competition Begins </td> <td style="width: 50%; vertical-align: top;"> <p>*SAT & SUN Afternoons (Sessions #2 & #5)</p> <ul style="list-style-type: none"> ▪ Assigned warm-ups to commence immediately following the conclusion of the morning sessions #1 and #3, but not earlier than 11:30am. ▪ Competition will begin 90 minutes after the start of warm-ups. ▪ Accurate timeline projection will be made available after all entries have been received. ▪ Session timelines will be sent electronically to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Friday June 9th. </td> </tr> <tr> <td colspan="2" style="vertical-align: top;"> <p>SAT Evening (Distance Session #3)</p> <ul style="list-style-type: none"> ▪ Open warm-up to commence immediately following the conclusion of session #2, but not earlier than 4:30pm. ▪ Competition will begin 45 minutes after the start of warm-ups. ▪ Accurate timeline projection will be made available after all entries have been received. ▪ Session timelines will be sent to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Saturday April 21^s. </td> </tr> </table> <p>*warm-up times for the second session of each day may be adjusted, depending on the number of entries and projected time line.</p>		<p>SAT & SUN Mornings (Sessions #1 & #4)</p> <ul style="list-style-type: none"> ▪ 6:30-7:50am Assigned Warm-ups 7:30am Officials Meeting 7:45am Lane Timers Meeting 7:50am Coaches Meeting (Sat only) ▪ 8:00am Competition Begins 	<p>*SAT & SUN Afternoons (Sessions #2 & #5)</p> <ul style="list-style-type: none"> ▪ Assigned warm-ups to commence immediately following the conclusion of the morning sessions #1 and #3, but not earlier than 11:30am. ▪ Competition will begin 90 minutes after the start of warm-ups. ▪ Accurate timeline projection will be made available after all entries have been received. ▪ Session timelines will be sent electronically to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Friday June 9th. 	<p>SAT Evening (Distance Session #3)</p> <ul style="list-style-type: none"> ▪ Open warm-up to commence immediately following the conclusion of session #2, but not earlier than 4:30pm. ▪ Competition will begin 45 minutes after the start of warm-ups. ▪ Accurate timeline projection will be made available after all entries have been received. ▪ Session timelines will be sent to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Saturday April 21^s. 	
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ELIGIBILITY	Open to all invited registered Potomac Valley athletes and invited USA Swimming clubs. Invitations may be extended to clubs if interest is expressed, provided commitments have not exceeded the meet limit of 800 swimmers or desired session lengths.
SWIMMER ELIGIBILITY	<ul style="list-style-type: none"> ➤ Age on June 16th, 2007, will determine the swimmer's age for the entire meet. ➤ An athlete may only compete in his/her own age division. ➤ Only USA Swimming registered teams will be invited to participate. ➤ 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. ➤ To be eligible to enter this meet, a swimmer must be registered with USA Swimming and their LSC, no later than the entry deadline. ➤ On-deck registration will NOT be allowed.
COACHES ELIGIBILITY	<p>All coaches "on the deck" must be a registered member of USA Swimming.</p> <ul style="list-style-type: none"> ➤ Coaches must have coaching card visible at all times. ➤ Coaches are expected to be in compliance with the new USA Swimming Background Screening Program.
MEET FORMAT	<ul style="list-style-type: none"> ➤ The pool will be configured to conduct competition in 8-lane, 50meter pool. ➤ 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.
QUALIFYING TIMES FOR DISTANCE EVENTS	<ul style="list-style-type: none"> ➤ Entry into events #61 & #62 (400M Free) are limited to those swimmers who have a current time of BB or faster in the 12&U 400 Free, or time of record equal to BB or faster in the 200 Free for their current age-group. <ul style="list-style-type: none"> ➤ Entries in events #37 & #38 (13&O 800 Free) are limited to a maximum of 3 hours ➤ Entry into events #37 & #38 (800M Free) are limited to those swimmers who have a current time of BB or faster in the 13&O 800M Free, or time of record equal to BB or faster in the 400M/500Y Free for their current age-group.
RULES	<ul style="list-style-type: none"> ➤ Entries will be accepted on a first-come, first serve basis. Once the meet is full, entries will no longer be accepted. ➤ No late entries will be accepted. Deck entries may be accepted at the meet director's discretion and will be \$10.00 per entry. ➤ Current USA Swimming Rules and Regulations will apply. ➤ Swimmers may enter and swim a maximum of four (4) individual events in any one session, but no more than five (5) individual events during ONE (1) day. ➤ Entries MUST be submitted in LC Meters times. ➤ The meet will be capped at 800 swimmers. ➤ If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.
POSITIVE CHECK-IN PROCEDURE	<p>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the block directly.</p> <ul style="list-style-type: none"> ➤ All check-in sheets must be picked up at the scoring table upon arrival at the meet by one of your team's coaches. Then turned into the scoring table 30 minutes before the start of the session. ➤ Swimmers that are swimming will have a SINGLE line through their name. ➤ Swimmers that are being scratched will have their names CIRCLED with a "SCR" next to the circle. ➤ Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle. ➤ Swimmers who have checked in, been seeded, and fail to swim the event will be barred from their next scheduled event unless excused by the Meet Referee.

ENTRIES	<p>In accordance with PVS policy, team entries may be submitted by E-mail to h2o-life@att.net (please use "2007 FISH LC Invite - ****" with the club's initials substituted in place of the asterisks. If the club is submitting entries from more than one location, please add the location to the heading with the club initials.)</p> <p>Events file for use in Team Manager is available for download here: 45mm061607</p> <ul style="list-style-type: none"> ➤ All entries must be Hy-Tek program entries either on a 3 ½" diskette or as an attached file to an e-mail. ➤ The meet director will respond to e-mails within 24 hours. If you do not receive an e-mail response within 24 hours, assume that your e-mail has not been received. It then becomes the sender's responsibility to make sure that the host club's meet director receives the e-mail. If you do not receive an e-mail response, you must contact the meet director by e-mail or phone or mail in your entries. ➤ Include with your commlink file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files. ➤ In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact). <p>Entries may be sent via mail/express mail/etc...</p> <ul style="list-style-type: none"> ➤ Computer disk entries (Hy-tek) are encouraged. Disk entries require one (1) meet entry report by name and one (1) by event from Team Manager. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "Entry Cover Sheet." ➤ 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 lacking 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"> ➤ Fees for individual events are \$5.50 <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 the club name on the entry check (if 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 need to limit competition.</p>
ENTRY DEADLINE	<p>All entries will be accepted on a first come bases. Meet Entries will be taken until the meet fills. Team entries will not be considered accepted unless entry fees have been received.</p> <p style="text-align: center;">Entry Deadline Date: Tuesday, June 5th, 2007 at 5:00PM</p>
SEND ENTRIES TO	<p style="text-align: center;">the FISH 3082 White Birch Ct. Fairfax, VA 22031 Attn: Mike Kraeuter</p> <p>E-mail entries will be accepted. Send electronic entries including meet entry reports to: h2o-life@att.net</p> <p style="text-align: center;">Entry fee check must be received by June 9th, 2007</p>
TIMERS	<ul style="list-style-type: none"> ➤ The host club is responsible for supplying one timer per lane. ➤ Participating clubs are required to provide timers in proportion to their entries. A timer is required for each 25 entries. ➤ Swimmers participating in events 37 & 38 (13&O 800m Free) must supply their own counters & timers.
WARM-UP PROCEDURES	<ul style="list-style-type: none"> ➤ PVS warm-up and safety procedures will be in effect during this meet. These procedures may be found at http://www.pvswim.org/pol_proc.htm#o21. ➤ 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. ➤ All swimmers must enter the pool from the starting end of the pool. <p><u>Warm-up Procedure based upon number of entries:</u></p> <ul style="list-style-type: none"> ➤ The warm-up sessions will be two 40-minute warm-ups divided by teams.

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.
CHECK-IN POLICY	For those events requiring positive check-in, coaches shall designate their athlete's intention to swim the event on the forms provided to them. Athletes who have not been checked-in prior to the specified time will be scratched from the event. 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 Referee.
OFFICIALS	All certified officials wishing to volunteer to work this meet please contact the FISH Officials Chairman, John Firestein at: jfirestein@mac.com (540-888-3168) prior to June 12th, 2007. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee. <ul style="list-style-type: none"> ➤ USA Swimming certified officials are requested for all positions. ➤ While on the deck Officials must have current credentials visible at all times.
HOST CLUB RESPONSIBILITIES	The host club will provide a single timer in each lane throughout the meet. The meet director will create a warm-up schedule and timing assignments that will be fair and equal to all teams. The warm-up schedule will be e-mailed to all 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 e-mail to participating clubs 72 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. 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	There will be no awards given out at this meet.
WARNING	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.
TEAM AREA	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).
DECK ACCESS	<ul style="list-style-type: none"> ➤ Anyone not working the meet as a deck official, volunteer timer, or other meet position are not permitted on the deck and will be asked to leave. Only athletes, USA Swimming Certified Coaches, and deck Officials are permitted on the pool deck. Coaches and deck officials are required to display their current USA Swimming card. ➤ All others are required to be in the elevated spectator bleachers.
ONSITE AMENITIES	<ul style="list-style-type: none"> ➤ Meet programs will be made available by session. ➤ 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 may be available.
MEET HOTELS	<p>We have secured a special meet rate (\$89.00 per room) for a limited number of rooms at the Comfort-Inn University Center for both teams and families.</p> <ul style="list-style-type: none"> ▪ It is located approximately 2 miles from the George Mason – Aquatic and Fitness Center. ▪ Please call (703) 591-5900 and specify that you are with “the FISH meet”. <p style="text-align: center;">COMFORT-INN University Center 11180 Main St. Fairfax, VA 22030</p>

2007 Swim Like a FISH Invitational

Session #1			Session #4		
Saturday Morning, June 16th @ GMU Warm-up 6:30-7:50 am Events @ 8:00 am			Sunday Morning, June 17th Warm-up 6:30-7:50 am Events @ 8:00 am		
Girls	Event Name	Boys	Girls	Event Name	Boys
1	11-12 100m Fly	2	39	11-12 100m Back	40
3	10 & under 100m Fly	4	41	10 & under 100m Back	42
5	11-12 200m Breast	6	43	11-12 200m Fly	44
7	10 & under 50m Back	8	45	10 & under 50m Free	46
9	11-12 50m Back	10	47	11-12 50m Free	48
11	10 & under 100m Free	12	49	10 & under 100m Breast	50
13	11-12 100m Free	14	51	11-12 100m Breast	52
15	10 & under 50m Breast	16	53	10 & under 50m Fly	54
17	11-12 50m Breast	18	55	11-12 50m Fly	56
19	11-12 200m Back	20	57	10 & under 200m IM	58
21	10 & under 200m Free	22	59	11-12 200m IM	60
23	11-12 200m Free	24	61	12 & under 400m Free	62
*Entry into events #61 & #62 are limited to those swimmers who have a current time of BB or faster in the 12 & under 400 Free, or time of record equal to BB or faster in the 200 Free for their current age-group.					
Session #2			Session #5		
Saturday Afternoon, June 16th Warm-up TBA Events TBA			Sunday Afternoon, June 17th Warm-up TBA Events TBA		
Girls	Event Name	Boys	Girls	Event Name	Boys
25	13 & over 50m Free	26	63	13 & over 200m Back	64
27	13 & over 200m Breast	28	65	13 & over 100m Free	66
29	13 & over 100m Back	30	67	13 & over 200m Fly	68
31	13 & over 200m Free	32	69	13 & over 100m Breast	70
33	13 & over 100m Fly	34	71	13 & over 200m IM	72
35	13 & over 400m IM	36	73	13 & over 400m Free	74
Session #3					
Saturday Evening, June 16th					
Girls	Event Name	Boys			
37*	13 & over 800m Free	38*			
*Entry into events #37 & #38 are limited to those swimmers who have a current time of BB or faster in the 13 & over 800 Free, or time of record equal to BB or faster in the 400m/500yd Free for their current age-group.					