

Sanctioned by:

2008 FISH Qualifier

Hosted by:



February 9 - 10, 2008
Spring Hill Recreation Center – McLean

Swimteam

AMENDED 01/17/08
To MODIFY EVENT LISTING AND SEVERAL NFT'S
AMENDED 01/25/08
To ADD 15 & OVER NFT'S

SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVC-08-33		
FACILITY	Spring Hill Recreation Center 1239 Spring Hill Road McLean, VA 22101 (703) 827-0989 25 yards -- 8 lanes		
MEET DIRECTOR	Mike Kraeuter h2o-life@att.net 703-218-2427 The Meet Director reserves the right to: ➤ 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, February 2nd, and refunds will be given. ➤ Combine events in which there are insufficient entries.		
CLUB OFFICIALS CHAIRMAN	John Firestein jfirestein@mac.com 540-888-3168		
MEET REFEREE	John Firestein jfirestein@mac.com		
SCHEDULE	<ul style="list-style-type: none"> ▪ One, eight lane racing course will be used. ▪ We hope to be able to use 1-2 additional lanes for warm-up / cool-down. <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>SATURDAY Morning (Session #1) 9-10 Boys & Girls; 11-12 Boys</p> <ul style="list-style-type: none"> ▪ 9:00-9:50am Warm-up 9:30am Officials Meeting 9:45am Lane Timers Meeting 9:50am Coaches Meeting ▪ 10:00am Competition Begins <p>SATURDAY Afternoon (Session #2) 11-12 Girls; 13 & Over Boys & Girls</p> <ul style="list-style-type: none"> ▪ 1:00-1:50pm Warm-up* 1:30pm Officials Meeting 1:45pm Lane Timers Meeting ▪ 2:00pm Competition Begins </td> <td style="width: 50%; vertical-align: top;"> <p>SUNDAY Morning (Session #3) 9-10 Boys & Girls; 11-12 Boys</p> <ul style="list-style-type: none"> ▪ 7:00-7:50am Warm-up 7:30am Officials Meeting 7:45am Lane Timers Meeting ▪ 8:00am Competition Begins <p>SUNDAY Afternoon (Session #4) 11-12 Girls; 13 & Over Boys & Girls</p> <ul style="list-style-type: none"> ▪ 11:00-11:50pm Warm-up* 11:30pm Officials Meeting 11:45pm Lane Timers Meeting ▪ 12:00pm Competition Begins </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>SATURDAY Morning (Session #1) 9-10 Boys & Girls; 11-12 Boys</p> <ul style="list-style-type: none"> ▪ 9:00-9:50am Warm-up 9:30am Officials Meeting 9:45am Lane Timers Meeting 9:50am Coaches Meeting ▪ 10:00am Competition Begins <p>SATURDAY Afternoon (Session #2) 11-12 Girls; 13 & Over Boys & Girls</p> <ul style="list-style-type: none"> ▪ 1:00-1:50pm Warm-up* 1:30pm Officials Meeting 1:45pm Lane Timers Meeting ▪ 2:00pm Competition Begins 	<p>SUNDAY Morning (Session #3) 9-10 Boys & Girls; 11-12 Boys</p> <ul style="list-style-type: none"> ▪ 7:00-7:50am Warm-up 7:30am Officials Meeting 7:45am Lane Timers Meeting ▪ 8:00am Competition Begins <p>SUNDAY Afternoon (Session #4) 11-12 Girls; 13 & Over Boys & Girls</p> <ul style="list-style-type: none"> ▪ 11:00-11:50pm Warm-up* 11:30pm Officials Meeting 11:45pm Lane Timers Meeting ▪ 12:00pm Competition Begins
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ELIGIBILITY	Open to all registered Potomac Valley athletes and invited USA Swimming athletes that meet the event qualifying times.		

ENTRY DEADLINE	<p>All entries will be accepted on a first come basis. Team entries will not be considered accepted unless entry fees have been received.</p> <p style="text-align: center;">Entry Deadline Date: Tuesday, January 29th, 2008 at 5:00PM</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>
ENTRY FEES	<p>Team entries will not be processed until payment has been received.</p> <p>➤ Fees for individual events are \$5.00</p> <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>
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>
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> <p>➤ 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.</p> <p>➤ Swimmers that are swimming will have a SINGLE line through their name.</p> <p>➤ Swimmers that are being scratched will have their names CIRCLED with a "SCR" next to the circle.</p> <p>➤ Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle.</p> <p>➤ Swimmers who checked in, been seeded, and fail to swim the event will be barred from their next scheduled event unless excused by the Meet Referee.</p>

ENTRIES	<p>In accordance with PVS policy, team entries may be submitted by E-mail to h2o-life@att.net (please use "2008 FISH Qualifier - ****" 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: "33mm020908"</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 some means other than e-mail. ➤ 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.
RULES	<ul style="list-style-type: none"> ➤ Current USA Swimming Rules and Regulations will apply. ➤ Swimmers may enter a maximum of six (6) individual events and no more than three (3) individual events per day. ➤ The meet will be capped at 700 swimmers. ➤ Sessions #1, #2, #3 and #4 (SAT & SUN Mornings and Afternoons) are limited to a maximum of 400 swimmers per session. ➤ For events #21, 22, 62 & 63 (1000 & 1650 Free) we will be limiting that event to 2 heats apiece. ➤ If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.

SWIMMER ELIGIBILITY	<ul style="list-style-type: none"> ➤ Age on February 9th, 2008, will determine the swimmer's age for the entire meet. ➤ IMPORTANT: 14 & Under swimmers who attain a new age group between February 11th and February 28th may compete in any event where their time (1) is faster than the FISH Qualifier "No Faster Than" standard for their current age group and also (2) slower than the PVS Junior Olympic "No Slower Than" standard for their new age group. This is to permit those swimmers who will be in a new age group at the PVS Junior Olympic Meet an opportunity to qualify. ➤ 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 and have equaled or be slower than the applicable qualifying times listed (NO FASTER THAN times). <p style="text-align: center;"><u>1000 & 1650 Free Eligibility</u></p> <ul style="list-style-type: none"> ➤ For the 1000 and 1650 Free (Events #21, 22, 62 & 63) the same rule applies as above. ➤ Also, for events 21 & 22, 1000Y Freestyle -- Minimum provable time to enter the 1000Y Free is 15:00.00. Athletes wishing to enter the 1000 Freestyle who do not have a provable 1000Y/800M Free time under 15:00.00 must have a provable time in the 400M/500Y Free of 7:20.00 or faster. These athletes will be entered into the 1000Y Freestyle with their 400M/500Y time and will be seeded after all 1000Y/800M times have been seeded. After times are verified, all LCM times will be converted for seeding purposes. ➤ Events 62 & 63, 1650Y Freestyle -- Minimum provable time to enter the 1650Y Free is 25:00.00. Athletes wishing to enter the 1650 Freestyle who do not have a provable 1650Y/1500M Free time under 25:00.00 must have a provable time in the 800M/1000Y of 15:00.00 or faster. These athletes will be entered into the 1650Y freestyle with their 800M/1000Y time and will be seeded after all 1650Y/1500M times have been seeded. After times are verified, all LCM times will be converted for seeding purposes. ➤ No on-deck USA-S registrations permitted.
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.
MEET FORMAT	<ul style="list-style-type: none"> ➤ The pool will be configured to conduct competition in 8-lane, 25 yard 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.
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. ➤ Assigned warm-ups may be used depending on the size of the meet. ➤ 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.
INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY	<p>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.</p>
CHECK-IN POLICY	<p>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.</p>

OFFICIALS	<p>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 January 28th, 2008. 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.</p> <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	<p>The host club will provide a single timer in each lane throughout the meet.</p> <p>The meet director will create timing assignments that will be fair and equal to all teams. The timing assignments will be e-mailed to all participating clubs no later than 72 hours before the meet.</p>
PARTICIPATING CLUB RESPONSIBILITIES	<p>Participating clubs must help with timing assignments. Timing assignments will be sent via e-mail to participating clubs 72 hours prior to the meet.</p> <p>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.</p> <ul style="list-style-type: none"> ➤ 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	<p>There will be no awards at this meet.</p>
WARNING	<p>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.</p>
TEAM AREA & SUPERVISION	<p>Teams will be inside the pool area. Due to limited space please remember to keep your area clean.</p> <p>Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas. Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials permitted on the pool deck. Coaches & deck officials are required to display their current 2008 USA Swimming card.</p>
ONSITE AMENITIES	<ul style="list-style-type: none"> ➤ Psych Sheets will be made available by session for \$1.00 a piece. (Working officials and coaches receive a complementary program) ➤ 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.

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Swimteam

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Session #1

Saturday Morning, February 9th
Warm-up 9:00-9:50 am Events @ 10:00 am

Girls	NFT	Event Name	NFT	Boys
		11-12 200 IM	2:41.50	1
2	37.80	9-10 50 Fly	38.90	3
		11-12 100 Fly	1:16.00	4
5	1:25.20	9-10 100 Back	1:25.80	6
		11-12 50 Back	34.70	7
8	7:25.00	9-10 500 Free	7:35.00	9
10A	3:00.00	12 & Under 200 Breast	3:00.00	10B
11	1:14.10	9-10 100 Free	1:13.20	12
		11-12 100 Free	1:03.40	13
14	1:36.00	9-10 100 Breast	1:37.40	15
		11-12 50 Breast	39.00	16
17A	2:38.00	12 & Under 200 Back	2:43.00	17B
18	1:25.20	9-10 100 IM	1:25.50	19
		11-12 500 Free	6:08.30	20

Session #3

Sunday Morning, February 10th
Warm-up 7:00-7:50 am Events @ 8:00 am

Girls	NFT	Event Name	NFT	Boys
		11-12 50 Free	28.80	43
44	33.00	9-10 50 Free	32.90	45
46A	2:53.00	12 & Under 200 Fly	2:50.00	46B
47	43.90	9-10 50 Breast	44.60	48
		11-12 100 Breast	1:25.20	49
50	1:32.20	9-10 100 Fly	1:35.20	51
		11-12 50 Fly	33.70	52
53	2:44.00	9-10 200 Free	2:44.00	54
		11-12 200 Free	2:20.90	55
56	38.90	9-10 50 Back	39.20	57
		11-12 100 Back	1:13.70	58
59	3:06.00	9-10 200 IM	3:07.00	60
		11-12 100 IM	1:14.10	61

Session #2

Saturday Afternoon, February 9th
Warm-up 1:00-1:50 pm Events @ 2:00 pm

Girls	NFT	Event Name	NFT	Boys
21	12:00.00	9-14 1000 Free	12:00.00	22
	11:40.90	15 & Over 1000 Free	11:21.00	
23	1:14.30	11-12 100 Fly		
24	2:37.10	13-14 200 Fly	2:32.60	25
	2:40.00	15 & Over 200 Fly	2:34.60	
26	34.30	11-12 50 Back		
27	5:38.00	13- 14 500 Free	5:33.20	28
	5:38.80	15 & Over 500 Free	5:23.00	
29	3:00.00	11-12 200 Breast		
30	1:07.20	13-14 100 Back	1:05.00	31
	1:08.00	15 & Over 100 Back	1:02.90	
32	1:02.90	11-12 100 Free		
33	1:16.60	13-14 100 Breast	1:13.90	34
	1:17.60	15 & Over 100 Breast	1:11.00	
35	38.10	11-12 50 Breast		
36	2:38.00	11-12 200 Back		
37	2:06.90	13-14 200 Free	2:02.50	38
	2:08.00	15 & Over 200 Free	1:58.00	
39	2:38.90	11-12 200 IM		
40	2:26.00	13-14 200 IM	2:21.50	41
	2:24.00	15 & Over 200 IM	2:14.20	
42	6:08.00	11-12 500 Free		

Session #4

Sunday Afternoon, February 10th
Warm-up 11:00-11:50 Events @ 12:00 pm

Girls	NFT	Event Name	NFT	Boys
62	20:30.00	9-14 1650 Free	21:00.00	63
	19:58.30	15 & Over 1650 Free	19:00.50	
64	1:13.30	11-12 100 IM		
65	5:09.40	9-14 400 IM	5:08.00	66
	5:10.00	15 & Over 400 IM	4:59.00	
67	29.00	11-12 50 Free		
68	58.50	13-14 100 Free	55.60	69
	58.40	15 & Over 100 Free	52.90	
70	2:53.00	11-12 200 Fly		
71	1:08.00	13-14 100 Fly	1:05.30	72
	1:09.30	15 & Over 100 Fly	1:02.40	
73	1:21.80	11-12 100 Breast		
74	2:45.80	13-14 200 Breast	2:40.20	75
	2:48.00	15 & Over 200 Breast	2:36.00	
76	33.00	11-12 50 Fly		
77	2:18.00	11-12 200 Free		
78	2:24.50	13-14 200 Back	2:22.00	79
	2:26.00	15 & Over 200 Back	2:19.00	
80	1:13.00	11-12 100 Back		
81	27.10	13-14 50 Free	25.90	82
	27.10	15 & Over 50 Free	24.20	

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