



Welcome to the
2010 FISH LC Derby
 on May 7th and 8th 2011
 at George Mason University in Fairfax, VA



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVI-11-67																							
FACILITY	<p>George Mason University - Aquatic and Fitness Center 4400 University Boulevard, Fairfax, Virginia 22030 (703) 993-3939</p> <ul style="list-style-type: none"> • An 8 lane, 50m course will be used for all competition, with a water depth of 7' at the dive end, and 13.5' at the turning end. • A separate 25y pool for continuous warm-up will be available throughout the meet, except during posted warm-up times. • 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. • Due to limited pool deck space, only USA Registered Officials, Coaches & Athletes, and meet volunteers will be permitted on the pool deck. Deck passes will be issued to participating teams and required for all sessions. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 																							
MEET DIRECTOR	<p>Matt Pelletier mpelletier@pvfish.org (440) 552-6907</p> <p>The Meet Director reserves the right to limit entries in any event and to combine events in order to manage session length. If it is necessary to make these changes, teams will be notified via email by Friday, April 29th. Refunds will be given when appropriate.</p>																							
CLUB OFFICIALS CHAIRMAN	<p>Al Meilus al.meilus@gmail.com (703) 793-9425</p>																							
MEET REFEREE	<p>Art Davis emerand@comcast.net</p>																							
<p>SCHEDULE</p> <p>NOTE: Warm-up times may change, once all entries have been received.</p>	<p>SAT & SUN Mornings (Session #1 & #4) 12 & Under Boys & Girls</p> <table border="0"> <tr><td>6:30-7:50am</td><td>Assigned Warm-up</td></tr> <tr><td>7:15am</td><td>Positive Check-In Closes</td></tr> <tr><td>7:30am</td><td>Officials Meeting</td></tr> <tr><td>7:45am</td><td>Lane Timers Meeting</td></tr> <tr><td>7:50am</td><td>Coaches Meeting (<i>Sat only</i>)</td></tr> <tr><td>8:00am</td><td>Competition Begins</td></tr> </table>	6:30-7:50am	Assigned Warm-up	7:15am	Positive Check-In Closes	7:30am	Officials Meeting	7:45am	Lane Timers Meeting	7:50am	Coaches Meeting (<i>Sat only</i>)	8:00am	Competition Begins	<p>SAT & SUN Afternoons (Session #2 & #5) 13 & Over Boys & Girls *</p> <table border="0"> <tr><td>12:00-1:20pm</td><td>Assigned Warm-up</td></tr> <tr><td>12:45pm</td><td>Positive Check-In Closes</td></tr> <tr><td>1:00pm</td><td>Officials Meeting</td></tr> <tr><td>1:15pm</td><td>Lane Timers Meeting</td></tr> <tr><td>1:30pm</td><td>Competition Begins</td></tr> </table>	12:00-1:20pm	Assigned Warm-up	12:45pm	Positive Check-In Closes	1:00pm	Officials Meeting	1:15pm	Lane Timers Meeting	1:30pm	Competition Begins
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	<p>SAT Evening (Distance Session #3) Positive check-in will close at 4:30pm. Warm-up will be available in side pool throughout the afternoon session. The competition pool will be open for warm up for at least 20 minutes immediately following the completion of the afternoon session and prior to the start of the 1500m freestyle. Competition will begin 30 minutes after the afternoon session is completed, but no earlier than 5:30pm. A pre-scratch timeline and 1500m psych sheet will be posted on the PVS website and emailed to attending teams.</p>
ELIGIBILITY	Open to USA Swimming registered athletes of <u>invited</u> USA Swimming registered teams. Entry preference will be given to teams who have historically attended the meet. All teams interested in attending should notify the Meet Director with an estimated number of athletes.
SWIMMER ELIGIBILITY	<p>Athlete's age on May 7th, 2010, will determine the swimmer's age for the entire meet. All athletes must compete in his or her own age division. 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. On-deck registration will NOT be allowed. All swimmers must show proper credentials (deck pass) when entering the pool deck.</p>
COACHES ELIGIBILITY	All coaches "on the deck" must be a registered member of USA Swimming. Coaches must have current coaching card visible at all times and will be issued a deck pass.
MEET FORMAT	<p>Derby Names In spirit of the Kentucky Derby, every swimmer is <u>required</u> to choose a "horse name" (and 2 alternate selections in case of duplicates). Print your selections on page 6 of this meet packet, or submit an excel spreadsheet with your entry which lists both the swimmer's actual name and their chosen "horse name". "Horse names" are limited to 16 characters including spaces. Each athlete's "horse name" will be used on the digital scoreboard and by the meet announcer; all official final results will be recorded with the swimmers official name & USAS # at the conclusion of the meet. If the supplied horse name is deemed inappropriate by the meet director another one will be assigned at random.</p> <p>Derby Caps Each entered athlete will receive a custom LC Derby cap in their team's color. Each participating team will be assigned a specific cap color, different from all other teams. It is the hope of the Meet Management that each team will wear their custom team colored LC Derby caps during their races. Caps will be distributed to coaches (along with deck passes) upon arrival.</p> <p>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.</p>
QUALIFYING FOR DISTANCE EVENTS	<p>Events #43 - 44, 12 & Under 400m Free, are limited to those swimmers who have a provable BB time for their age group in either the 400m/500y free or the 200m/200y free. Time conversions are acceptable for entry purposes. All entries must be in LCM. Athletes entering with a 200 time will be seeded after athletes entering with 400m time.</p> <p>Events #29 – 30, Open 1500m Free, are limited to those swimmers who have a provable BB time for their age group in either then 1500m/1650y free or the 800m/1000y free. Time conversions are acceptable for entry purposes. All entries must be in LCM. Athletes entering with an 800m/1000y time will be seeded after athletes entering with 1500m times.</p>
SEEDING & EVENT LIMITATIONS	<p>All events are Timed Finals. All events 200m and shorter will be seeded slowest to fastest. All events 400m and longer will be seeded fastest to slowest. Events #29 – 30, Open 1500m Free, will be seeded fastest to slowest and alternate gender by heat. If excessive entries are submitted, these events will be limited to the fastest seeded 32 athletes in each event or 8 heats total. A 1500m psych sheet will be emailed to team representatives.</p>

MEET RULES	<ul style="list-style-type: none"> • Current USA Swimming Rules and Regulations will apply. • Swimmers may enter and swim a maximum of seven (7) individual events during the meet, but no more than four (4) individual events during one (1) session. • Entries MUST be submitted as LCM times. Time conversions are permitted. “No Time” or “NT” entries will not be accepted. • 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. • The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy. • Swimmers in the meet, unaccompanied by a USA –S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer’s legal guardian.
POSITIVE CHECK-IN PROCEDURE & POLICY	<p>Check-in will close 45 minutes prior to competition for each session. Events 400m and longer will require positive check-in, and, if entries warrant, 200m events may require positive check-in. Athletes who have not checked-in prior to the specified time will be scratched from that session without penalty. Athletes who have checked-in for, have been seeded in and fail to swim an event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</p>
ENTRIES	<p>All entries may be submitted using Hy-Tek Team Manager to Matt Pelletier (mpelletier@pvfish.org) via email beginning Tuesday, March 29th at 8:00 am, but must be received on or before Tuesday, April 19th at 5:00pm. <i>All teams interested in attending should notify the Meet Director with an estimated number of athletes.</i></p> <ul style="list-style-type: none"> • The meet director will respond to emailed entries within 24 hours. If you do not receive an email response within 24 hours, assume that your email has not been received. It then becomes the sender’s responsibility to make sure that the host club’s meet director receives the email; please contact the meet director by some means other than email. • All entries must be submitted as LCM times. Time conversions are acceptable. “NT” or “No Time” entries will not be accepted. • Events #29-30 (Open 1500m free) and #43-44 (12&U 400m free) require proof of time. A Hy-Tek entry report with the “Include Proof of Time” box checked is adequate. • Include with your Hy-Tek entry file an entry report sorted by name and an entry report sorted by event, both saved as Microsoft Excel or PDF files. • In the body of your e-mail provide entry numbers (total athletes, total individual entries) and include contact information (email, phone, officials contact) for your team representative. • Below, you will find a swimmer/horse name table (each name may be no more than 16 characters long including spaces). This form (or and Excel spreadsheet of your own creation that matches the formatting of the form below) must be submitted with your team entry. <u>Entries cannot be processed until this form is received.</u> • 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 lack 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"> • \$6.00 surcharge per swimmer. • Individual events are \$8.00 each. • Deck Entries will be \$16.00 at the discretion of the Meet Director. Athletes who are not already entered in the meet must also pay the \$6.00 surcharge upon deck entry. <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 your club’s name on the entry check (if it is 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 the need to meet our timeline.</p>

ENTRY DEADLINE	<p>Invited teams may begin submitting entries on Tuesday, March 29th, 2011. Team entries will not be considered accepted <u>until entry fees have been received</u>. <i>If your team would like to participate in this meet for the first time, please contact the Meet Director in advance of sending your entries.</i></p> <p style="text-align: center;">Team Entry Deadline Date: Tuesday, April 19th, 2011 at 5:00PM</p> <p>Please note the early deadline; this is due to the time needed to prepare the set-up of the meet.</p>
SEND ENTRIES TO	<p>Email Hy-tek entries and entry reports to Matt Pelletier at mpelletier@pvfish.org.</p> <p>Mail entry checks to: 2011 FISH LC Derby Entries c/o Monika Paris 1649 Kurpiers Ct. McLean VA 22101</p> <p><u>Entry fees must be received before teams will be allowed to check-in their swimmers.</u></p>
TIMERS	<ul style="list-style-type: none"> • The host team will supply one timer per lane. • Participating clubs are required to provide one timer per 20 athletes entered for Saturday and Sunday morning and afternoon sessions. • All swimmers participating in events #29 & 30, 1500m Free, must supply a timer and a lap counter.
WARM-UP PROCEDURES	<p>PVS warm-up and safety procedures will be in effect during this meet. These procedures may be found at www.pvswim.org.</p> <p>Assigned warm-ups will be used. All coaches, athletes, volunteers and officials must show a deck pass to enter the pool deck.</p> <p>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.</p> <p>All swimmers must enter the pool from the starting end of the pool.</p> <p>Warm-up Assignments are based upon number of entries and will be divided into two equal sessions.</p> <p>During the posted warm-up times, only the competition pool will be open. Once the meet begins, the 25y side pool will be open for continuous warm-up/cool down.</p>
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>
OFFICIALS	<p>Certified officials and trainees wishing to volunteer to work this meet please contact the FISH Officials Chair, Al Meilus (al.meilus@gmail.com) or (703) 793-9425) by April 29, 2011. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work. 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 April 29, 2011, should contact Al Meilus as soon as possible or sign in and notify the Meet Referee, Art Davis, upon arrival at the meet.</p>
PARTICIPATING CLUB RESPONSIBILITIES	<ul style="list-style-type: none"> • Participating club parents must stay off the pool deck, except for timing assignments. • Participating clubs should help with officiating when 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 & SCORING	<p>12 & under event results will be scored as "10 & under" and "11-12".</p> <p>13 & over event results will be scored as "13-14" and "15 & over".</p> <p>Open event results will be scored as 10 & under, 11-12, 13-14 and 15 & over.</p> <p>For each age group, there will be 3 levels of awards given out:</p> <ul style="list-style-type: none"> • Swimmers entered with times faster than USA "A" times will receive ribbons for 1st – 8th place. • Swimmers entered with times faster than USA "BB" times but slower than USA "A" times will receive ribbons for 1st – 8th place. • Swimmers with times slower than USA "BB" times will receive ribbons for 1st – 8th place.
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	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).
ONSITE AMENITIES	<ul style="list-style-type: none"> • Meet Programs will be available with name keys for purchase in concession/vendor area. • 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 will be available.
NOTE	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, George Mason University and FISH shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2011 FISH LC Derby

Session #1			Session #4		
Saturday Morning, May 7th			Sunday Morning, May 8th		
Check in by 7:15am, Meet Starts 8:00am			Check in by 7:15am, Meet Starts 8:00am		
Girls	Event Name	Boys	Girls	Event Name	Boys
1	12 & under 100m Fly	2	31	12 & under 100m Back	32
3	10-12 200m Breast	4	33	10-12 200m Fly	34
5	12 & under 50m Back	6	35	12 & under 50m Free	36
7	12 & under 100m Free	8	37	12 & under 100m Breast	38
9	12 & under 50m Breast	10	39	12 & under 50m Fly	40
11	10-12 200m Back	12	41	12 & under 200m IM	42
13	12 & under 200m Free	14	43	12 & under 400m Free*	44
			* Please see "Qualifying for Distance Events" in the Meet Announcement above.		
Session #2			Session #5		
Saturday Afternoon, May 7th			Sunday Afternoon, May 8th		
Check in by 12:45pm, Meet Starts 1:30pm			Check in by 12:45pm, Meet Starts 1:30pm		
Girls	Event Name	Boys	Girls	Event Name	Boys
15	13 & over 50m Free	16	45	13 & over 200m Back	46
17	13 & over 200m Breast	18	47	13 & over 100m Free	48
19	13 & over 100m Back	20	49	13 & over 200m Fly	50
21	13 & over 200m Free	22	51	13 & over 50m Back	52
23	13 & over 100m Fly	24	53	13 & over 100m Breast	54
25	13 & over 50m Breast	26	55	13 & over 200m IM	56
27	13 & over 400m IM	28	57	13 & over 50m Fly	58
			59	13 & over 400m Free	60
Session #3					
Saturday Evening, May 7th					
Check in by 4:30pm, Meet Starts no earlier than 5:30pm					
Girls	Event Name	Boys			
29*	Open 1500m Free*	30*			
*Please see "Qualifying for Distance Events" in the Meet Announcement above. This event may be limited to the fastest 32 entered athletes.					



**2011 FISH LC Derby
T-shirt Pre Order Form**

1. Print & complete this form.
2. Staple check payable to *the FISH* to this completed form.
3. Mail your completed form & check to: Thuy Nguyen, 50003 King Solomon Dr., Annandale, VA 22003.
Please feel free to email Thuy Nguyen at manh_nguyen@yahoo.com, should you have any questions.

***** Order forms with payment must be received by April 19th, 2011 *****
T-shirts will be included in your check-in packets.

Team Name: _____

Swimmer's Name: _____

Horse Name: _____

Phone Number: (____) _____ - _____ E-mail: _____

Short Sleeved Blue T-shirt
Pre-Order Price per T-Shirt is \$12 (at meet \$16 per shirt)

Size	Number of T-shirts	Price per T-shirt \$12	Total \$ Amount
Youth Medium			
Youth Large			
Adult Small			
Adult Medium			
Adult Large			
Adult Extra Large			

Check# _____

Total Amount _____