

Welcome to the  
**2013 FISH LC Derby**  
on May 4<sup>th</sup> and 5<sup>th</sup> 2013  
at George Mason University in Fairfax, VA

Hosted by:



<b>SANCTION</b>	<b>Sanctioned by USA Swimming through Potomac Valley Swimming # PVI-13-68</b>	
<b>FACILITY</b>	<a href="#">George Mason University - Aquatic and Fitness Center</a> 4400 University Boulevard, Fairfax, Virginia 22030 (703) 993-3939 <ul style="list-style-type: none"> <li>• 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.</li> <li>• A separate 25y pool for continuous warm-up will be available throughout the meet, except during posted warm-up times.</li> <li>• No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck.</li> <li>• No folding chairs, sleeping bags, tents or balloons are permitted in the Athletic Fitness Center.</li> <li>• Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</li> <li>• Due to limited pool deck space, only USA Registered Officials, Coaches &amp; Athletes, and meet volunteers will be permitted on the pool deck. Deck passes will be issued to participating teams and required for all sessions.</li> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>	
<b>MEET DIRECTOR</b>	Matt Pelletier <a href="mailto:mpelletier@pvfish.org">mpelletier@pvfish.org</a> 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. If it is necessary to make these changes, teams will be notified via email by Friday, April 26 <sup>th</sup> . Refunds will be given when appropriate.	
<b>MEET OFFICIALS CHAIR</b>	Alan Goldblatt <a href="mailto:alangoldblatt@verizon.net">alangoldblatt@verizon.net</a> (703) 283-6489	
<b>MEET REFEREE</b>	Kevin Olson <a href="mailto:kevin.s.olson@gmail.com">kevin.s.olson@gmail.com</a>	
<b>TIMING EQUIPMENT</b>	Automatic timing (touch pads primary) will be used for this meet.	
<b>SCHEDULE</b>  <b>NOTE: Warm-up times may change, once all entries have been received.</b>	<b>SAT &amp; SUN Mornings (Session #1 &amp; #4)</b> <b>12 &amp; Under Boys &amp; Girls</b> 6:30-7:50am Assigned Warm-up 7:15am Positive Check-In Closes 7:30am Officials Meeting 7:35am Lane Timers Meeting 7:50am Coaches Meeting ( <i>Sat only</i> ) 8:00am Competition Begins	<b>SAT &amp; SUN Afternoons (Session #2 &amp; #5)</b> <b>13 &amp; Over Boys &amp; Girls *</b> 12:00-1:20pm Assigned Warm-up 12:45pm Positive Check-In Closes 1:00pm Officials Meeting 1:05pm Lane Timers Meeting 1:30pm Competition Begins

## 2003 FISH Derby Meet Announcement (continued)

	<p><b>SAT Evening (Distance Session #3)</b>          Positive check-in will close at 4:45pm.          Warm-up will begin at 4:40pm in the side pool; in addition, in side pool will be available for warm-up throughout the Saturday 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>
<b>TEAM ELIGIBILITY</b>	<p>Open to USA Swimming registered athletes of <u>invited</u> USA Swimming registered teams.. All teams interested in attending should notify the Meet Director with an estimated number of athletes.</p>
<b>SWIMMER ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Athlete's age on May 4<sup>th</sup>, 2013 will determine the swimmer's age for the entire meet.</li> <li>• All athletes must compete in his or her own age division.</li> <li>• 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.</li> <li>• On-deck registration will NOT be allowed.</li> <li>• All swimmers must show proper credentials (deck pass) when entering the pool deck.</li> </ul>
<b>COACHES ELIGIBILITY</b>	<p>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.</p>
<b>MEET FORMAT</b>	<p><b>Derby Names</b>  <b>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 7 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 &amp; 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. At the discretion of the Meet Director, identical horse names from different teams may receive a roman numeral after their name.</b></p> <p><b>Derby Caps</b>  <b>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 expectation of 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.</b></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>

## 2003 FISH Derby Meet Announcement (continued)

<b>QUALIFYING FOR DISTANCE EVENTS</b>	<p>All 200m events are limited to those swimmers with: a) a recorded USA Swimming time in the 200m or 200y of the same event; or b) a provable BB time for their age group in the 100m or 100y of the same event.</p> <p>Events #43 - 44, 12 &amp; 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>Event #29, Open 1500m Free, is limited to those swimmers who have a provable BB time for their age group in either the 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>
<b>EVENT SEEDING</b>	<ul style="list-style-type: none"> <li>• All events are Timed Finals.</li> <li>• All events 200m and shorter will be seeded slowest to fastest.</li> <li>• All events 400m and longer will be seeded slowest to fastest.</li> <li>• Events #29, Open 1500m Free, will be seeded fastest to slowest as a consolidated gender event. If excessive entries are submitted, these events may be limited to the fastest seeded 32 athletes in each event or 8 heats total. Each gender will be allocated at least 16 entries through the entry deadline date (any unfilled entries will be allocated to the other gender). A 1500m psych sheet will be emailed by the Meet Director or designee to team representatives.</li> </ul>
<b>MEET RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• Entries <b>MUST</b> be submitted as <b>LCM</b> times. Time conversions are permitted. "No Time" or "NT" entries will <b>NOT</b> be accepted.</li> <li>• In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</li> <li>• 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.</li> </ul>
<b>POSITIVE CHECK-IN PROCEDURE &amp; POLICY</b>	<ul style="list-style-type: none"> <li>• Positive Check-in will be completed by the coaches</li> <li>• Positive Check-in will close 45 minutes prior to competition for each session.</li> <li>• Events 400m and longer will require positive check-in, and, if entries warrant, 200m events may require positive check-in.</li> <li>• Athletes not checked-in prior to the specified time will be scratched from that session without penalty.</li> <li>• Athletes 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 before the event takes place.</li> <li>• If a seeded athlete in a positive check-in event has a medical or other significant intervening issue after the seeding is posted, the athlete can scratch-out of the event; this action will be treated as a Declared False Start (DFS), which is written as a DQ, and the athlete does NOT forfeit their next swim if otherwise available.</li> </ul>

## 2003 FISH Derby Meet Announcement (continued)

<b>ENTRIES</b>	<p>All entries may be submitted using Hy-Tek Team Manager to Matt Pelletier (<a href="mailto:mpelletier@pvfish.org">mpelletier@pvfish.org</a>) via email beginning Tuesday, March 26<sup>th</sup> at 8:00 am, but must be received <b>on or before Thursday, April 18<sup>th</sup> at 3:00pm</b>. <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"> <li>• 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.</li> <li>• All entries must be submitted as LCM times. Time conversions are acceptable. "NT" or "No Time" entries will not be accepted. Except for Event #29 (Open 1500m Free), Coaches need to submit seed times closely estimating the expected time if a time conversion is not available.</li> <li>• Events #29 (Open 1500m Free) and #43-44 (12&amp;U 400m Free) require proof of time. A Hy-Tek entry report with the "Include Proof of Time" box checked is adequate.</li> <li>• Include with your Hy-Tek entry file an entry report sorted by name and an entry report sorted by event, both saved as PDF files.</li> <li>• 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.</li> <li>• <b>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. Entries cannot be processed until this form is received.</b></li> <li>• The meet director will not accept phone or fax entries.</li> <li>• If using a mail service (FedEx, UPS, etc...) sign the waiver allowing the service to leave your entries without requiring a signature.</li> <li>• 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.</li> </ul>
<b>ENTRY FEES</b>	<p>Team entries will not be processed until payment has been received.</p> <ul style="list-style-type: none"> <li>• <b>\$8.00</b> surcharge per swimmer.</li> <li>• Individual events are <b>\$8.00</b> each.</li> <li>• Deck Entries will be <b>\$16.00</b> at the discretion of the Meet Director. Athletes who are not already entered in the meet must also pay the <b>\$8.00</b> surcharge upon deck entry.</li> </ul> <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 <b>"The FISH"</b></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>
<b>ENTRY DEADLINE</b>	<p>Invited teams may begin submitting entries on Tuesday, March 26<sup>th</sup>, 2013. 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: <b>Thursday, April 18<sup>th</sup>, 2013 at 3:00PM</b></p> <p>Please note the early deadline; this is due to the time needed to prepare the set-up of the meet.</p>

## 2003 FISH Derby Meet Announcement (continued)

<b>SEND ENTRIES TO</b>	<p>Email Hy-Tek entries and entry reports to Matt Pelletier at <a href="mailto:mpelletier@pvfish.org">mpelletier@pvfish.org</a>.</p> <p>Mail entry checks to:                  2013 FISH LC Derby Entries                  c/o Monika Paris                  1649 Kurpiers Ct.                  McLean VA 22101</p> <p><b><u>Entry fees must be received before teams will be allowed to check-in their swimmers.</u></b></p>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• The host team will supply one timer per lane. Except for event #29 (Open 1500m Free).</li> <li>• Participating clubs are required to provide a minimum of one timer per 20 athletes entered for Saturday and Sunday morning and afternoon sessions.</li> <li>• All swimmers participating in event #29, Open 1500m Free, must supply a timer and a lap counter.</li> </ul>
<b>WARM-UP PROCEDURES</b>	<ul style="list-style-type: none"> <li>• PVS warm-up and safety procedures will be in effect during this meet. These procedures may be found at <a href="http://www.pvswim.org">www.pvswim.org</a>.</li> <li>• Assigned warm-ups will be used. All coaches, athletes, volunteers and officials must show a deck pass to enter the pool deck.</li> <li>• 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.</li> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• Warm-up Assignments are based upon number of entries and will be divided into two equal sessions.</li> <li>• 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.</li> </ul>
<b>INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY</b>	<p>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a>. 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>
<b>OFFICIALS</b>	<p>Certified officials and trainees available to volunteer to work this meet please contact the FISH Officials Chair, Alan Goldblatt at <a href="mailto:alangoldblatt@verizon.net">alangoldblatt@verizon.net</a> or (703) 283-6489 by April 26, 2013. Please indicate the sessions you are able to work, your club affiliation, and certifications held or if a trainee - for what position.. 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 26, 2012, should contact Alan Goldblatt as soon as practical or sign-in upon arrival at the meet.</p>
<b>PARTICIPATING CLUB RESPONSIBILITIES</b>	<ul style="list-style-type: none"> <li>• Participating club parents must stay off the pool deck, except for timing assignments.</li> <li>• Participating clubs should help with officiating when possible. List the club contact for club officials with your entry summaries.</li> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any area not directly associated with the swim meet.</li> </ul>

## 2003 FISH Derby Meet Announcement (continued)

<b>AWARDS &amp; SCORING</b>	<ul style="list-style-type: none"> <li>• 12 &amp; under event results will be scored as “10 &amp; under” and “11-12”.</li> <li>• 13 &amp; over event results will be scored as “13-14” and “15 &amp; over”.</li> <li>• Open event results will be scored as 10 &amp; under, 11-12, 13-14 and 15 &amp; over.</li> <li>• For each age group, there will be 3 levels (flights) of awards given out:             <ul style="list-style-type: none"> <li>▪ Swimmers entered with times faster than USA “A” times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> <li>▪ Swimmers entered with times faster than USA “BB” times but slower than USA “A” times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> <li>▪ Swimmers with times slower than USA “BB” times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> </ul> </li> </ul>
<b>WARNING</b>	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.
<b>TEAM AREA</b>	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).
<b>ONSITE AMENITIES</b>	<ul style="list-style-type: none"> <li>• Meet Programs will be available with name keys for purchase in concession/vendor area.</li> <li>• A hospitality area will be available for USA Swimming officials and coaches.</li> <li>• Concessions for spectators and swimmers will be available in the upstairs classroom.</li> <li>• A swim shop vendor will be available.</li> </ul>
<b>NOTE</b>	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.

**2003 FISH Derby Meet Announcement (continued)**

**2013 FISH LC Derby**

**Session #1**

**Saturday Morning, May 4th**

Warm ups: 6:30 AM

Positive Check-in by 7:15 AM

Meet Starts at 8:00 AM

Girls	Event Name	Boys
<b>1</b>	<b>12 &amp; under 100m Fly</b>	<b>2</b>
<b>3</b>	<b>10-12 200m Breast</b>	<b>4</b>
<b>5</b>	<b>12 &amp; under 50m Back</b>	<b>6</b>
<b>7</b>	<b>12 &amp; under 100m Free</b>	<b>8</b>
<b>9</b>	<b>12 &amp; under 50m Breast</b>	<b>10</b>
<b>11</b>	<b>10-12 200m Back</b>	<b>12</b>
<b>13</b>	<b>12 &amp; under 200m Free</b>	<b>14</b>

**Session #4**

**Sunday Morning, May 5th**

Warm ups: 6:30 AM

Positive Check-in by 7:15 AM

Meet Starts at 8:00 AM

Girls	Event Name	Boys
<b>31</b>	<b>12 &amp; under 100m Back</b>	<b>32</b>
<b>33</b>	<b>10-12 200m Fly</b>	<b>34</b>
<b>35</b>	<b>12 &amp; under 50m Free</b>	<b>36</b>
<b>37</b>	<b>12 &amp; under 100m Breast</b>	<b>38</b>
<b>39</b>	<b>12 &amp; under 50m Fly</b>	<b>40</b>
<b>41</b>	<b>12 &amp; under 200m IM</b>	<b>42</b>
<b>43</b>	<b>12 &amp; under 400m Free*</b>	<b>44</b>

\* Please see "Qualifying for Distance Events" in the Meet Announcement above.

**Session #2**

**Saturday Afternoon, May 4th**

Warm ups: 12:00 PM

Positive Check-in by 12:45 PM

Meet Starts at 1:30 PM

Girls	Event Name	Boys
<b>15</b>	<b>13 &amp; over 50m Free</b>	<b>16</b>
<b>17</b>	<b>13 &amp; over 200m Breast</b>	<b>18</b>
<b>19</b>	<b>13 &amp; over 100m Back</b>	<b>20</b>
<b>21</b>	<b>13 &amp; over 200m Free</b>	<b>22</b>
<b>23</b>	<b>13 &amp; over 100m Fly</b>	<b>24</b>
<b>25</b>	<b>13 &amp; over 50m Breast</b>	<b>26</b>
<b>27</b>	<b>13 &amp; over 400m IM</b>	<b>28</b>

**Session #5**

**Sunday Afternoon, May 5th**

Warm ups: 12:00 PM

Positive Check-in by 12:45 PM

Meet Starts at 1:30 PM

Girls	Event Name	Boys
<b>45</b>	<b>13 &amp; over 200m Back</b>	<b>46</b>
<b>47</b>	<b>13 &amp; over 100m Free</b>	<b>48</b>
<b>49</b>	<b>13 &amp; over 200m Fly</b>	<b>50</b>
<b>51</b>	<b>13 &amp; over 50m Back</b>	<b>52</b>
<b>53</b>	<b>13 &amp; over 100m Breast</b>	<b>54</b>
<b>55</b>	<b>13 &amp; over 200m IM</b>	<b>56</b>
<b>57</b>	<b>13 &amp; over 50m Fly</b>	<b>58</b>
<b>59</b>	<b>13 &amp; over 400m Free</b>	<b>60</b>

**Session #3**

**Saturday Evening, May 4th**

Warm ups: 4:40 PM

Positive Check-in by 4:45 PM

Meet Starts no earlier than 5:30 PM

Girls	Event Name	Boys
<b>29*</b>	<b>Open 1500m Free*</b>	<b>29*</b>

\*Please see "Qualifying for Distance Events" in the Meet Announcement above. This event will be seeded fastest to slowest as a consolidated gender event and may be limited to the fastest 32 entered athletes.

## 2003 FISH Derby Meet Announcement (continued)

**2013 FISH LC Derby – Swimmer/Horse Name Selection Table**

Team Name: \_\_\_\_\_

#	Last, First	Choice #1	Choice #2	Choice #3
	Doe, Jane	Seabiscuit	Go Horse Go	Neigh Sayer