

## 2016 FISH LC Derby Meet Announcement

Welcome to the  
**2016 FISH LC Derby**  
on May 7<sup>th</sup> and 8<sup>th</sup> 2016  
at George Mason University in Fairfax, VA



<b>SANCTION</b>	Sanctioned by USA Swimming through Potomac Valley Swimming # PVI-16-79
<b>FACILITY</b>	<p><a href="#">George Mason University - Aquatic and Fitness Center</a> 4400 University Boulevard, Fairfax, Virginia 22030 (703) 993-3939</p> <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>	<p><b><i>Kelly Rose McCullough</i></b> <a href="mailto:coachkelly@pvfish.org">coachkelly@pvfish.org</a></p> <p>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 &amp; U events per Rule 205.3.1F. If it is necessary to make these changes, teams will be notified via email by Friday, April 25<sup>th</sup>. Refunds will be given when appropriate.</p>
<b>MEET OFFICIALS CHAIR</b>	Marcia Hemminger : <a href="mailto:officials@pvfish.org">officials@pvfish.org</a>
<b>MEET REFEREE</b>	Mike Rubin: <a href="mailto:mrubin1@cox.net">mrubin1@cox.net</a>
<b>TIMING EQUIPMENT</b>	Automatic timing (touch pads primary) will be used for this meet.

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<p><b>SCHEDULE</b></p> <p><b>NOTE: Warm-up times may change, once all entries have been received.</b></p>	<p><b>SAT &amp; SUN Mornings (Session #1 &amp; #4) 12 &amp; Under Boys &amp; Girls</b></p> <p>6:30-7:50am Assigned Warm-up 7:15am Positive Check-In Closes 7:20am Officials Meeting 7:35am Lane Timers Meeting 7:50am Coaches Meeting <i>(Sat only)</i> 8:00am Competition Begins</p> <p><b>SATURDAY DISTANCE (Session #2)</b></p> <p>Warm Up for 800m Free events will begin no earlier than 12:00pm; positive check-in closes 30 minutes prior to the published start time.</p>	<p><b>SAT Afternoon (Session #3) 13 &amp; Over Boys &amp; Girls *</b></p> <p>2:15-3:35pm Assigned Warm-up 3:00pm Positive Check-In Closes 3:05pm Officials Meeting 3:15pm Lane Timers Meeting 3:45pm Competition Begins</p> <p><b>SUN Afternoon (Session #5) 13 &amp; Over Boys &amp; Girls *</b></p> <p>12:00-1:20pm Assigned Warm-up 12:45pm Positive Check-In Closes 12:50pm Officials Meeting 1:05pm Lane Timers Meeting 1:30pm Competition Begins</p>
<p><b>TEAM ELIGIBILITY</b></p>	<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>	
<p><b>SWIMMER ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>• Athlete's age on May 7th, 2016 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>	
<p><b>COACHES ELIGIBILITY</b></p>	<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>	
<p><b>MEET FORMAT</b></p>	<p><b>Derby Names</b></p> <p><b>In spirit of the Kentucky Derby, every swimmer is required 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.</b></p> <p><b>If the meet director deems the supplied horse name inappropriate, 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></p> <p><b>Entered athletes 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.</p> <p>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>	

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<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 800m Free, are limited to those swimmers who have a provable BB time for their age group in either the 800m/1000y Free or the 400m/500y Free. Time conversions are acceptable for entry purposes. All entries must be in LCM. Athletes entering with a 400/500 time will be seeded after athletes entering with 400m time.</p>
<b>EVENT SEEDING</b>	<ul style="list-style-type: none"> <li>• All events are Timed Finals.</li> <li>• All events will be seeded fastest to slowest.</li> <li>• Event #29, Mixed Open 800m Free, will be seeded fastest to slowest as a consolidated gender event. If excessive entries are submitted, these events will be limited to the fastest seeded 64 athletes or 8 heats total.</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 three (3) 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; however, coaches times are permitted.</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> <li>• 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 &amp; Under events per Rule 205.3.1F. This includes the possibility of limiting the allowable number of events entered per individual and / or adding an additional session(s).</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 the published start time for each non-distance session. Positive Check-in will close 30 minutes prior to the published start time for the distance session.</li> <li>• Events 400m and longer will require positive check-in, and, if entries warrant, 200m events may require positive check-in. In addition, the Meet Director reserves the right to require positive check-in for all or specific events.</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>

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<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>• All entries may be submitted using Hy-Tek Team Manager to <b>Kelly Rose McCullough</b> at (<a href="mailto:coachkelly@pvfish.org">coachkelly@pvfish.org</a>) via email beginning Tuesday, April 5<sup>th</sup> at 8:00 am, but must be received <b>on or before Tuesday, April 26<sup>th</sup> at 3:00 pm</b>. <i>All teams interested in attending should notify the Meet Director with an estimated number of athletes.</i></li> <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. Coaches need to submit seed times closely estimating the expected time if a time conversion is not available.</li> <li>• Events #29 &amp; 43-44 (Open 800m Free, 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>\$10.00</b> surcharge per swimmer.</li> <li>• Individual events are <b>\$8.50</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>\$10.00</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, April 5, 2016. Team entries will not be considered accepted until entry fees have been received. <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>Tuesday, April 26, 2016 at 3:00 PM</b></p> <p>Please note the early deadline; this is due to the time needed to prepare the set-up of the meet.</p>

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<b>SEND ENTRIES TO</b>	<p>Email Hy-Tek entries and entry reports to <b>Kelly Rose McCullough at:</b>  <a href="mailto:coachkelly@pvfish.org">coachkelly@pvfish.org</a></p> <p>Mail entry checks to:          2016 FISH LC Derby Entries          c/o Monika Paris          1649 Kurpiers Ct.          McLean VA 22101</p>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• The host team will supply one timer per lane (except for the 800m events).</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> </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, Marcia Hemminger at <a href="mailto:officials@pvfish.org">officials@pvfish.org</a> or (702-290-2084) by April 24, 2016. 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 24, 2016, should contact Marcia Hemminger as soon as practical or sign-in upon arrival at the meet. An officials' briefing will precede each session during warm-ups.</p> <p style="text-align: center;"><b>Please <a href="#">click here</a> for a direct link to the officials sign up page.</b></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>

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<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.

## 2016 FISH LC Derby Meet Announcement

### 2016 FISH LC Derby

#### Session #1

Saturday Morning, May 7th

Warm Ups: 6:30 AM

Positive Check-in by 7:15 AM

Meet Starts at 8:00 AM

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

#### Session #4

Sunday Morning, May 8th

Warm Ups: 6:30 AM

Positive Check-in by 7:15 AM

Meet Starts at 8:00 AM

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

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

#### Session #2

Saturday Distance, May 7th

Warm ups: 12:00 PM

Positive Check-in by 12:30 PM

Meet Starts at 12:45 PM

Girls	Event Name	Boys
29	Open 800m Free	29

#### Session #5

Sunday Afternoon, May 8th

Warm ups: 12:00 PM

Positive Check-in by 12:45 PM

Meet Starts at 1:30 PM

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

#### Session #3

Saturday Afternoon, May 7th

Warm ups: No earlier than 2:15 p.m.

Positive Check-in by 3:00 p.m.

Meet Starts: No earlier than 3:45 p.m.

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

