

Sanctioned by:



Welcome to the
2016 FISH June LC Invitational
 June 4 and 5, 2016
 at George Mason University in Fairfax, VA

Hosted by:



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVI-16-84	
FACILITY	<p align="center">George Mason University - Aquatic and Fitness Center 4400 University Boulevard Fairfax, Virginia 22030 (703) 993-3939</p> <p>An 8 lane, 50m course will be used for all competition, with a water depth of 13' at the start end and 5' at the turning end.</p> <ul style="list-style-type: none"> • Facility has touch pads and a scoreboard. • A separate pool with limited space will be available throughout the meet for continuous warm-up • No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck. • 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, Officials, USA Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck. • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). 	
MEET DIRECTOR	<p>Nicole Harmon nharmon@pvfish.org 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, May 29th 2016. Refunds will be given when appropriate.</p>	
MEET OFFICIALS CHAIR	<p>Marcy Hemminger: officials@pvfish.org</p>	
MEET REFEREE	<p>Tim Husson: thusson@comcast.net</p>	
<p>SCHEDULE</p> <p>Warm-up and start-up times may be adjusted after timelines are calculated.</p>	<p>SAT & SUN Mornings (Session #1 & #4) 12 & Under Girls & Boys 6:30-7:50am Assigned Warm-up 7:30am Positive Check-In Closes 7:20am Officials Meeting 7:40am Lane Timers Meeting 8:00am Competition Begins</p>	<p>SATURDAY Evening (Session #3) 13 & Over Girls & Boys 2:45-4:05pm Assigned Warm-up 3:45pm Positive Check-In Closes 3:35pm Officials Meeting 3:55pm Lane Timers Meeting 4:15pm Competition Begins</p>
<p>SUNDAY Afternoon (Session #5) 13 & Over Girls & Boys 12:00-1:20pm Assigned Warm-up 1:00pm Positive Check-In Closes 12:50pm Officials Meeting 1:10pm Lane Timers Meeting 1:30pm Competition Begins</p>		

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	<p>SAT Afternoon (Distance Session #2) Positive check-in will close 30 minutes prior to the start of competition. The competition pool will be open for warm-up for at least 40 minutes immediately following the completion of the morning session and prior to the start of the 1500m freestyle. Competition will begin 50 minutes after the morning session is completed, but no earlier than 12:50pm. A pre-scratch timeline and 1500m psych sheet will be posted on the PVS website and emailed to attending teams. Heats are swum fastest to slowest.</p>
ELIGIBILITY	<p>Open to USA Swimming registered athletes of <u>invited</u> USA Swimming registered teams. Incoming entries will be processed on the first come first served basis. All teams interested in attending should notify the Meet Director with an estimated number of athletes. The Meet Director reserves the right to limit any event in order to meet the timeline.</p> <p>Each session (excluding the 1500m distance session) will be limited to 300 athletes on a first come-first serve basis. However, the Meet Director reserves the right to increase the entries in any session if additional athletes can be accommodated within the timeline.</p>
SWIMMER ELIGIBILITY	<p>Athlete's age on June 4th, 2016, 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.</p>
COACHES ELIGIBILITY	<p>All coaches "on the deck" must be a registered member of USA Swimming. Coaches must have their current coaching card visible at all times and will be issued a deck pass.</p>
MEET FORMAT	<p>All events will be swum as TIMED FINALS. Dive-over starts will be used at this meet. Coaches are requested to review the Dive-Over Starts Summary for Coaches. Officials are requested to review the Protocol for Dive-over Starts.</p> <p>Chase starts may be used at the discretion of the meet referee. Coaches and officials are requested to review the Guidelines for Chase Starts.</p>
QUALIFYING FOR DISTANCE EVENTS	<p>Entries for the 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. All entries must be LCM (time conversions are acceptable). Athletes entering with a 200m time will be seeded after athletes entering with 400m time.</p> <p>Entries for the 400m IM are limited to those swimmers who have a provable BB time for their age group in either the 400m/400y IM or the 200m/200y IM. All entries must be LCM (time conversions are acceptable). Athletes entering with a 200m time will be seeded after athletes entering with 400m time.</p> <p>Entries for the 1500m Free are limited to those swimmers who have a provable BB time for their age group in either then 1500m/1000y free or the 400m/500y free. All entries must be LCM (time conversions are acceptable). Athletes entering with a 400m time will be seeded after athletes entering with 1500m times.</p> <p>If excessive entries are submitted for the 400 IM (Event #'s 15, 16, 28, and 29) and the 400 Free (Event #'s 42, 43, 54 and 55), these events may be limited to the fastest seeded 32 athletes in each event (4 heats of each event).</p>
SEEDING & EVENT LIMITATIONS	<p>All events 400m and shorter will be seeded fastest to slowest.</p> <p>Events #17, Mixed Open 1500m 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 40 athletes or 5 heats total.</p>

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<p>MEET RULES</p>	<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 three (3) individual events during one session. • If a swimmer exceeds the maximum entries, their last event(s), by numerical order, will be dropped. • No on-deck USAS registrations will be permitted. • Entries MUST be submitted as LCM times. Time conversions are permitted. “No Time” or “NT” and SCY entries will NOT be accepted; however, coaches times are permitted. • Deck entries may be accepted at the discretion of the Meet Director. <u>All deck entries must be submitted no later than 30 minutes prior to first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over subscribed session, the Meet Director reserves the right to not accept deck entries.</u> • Evidence of current USA-S registration will be required for deck entries. • Dive-over starts will be used at this meet at the discretion of the Meet Referee and Meet Management. • 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) 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. • 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. • 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. • 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 & 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).
<p>POSITIVE CHECK-IN PROCEDURE & POLICY</p>	<p>Events 200m and longer require positive check-in that will close 30 minutes prior to the published start time for each session. For timeline constraints, the Meet Director reserves the right to require positive check-in for specific or all events.</p> <p>Athletes who have not checked-in prior to the specified time will be scratched from that session without penalty. 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 Meet Referee. 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 a false start (DFS), which is written as a DQ, and the athlete does NOT forfeit their next swim if otherwise available.</p>

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ENTRIES	<p>All entries may be submitted to Nicole Harmon (nharmon@pvfish.org) via email beginning Wednesday, May 4th, but must be received on or before Tuesday, May 24th at 12:00pm.</p> <ul style="list-style-type: none"> • Include in the subject line of email, "2016 FISH LC Invitational – (Name of your team)" • 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. Except for Events 17 (Mixed Open 1500m Free), Coaches need to submit seed times that closely estimate the expected time if a time conversion is not available. • All 400m & 1500 m events require proof of time (see Qualifying for Distance Events section above). A Hy-Tek entry report with the "Include Proof of Time" box checked is adequate. • Include with your entry file an entry report sorted by name and an entry report sorted by event, both saved as 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. • 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"> • Individual events are \$7.00 each. • There will be a \$10.00 athlete surcharge • Deck Entries will be \$14.00 at the discretion of the Meet Director. <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 May 4th, 2016. Team entries will not be considered accepted until <u>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, May 24th, 2016 at 12:00PM</p>
SEND ENTRIES TO	<p>Email entries and entry reports to Nicole Harmon at nharmon@pvfish.org.</p> <p>Mail entry checks to: 2016 June LC Invitational c/o Kelly McCullough 1340 Old Chain Bridge Road, Suite 300C McLean VA 22101</p> <p style="color: red;"><u>Entry fees must be received before teams will be allowed to check-in their swimmers.</u></p>

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TIMERS	<ul style="list-style-type: none"> • The host team will supply one timer per lane (except for events that are 400m or longer). • Participating clubs are required to provide a minimum of one timer per 20 athletes entered for Saturday and Sunday morning and afternoon sessions. • All swimmers participating in events that are 400m or longer must supply a timer and a lap counter must be supplied for the 1500m event.
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 may be divided into two or three equal sessions.</p> <p>During the posted warm-up times, only the competition pool will be open. Once the meet begins, a separate pool with limited space will be available 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 Meet Officials Chair, Marcia Hemminger at officials@pvfish.org by June 3rd, 2016. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work.</p> <p>Officials and trainees should sign in at the computer table at the start of warm-ups for each session.</p> <p>Officials and trainees who learn of their availability after June 4th, 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>
PARTICIPATING CLUB RESPONSIBILITIES	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. See "Timing" section. • 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. • Swimmers are not permitted to bring chairs on deck.
AWARDS & SCORING	<ul style="list-style-type: none"> • There will be no awards given out at this meet and event results are not being scored.
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	<p>Please remember to keep your team area clean. You must follow the rules set forth by the facility (listed under the FACILITY heading). Coaches are responsible for supervising their athletes and helping keep their team areas clean.</p>
ONSITE AMENITIES	<ul style="list-style-type: none"> • Heat sheets will be available for \$3.00 per session. Working officials and coaches will receive a complimentary heat sheet. • A hospitality area will be available for USA Swimming officials and coaches. • Concessions for spectators and swimmers will be available.
NOTE	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center and the FISH shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>

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Session #1
12 & Under Girls & Boys
Saturday Morning, June 4th
Warm-ups: 6:30-7:50am

Girls	Event Name	Boys
1	12&U 100m Fly	2
3	9-12 200m Breast	4
5	12&U 50m Back	6
7	12&U 100m Free	8
9	12&U 50m Breast	10
11	9-12 200m Back	12
13	12&U 200m Free	14
15*	9-12 400m IM*	16*

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

Session #4
12 & Under Girls & Boys
Sunday Morning, June 5th
Warm-ups: 6:30-7:50am

Girls	Event Name	Boys
30	12&U 100m Back	31
32	9-12 200m Fly	33
34	12&U 50m Free	35
36	12&U 100m Breast	37
38	12&U 50m Fly	39
40	12&U 200m IM	41
42*	9-12 400m Free*	43*

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

Session #2
Distance - Open Girls & Boys
Saturday Afternoon, June 4
Warm-ups: 12:00 - 12:40 pm
Positive Check-in: 12:10 p.m.

Girls	Event Name	Boys
17*	Mixed 1500m Free*	17*

*Please see "Qualifying for Distance Events" in the Meet Announcement above. This event may be limited to the fastest 40 athletes entered.

Session #3
13 & Over Girls & Boys
Saturday Evening, June 4th
Warm-ups: 2:45 - 4:05 pm

Girls	Event Name	Boys
18	13&O 50m Free	19
20	13&O 200m Breast	21
22	13&O 100m Back	23
24	13&O 200m Free	25
26	13&O 100m Fly	27
28*	13&O 400m IM*	29*

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

Session #5
13 & Over Girls & Boys
Sunday Afternoon, June 5th
Warm-ups: 12:00-1:20 pm

Girls	Event Name	Boys
44	13&O 200m Back	45
46	13&O 100m Free	47
48	13&O 200 Fly	49
50	13&O 100 Breast	51
52	13&O 200 IM	53
54*	13&O 400m Free*	55*

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