

Sanctioned by:



Welcome to the
2019 FISH Spring Fever LC Invitational

April 6-7, 2019

at Jeff Rouse Swim and Sport Center

Hosted by:



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming and Virginia Swimming Inc. Sanction # PVI-19-78 and VSI-	
FACILITY	<p style="text-align: center;">Jeff Rouse Swim and Sport Center 1600 Mine Road Stafford, VA 2554 (540) 318-6332</p> <ul style="list-style-type: none"> An 8 lane, 50m course will be used for all competition, with a water depth of 12'6" at the start end and 6'7" at the turn end. 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, only Officials, USA Registered Coaches, and Swimmers and meet volunteers will be permitted on the pool deck. The competition course has been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). The copy of such certification is on file with USA Swimming. 	
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touch pads primary) will be used for this meet. 	
MEET DIRECTORS	Callan Heidkamp cheidkamp@pvfish.org	Jeanne Fye jfye@pvfish.org
CLUB OFFICIALS CHAIR	Nathan Dean officials@pvfish.org	
MEET REFEREE	Nathan Dean officials@pvfish.org	
SCHEDULE	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	SATURDAY Evening (Session #3) 13 & Over Girls & Boys 2:00-3:20pm Assigned Warm-up 3:00pm Positive Check-In Closes 2:50pm Officials Meeting 3:10pm Lane Timers Meeting 4:30pm Competition Begins
Warm-up and start-up times may be adjusted after timelines are calculated.		

	<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> <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 12:00pm. 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 April 6th, 2019, 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>
CREDENTIALS	<p>All coaches and officials "on the deck" must be a registered member of USA Swimming. Coaches and officials must have their current coaching card visible at all times.</p>
MEET FORMAT	<p>All events will be swum as TIMED FINALS. Dive-over starts will be used at this meet. 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. Athletes entering with a 200m time will be seeded after athletes entering with 400m time. Athletes entering with a SCY time will be seeded after athletes entering with a LCM 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. Athletes entering with a 200m time will be seeded after athletes entering with 400m time. Athletes entering with a SCY time will be seeded after athletes entering with a LCM time.</p> <p>Entries for the 1500m Free are limited to those swimmers who have a provable BB time for their age group in the 1500 m/1650y free, or the 800m/1000y free. Athletes entering with an 800m time will be seeded after athletes entering with 1500m times. Athletes entering with a SCY time will be seeded after athletes entering with a LCM time.</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 will be seeded fastest to slowest. Athletes entering with a SCY time will be seeded after athletes entering with a LCM time.</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 32 athletes or 4 heats total.</p>
MEET RULES	<ul style="list-style-type: none"> • Current USA Swimming Rules shall govern this meet. • 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. • LCM entry times are conforming to this meet and will be seeded before SCY entry times. • Time conversions are NOT permitted. • “NT” or “No Time” will be allowed. • Deck entries may be accepted at the discretion of the Meet Director. 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. • Evidence of current USA-S registration will be required for deck entries. • 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, etc) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are 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). If it is necessary to make these changes, teams will be notified via email by Friday, March 29, 2019. Refunds will be given when appropriate. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • In accordance with VSI best practices, all swimmers should shower before entering the pool
POSITIVE CHECK-IN PROCEDURE & POLICY	<p>Events 400m and longer require positive check-in. Check-in will close 30 minutes prior to the published start time for each session. The Meet Director reserves the right to require positive check-in for all or specific 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.</p>

ENTRIES	<p>All entries may be submitted using Hy-Tek Team Manager or Team Unify to Callan Heidkamp via email at cheidkamp@pvfish.org beginning Friday, March 1, 2019, but must be received on or before Tuesday, March 26, 2019 at 12:00pm.</p> <ul style="list-style-type: none"> • Include in the subject line of email, “2019 FISH Spring Fever 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. • Both LCM and SCY entry times will be accepted as well as “NT” or “No Time” entries. • Time conversions are NOT permitted. • 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. • 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 for anyone cut from an event by the Meet Director due to timeline constraints.</p>
ENTRY DEADLINE	<p>Invited teams may begin submitting entries on March 1st, 2019. 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, please contact the Meet Director in advance of sending your entries.</i></p> <p style="text-align: center;">Team Entry Deadline Date: Tuesday, March 26, 2019 at 12:00PM</p>
SEND ENTRIES TO	<p>Please email your team’s entry file and entry reports to Callan Heidkamp (cheidkamp@pvfish.org)</p> <p>Mail entry checks to: 2019 FISH Spring Fever LC Invitational 1340 Old Chain Bridge Rd Suite 300C McLean, VA 22101</p> <p style="color: red;"><i>Entry fees must be received before teams will be allowed to check-in their swimmers.</i></p>
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 must supply a timer when participating in events that are 400m or longer and a lap counter when participating in 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 equal sessions. 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 PVS Inclusion Policy 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 apprentices wishing to volunteer to work this meet please contact the Meet Officials Chair, Nathan Dean at officials@pvfish.org by March 30, 2019. Please indicate your club affiliation, certifications held or if an apprentice - for what position, and the session(s) you are able to attend. Officials and apprentices should sign in at the computer table at the start of warm-ups for each session. Certified officials and apprentices who learn of their availability after April 1st, 2019, should contact Nathan Dean 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.
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"> • Meet 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, Virginia Swimming, Inc., Jeff Rouse Swim and Sport 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, April 6th
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, April 7th
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, April 6th
Warm-ups: 12:00 pm,
Positive Check-in: 12:10 pm

Girls	Event Name	Boys
17*	Mixed Open 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 Afternoon, April 6th
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, April 7th
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 200m Fly	49
50	13&O 100m Breast	51
52	13&O 200m IM	53
54*	13&O 400m Free*	55*

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