



2025 FISH June LC Invitational

June 7-8, 2025

Sanction # PVC-25-104

Hosted by:



MEET DIRECTOR Curtis Din cdin@pvfish.org (540) 999-4080	MEET REFEREE Brooke Fulham brookefulham@gmail.com	CLUB OFFICIALS CHAIR Elizabeth Wiley officialschair@pvfish.org
SANCTION	<ul style="list-style-type: none">Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-25-104.In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Fish, and The St. James: Sports, Wellness & Entertainment Complex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
FACILITY	<p style="text-align: center;">The St. James: Sports, Wellness, and Entertainment Complex 6508 Industrial Road Springfield, VA 22151 (703) 768-3223</p> <ul style="list-style-type: none">The pool at The St. James is 50m x 25yd with a moveable bulkhead. Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall, starting at the northern end of the pool. A lane will be used for continuous warm up with a gap lane separating the competition course.Water depth of 6'8" at the starting end and 4' at the turning end.The meet hosts will ensure the required course dimensions.	
ENTRY DEADLINE	<p style="text-align: center;">11:59pm Friday, May 23, 2025</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>	
SCHEDULE	<p style="text-align: center;">Saturday, June 7 & Sunday June 8</p> <p style="text-align: center;">Saturday June 7, 2025</p> <p style="text-align: center;"><u>Session 1 - 12&Under Boys and Girls</u> Warm-up 7-7:55am, Events 8am</p> <p style="text-align: center;"><u>Session 2 – Mixed Gender, Open 1500m Free</u> Warm-up 11:40am-12:10pm, Event 12:15</p> <p style="text-align: center;"><u>Session 3 – 13&Over Boys and Girls</u> Warm-up 2:00-2:55pm, Events 3:00pm</p> <p style="text-align: center;">Sunday June 8, 2025</p> <p style="text-align: center;"><u>Session 4 – 12&Under Boys and Girls</u> Warm-up 7:00-7:55am, Events 8am</p> <p style="text-align: center;"><u>Session 5 – 13&Over Boys and Girls</u> Warm-up 12:00am-12:55pm, Events 1:00pm</p> <ul style="list-style-type: none">Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	<ul style="list-style-type: none">Open to all registered Potomac Valley Swimmers.No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.	

SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition. Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touch pads primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., 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 without the use of the backstroke ledge. 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. 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. Dive-over starts will be used. 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.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. All events will be seeded fastest to slowest. Swimmers may enter no more than three (3) events per session and no more than seven (7) total events for the meet. 12&U Swimmers may only participate in ONE session per day. They may not participate in the Open session if they are competing in the Saturday 12&U session No "No Time" entries will be accepted. Coaches' times and converted times will be accepted. Event #17, Mixed Open 1500m Free, will be seeded fastest to slowest as a consolidated gender event. If excessive entries are submitted, the event will be limited to the fastest seeded 40 athletes or 4 heats total. If a swimmer is removed, they will not be charged for the event. Event #17, Mixed Open 1500m Free, entries are 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 800/1000 time will be seeded after athletes entering with a 1500m time. Deck entries (\$20 surcharge plus \$20 per event) will be accepted. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events 100m and less will be pre-seeded.

	<ul style="list-style-type: none"> Events 200M and longer may require positive check-in. Positive check-in will be available during the warm-up of the session an event is swum and will close 10 minutes prior to the start of the session. 1500M Freestyle positive check-in will close 20 minutes prior to the start of the event.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Marshals will be on deck to help direct traffic and maintain order.
SEEDING	<ul style="list-style-type: none"> All events will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be provided free of charge via .pdf files on the FISH website and available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them. Deck Pass, live screen, is an acceptable form of proof.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None. Limited, single event only spectator viewing will be allowed in the standing room only area in the stands once volunteer requirements have been met. Marshals will clear the area in between events.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should fill out the Officials Signup: https://forms.gle/7avePrm3M3DRR3YX8 Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the Referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "2025 June Invite - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (12&Unders, 13&Overs totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any

	way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<div>Per Swimmer Surcharge: \$20</div> <div>Individual event fee: \$15 Deck Entry: \$20</div> <ul style="list-style-type: none">• Make checks payable to The FISH. Checks may be mailed to:<div>2025 FISH LC June Invite</div><div>1340 Old Chain Bridge Rd</div><div>Suite 303</div><div>McLean, VA 22101</div>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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June 7-8, 2025

Saturday, June 7, 2025

GIRLS	12 & UNDER SESSION	BOYS
1	12&Under 100 Butterfly	2
3	9-12 200 Breaststroke	4
5	12&Under 50 Backstroke	6
7	12&Under 100 Freestyle	8
9	12&Under 50 Breaststroke	10
11	9-12 200 Backstroke	12
13	12&Under 200 Freestyle	14
15	9-12 400 IM	16

	MIXED DISTANCE SESSION	
17	1500 Freestyle	17

	13 & OVER SESSION	
19	13&Over 50 Freestyle	20
21	13&Over 200 Breaststroke	22
23	13&Over 100 Backstroke	24
25	13&Over 200 Freestyle	26
27	13&Over 100 Butterfly	28
29	13&Over 400 IM	30

Sunday, June 8, 2025

GIRLS	12 & UNDER SESSION	BOYS
31	12&Under 100 Backstroke	32
33	9-12 200 Butterfly	34
35	12&Under 50 Freestyle	36
37	12&Under 100 Breaststroke	38
39	12&Under 50 Butterfly	40
41	12&Under 200 IM	42
43	9-12 400 Freestyle	44

	13 & OVER SESSION	
45	13&Over 100 Freestyle	46
47	13&Over 200 Backstroke	48
49	13&Over 200 Butterfly	50
51	13&Over 100 Breaststroke	52
53	13&Over 200 IM	54
55	13&Over 400 Freestyle	56