



FISH LC June Invitational

June 4-5, 2022

Sanction # PVI-22-98



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Curtis Din cdin@pvfish.org 540-999-4080	Jan van Nimwegen jnimwegen@earthlink.net	Jan van Nimwegen jnimwegen@earthlink.net Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-98. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH, and the St. James: Sports, Wellness and 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 10 lanes, 50 meters, running from bulkhead to wall, starting at the northern end of the pool. Water depth of 6'8" at the starting end and 4' at the turning end. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.
ENTRY DEADLINE	<p style="text-align: center;">May 26, 2022, 5:00pm</p> <p>Team entries will not be considered accepted until entry fees have been received. 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 4, 2022</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 2:15-3:10pm, Events 3:15pm</p> <p style="text-align: center;">Sunday June 5, 2022</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 invited registered Potomac Valley Swimmers and invited USA Swimming athletes. 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.

DISABILITY SWIMMERS	<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 notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, THE FISH, AND THE ST. JAMES: SPORTS, WELLNESS & ENTERTAINMENT COMPLEX AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Fairfax County.
LOCAL AND FACILITY COVID-19 PROTOCOLS	<ul style="list-style-type: none"> Each session will be limited to 350 swimmers. Limited single event spectators will be allowed in the standing room only across the top of the stands. Marshals will clear the area in between events. Spectators will be allowed if the volunteer assignments are full. No one with symptoms of COVID-19 is permitted in the facility. Athletes should arrive and depart in their suits if possible. All attendees (athletes, coaches, officials, and volunteers) are encouraged to wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Masks must be worn in the pool areas, including on the pool deck, the Splash Park, and in the stands. Restrooms and locker room use should be minimized and only be used for emergencies.
SAFE SPORT CONSIDERATIONS	<ul style="list-style-type: none"> In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be livestreamed on the FISH Facebook page: www.Facebook.com/theFISH1991
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

	<p>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.</p> <ul style="list-style-type: none"> • 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. 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. • A swimmer may enter no more than three (3) events pers session and no more than seven (7) for the meet. • No "No Time" entries will be accepted. Coaches time and converted times will be accepted. • 12& Under swimmers may only swim in only ONE session per day. They may not enter the Open session if they are competing in the Saturday 12&Under session. • Event #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 4 heats total. If a swimmer is removed, they will not be charged for the event. • Event #17, Open 1500m Free, 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 a 800/1000 time will be seeded after athletes entering with a 1500m time. • Deck entries (\$15 surcharge plus \$15 per event) will be accepted. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events 200m and less will be pre-seeded. • Events 400M and longer will 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 may 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 cleaning up for their team areas. • Marshals will be on deck to help direct traffic and maintain order.
SEEDING	<ul style="list-style-type: none"> • All events are seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> • The meet is not 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 on the FISH website and also 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 at all times.
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. The meet will be livestreamed on the FISH Facebook page.
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 complete the Officials Signup or the contact the Meet Referee, Jan van Nimwegen, jnimwegen@earthlink.net. 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. Timer sign-up: https://www.signupgenius.com/go/5080944ABA723A5FD0-20221
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, "2022 FISH 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 (girls, boys, 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	<p style="text-align: center;">Per Swimmer Surcharge: \$15 Deck Entries: \$15 per event Individual event fee: \$10</p> <ul style="list-style-type: none"> Make checks payable to The FISH. Checks may be mailed to: 2022 FISH LC June Invite 1340 Old Chain Bridge Rd Suite 303 McLean, VA 22101 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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Sunday June 5, 2022

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Saturday, June 4, 2022

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 5, 2022

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