

Sanctioned by:




**2008 Just Swim Again  
LC Derby  
May 17 - 18, 2008  
George Mason University – Fairfax**

Hosted by:



**Swim Team**

<b>SANCTION</b>	Sanctioned by USA Swimming through Potomac Valley Swimming <b>Sanction # PVI-08-53</b> (Also Sanctioned by Potomac Valley LMSC for USMS, Inc. #108-104)		
<b>FACILITY</b>	<p><u><a href="#">George Mason University - Aquatic and Fitness Center</a></u>  4400 University Boulevard  Fairfax, Virginia 22030  (703) 993-3939  50 meters -- 8 lanes</p> <ul style="list-style-type: none"> <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, Officials, USA Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck.</li> </ul>		
<b>MEET DIRECTOR</b>	<p>Mike Kraeuter  <a href="mailto:fish.entries@verizon.net">fish.entries@verizon.net</a>  703-218-2427</p> <p>The Meet Director reserves the right to:</p> <ul style="list-style-type: none"> <li>➤ Limit entries in any event, if necessary, in order to manage session length.</li> <li>➤ If it is necessary to limit entries, teams will be notified by Friday, May 2<sup>nd</sup>, and refunds will be given.</li> <li>➤ Combine events in which there are insufficient entries.</li> </ul>		
<b>CLUB OFFICIALS CHAIRMAN</b>	<p>John Firestein  <a href="mailto:jfirestein@mac.com">jfirestein@mac.com</a>  540-888-3168</p>		
<b>MEET REFEREE</b>	<p>John Firestein  <a href="mailto:jfirestein@mac.com">jfirestein@mac.com</a></p>		
<b>SCHEDULE</b> 	<ul style="list-style-type: none"> <li>▪ One, eight lane racing course will be used.</li> <li>▪ Continual warm-up/warm down facilities are available throughout the meet (<i>except during open and assigned warm-up times</i>).</li> </ul> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>SAT &amp; SUN Mornings (Session #1 &amp; #4)</b>  <b>12 &amp; Under Boys &amp; Girls</b></p> <ul style="list-style-type: none"> <li>▪ 6:30-7:25am Warm-ups</li> <li>6:50am Officials Meeting</li> <li>7:20am Lane Timers Meeting</li> <li>7:20am Coaches Meeting</li> <li>(Sat only)</li> <li>7:35am Competition Begins</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <p><b>SAT Afternoon (Session #2)</b>  <b>13 &amp; Over Boys &amp; Girls *</b></p> <ul style="list-style-type: none"> <li>▪ 12:00-12:55pm Warm-up</li> <li>12:20pm Officials Meeting</li> <li>12:45pm Lane Timers Meeting</li> <li>1:05pm Competition Begins</li> </ul> <p><b>Sun Afternoon (Session #5)</b></p> <ul style="list-style-type: none"> <li>▪ 12:30-1:25pm Assigned Warm-up</li> <li>12:50pm Officials Meeting</li> <li>1:15pm Lane Timers Meeting</li> <li>1:35pm Competition Begins</li> </ul> </td> </tr> </table> <p><b>SAT Evening (Distance Session #3)</b></p> <ul style="list-style-type: none"> <li>▪ *6:15-6:25pm Open Warm-ups</li> <li>6:30pm Competition Begins</li> </ul> <p>*We will start Session 3's warm-ups promptly upon completion of Session 2, so it may start earlier than 6:30pm and will allow 15 minutes of warm-up/pace work in the main pool. Your swimmers can use the side pool to warm-up prior to this as continual warm-up/down space is offered during the meet. Competition will begin 20 minute after the start of Session 3 warm-ups.</p> <ul style="list-style-type: none"> <li>➤ Start times can be adjusted in any session by the meet director depending on the entries received.</li> </ul>	<p><b>SAT &amp; SUN Mornings (Session #1 &amp; #4)</b>  <b>12 &amp; Under Boys &amp; Girls</b></p> <ul style="list-style-type: none"> <li>▪ 6:30-7:25am Warm-ups</li> <li>6:50am Officials Meeting</li> <li>7:20am Lane Timers Meeting</li> <li>7:20am Coaches Meeting</li> <li>(Sat only)</li> <li>7:35am Competition Begins</li> </ul>	<p><b>SAT Afternoon (Session #2)</b>  <b>13 &amp; Over Boys &amp; Girls *</b></p> <ul style="list-style-type: none"> <li>▪ 12:00-12:55pm Warm-up</li> <li>12:20pm Officials Meeting</li> <li>12:45pm Lane Timers Meeting</li> <li>1:05pm Competition Begins</li> </ul> <p><b>Sun Afternoon (Session #5)</b></p> <ul style="list-style-type: none"> <li>▪ 12:30-1:25pm Assigned Warm-up</li> <li>12:50pm Officials Meeting</li> <li>1:15pm Lane Timers Meeting</li> <li>1:35pm Competition Begins</li> </ul>
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<b>ELIGIBILITY</b>	Open to all <b>invited</b> registered Potomac Valley athletes and <b>invited</b> USA Swimming clubs. Invitations may be extended to clubs if interest is expressed, provided commitments have not exceeded the meet limit of 800 swimmers or desired session lengths.
<b>SWIMMER ELIGIBILITY</b>	Age on May 17 <sup>th</sup> , 2008, will determine the swimmer's age for the entire meet. <ul style="list-style-type: none"> <li>➤ An athlete may only compete in his/her own age division.</li> <li>➤ Only USA Swimming registered teams will be <b>invited</b> to participate.</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>➤ To be eligible to enter this meet, a swimmer must be registered with USA Swimming and their LSC, no later than the entry deadline.</li> <li>➤ On-deck registration will NOT be allowed.</li> </ul>
<b>COACHES ELIGIBILITY</b>	All coaches "on the deck" must be a registered member of USA Swimming. <ul style="list-style-type: none"> <li>➤ Coaches must have coaching card visible at all times.</li> <li>➤ Coaches are expected to be in compliance with the new <a href="#">USA Swimming Background Screening Program</a>.</li> </ul>
<b>MEET FORMAT</b>	<i>In spirit of the Kentucky Derby each swimmer is <b>required</b> to choose a horse name along with 2 alternate selections (print selections on page 6 no more than 16 characters long including spaces) or submit an excel spreadsheet which matches the swimmers name with their chosen horse name (53mm051708.xls). This chosen name is for the sole purpose of displaying and announcing; all official final results will be recorded with the swimmers proper name &amp; registration information at the conclusion of the meet. <b>If the supplied horse name is deemed inappropriate by the meet director another one will be assigned.</b></i> <ul style="list-style-type: none"> <li>➤ The pool will be configured to conduct competition in 8-lane, 50 meter pool.</li> <li>➤ All events will be swum as TIMED FINALS.</li> <li>➤ Dive-over starts will be used at this meet. Coaches are requested to review <a href="#">Guidance for Dive-Over Starts for Coaches</a>. Officials are requested to review <a href="#">Protocol for Dive-Over Starts</a>.</li> </ul>
<b>QUALIFYING TIMES FOR DISTANCE EVENTS</b>	<ul style="list-style-type: none"> <li>➤ Entry into events #63 &amp; #64 (400M Free) are limited to those swimmers who have a current time of BB or faster in the 12&amp;U 400 Free, or time of record equal to BB or faster in the 200 Free for their current age-group. <ul style="list-style-type: none"> <li>➤ Entries in events #39 &amp; #40 (13&amp;O 1500 Free) are limited to a maximum of 3 hours</li> </ul> </li> <li>➤ Entry into events #39 &amp; #40 (1500M Free) are limited to those swimmers who have a current time of BB or faster in the 13&amp;O 1500M Free, or time of record equal to BB or faster in the 400M/500Y Free for their current age-group.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>➤ Entries will be accepted on a first-come, first serve basis. Once the meet is full, entries will no longer be accepted.</li> <li>➤ No late entries will be accepted. Deck entries <b>may</b> be accepted (depending on the size of the meet) at the meet director's discretion and will be \$10.00 per entry. Evidence of current USA-S registration will be required for deck entries. This can be done by presenting a copy of the athlete's USA-S athlete registration card.</li> <li>➤ Current USA Swimming Rules and Regulations will apply.</li> <li>➤ Swimmers may enter and swim a maximum of four (4) individual events in any one session, but no more than five (5) individual events during ONE (1) day.</li> <li>➤ The meet will be capped at 850 swimmers.</li> <li>➤ Entries <b>MUST</b> be submitted in <b>LC Meters</b> times.</li> <li>➤ If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li> <li>➤ No on-deck USA-S registrations will be permitted.</li> </ul>

<p><b>POSITIVE CHECK-IN PROCEDURE &amp; POLICY</b></p>	<p><b>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the block directly.</b></p> <ul style="list-style-type: none"> <li>➤ All check-in sheets must be picked up at the scoring table upon arrival at the meet by one of your team's coaches, and then turned into the scoring table <b>30 minutes</b> prior to the start of the session.</li> <li>➤ Swimmers that are swimming will have a SINGLE line through their name.</li> <li>➤ Swimmers that are being scratched will have their names CIRCLED with a "SCR" next to the circle.</li> <li>➤ Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle.</li> <li>➤ Swimmers who have checked in, been seeded, and fail to swim the event will be barred from their next scheduled event unless excused by the Meet Referee.</li> </ul> <p>All events require positive check-in; coaches shall designate their athlete's intention to swim the event on the forms provided to them. Athletes who have not been checked-in prior to the specified time will be scratched from the event. 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 Referee.</p>
<p><b>ENTRIES</b></p>	<p>In accordance with PVS policy, team entries may be submitted by E-mail to <a href="mailto:fish.entries@verizon.net">fish.entries@verizon.net</a> (please use "2008 LC Derby - *****" with the club's initials substituted in place of the asterisks. If the club is submitting entries from more than one location, please add the location to the heading with the club initials.)</p> <p>Events file for use in Team Manager is available for download here: <a href="#">"53mm051708.zip"</a></p> <p>All entries must be Hy-Tek program entries either on a 3 ½" diskette or as an attached file to an e-mail (LC times only).</p> <ul style="list-style-type: none"> <li>➤ The meet director will respond to e-mails within 24 hours. If you do not receive an e-mail response within 24 hours, assume that your e-mail has not been received. It then becomes the sender's responsibility to make sure that the host club's meet director receives the e-mail. If you do not receive an e-mail response, you must contact the meet director by some means other than e-mail.</li> <li>➤ Include with your commlink file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files.</li> <li>➤ In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).</li> <li>➤ <i>On page 7 of this meet announcement you will find a swimmer/horse name chart (each name may be no more than 16 characters long including spaces). This must be completed and either mailed with your payment or download the excel file here: <a href="#">53mm051708.xls</a> and e-mail with your entry information. <b><u>Entries cannot be processed until this form is received.</u></b></i></li> </ul> <p>Entries may be sent via mail/express mail/etc...</p> <ul style="list-style-type: none"> <li>➤ <b>Computer disk entries (Hy-tek) are encouraged.</b> Disk entries require one (1) meet entry report by name and one (1) by event from Team Manager. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "Entry Cover Sheet."</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 lacking 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>
<p><b>ENTRY FEES</b></p>	<p>Team entries will not be processed until payment has been received.</p> <ul style="list-style-type: none"> <li>➤ <b>\$4.00</b> surcharge per swimmer.</li> <li>➤ Fees for individual events are <b>\$6.00</b></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 the club name on the entry check (if 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 need to limit competition.</p>

<b>ENTRY DEADLINE</b>	<p>All entries will be accepted on a first come basis. Team entries will not be considered accepted unless entry fees have been received.</p> <p style="text-align: center;">Entry Deadline Date: <b>Tuesday, April 29<sup>th</sup>, 2008 at 5:00PM</b></p> <p>Please note the early deadline, this is due to the time needed to prepare the set-up of the meet in MM and have the caps printed.</p>
<b>SEND ENTRIES TO</b>	<p style="text-align: center;">the FISH 3082 White Birch Ct. Fairfax, VA 22031 Attn: Mike Kraeuter</p> <p>E-mail entries will be accepted. Send electronic entries including meet entry reports to: <a href="mailto:fish.entries@verizon.net">fish.entries@verizon.net</a> Entry fee check must be received by May 6<sup>th</sup>, 2008</p>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>➤ The host club is responsible for supplying one timer per lane.</li> <li>➤ Participating clubs are required to provide timers in proportion to their entries. A timer is required for each 25 entries.</li> <li>➤ <b>Swimmers participating in events 37 &amp; 38 (400m IM); 39 &amp; 40 (1500m Free); 63 &amp; 64 (400m Free); 79 &amp; 80 (400m Free) must supply their own counters (1500m Free only) and timers.</b></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/pol_proc.htm#o21">http://www.pvswim.org/pol_proc.htm#o21</a>.</li> <li>➤ Assigned warm-ups will be used.</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> </ul> <p>All swimmers must enter the pool from the starting end of the pool. <u>Warm-up Procedure based upon number of entries:</u></p> <ul style="list-style-type: none"> <li>➤ The warm-up sessions will be two 40-minute warm-ups divided by teams.</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>All certified officials wishing to volunteer to work this meet please contact the FISH Officials Chairman, John Firestein at: <a href="mailto:jfirestein@mac.com">jfirestein@mac.com</a> (540-888-3168) prior to May 13<sup>th</sup>, 2008. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the computer table at the start of warm-up. Certified officials who have not been contacted should volunteer their services to the Referee.</p> <ul style="list-style-type: none"> <li>➤ USA Swimming certified officials are requested for all positions.</li> <li>➤ While on the deck Officials must have current credentials visible at all times.</li> </ul>
<b>HOST CLUB RESPONSIBILITIES</b>	<p>The host club will provide a single timer in each lane throughout the meet.</p> <p>The meet director will create timing assignments that will be fair and equal to all teams. The timing assignments will be e-mailed to all participating clubs no later than 72 hours before the meet.</p>
<b>PARTICIPATING CLUB RESPONSIBILITIES</b>	<ul style="list-style-type: none"> <li>➤ Participating clubs must help with timing assignments. Timing assignments will be sent via e-mail to participating clubs 72 hours prior to the meet.</li> <li>➤ Participating club parents must stay off the pool deck except for timing assignments.</li> <li>➤ Participating clubs should help with officiating whenever 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>
<b>AWARDS</b>	<p>There will be <b>3 levels</b> of awards given out:</p> <ol style="list-style-type: none"> <li>1. Swimmers entered with USA "A" times or faster will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> <li>2. Swimmers entered with USA "BB" times and slower than USA "A" times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> <li>3. Swimmers with times slower than USA "BB" times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.</li> </ol>

<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>MEET HOTEL</b>	<p>We have secured a <b>special</b> meet rate (\$89.00 per room) for a limited number of rooms at the Comfort-Inn University Center for both teams and families.</p> <ul style="list-style-type: none"> <li>▪ It is located approximately 2 miles from the George Mason – Aquatic and Fitness Center.</li> <li>▪ Please call (703) 591-5900 and specify that you are with “the FISH meet”.</li> </ul> <p style="text-align: center;"><a href="#">COMFORT-INN University Center</a> 11180 Main St. Fairfax, VA 22030</p>
<b>ONSITE AMENITIES</b>	<ul style="list-style-type: none"> <li>➤ Full Psych Sheets will be made available with name keys.</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 may be available.</li> </ul>

# Just Swim Again LC Derby

## Session #1

Saturday Morning, May 17th

Girls	Event Name	Boys
1	11-12 100m Fly	2
3	10 & under 100m Fly	4
5	11-12 200m Breast	6
7	10 & under 50m Back	8
9	11-12 50m Back	10
11	10 & under 100m Free	12
13	11-12 100m Free	14
15	10 & under 50m Breast	16
17	11-12 50m Breast	18
19	11-12 200m Back	20
21	10 & under 200m Free	22
23	11-12 200m Free	24

## Session #4

Sunday Morning, May 18th

Girls	Event Name	Boys
41	11-12 100m Back	42
43	10 & under 100m Back	44
45	11-12 200m Fly	46
47	10 & under 50m Free	48
49	11-12 50m Free	50
51	10 & under 100m Breast	52
53	11-12 100m Breast	54
55	10 & under 50m Fly	56
57	11-12 50m Fly	58
59	10 & under 200m IM	60
61	11-12 200m IM	62
63*	12 & under 400m Free	64*

\*Entry into events #63 & #64 are limited to those swimmers who have a current time of BB or faster in the 12 & under 400 Free, or time of record equal to BB or faster in the 200 Free for their current age-group.

## Session #2

Saturday Afternoon, May 17th

Girls	Event Name	Boys
25	13 & over 50m Free	26
27	13 & over 200m Breast	28
29	13 & over 100m Back	30
31	13 & over 200m Free	32
33	13 & over 100m Fly	34
35	13 & over 50m Breast	36
37	13 & over 400m IM	38

## Session #5

Sunday Afternoon, May 18th

Girls	Event Name	Boys
65	13 & over 200m Back	66
67	13 & over 100m Free	68
69	13 & over 200m Fly	70
71	13 & over 50m Back	72
73	13 & over 100m Breast	74
75	13 & over 200m IM	76
77	13 & over 50m Fly	78
79	13 & over 400m Free	80

## Session #3

Saturday Evening, May 17th

Girls	Event Name	Boys
39*	13 & over 1500m Free	40*

\*Entry into events #39 & #40 are limited to those swimmers who have a current time of BB or faster in the 13 & over 1500 Free, or time of record equal to BB or faster in the 400m/500yd Free for their current age-group.



**2008 Just Swim Again LC Derby  
Pre-Order T-Shirt ORDER FORM  
(Updated 4/18/08)**

1. Print & complete this form.
2. Attach a check payable to the FISH with your completed form.
3. Mail your completed form & check to:  
*the FISH*  
*c/o Mike Kraeuter*  
*3082 White Birch Court*  
*Fairfax, VA 22031*
4. Back of Tee – Full Back design; Front of Tee: the FISH 2008 LC Derby in text.

Back of Tee



Front of Tee (left side chest)




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\*\*\*Order forms with payment must be received by May 2, 2008, Order forms without a check or if received after May 3, 2008 will not be processed. \*\*\*T-shirts will be distributed at meet.

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Team Name: \_\_\_\_\_

Swimmer's Name: \_\_\_\_\_

Swimmer's Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

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**Short Sleeved White T-shirt**

Youth Med	_____	Adult Medium	_____
Youth Large	_____	Adult Large	_____
Adult Small	_____	Adult XXXLarge	_____

# of Short Sleeved T-Shirts Ordered \_\_\_\_\_ X \$15.00 = \$ \_\_\_\_\_

# of Short Sleeved T-Shirts Ordered XXL \_\_\_\_\_ X 17.00 = \$ \_\_\_\_\_

Check # \_\_\_\_\_ Total Amount: \$ \_\_\_\_\_