

**The 2011 Super FISH Bowl**  
**February 5 & 6, 2011**  
**Spring Hill Recreation Center in McLean, Virginia**

SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming # PVC- 11-40	
FACILITY	Spring Hill Recreation Center: 1239 Spring Hill Road, McLean VA 22101, (703) 827-0989. Competition course will be 8 lanes, 25 yards, depth ranges from 4' to 12.5'. Colorado timing system will be used. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).	
MEET DIRECTOR	David Pursley <a href="mailto:dpursley@pvfish.org">dpursley@pvfish.org</a> (623) 242-4645	
CLUB OFFICIALS CHAIR	Al Meilus <a href="mailto:al.meilus@gmail.com">al.meilus@gmail.com</a> (202) 264-0568	
MEET REFEREE	Art Davis <a href="mailto:emerand@comcast.net">emerand@comcast.net</a>	
SCHEDULE <i>Warm-up and start up times may be adjusted after timelines are calculated.</i>	<p><b>Saturday Morning Session</b>  <b>Girls Open</b>  8:00-8:50 am Warm-Up  9:00 am Competition Begins</p> <p><b>Saturday Afternoon Session</b>  <b>1650</b>  12:30-1:20 pm Warm-Up  1:30 pm Competition Begins</p> <p><b>Saturday Evening Session</b>  <b>Boys Open</b>  2:15-3:15 pm Warm-Up  3:30 pm Competition Begins</p>	<p><b>Sunday Morning Session</b>  <b>Girls Open</b>  6:30-7:20 am Warm-Up  7:30 am Competition Begins</p> <p><b>Sunday Afternoon Session</b>  <b>1000 Free</b>  10:15-11:05 am Warm-Up  11:15 am Competition Begins</p> <p><b>Sunday Afternoon Session</b>  <b>Boys Open</b>  12:15-1:05 pm Warm-Up  1:15 pm Competition Begins</p>
ELIGIBILITY	Open to all registered Potomac Valley athletes and invited USA Swimming registered athletes. The Meet Director reserves the right to limit any event in order to meet the timeline.	
ENTRY DEADLINE	All entries are accepted on a first come first served basis. Team entries will not be considered accepted until entry fees have been received. Team entries may be submitted as soon as this announcement is posted.  <p style="text-align: center;"><b><u>However, team entries must be received NO LATER THAN Tuesday, January 25, 2011.</u></b></p>	
ENTRY FEES	Individual entries are \$5.50 per event. Deck entries are \$11 per event and will be accepted on a first come first served basis for empty lanes if the timeline permits. No extra heats will be added.	
ENTRY INFORMATION	Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek team entry file, The Team Manager Meet Entry Report file. Include the following subject line in your email: "The 2011 Super FISH Bowl – <i>Your Club's name</i> ".  Email must include reports by name and by event including total number of swimmers, total number of events and contact information (name, phone number, e-mail) of a club representative. Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.  Each participating club should remit one check, covering the entry fee for the entire team, and send it to the address below. Do not send cash. Please put the club name	

	<p>on the entry check. Make checks payable to <b><i>the FISH</i></b>.          If events are limited by the Meet Directors, refunds for limited events will be granted to athletes cut from those events.          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 and no further entries will be accepted from that club until the said fine is paid.</p>
ENTRY CHAIR	<p><b><i>Send Paperwork &amp; Fees to David Pursley at:</i></b>          2011 Super FISH Bowl Entries          1649 Kurpiers Ct          McLean VA 22101  <a href="mailto:dpursley@pvfish.org">dpursley@pvfish.org</a></p>
RULES	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern the meet.</li> <li>• All events are timed finals.</li> <li>• Seed times are short course yards. In the event that short course yard times are not available, coaches' times are preferred over "no times" for all events except event 9 &amp; 10 and 27&amp; 28 (1000 yd freestyle).</li> <li>• Swimmers may enter a maximum and no more than three (3) events per session plus a maximum of no more than (2) distance events, bringing up the total to 8 events for this meet.</li> <li>• Events #9-10 and #27-28 (1650y and 1000y freestyles) will be limited to 2 heats of girls and 2 heats of boys (16 athletes) each. Also for events #9-#10 and #27-#28, athletes must have a minimum provable time of 25:00 for the 1650y free or 15:00 for the 1000y free. Athletes may enter the 1000y free with a provable time in the 400m/500y free of 7:20.00 or faster, and may enter the 1650y free with a provable time in the 800m/1000y free of 15:00 or faster. Athletes seeded with conforming times for each event will be seeded first, followed by athletes seeded at their 400m/500y times in the 1000y or 800m/1000y times in the 1650.</li> <li>• Deck entries will be accepted, and are \$11 per individual event. All deck entries must be submitted no later than 45 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.</li> <li>• Evidence of current USA-S registration will be required for deck entries.</li> <li>• Dive-over starts may be used at this meet at the discretion of the Meet Referee and Meet Management.</li> <li>• 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.</li> <li>• 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</li> <li>• Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul>

SEATING	<p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.</p> <ul style="list-style-type: none"> <li>• <b>Personal Chairs will BE permitted on the deck for <u>coaches only</u>.</b></li> <li>• <b>Swimmers will not be permitted to bring chairs on deck.</b></li> </ul>
TIME TRIALS	There will be no time trials conducted at this meet.
MEET FORMAT	<ul style="list-style-type: none"> <li>• This meet is an Open meet with no qualifying standards.</li> <li>• Girls and Boys will swim in separate sessions.</li> <li>• There will be no designated age groups. Entries will be seeded on entry time alone.</li> </ul>
WARM-UP PROCEDURE	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.
INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY	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.
CHECK-IN	<p>Positive check-in may be required to help reduce the meet timeline. Teams will be notified via email by Tuesday, January 2 if positive check in is required for any or all events.</p> <p>If positive check-in is required, check-in will close 45 minutes prior to the start of each session. Athletes who check-in for an event and fail to compete will be barred from their next schedule event.</p>
COACHES	All coaches must be registered members of USA Swimming.
OFFICIALS	Certified officials and trainees wishing to volunteer to work this meet please contact the FISH Officials Chair, Al Meilus ( <a href="mailto:al.meilus@gmail.com">al.meilus@gmail.com</a> or 202-264-0568), by Jan 28th, 2011. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work. Trainees are welcome and encouraged to participate. Officials and trainees should sign in at the computer table at the start of warm-ups for each session. Certified officials and trainees who learn of their availability after Jan 28 should contact Al Meilus as soon as possible or sign in and notify the Meet Referee, Art Davis, upon arrival at the meet.
HOST CLUB RESPONSIBILITIES	<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 emailed to participating clubs no later than 72 hours before the meet.</p>
PARTICIPATING CLUB RESPONSIBILITIES	<p>Participating clubs must help with timing assignments. Timing assignments will be sent via email to participating clubs at least 72 hours prior to the meet.</p> <p>Participating club parents must stay off the pool deck except for timing assignments.</p> <p>Participating clubs should help with officiating whenever possible. List the club contact for club officials with your entry summaries.</p> <p>Each club is responsible for supervising the conduct of their swimmers.</p> <p>Athletes are not permitted in any area not directly associated with the swim meet.</p>
TEAM AREA & SUPERVISION	<p>Teams will sit inside the pool area. Please keep your team area clean.</p> <p>Coaches are responsible for supervising their athletes conduct and helping keep their team areas clean.</p>
ONSITE AMENITIES	<p>Heat sheets will be available for \$2.00 each. Working officials and coaches will receive a complimentary heat sheet.</p> <p>A hospitality area will be available for USA Swimming Officials and Coaches.</p> <p>Concessions for spectators and athletes will be available in the reception area.</p>
NOTE	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, (the name of the facility) and (the name of the hosting club) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

<b>Session #1 - Girls</b>	
<b>Saturday Morning, February 5th Warm-up 8:00-8:50 am Events @ 9:00 am</b>	
<b>Girls</b>	<b>Event Name</b>
1	Open 50 Free
2	Open 100 back
3	Open 200 breast
4	Open 200 Fly
5	Open 500 Free
6	Open 50 Back
7	Open 200 Free
8	Open 100 IM

<b>Session #4 - Girls</b>	
<b>Sunday Morning, February 6th Warm-up 6:30-7:20 am Events @ 7:30 am</b>	
<b>Girls</b>	<b>Event Name</b>
19	Open 50 Fly
20	Open 200 Back
21	Open 100 Breast
22	Open 100 Free
23	Open 400 IM
24	Open 100 fly
25	Open 50 Breast
26	Open 200 IM

<b>Session #2 - Girls and Boys</b>		
<b>Saturday Afternoon, February 5th Warm-up 12:30-1:20 pm Events @ 1:30 pm</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
9	Open 1650 Free	10

<b>Session #5 - Girls and Boys</b>		
<b>Sunday Afternoon, February 6th Warm-up 10:15-11:05 am Events @ 11:15 am</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
27	Open 1000 Free	28

<b>Session #3 - Boys</b>	
<b>Saturday Afternoon, February 5th Warm-up 2:15-3:20 pm Events @ 3:30 pm</b>	
<b>Boys</b>	<b>Event Name</b>
11	Open 50 Free
12	Open 100 Back
13	Open 200 Breast
14	Open 200 Fly
15	Open 500 Free
16	Open 50 Back
17	Open 200 Free
18	Open 100 IM

<b>Session #6 - Boys</b>	
<b>Sunday Afternoon, February 6th Warm-up 12:15-1:05pm, Events @ 1:15 pm</b>	
<b>Boys</b>	<b>Event Name</b>
29	Open 50 Fly
30	Open 200 Back
31	Open 100 Breast
32	Open 100 Free
33	Open 400 IM
34	Open 100 fly
35	Open 50 Breast
36	Open 200 IM