

Sanctioned by:



Welcome to the  
**2011 FISH June Invitational**  
 on June 18 and 19, 2011  
 at Fairland Aquatics Center in Laurel, MD

Hosted by:



SANCTION	Sanctioned by USA Swimming through Potomac Valley Swimming <b>Sanction # PVI-11-70</b>																							
FACILITY	<p><a href="#">Fairland Aquatics Center</a>                  13820 Old Gunpowder Road Laurel, MD 20707-3116 (301) 362-6060                  An 8 lane, 50m course will be used for all competition, with a water depth of 13' at the start end and 5' at the turning end.</p> <ul style="list-style-type: none"> <li>• A separate pool with limited space will be available throughout the meet for continuous warm-up</li> <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>• 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> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul>																							
MEET DIRECTOR	<p>Steven Benecki  <a href="mailto:stevenbenecki@pvfish.org">mail to: stevenbenecki@pvfish.org</a>                  (703) 405-3381                  The Meet Director reserves the right to limit entries in any event and to combine events in order to manage session length. If it is necessary to make these changes, teams will be notified via email by Friday, June 10<sup>th</sup>, 2011. Refunds will be given when appropriate.</p>																							
FISH OFFICIALS CHAIR and MEET REFEREE	<p>Al Meilus  <a href="mailto:al.meilus@gmail.com">al.meilus@gmail.com</a></p>																							
SCHEDULE  <b>Warm-up and start-up times may be adjusted after timelines are calculated.</b>	<p><b>SAT &amp; SUN Mornings (Session #1 &amp; #4)                  12 &amp; Under Girls &amp; Boys</b></p> <table border="0"> <tr><td>6:30-7:50am</td><td>Assigned Warm-up</td></tr> <tr><td>7:30am</td><td>Positive Check-In Closes</td></tr> <tr><td>7:30am</td><td>Officials Meeting</td></tr> <tr><td>7:40am</td><td>Lane Timers Meeting</td></tr> <tr><td>7:50am</td><td>Coaches Meeting <i>(Sat only)</i></td></tr> <tr><td>8:00am</td><td>Competition Begins</td></tr> </table>	6:30-7:50am	Assigned Warm-up	7:30am	Positive Check-In Closes	7:30am	Officials Meeting	7:40am	Lane Timers Meeting	7:50am	Coaches Meeting <i>(Sat only)</i>	8:00am	Competition Begins	<p><b>SAT &amp; SUN Afternoons (Session #2 &amp; #5)                  13 &amp; Over Girls &amp; Boys</b></p> <table border="0"> <tr><td>12:00-1:20pm</td><td>Assigned Warm-up</td></tr> <tr><td>1:00pm</td><td>Positive Check-In Closes</td></tr> <tr><td>1:00pm</td><td>Officials Meeting</td></tr> <tr><td>1:10pm</td><td>Lane Timers Meeting</td></tr> <tr><td>1:30pm</td><td>Competition Begins</td></tr> </table>	12:00-1:20pm	Assigned Warm-up	1:00pm	Positive Check-In Closes	1:00pm	Officials Meeting	1:10pm	Lane Timers Meeting	1:30pm	Competition Begins
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ELIGIBILITY	<p><b>SAT Evening (Distance Session #3)</b>                  Positive check-in will close at 5:00pm.                  The competition pool will be open for warm-up for at least 20 minutes immediately following the completion of the afternoon session and prior to the start of the 800m freestyle.                  Competition will begin 30 minutes after the afternoon session is completed, but no earlier than 5:30pm.                  A pre-scratch timeline and 800m psych sheet will be posted on the PVS website and emailed to attending teams. Heats are swum fastest to slowest alternating girls and boys.</p> <p>Open to USA Swimming registered athletes of <u>invited</u> USA Swimming registered teams. Entry preference will be given to teams who have historically attended the meet. 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>																							

SWIMMER ELIGIBILITY	<p>Athlete's age on June 18<sup>th</sup>, 2011, will determine the swimmer's age for the entire meet. All athletes must compete in his or her own age division.</p> <p>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> <p>On-deck registration will NOT be allowed.</p>
COACHES ELIGIBILITY	<p>All coaches "on the deck" must be a registered member of USA Swimming. Coaches must have their current coaching card visible at all times and will be issued a deck pass.</p>
MEET FORMAT	<p>All events will be swum as TIMED FINALS.</p> <p>Dive-over starts will be used at this meet. Coaches are requested to review the <a href="#">Dive-Over Starts Summary for Coaches</a>. Officials are requested to review the <a href="#">Protocol for Dive-over Starts</a>.</p> <p>In order to maintain a reasonable timeline the Meet Referee and Meet Management reserve the right to start events from both ends of the pool utilizing "Chase Starts" as well as use "dive-over" starts. Coaches and officials are requested to review the <a href="#">protocol for Chase Starts</a>.</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. Time conversions are acceptable. All entries must be LCM. Athletes entering with a 200m time will be seeded after athletes entering with 400m 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. Time conversions are acceptable. All entries must be LCM. Athletes entering with a 200m time will be seeded after athletes entering with 400m time.</p> <p>Entries for the 800m Free are limited to those swimmers who have a provable BB time for their age group in either then 800m/1000y free or the 400m/500y free. Time conversions are acceptable. All entries must be LCM. Athletes entering with a 400m time will be seeded after athletes entering with 800m times.</p>
SEEDING & EVENT LIMITATIONS	<p>All events are Timed Finals.</p> <p>All events 400m and shorter will be seeded slowest to fastest.</p> <p>Events #29-30, Open 800m Free, will be seeded fastest to slowest and alternate gender by heat. If excessive entries are submitted, these events will be limited to the fastest seeded 48 athletes in each event or 12 heats total. An 800m psych sheet will be emailed to team representatives.</p>
MEET RULES	<ul style="list-style-type: none"> <li>• Current USA Swimming Rules and Regulations will apply.</li> <li>• Swimmers may enter and swim a maximum of seven (7) individual events during the meet, but no more than four (4) individual events during one (1) session.</li> <li>• Entries <b>MUST</b> be submitted as <b>LCM</b> times. Time conversions are permitted. "No Time" or "NT" entries will not be accepted.</li> <li>• If a swimmer exceeds the maximum entries, their last event(s), by numerical order, will be dropped.</li> <li>• No on-deck USAS registrations will be permitted.</li> <li>• Deck entries will be accepted, and are \$12 per individual event. 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.</li> <li>• Evidence of current USA-S registration will be required for deck entries.</li> <li>• Dive-over starts and Chase 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>
POSITIVE CHECK-IN PROCEDURE & POLICY	<p>Events 400m and longer require positive check-in. Check-in will close 30 minutes prior to competition for each session. If entries warrant, all events may require positive check-in.</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 to Steven Benecki (<a href="mailto:stevenbenecki@pvfish.org">mail to: stevenbenecki@pvfish.org</a>) via email beginning Wednesday, May 11th, but must be received on or before Wednesday, June 8th at 5:00pm.</p> <ul style="list-style-type: none"> <li>• Include in the subject line of email, “2011 FISH June Invitational – (Name of your team)”</li> <li>• 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.</li> <li>• All entries must be submitted as LCM times. Time conversions are acceptable. “NT” or “No Time” entries will not be accepted.</li> <li>• All Distance Events require proof of time (see above). A Hy-Tek entry report with the “Include Proof of Time” box checked is adequate.</li> <li>• Include with your Hy-Tek entry file an entry report sorted by name and an entry report sorted by event, both saved as Microsoft Excel files.</li> <li>• 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.</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 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.</li> </ul>
ENTRY FEES	<p>Team entries will not be processed until payment has been received.</p> <ul style="list-style-type: none"> <li>• Individual events are <b>\$6.00</b> each.</li> <li>• Deck Entries will be <b>\$12.00</b> at the discretion of the Meet Director.</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 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 “<b>the FISH</b>”</p> <p>Refunds will be made to anyone cut from an event by the meet director because of the need to meet our timeline.</p>
ENTRY DEADLINE	<p>Invited teams may begin submitting entries on May 11<sup>th</sup>, 2011. 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 for the first time, please contact the Meet Director in advance of sending your entries.</i></p> <p style="text-align: center;">Team Entry Deadline Date: <b>Wednesday, June 8<sup>th</sup>, 2011 at 5:00PM</b></p>
SEND ENTRIES TO	<p>Email Hy-Tek entries and entry reports to Steven Benecki at <a href="mailto:stevenbenecki@pvfish.org">stevenbenecki@pvfish.org</a>.</p> <p>Mail entry checks to: 2011 June Invitational c/o Monika Paris 1649 Kurpiers Ct. McLean VA 22101</p> <p><b><i>Entry fees must be received before teams will be allowed to check-in their swimmers.</i></b></p>
TIMERS	<ul style="list-style-type: none"> <li>• The host team will supply one timer per lane.</li> <li>• Participating clubs are required to provide one timer per 20 athletes entered for Saturday and Sunday morning and afternoon sessions.</li> <li>• All swimmers participating in events #29 -30, 800m Free, must supply a timer and a lap counter.</li> </ul>

WARM-UP PROCEDURES	<p>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">www.pvswim.org</a>.</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 will be divided into two equal sessions.</p> <p>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 <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>
OFFICIALS	<p>Certified officials and trainees wishing to volunteer to work this meet please contact the FISH Officials Chair, Al Meilus at <a href="mailto:al.meilus@gmail.com">al.meilus@gmail.com</a> by June 8<sup>th</sup>, 2011. Please indicate your club affiliation, certifications held or if a trainee - for what position, and sessions you wish to work. 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 June 8<sup>th</sup>, 2011, should contact Al Meilus as soon as possible or sign in and notify the referee, 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"> <li>• Participating clubs must help with timing assignments. See "Timing" section.</li> <li>• Participating club parents must stay off the pool deck, except for timing assignments.</li> <li>• Participating clubs should help with officiating when 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> <li>• Swimmers are not permitted to bring chairs on deck.</li> </ul>
AWARDS	<ul style="list-style-type: none"> <li>• There will be no awards given out at this meet.</li> </ul>
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>Teams will be inside the pool area. Due to limited space please remember to keep your 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"> <li>• Meet sheets will be available for \$2.00 each. Working officials and coaches will receive a complimentary heat sheet.</li> <li>• A hospitality area will be available for USA Swimming officials and coaches.</li> <li>• Concessions for spectators and swimmers will be available.</li> </ul>
NOTE	<p>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics 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>

# 2011 FISH June Invitational

## Session #1

Saturday Morning, June 18th

Warm-ups: 6:30-7:50am

Girls	Event Name	Boys
1	12&U 100m Fly	2
3	10-12 200m Breast	4
5	12&U 50m Back	6
7	12&U 100m Free	8
9	12&U 50m Breast	10
11	10-12 200m Back	12
13	12&U 200m Free	14
15*	10-12 400m IM*	16*

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

## Session #4

Sunday Morning, June 19th

Warm-ups: 6:30-7:50am

Girls	Event Name	Boys
31	12&U 100m Back	32
33	10-12 200m Fly	34
35	12&U 50m Free	36
37	12&U 100m Breast	38
39	12&U 50m Fly	40
41	12&U 200m IM	42
43*	10-12 400m Free*	44*

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

## Session #2

Saturday Afternoon, June 18th

Warm-ups: 12:00-1:20pm

Girls	Event Name	Boys
17	13&O 50m Free	18
19	13&O 200m Breast	20
21	13&O 100m Back	22
23	13&O 200m Free	24
25	13&O 100m Fly	26
27*	13&O 400m IM*	28*

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

## Session #5

Sunday Afternoon, June 19th

Warm-ups: 12:00-1:20pm

Girls	Event Name	Boys
45	13&O 200m Back	46
47	13&O 100m Free	48
49	13&O 200m Fly	50
51	13&O 100m Breast	52
53	13&O 200m IM	54
55*	13&O 400m Free*	56*

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

## Session #3

Saturday Evening, June 18th

Warm-ups: TBD, Positive Check-in: 4:30pm

Girls	Event Name	Boys
29*	Open 800m Free*	30*

\*Please see "Qualifying for Distance Events" in the Meet Announcement above. This event may be limited to the fastest 48 athletes entered.