



2021 Super FISH Bowl XI

February 6-7, 2021

Sanction # PVT-21-152

Hosted by: The FISH



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Curtis Din cdin@pvfish.org , 540-999-4080	Nathan Dean officials@pvfish.org , 571-205-0838	Nathan Dean officials@pvfish.org , 571-205-0838 Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVT-21-152. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH, and Spring Hill RECenter 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;">Spring Hill RECenter 1239 Spring Hill Rd. McLean VA 22102 (703) 827-0989</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 4.5' – 12' at the starting end and 4.5' – 12' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																																																				
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, January 26th, 2021 @ 11:59 p.m.</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 February 6 & Sunday February 7, 2021</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th style="text-align: center;">Warm-Ups</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="4">Saturday, February 6, 2021</td> </tr> <tr> <td>Session 1</td> <td>Mixed 13-14s</td> <td style="text-align: center;">6:45am – 7:25am</td> <td style="text-align: center;">7:30am</td> </tr> <tr> <td>Session 2</td> <td>Boys 11-12s</td> <td style="text-align: center;">9:30am – 10:05am</td> <td style="text-align: center;">10:10am</td> </tr> <tr> <td>Session 3</td> <td>Boys 9-10s</td> <td style="text-align: center;">12:10pm – 12:40pm</td> <td style="text-align: center;">12:45pm</td> </tr> <tr> <td>Session 4</td> <td>Girls 9-12s</td> <td style="text-align: center;">2:45pm – 3:20pm</td> <td style="text-align: center;">3:25pm</td> </tr> <tr> <td>Session 5</td> <td>Mixed 8&Unders</td> <td style="text-align: center;">5:30pm – 5:50pm</td> <td style="text-align: center;">5:55pm</td> </tr> <tr> <td colspan="4">Sunday, February 7, 2021</td> </tr> <tr> <td>Session 6</td> <td>Mixed 13-14s</td> <td style="text-align: center;">6:15am – 6:55am</td> <td style="text-align: center;">7:00am</td> </tr> <tr> <td>Session 7</td> <td>Boys 11-12s</td> <td style="text-align: center;">9:00am – 9:35am</td> <td style="text-align: center;">9:40am</td> </tr> <tr> <td>Session 8</td> <td>Boys 9-10s</td> <td style="text-align: center;">11:40am – 12:10pm</td> <td style="text-align: center;">12:15pm</td> </tr> <tr> <td>Session 9</td> <td>Girls 9-12s</td> <td style="text-align: center;">2:15pm – 2:50pm</td> <td style="text-align: center;">2:55pm</td> </tr> <tr> <td>Session 10</td> <td>Open</td> <td style="text-align: center;">4:55pm – 5:35pm</td> <td style="text-align: center;">5:40pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 			Warm-Ups	Events	Saturday, February 6, 2021				Session 1	Mixed 13-14s	6:45am – 7:25am	7:30am	Session 2	Boys 11-12s	9:30am – 10:05am	10:10am	Session 3	Boys 9-10s	12:10pm – 12:40pm	12:45pm	Session 4	Girls 9-12s	2:45pm – 3:20pm	3:25pm	Session 5	Mixed 8&Unders	5:30pm – 5:50pm	5:55pm	Sunday, February 7, 2021				Session 6	Mixed 13-14s	6:15am – 6:55am	7:00am	Session 7	Boys 11-12s	9:00am – 9:35am	9:40am	Session 8	Boys 9-10s	11:40am – 12:10pm	12:15pm	Session 9	Girls 9-12s	2:15pm – 2:50pm	2:55pm	Session 10	Open	4:55pm – 5:35pm	5:40pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to USA Swimming-registered Potomac Valley swimmers from FISH, MAKO, and RMSC. 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 SWIM TEAM, AND SPRING HILL RECENTER 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.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Athletes must arrive and depart in their suits. Locker room use must be minimized. Restrooms will be available for emergency situations with occupancy limited to one person at a time. • Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently. • Athletes must wear masks while not in the water warming up, cooling down, or racing. • Coaches, officials, volunteers, and spectators must wear masks at all times. • All attendees will be required to complete a health attestation in addition to the completing the Sparrow Occupational Health Screening tool (https://www.sparrow.org/OccHealthScreening) no more than four (4) hours before entry into the facility. A coach or marshal will be stationed at the entry point to screen swimmers and volunteers for completion of the survey. No swimmer will be allowed entry after warm-up and no volunteers will be allowed entry after the start of the first event of the session. • Swimmers will be assigned a space on deck and non-family members will be spaced 6’ apart. Swimmers will receive their deck space assignments prior to arrival to the meet. • Entry and Exit will be through separate doors. Entrance is down the service ramp through the back door by the bleachers, exit is out the door by the starting blocks. • One-way traffic will be maintained around the pool deck at all times.

	<ul style="list-style-type: none"> • Swimmers will exit the race at the completion of each event. The next heat will be brought forward once the prior heat has left the starting area. • Masks will be worn by swimmers until they reach the blocks where they will place their masks in personalized plastic zipper bags. • For the 25y events, athletes will start from the opposite end of the pool (end without starting blocks). Upon completion of the race, the athletes will swim back to the opposite side of the pool where they will retrieve their masks and immediately place them back on. • No Spectators will be permitted. The meet will be live streamed to the FISH’s Instagram Feed. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S 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 not 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. • No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • Swimmers may enter no more than four (4) events per session in sessions 1-8 and no more than two (2) events in session 9. Swimmers may enter no more than ten (10) events for the meet. • Events are mixed gender. • All 12&Under swimmers may only swim in one session per day. • NO “No Time” entries will be accepted. Coaches time’s will be accepted under the following circumstances: <ul style="list-style-type: none"> ○ Any 25y or 50y distanced event ○ A swimmer has a provable time in the smaller step of the event ladder (e.g., a provable 100y time needed for a coach’s time in the 200y of that stroke). ○ A 200y Free time is required for a coach’s time in the 500y Free and must meet the ‘B’ time standard or faster. • Entries for the 1000 yd Freestyle and 1650 yd Freestyle may be limited due to space and time. • All swimmers must provide their own counter (if desired) and timer for the 500, 1000, and 1650 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded.

WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. Warm up lanes and times will be assigned by the Meet Director. No more than 5 swimmers will be permitted in each warm-up lane.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be pre-seeded by the Meet Director.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> No awards will be given.
PROGRAMS	<ul style="list-style-type: none"> Programs will not be sold, but heat sheets will be available on the FISH website and on the FISH Instagram.
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.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Nathan Dean, officials@pvfish.org. Officials wishing to volunteer should complete the Officials Signup or email the Meet Referee. Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials working this meet will need to wear a mask for the duration of the meet. A comprehensive official's briefing will be conducted the Thursday night prior to the meet via Zoom. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer is required per lane. Parents of participating swimmers are encouraged to volunteer. Lane assignments will be made in advance. The timers briefing will be conducted the Thursday night prior to the meet via Zoom.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Club entries will be accepted by email to the Meet Director, Curtis Din (cdin@pvfish.org). Submission of entries by email must include the following files: the electronic team entry file, the Meet Entry Report file. Include the following subject line in your email: "Super FISH Bowl – <i>Your Club's name</i>." Club entry emails 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. 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. 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 by PVS the sum of \$100 and no further entries will be accepted from that club until the said fine is paid. This provision includes compliance with the regulations listed in the Event Rules section.
ENTRY FEES	<p style="text-align: center;">Individual Event Fee: \$10.00</p> <ul style="list-style-type: none"> 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 on the entry check. Make checks payable to "the FISH" and mail to: <ul style="list-style-type: none"> 2021 Super FISH Bowl XI Entries 13404 Birch Bark Ct Fairfax, VA 22033 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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Saturday, February 6 & Sunday, February 7, 2021

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Session 1: Mixed 13-14s	#
Mixed 13-14 100 Backstroke	1
Mixed 13-14 200 Breaststroke	2
Mixed 13-14 100 Butterfly	3
Mixed 13-14 200 IM	4
Mixed 13-14 100 Freestyle	5

Session 2: Boys 11-12	#
Boys 11-12 200 IM	6
Boys 11-12 100 Freestyle	7
Boys 11-12 200 Breaststroke	8
Boys 11-12 50 Butterfly	9
Boys 11-12 200 Backstroke	10
Boys 11-12 50 Breaststroke	11
Boys 11-12 100 Butterfly	12
Boys 11-12 500 Freestyle	13

Session 3: Boys 9-10	#
Boys 9-10 200 IM	14
Boys 9-10 100 Freestyle	15
Boys 9-10 200 Breaststroke	16
Boys 9-10 50 Butterfly	17
Boys 9-10 200 Backstroke	18
Boys 9-10 50 Breaststroke	19
Boys 9-10 100 Butterfly	20
Boys 9-10 500 Freestyle	21

Session 4: Girls 9-12	#
Girls 9-12 200 IM	22
Girls 9-12 100 Freestyle	23
Girls 9-12 200 Breaststroke	24
Girls 9-12 50 Butterfly	25
Girls 9-12 200 Backstroke	26
Girls 9-12 50 Breaststroke	27
Girls 9-12 100 Butterfly	28
Girls 9-12 500 Freestyle	29

Session 5: 8 & Unders	#
8&U 25 Backstroke	30
8&U 50 Breaststroke	31
8&U 25 Butterfly	32
8&U 50 Freestyle	33
8&U 50 Backstroke	34
8&U 25 Breaststroke	35
8&U 50 Butterfly	36
8&U 25 Freestyle	37
8&U 100 IM	38

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Session 6: Mixed 13-14s	#
Mixed 13-14 200 Backstroke	39
Mixed 13-14 100 Breaststroke	40
Mixed 13-14 200 Butterfly	41
Mixed 13-14 50 Freestyle	42
Mixed 13-14 200 Freestyle	43

Session 7: Boys 11-12	#
Boys 11-12 200 Freestyle	44
Boys 11-12 50 Backstroke	45
Boys 11-12 100 Breaststroke	46
Boys 11-12 200 Butterfly	47
Boys 11-12 50 Freestyle	48
Boys 11-12 100 Backstroke	49
Boys 11-12 100 IM	50

Session 8: Boys 9-10	#
Boys 9-10 200 Freestyle	51
Boys 9-10 50 Backstroke	52
Boys 9-10 100 Breaststroke	53
Boys 9-10 200 Butterfly	54
Boys 9-10 50 Freestyle	55
Boys 9-10 100 Backstroke	56
Boys 9-10 100 IM	57

Session 9: Girls 9-12	#
Girls 9-12 200 Freestyle	58
Girls 9-12 50 Backstroke	59
Girls 9-12 100 Breaststroke	60
Girls 9-12 200 Butterfly	61
Girls 9-12 50 Freestyle	62
Girls 9-12 100 Backstroke	63
Girls 9-12 100 IM	64

Session 10: Open	#
Open 500 Freestyle	65
Open 400 IM	66
Open 1000 Freestyle	67
Open 1650 Freestyle	68