



FISH Spring Invitational

May 7-9, 2021

Sanction # PVD-21-191

VSI Sanction # VS-21-184DS

Hosted by: The FISH



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Curtis Din cdin@pvfish.org (540) 999-4080	Nathan Dean officials@pvfish.org	Nathan Dean officials@pvfish.org Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVD-21-191 and Virginia Swimming: VS-21-184DS. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the FISH Swim Team, and Claude Moore Recreation Center 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;">Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258-3600</p> <ul style="list-style-type: none"> The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50 meters, running from wall to bulkhead at the eastern end of the pool. Water depth of 12'6" at the starting end and 4' at the turning end of the competition course. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming. <i>Lanes are 51.8 meters long which is over USA Swimming's recommendation of 50.03m long max.</i> 																																								
ENTRY DEADLINE	<p style="text-align: center;">April 23, 11:59pm</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;">May 7-9, 2021</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th></th> <th></th> <th style="text-align: center;"><u>Warm-up time</u></th> <th style="text-align: center;"><u>Events Start</u></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Friday, May 7</td> <td style="text-align: center;">Session 1</td> <td style="text-align: center;">Distance</td> <td style="text-align: center;">4:00 p.m.</td> <td style="text-align: center;">5:00 p.m.</td> </tr> <tr> <td rowspan="5" style="text-align: center;">Saturday, May 8</td> <td style="text-align: center;">Session 2</td> <td style="text-align: center;">13 & over</td> <td style="text-align: center;">7:00 a.m.</td> <td style="text-align: center;">8:00 a.m.</td> </tr> <tr> <td style="text-align: center;">Session 3</td> <td style="text-align: center;">10 & under</td> <td style="text-align: center;">10:00 a.m.</td> <td style="text-align: center;">11:00 a.m.</td> </tr> <tr> <td style="text-align: center;">Session 4</td> <td style="text-align: center;">11-12</td> <td style="text-align: center;">1:00 p.m.</td> <td style="text-align: center;">2:00 p.m.</td> </tr> <tr> <td style="text-align: center;">Session 5</td> <td style="text-align: center;">13 & over</td> <td style="text-align: center;">4:00 p.m.</td> <td style="text-align: center;">5:00 p.m.</td> </tr> <tr> <td rowspan="3" style="text-align: center;">Sunday, May 9</td> <td style="text-align: center;">Session 6</td> <td style="text-align: center;">10 & under</td> <td style="text-align: center;">7:00 a.m.</td> <td style="text-align: center;">8:00 a.m.</td> </tr> <tr> <td style="text-align: center;">Session 7</td> <td style="text-align: center;">11-12</td> <td style="text-align: center;">10:00 a.m.</td> <td style="text-align: center;">11:00 a.m.</td> </tr> <tr> <td style="text-align: center;">Session 8</td> <td style="text-align: center;">13 & over</td> <td style="text-align: center;">1:00 p.m.</td> <td style="text-align: center;">2:00 p.m.</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 				<u>Warm-up time</u>	<u>Events Start</u>	Friday, May 7	Session 1	Distance	4:00 p.m.	5:00 p.m.	Saturday, May 8	Session 2	13 & over	7:00 a.m.	8:00 a.m.	Session 3	10 & under	10:00 a.m.	11:00 a.m.	Session 4	11-12	1:00 p.m.	2:00 p.m.	Session 5	13 & over	4:00 p.m.	5:00 p.m.	Sunday, May 9	Session 6	10 & under	7:00 a.m.	8:00 a.m.	Session 7	11-12	10:00 a.m.	11:00 a.m.	Session 8	13 & over	1:00 p.m.	2:00 p.m.
			<u>Warm-up time</u>	<u>Events Start</u>																																					
Friday, May 7	Session 1	Distance	4:00 p.m.	5:00 p.m.																																					
Saturday, May 8	Session 2	13 & over	7:00 a.m.	8:00 a.m.																																					
	Session 3	10 & under	10:00 a.m.	11:00 a.m.																																					
	Session 4	11-12	1:00 p.m.	2:00 p.m.																																					
	Session 5	13 & over	4:00 p.m.	5:00 p.m.																																					
	Sunday, May 9	Session 6	10 & under	7:00 a.m.	8:00 a.m.																																				
Session 7		11-12	10:00 a.m.	11:00 a.m.																																					
Session 8		13 & over	1:00 p.m.	2:00 p.m.																																					
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers from the FISH and Rockville Montgomery Swim Club. 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, VIRGINIA SWIMMING, INC., THE FISH, CLAUDE MOORE RECREATION CENTER 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, Virginia Swimming, Inc., the Commonwealth of Virginia, and Loudoun County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> ● All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up. ● Athletes must arrive and depart in their suits. Locker room use must be minimized to emergency use only. ● All coaches, officials, and volunteers must use the family locker rooms for restroom purposes. ● Spectators will not be permitted into the facility. ● The meet will be livestreamed online via The FISH Facebook page. ● Before registering 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. ● Each session will be limited to 110 swimmers. ● Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing. ● Prior to entering the facility, all attendees (athletes, coaches, officials, and volunteers) must display a COVID health Screening checkmark from Sparrow:

(<https://www.sparrow.org/occhealthscreening>). This screening is only valid for 4 hours after answering the questionnaire and must be revalidated to re-enter the building. A coach or marshal will be stationed at the entry point to screen swimmers and volunteers for completion of the survey.

- Entry for all attendees (athletes, volunteers, and coaches) will be through the side entrance.
- Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- One-way traffic flow will be implemented. Swimmers will enter the pool deck from the start end of the pool. Stairwells will be one-way traffic only.
- Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed on chairs behind the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on before they exit the pool deck.
- For the 50-meter events, the athletes will place their mask in a bag and then place the bag into a basket numbered for their lane. A marshal will walk the baskets to the finish end of the pool and place the baskets on the chair corresponding with the proper lane.
- Swimmers must follow all directions as posted and adhere to all marshals' directions.
- All swimmers must remain in their designated space while in their seating area and while waiting in Clerk of Course.
- Swimmers may not enter another swimmer's "square" of seating.
- **Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.**
- 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

- 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 *USA Swimming Rules and Regulations*, 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.

	<ul style="list-style-type: none"> No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. Swimmers may enter up to 10 events total. No more than 2 during the Friday distance session and 3 per Saturday and Sunday sessions. Events will be mixed genders, seeded by time. All swimmers must provide their own counters (if desired) for the 1500 M Freestyle. 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. The Meet Director may determine the structure of warm-up, including times/lane assignments. No more than ten (10) swimmers per lane. Lanes will be assigned for warm-up.
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 seeded slowest to fastest. All events will be pre-seeded at 8 PM each evening prior to competition. Scratches are requested before this time to be sent to the meet director, cdin@pvfish.org.
SCORING	<ul style="list-style-type: none"> The meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There are no awards given for races.
PROGRAMS	<ul style="list-style-type: none"> The meet program will be published on Meet Mobile for free, and available on the FISH website.
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 Club Officials Chair, Nathan Dean. Officials interested in volunteering should complete the Officials Signup or contact the Club Officials Chair (officials@pvfish.org). Officials who have volunteered for this meet should check 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 night prior to the meet via Zoom. Walk-on officials cannot be accommodated.
TIMERS	<ul style="list-style-type: none"> One timer per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> ● Entries should be submitted by email to the Meet Director, Curtis Din (cdin@pvfish.org). ● Include in the subject of the email, "FISH Mother's Day Meet - ****" 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.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$15.00 Individual Event Fee: \$10.00</p> <ul style="list-style-type: none"> ● Make checks payable to: the FISH Swim Team. ● Checks may be mailed to: the FISH Swim Team c/o Ray Benecki 13404 Birch Bark Court 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.

FISH Spring Inviational

May 7 – 9, 2021

Friday, May 7

Session 1 - Distance

Warm-ups: 4:00 P.M. Events Start: 5:00 P.M.

Event #	EVENT NAME
# 1	12 & Under Mixed 400 M Freestyle
# 2	Open Mixed 1500 M Freestyle
# 3	12 & Under Mixed 400 M Individual Medley

Saturday, May 8

Session 2 - 13 & Over

Warm-ups: 7:00 A.M. Events Start: 8:00 A.M.

Event #	EVENT NAME
# 4	13 & Over Mixed 100 M Freestyle
# 5	13 & Over Mixed 400 M Individual Medley
# 6	13 & Over Mixed 100 M Breaststroke
# 7	13 & Over Mixed 200 M Backstroke

Session 3 - 10 & Under

Warm-ups: 10:00 A.M. Events Start: 11:00 A.M.

Event #	EVENT NAME
# 8	10 & Under Mixed 100 M Freestyle
# 9	10 & Under Mixed 50 M Backstroke
# 10	10 & Under Mixed 100 M Breaststroke
# 11	10 & Under Mixed 50 M Butterfly
# 12	10 & Under Mixed 200 M Individual Medley

Session 4 – 11-12 yr olds

Warm-ups: 1:00 P.M. Events Start: 2:00 P.M.

Event #	EVENT NAME
# 13	11-12 Mixed 100 M Freestyle
# 14	11-12 Mixed 200 M Individual Medley
# 15	11-12 Mixed 50 M Butterfly
# 16	11-12 Mixed 200 M Backstroke
# 17	11-12 Mixed 100 M Breaststroke
# 18	11-12 Mixed 50 M Backstroke
# 19	11-12 Mixed 100 M Butterfly

FISH Spring Invitational

May 7 – 9, 2021

Saturday, May 8 (cont.)

Session 5 - 13 & Over

Warm-ups: 4:00 P.M. Events Start: 5:00 P.M.

Event #	EVENT NAME
# 20	13 & Over Mixed 100 M Backstroke
# 21	13 & Over Mixed 200 M Butterfly
# 22	13 & Over Mixed 200 M Breaststroke
# 23	13 & Over Mixed 400 M Freestyle

Sunday, May 9

Session 6 - 10 & Under

Warm-ups: 7:00 A.M. Events Start: 8:00 A.M.

Event #	EVENT NAME
# 24	10 & Under Mixed 200 M Freestyle
# 25	10 & Under Mixed 50 M Breaststroke
# 26	10 & Under Mixed 100 M Backstroke
# 27	10 & Under Mixed 100 M Butterfly
# 28	10 & Under Mixed 50 M Freestyle

Session 7 – 11-12 yr olds

Warm-ups: 10:00 A.M. Events Start: 11:00 A.M.

Event #	EVENT NAME
# 29	11-12 Mixed 200 M Freestyle
# 30	11-12 Mixed 50 M Breaststroke
# 31	11-12 Mixed 100 M Backstroke
# 32	11-12 Mixed 50 M Freestyle
# 33	11-12 Mixed 200 M Breaststroke
# 34	11-12 Mixed 200 M Butterfly

Session 8 - 13 & Over

Warm-ups: 1:00 P.M. Events Start: 2:00 P.M.

Event #	EVENT NAME
# 35	13 & Over Mixed 200 M Freestyle
# 36	13 & Over Mixed 100 M Butterfly
# 37	13 & Over Mixed 200 M Individual Medley
# 38	13 & Over Mixed 50 M Freestyle