



# The FISH LC June Invitational

June 5<sup>th</sup> – 6<sup>th</sup>, 2021

Sanction # PVI-21-200

Hosted by:



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Curtis Din <a href="mailto:cdin@pvfish.org">cdin@pvfish.org</a> (540) 999-4080	Morgan Hurley <a href="mailto:mhurley@peerreview.com">mhurley@peerreview.com</a>	Nathan Dean <a href="mailto:officials@pvfish.org">officials@pvfish.org</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-200</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH Swim Team and The Saint James: Sports, Wellness &amp; Entertainment Complex 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.</li> </ul>																		
<b>FACILITY</b>	<p style="text-align: center;"><b>The St. James: Sports Wellness &amp; Entertainment Complex</b>  <b>6805 Industrial Road</b>  <b>Springfield, VA 22151</b>          (703) 239-6870</p> <ul style="list-style-type: none"> <li>The pool at St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50 meters, running from bulkhead to wall.</li> <li>Water depth range of 6’8” at the starting end and 4’ at the turning end.</li> <li>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.</li> </ul>																		
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, May 14<sup>th</sup> 11:00 PM</b></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>																		
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <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 rowspan="2" style="text-align: center; vertical-align: middle;"><b>Saturday, June 5</b></td> <td style="text-align: center;"><b>Session 1: 13 &amp; Over</b></td> <td style="text-align: center;"><b>7:00 a.m.</b></td> <td style="text-align: center;"><b>8:30 a.m.</b></td> </tr> <tr> <td style="text-align: center;"><b>Session 2: 12 &amp; Under</b></td> <td style="text-align: center;"><b>12:20 p.m.</b></td> <td style="text-align: center;"><b>1:30 p.m.</b></td> </tr> <tr> <td rowspan="2" style="text-align: center; vertical-align: middle;"><b>Sunday, June 6</b></td> <td style="text-align: center;"><b>Session 3: 13 &amp; Over</b></td> <td style="text-align: center;"><b>7:00 a.m.</b></td> <td style="text-align: center;"><b>8:30 a.m.</b></td> </tr> <tr> <td style="text-align: center;"><b>Session 4: 12 &amp; Under</b></td> <td style="text-align: center;"><b>12:20 p.m.</b></td> <td style="text-align: center;"><b>1:30 p.m.</b></td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>			<u>Warm-up time</u>	<u>Events Start</u>	<b>Saturday, June 5</b>	<b>Session 1: 13 &amp; Over</b>	<b>7:00 a.m.</b>	<b>8:30 a.m.</b>	<b>Session 2: 12 &amp; Under</b>	<b>12:20 p.m.</b>	<b>1:30 p.m.</b>	<b>Sunday, June 6</b>	<b>Session 3: 13 &amp; Over</b>	<b>7:00 a.m.</b>	<b>8:30 a.m.</b>	<b>Session 4: 12 &amp; Under</b>	<b>12:20 p.m.</b>	<b>1:30 p.m.</b>
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered swimmers from invited teams. 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.</li> </ul>																		
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>																		
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing (touchpads primary) will be used.</li> </ul>																		

<p><b>COVID-19 CONSIDERATIONS</b></p>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● 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.</li> <li>● 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, AND THE ST. JAMES SPORTS WELLNESS &amp; ENTERTAINMENT COMPLEX 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.</li> <li>● 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.</li> <li>● 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.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>● All attendees will enter the facility from the rear entrance. Swimmers may only be present 10 minutes prior to their scheduled warm up time.</li> <li>● Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.</li> <li>● Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.</li> <li>● Athletes must shower prior to arrival at the pool.</li> <li>● 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.</li> <li>● All attendees should bring a filled, reusable (non-glass) water bottle to the meet.</li> <li>● All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth.</li> <li>● All attendees (athletes, coaches, volunteers, officials, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Attendees must fill out the online <a href="https://www.sparrow.org/occhealthscreening">Sparrow questionnaire</a> (https://www.sparrow.org/occhealthscreening) which will return a green checkmark no earlier than 4 hours before attending. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.</li> <li>● Face masks should remain dry; therefore, all athletes should bring multiple masks.</li> <li>● Each athlete should bring a small, plastic zipper bag (Ziplock or similar), clearly labeled with the</li> </ul>

	<p>athlete’s name, to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind the starting blocks during competition and warm-up/cool-down.</p> <ul style="list-style-type: none"> <li>● All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.</li> <li>● Each session will be limited to 240 swimmers. Swimmers will either be seated in the stands, water park, or seated outside in their personal cars or in tents set up by their team. Seating areas are marked to allow for social distancing.</li> <li>● The number of coaches allowed per team may be limited based on facility requirements.</li> <li>● Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>● Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.</li> <li>● Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area directly from the splash park area. Upon completion of their race swimmers will return directly to the splash park area. Swimmers from outside the facility will enter through the ramp along the west wall and immediately turn right to follow the flow to the clerk of course. They will exit via the doorway by the stairwell.</li> <li>● All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event.</li> <li>● Swimmers may not enter another swimmer’s “square” of seating.</li> <li>● For the 50M events, the athletes will place their mask in a bag and then place the bag into a basket numbered corresponding to their lane. A marshal will walk the basket to the finish end of the pool and swimmers will retrieve their bag with their mask.</li> <li>● Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.</li> <li>● We request that all attendees notify the Meet Director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.</li> <li>● No spectators will be permitted. Competition will be live-streamed on the FISH Facebook Page.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>● Current USA Swimming rules shall govern this meet.</li> <li>● All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>● No on-deck USA-S registration is permitted.</li> <li>● 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.</li> <li>● Deck changes are prohibited.</li> <li>● 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.</li> <li>● 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,</li> </ul>

	<p>officials and/or spectators are present.</p> <ul style="list-style-type: none"> <li>● Dive-over starts will not be used.</li> <li>● 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 &amp; U events per Rule 205.3.1F.</li> <li>● No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All events are timed finals.</li> <li>● Swimmers may enter up to 8 events total. No more than 4 events per session.</li> <li>● Events will be seeded by LCM times slowest to fastest. Converted times will be accepted.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>● All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● No more than 12 swimmers per lane.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>● All events will be seeded slowest to fastest.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>● The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>● There are no awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>● The meet program will be published on Meet Mobile for free, and available on the FISH website.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>● Officials will be identified in advance and coordinated by the Officials Chair, Nathan Dean, (<a href="mailto:officials@pvfish.org">officials@pvfish.org</a>).</li> <li>● Officials interested in volunteering should contact the Officials Chair or sign up using the <a href="#">Officials Signup form</a>.</li> <li>● 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.</li> <li>● Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>● One timer per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>● Entries should be submitted by email to the Meet Director: <a href="mailto:cdin@pvfish.org">cdin@pvfish.org</a></li> <li>● Include in the subject of the email, "FISH June Invitational - ****" 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.</li> <li>● Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>● In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>● Entries directly from individual team members will not be accepted.</li> <li>● Entries by phone or fax will not be accepted.</li> <li>● 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.</li> <li>● 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.</li> </ul>

<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: <b>\$15.00</b>                      Individual Event Fee: <b>\$10.00</b></p> <ul style="list-style-type: none"><li>● Make checks payable to: the FISH Swim Team.</li><li>● Checks may be mailed to: the FISH Swim Team 13404 Birch Bark Court Fairfax, VA 22033</li><li>● 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.</li><li>● Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li></ul>
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# The FISH LC June Invitational

June 5-6, 2021

## Saturday, June 5: Session 1

GIRLS	EVENT	BOYS
1	15 & Over 50 Free	2
13	13 – 14 50 free	14
3	15 & Over 200 Breast	4
15	13 -14 200 breast	16
5	15 & Over 100 back	6
17	13 -14 100 back	18
7	15 & Over 200 free	8
19	13 – 14 200 free	20
9	15 & Over 100 fly	10
21	13 – 14 100 fly	22
11	15 & Over 400 IM	12
23	13 – 14 400 IM	24

## Saturday, June 5: Session 2

MIXED	EVENT
25	11 – 12 mixed 100 fly
33	10 & Under mixed 100 fly
26	11- 12 mixed 200 breast
34	10 & Under mixed 200 breast
27	11 – 12 mixed 50 back
35	10 & Under mixed 50 back
28	11- 12 mixed 100 free
36	10 & Under mixed 100 free
29	11 -12 mixed 50 breast
37	10 & under mixed 50 breast
30	11 -12 mixed 200 back
38	10 & under mixed 200 back
31	11 – 12 mixed 200 free
39	10 & under mixed 200 free
32	11 – 12 mixed 400 IM
40	10 & under mixed 400 IM

# The FISH LC June Invitational

June 5-6, 2021

## Sunday, June 6: Session 3

GIRLS	EVENT	BOYS
41	15 & Over 200 back	42
53	13 – 14 200 back	54
43	15 & Over 100 free	44
55	13 – 14 100 free	56
45	15 & Over 200 fly	46
57	13 – 14 200 fly	58
47	15 & Over 100 breast	48
59	13 – 14 100 breast	60
49	15 & Over 200 IM	50
61	13 – 14 200 IM	62
51	15 & Over 400 free	52
63	13 – 14 400 free	64

## Sunday, June 6: Session 4

MIXED	EVENT
65	11 – 12 mixed 100 back
72	10 & Under mixed 100 back
66	11 – 12 mixed 200 fly
73	10 & under mixed 200 fly
67	11 – 12 mixed 50 free
74	10 & under mixed 50 free
68	11 – 12 mixed 100 breast
75	10 & under mixed 100 breast
69	11 – 12 mixed 50 fly
76	10 & under mixed 50 fly
70	11 – 12 mixed 200 IM
77	10 & under mixed 200 IM
71	11 – 12 mixed 400 free
78	10 & under mixed 400 free