



2023 FISH LC Derby

May 6-7, 2023

Sanction # PVC-23-89

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Curtis Din cdin@pvfish.org (540) 999-4080	Jan van Nimwegen jnimwegen@earthlink.net	Kim Alms officials@pvfish.org Officials Signup

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-23-89. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The FISH, and George Mason University 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;">George Mason University – Aquatic and Fitness Center 4520 Patriot Circle Fairfax, VA 22030 (703) 993-3939</p> <ul style="list-style-type: none"> The pool at George Mason University is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 8 lanes, 50 meters. Water depth of 7' at the start end and 13.5' at the turn end. A separate 25yd pool for continuous warm-up will be available throughout the meet, except during posted warm-up times. 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;">Monday, April 17, 2023, 11:59pm</p> <ul style="list-style-type: none"> Teams may begin submitting entries on Thursday, April 1, 2022. Team entries will not be considered accepted until entry fees have been received. 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. <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, April 30, 2022 and Sunday May 1, 2022</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>SAT & SUN Mornings (Session #1 & #4) 12 & Under Boys & Girls</p> <p>7:00-7:50am Assigned Warm-up 7:30am Positive Check-In Closes 7:20am Officials Meeting 7:35am Lane Timers Meeting 8:00am Competition Begins</p> <p>SATURDAY DISTANCE (Session #2) Warm Up for 800m Free events will begin no earlier than 11:30pm; positive check-in closes 30 minutes prior to the published start time.</p> </td> <td style="width: 50%; vertical-align: top;"> <p>SAT Afternoon (Session #3) 13 & Over Boys & Girls</p> <p>1:45-2:35pm Assigned Warm-up 2:10pm Positive Check-In Closes 2:05pm Officials Meeting 2:15pm Lane Timers Meeting 2:40pm Competition Begins</p> <p>SUN Afternoon (Session #5) 13 & Over Boys & Girls</p> <p>11:45-12:40pm Assigned Warm-up 12:10pm Positive Check-In Closes 12:20pm Officials Meeting 12:15pm Lane Timers Meeting 12:40pm Competition Begins</p> </td> </tr> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	<p>SAT & SUN Mornings (Session #1 & #4) 12 & Under Boys & Girls</p> <p>7:00-7:50am Assigned Warm-up 7:30am Positive Check-In Closes 7:20am Officials Meeting 7:35am Lane Timers Meeting 8:00am Competition Begins</p> <p>SATURDAY DISTANCE (Session #2) Warm Up for 800m Free events will begin no earlier than 11:30pm; positive check-in closes 30 minutes prior to the published start time.</p>	<p>SAT Afternoon (Session #3) 13 & Over Boys & Girls</p> <p>1:45-2:35pm Assigned Warm-up 2:10pm Positive Check-In Closes 2:05pm Officials Meeting 2:15pm Lane Timers Meeting 2:40pm Competition Begins</p> <p>SUN Afternoon (Session #5) 13 & Over Boys & Girls</p> <p>11:45-12:40pm Assigned Warm-up 12:10pm Positive Check-In Closes 12:20pm Officials Meeting 12:15pm Lane Timers Meeting 12:40pm Competition Begins</p>
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all registered Potomac Valley Swimmers and invited USA Swimming athletes. • 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.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming 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 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • All events will be seeded fastest to slowest. • Swimmers may enter and swim a maximum of seven (7) individual events during the meet, but no more than three (3) individual events during one (1) session. • Entries MUST be submitted as LCM times. Time conversions are permitted. "No Time" or "NT" entries will NOT be accepted; however, coaches times are permitted. • Event #15, Mixed Open 800m Free, will be seeded fastest to slowest as a consolidated gender event. If excessive entries are submitted, these events will be limited to the fastest seeded 64 athletes or 8 heats total. If a swimmer is removed, they will have the opportunity to enter another event. • All 200m events are limited to those swimmers with: <ul style="list-style-type: none"> ○ a recorded USA Swimming time in the 200m or 200y of the same event; or ○ a provable BB time for their age group in the 100m or 100y of the same event. • Events #43 - 44, 12 & Under 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 for entry purposes. All entries must be in LCM. Athletes entering with a 200 time will be seeded after athletes entering with 400m time.

	<ul style="list-style-type: none"> • Event #15, Open 800m Free, are limited to those swimmers who have a provable BB time for their age group in either the 800m/1000y Free or the 400m/500y Free. Time conversions are acceptable for entry purposes. All entries must be in LCM. Athletes entering with a 400/500 time will be seeded after athletes entering with 400m time. • Swimmers must provide their own timer for the 400m IM, 400m Free, and 800m Free. • Swimmers must provide their counter (if desired) for the 800m Freestyle. • 12 & Under athletes may only participate in one (1) session per day.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded except for the 400m Freestyle, 800m Freestyle, and 400m IM which will require positive check in. Positive check in closes 30 minutes prior to the start of the first event of the session. • Athletes who do not check in will not be seeded into the event.
MEET FORMAT	<ul style="list-style-type: none"> • Derby Names - In spirit of the Kentucky Derby, every swimmer is required to choose a “horse name” (and 2 alternate selections in case of duplicates). Submit your selections as an excel spreadsheet with your entries which lists both the swimmer’s actual name and their chosen “horse name”. “Horse names” are limited to 16 characters including spaces. Each athlete’s “horse name” will be used on the digital scoreboard and by the meet announcer; all official final results will be recorded with the swimmers official name & USAS ID# at the conclusion of the meet. • If the meet director deems the supplied horse name inappropriate, another one will be assigned at random. At the discretion of the Meet Director, identical horse names from different teams may receive a roman numeral after their name. • Derby Caps - Entered athletes will receive a custom LC Derby cap in their team’s color. Each participating team will be assigned a specific cap color, different from all other teams. It is the expectation that each team will wear their custom team colored LC Derby caps during their races. Caps will be distributed to coaches upon arrival.
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.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Marshals will be on deck to help supervise swimmers and control the deck.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
SAFETY CONCERNS	<ul style="list-style-type: none"> • To better ensure safety measures for all attendees at the meet, the first row of the spectator area (the bleacher area on the second level) cannot be used by swimmers and/or spectators. In case of non-compliance with this measure, the meet may be temporarily suspended, and violators may be removed from the remainder of the meet and/or will be asked to leave the facility. In addition, anyone throwing anything down on the pool deck will be subject to dismissal from the meet.
SEEDING	<ul style="list-style-type: none"> • All events will be seeded fastest to slowest
SCORING	<ul style="list-style-type: none"> • There are no team scores for this meet.
AWARDS	<ul style="list-style-type: none"> • Ribbons will be given for 1st-8th place swimmers in the 10&Unders and 11-12 age groups.
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available for free on the FISH website and on Meet Mobile.
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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> • There is no entry fee.

OFFICIALS	<ul style="list-style-type: none"> • Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. • Officials interested in volunteering should complete the Officials Signup or email Jan van Nimwegen, jnimwegen@earthlink.net. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups. 				
TIMERS	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. • Volunteer Sign-up: https://www.signupgenius.com/go/5080944ABA723A5FD0-20223 				
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director. • Include in the subject of the email, "2023 FISH LC Derby - ****" 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. • Events #15 & 43-44 (Open 800m Free, 12&U 400m Free) require proof of time. A Hy-Tek entry report with the "Include Proof of Time" box checked is adequate. • 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. • Below, you will find a swimmer/horse name table (each name may be no more than 16 characters long including spaces). An Excel spreadsheet of your own creation that matches the formatting of the form below must be submitted with your team entry. Entries cannot be processed until this form is received. 				
ENTRY FEES	<table border="0" style="width: 100%;"> <tr> <td style="padding-right: 20px;">Per Swimmer Surcharge:</td> <td style="text-align: right;">\$15</td> </tr> <tr> <td>Individual event fee:</td> <td style="text-align: right;">\$15</td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to The FISH. Checks may be mailed to: 2023 FISH LC Derby Entries 1340 Old Chain Bridge Rd, Suite 303 McLean, VA 22101 • 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. 	Per Swimmer Surcharge:	\$15	Individual event fee:	\$15
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Individual event fee:	\$15				

2023 FISH LC Derby

May 6 - May 7, 2023

Saturday, May 6, 2023

GIRLS	Session 1	BOYS
1	12 & under 100m Fly	2
3	10-12 200m Breast	4
5	12 & under 50m Back	6
7	12 & under 100m Free	8
9	12 & under 50m Breast	10
11	10-12 200m Back	12
13	12 & under 200m Free	14

Session 2

15	Mixed Open 800m Free	15
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Session 3

17	13 & over 50m Free	18
19	13 & over 200m Breast	20
21	13 & over 100m Back	22
23	13 & over 200m Free	24
25	13 & over 100m Fly	26
27	13 & over 50m Breast	28
29	13 & over 400m IM*	30

Sunday, May 7, 2023

GIRLS	Session 4	BOYS
31	12 & under 100m Back	32
33	10-12 200m Fly	34
35	12 & under 50m Free	36
37	12 & under 100m Breast	38
39	12 & under 50m Fly	40
41	12 & under 200m IM	42
43	12 & under 400m Free*	44

Session 5

45	13 & over 200m Back	46
47	13 & over 100m Free	48
49	13 & over 200m Fly	50
51	13 & over 50m Back	52
53	13 & over 100m Breast	54
55	13 & over 200m IM	56
57	13 & over 50m Fly	58
59	13 & over 400m Free*	60

*See "Event Rules" for qualifying requirements

