



2026 FISH LC Early Bloom Invitational

April 11-12, 2026

Sanction # PVC-XX-XX

Hosted by:



MEET DIRECTOR Curtis Din cdin@pvfish.org (540) 999-4080	MEET REFEREE	CLUB OFFICIALS CHAIR Elizabeth Wiley officialschair@pvfish.org
SANCTION	- Held under the sanction of USA Swimming through Potomac Valley Swimming: PV-XX-XX. - In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, The Fish, and The St. James: Sports, Wellness & 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.	
FACILITY	The St. James: Sports, Wellness, and Entertainment Complex 6508 Industrial Road Springfield, VA 22151 (703) 768-3223 - The pool at The St. James is 50m x 25yd with a moveable bulkhead. - Competition will be held in 8 lanes, 50 meters, running from bulkhead to wall, starting at the northern end of the pool. A lane will be used for continuous warm up with a gap lane separating the competition course. - Water depth of 6'8" at the starting end and 4' at the turning end. - The meet hosts will ensure the required course dimensions.	
ENTRY DEADLINE	11:59pm Friday, March 27, 2026 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.	
SCHEDULE	Saturday, April 11 & Sunday April 12 Saturday April 11, 2026 <u>Session 1 – 12&Unders</u> Warm-up 7-7:50am, Event 8:00am <u>Session 2 – 13&Overs</u> Warm-up 12:30pm-1:50pm, Event 2:00pm Sunday April 12, 2026 <u>Session 3 – 12&Unders</u> Warm-up 7-7:50am, Event 8:00am <u>Session 4 – 13&Overs</u> Warm-up 12:30pm-1:50pm, Event 2:00pm Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	- Open to all registered Potomac Valley Swimmers. - 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.	

SWIMMERS WITH A DISABILITY	- 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 written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition. - Athletes requiring special accommodation are asked to complete the form below. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	Automatic timing (touch pads primary) will be used.
RULES	- 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 without the use of the backstroke ledge. 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	- Swimmers entered into this meet are encouraged to be entered into either all IMX events or all IMR events. *Unfortunately we are not offering the 400IM at this meet. - IMX 10&Unders – 200 free, 200 IM, 100 fly, 100 back, 100 breast 11-12 – 400 free, 200 IM, 100 fly, 100 back, 100 breast 13&Overs – 400 free, 200 IM, 400 IM*, 200 fly, 200 back, 200 breast - IMR 10&Unders – 100 free, 200 IM, 50 fly, 50 back, 50 breast 11-12 – 200 free, 200 IM, 50 fly, 50 back, 50 breast 13&Overs – 200 free, 200 IM, 100 fly, 100 back, 100 breast - All events are timed finals except for the 50 Freestyle (Events 23, 24, 33, 34). - The 50 Freestyle will be swum as Prelim, Semifinal, and final. - All swimmers entered into the 50 free will swim in the prelim. - The top 16 swimmers of each age group (10&U, 11-12, 13-14, 15&O) from prelims will compete again in the semifinal

	- The top 8 swimmers of each age group from the semifinal will compete again in the final. - Swimmers may enter no more than four (4) events per session and no more than seven (7) total events for the meet. - LCM times are preferred; SCY times will be considered non-conforming and seeded after LCM. Coaches' times and converted times will be accepted. - Swimmers in events 400m and longer must provide their own timer. - Deck entries (\$20 surcharge plus \$20 per event) will be accepted. No new heats will be created.
POSITIVE CHECK IN	- All events 100m and less will be pre-seeded. - Events 200M and longer may require positive check-in. Positive check-in will be available during the warm-up of the session an event is swum and will close 10 minutes prior to the start of the session.
WARM-UP	The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-up, including times/lane assignments.
SUPERVISION	- Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. - Marshals will be on deck to help direct traffic and maintain order.
SEEDING	All events will be seeded slow to fast.
SCORING	This meet will not be scored.
AWARDS	Each age group champion of the 50 free will receive .
PROGRAMS	Programs will be provided free of charge via .pdf files on the FISH website and available on Meet Mobile.
CREDENTIALS	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. Deck Pass, live screen, is an acceptable form of proof.
SPECTATOR ENTRY FEE	- None. - Limited, single event only spectator viewing will be allowed in the standing room only area in the stands once volunteer requirements have been met. Marshals will clear the area in between events.
MEDICAL ASSISTANCE	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.
OFFICIALS	- 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 fill out the Officials Signup: - 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	Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.
ENTRY PROCEDURES	- Entries should be submitted by email to Curtis Din (cdin@pvfish.org) - Include in the subject of the email, "2026 Early Bloom Invite - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files, include your 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 (12&Unders, 13&Overs totals) and 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.
ENTRY FEES	Per Swimmer Surcharge: \$20 Individual event fee: \$15 Deck Entry: \$20 • Make checks payable to The FISH. Checks may be mailed to: 2026 FISH LC June Invite 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.

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April 11-12, 2026

Saturday, April 11, 2026

Girls	12 & UNDER SESSION	Boys
1	100 Freestyle	2
3	50 Breaststroke	4
5	100 Butterfly	6
7	200 Freestyle	8
9	50 Butterfly	10
11	400 Freestyle	12

Girls	13 & OVER SESSION	Boys
13	200 Butterfly	14
15	100 Breaststroke	16
17	200 Backstroke	18
19	200 Freestyle	20
21	400 Freestyle	22

Sunday, April 12, 2026

Girls	12 & UNDER SESSION	Boys
23	50 Freestyle PRELIM	24
25	50 Backstroke	26
27	100 Breaststroke	28
	50 Freestyle SEMIFINAL	
29	200 IM	30
	50 Freestyle FINAL	
31	100 Backstroke	32

Girls	13 & OVER SESSION	Boys
33	50 Freestyle PRELIM	34
35	200 IM	36
	50 Freestyle SEMIFINAL	
37	100 Backstroke	38
39	200 Breaststroke	40
	50 Freestyle FINAL	
41	100 Fly	42

IMX

10&Unders – 200 free, 200 IM, 100 fly, 100 back, 100 breast
 11-12 – 400 free, 200 IM, 100 fly, 100 back, 100 breast
 13&Overs – 400 free, 200 IM, *400 IM, 200 fly, 200 back, 200 breast

IMR

10&Unders – 100 free, 200 IM, 50 fly, 50 back, 50 breast
 11-12 – 200 free, 200 IM, 50 fly, 50 back, 50 breast
 13&Overs – 200 free, 200 IM, 100 fly, 100 back, 100 breast

Swimmers entered in events 400m or longer must provide their own timer.

*400 IM not offered at this meet