



2026 Ray Benecki LC Invitational

June 6-7, 2026

Sanction # PVC-26-113

Hosted by:



MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Ross Hawks rhawks@pvfish.org (207) 232-6112	Tim Husson tim.husson@gmail.com	Elizabeth Wiley officialschair@pvfish.org

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-26-113. 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	<p style="text-align: center;">The St. James: Sports, Wellness, and Entertainment Complex 6508 Industrial Road Springfield, VA 22151 (703) 768-3223</p> <ul style="list-style-type: none"> 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	<p style="text-align: center;">11:59pm Monday, May 18, 2026</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, June 6 & Sunday June 7</p> <p style="text-align: center;">Saturday June 6, 2026</p> <p style="text-align: center;"><u>Session 1 - Mixed Gender, Open 1500m Free</u> Warm-up 7-7:30am, Event 7:35am</p> <p style="text-align: center;"><u>Session 2 – 13&Over Boys and Girls</u> Warm-up 9:30am-10:30am, Event 10:35am</p> <p style="text-align: center;"><u>Session 3 – 12&Under Mixed Gender</u> Warm-up 3:00-3:40pm, Events 3:45pm</p> <p style="text-align: center;">Sunday June 7, 2026</p> <p style="text-align: center;"><u>Session 4 – 13&Over Boys and Girls</u> Warm-up 7:00-8:00am, Events 8:05am</p> <p style="text-align: center;"><u>Session 5 – 12&Under Mixed Gender</u> Warm-up 1:00pm-1:40pm, Events 1:45pm</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> 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, Article 302</i>.

SWIMMERS WITH A DISABILITY	<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 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 ACCOMMODATION FORM
TIMING SYSTEM	<ul style="list-style-type: none"> ● Automatic timing (touch pads 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 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	<ul style="list-style-type: none"> ● All events are timed finals. ● All events will be seeded fastest to slowest. ● Swimmers may enter no more than three (3) events per session and no more than seven (7) total events for the meet. ● 12&U Swimmers may only participate in ONE session per day. They may not participate in the Open session if they are competing in the Saturday 12&U session ● LCM times are preferred; SCY times will be considered non-conforming and seeded after LCM. Coaches’ times and converted times will be accepted. ● Event #1, Mixed Open 1500m Free, will be seeded fastest to slowest as a consolidated gender event. If excessive entries are submitted, the event will be limited to the fastest seeded 40 athletes or 4 heats total. If a swimmer is removed, they will not be charged for the event. <ul style="list-style-type: none"> ● Entries are limited to those swimmers who have a provable BB time for their age group in either the 1500m/1650y Free or the 800m/1000y Free. Time conversions are acceptable for entry purposes. All entries must be in LCM. Athletes entering with an 800/1000 time will be seeded after athletes entering with a 1500m time. ● Swimmers in events 400m and greater must provide their own timer.

	<ul style="list-style-type: none"> Deck entries (\$20 surcharge plus \$20 per event) will be accepted. No new heats will be created.
POSITIVE CHECK IN	<ul style="list-style-type: none"> 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. 1500M Freestyle positive check-in will close 20 minutes prior to the start of the event.
WARM-UP	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> All events will be seeded fastest to slowest.
SCORING	<ul style="list-style-type: none"> This meet will not be scored.
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet.
PROGRAMS	<ul style="list-style-type: none"> Programs will be provided free of charge via .pdf files on the FISH website and available 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. Deck Pass, live screen, is an acceptable form of proof.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> 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	<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.
PUBLICATION OF RESULTS	<ul style="list-style-type: none"> By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.
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 fill out the Officials Signup: https://forms.gle/7avePrm3M3DRR3YX8 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.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to Ross Hawks (rhawks@pvfish.org) Include in the subject of the email, "2026 Ray Benecki Invite - *****" with the club's initials in place of the asterisks. If your club submits multiple entry files, include your training site in the

	<p>subject of the email.</p> <ul style="list-style-type: none"> ● 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.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$15 Individual event fee: \$12 Deck Entry: \$20</p> <ul style="list-style-type: none"> ● Make checks payable to The FISH. Checks may be mailed to: 2026 LC Ray Benecki 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.

2026 FISH June LC Invitational

June 6-7, 2025

Saturday, June 6, 2026

Mixed	OPEN DISTANCE SESSION	
1	1500M Freestyle	

GIRLS	13 & OVER SESSION	BOYS
3	13&Over 50M Freestyle	4
5	13&Over 200M Breaststroke	6
7	13&Over 100M Backstroke	8
9	13&Over 200M Freestyle	10
11	13&Over 100M Butterfly	12
13	13&Over 400M IM	14

Mixed	12 & UNDER SESSION	
15	12&Under 100M Butterfly	
16	9-12 200M Breaststroke	
17	12&Under 50M Backstroke	
18	12&Under 100M Freestyle	
19	12&Under 50M Breaststroke	
20	9-12 200M Backstroke	
21	12&Under 200M Freestyle	
22	9-12 400M IM	

Sunday, June 7, 2026

GIRLS	13 & OVER SESSION	BOYS
23	13&Over 100M Freestyle	24
25	13&Over 200M Backstroke	26
27	13&Over 200M Butterfly	28
29	13&Over 100M Breaststroke	30
31	13&Over 200M IM	32
33	13&Over 400M Freestyle	34

Mixed	12 & UNDER SESSION	
35	12&Under 100M Backstroke	
36	9-12 200M Butterfly	
37	12&Under 50M Freestyle	
38	12&Under 100M Breaststroke	
39	12&Under 50M Butterfly	
40	12&Under 200M IM	
41	9-12 400M Freestyle	

In events 400m and longer, swimmers must provide their own timer and counter.