

Pleasant Valley Swim Team

Welcome to 2023



SANCTIONED BY: Southern California Swimming, USA Swimming
SPONSORED BY: Pleasant Valley Swim Team and Coastal Committee.
DATE: January 21-22, 2023,
WARM-UP: 7:30 AM

SANCTION No:S23-040
RECEIVED BY DEADLINE: 5:00 pm, January 12, 2023
START OF THE MEET: 9:00 am

POOL: Adolfo Camarillo High School pool, 4660 Mission Oaks Blvd. Camarillo.

DIRECTIONS: From South: take 101 north, exit Flynn Rd, turn right on Mission Oaks Blvd., take second driveway on right and proceed up the hill. From North: Take 101 South, exit Santa Rosa Rd, turn left on Santa Rosa Rd, turn left on Adolfo Rd., Turn left on Mission Oaks Blvd, take second driveway on left and proceed up the hill. **PARK ONLY IN DESIGNATED SPACES, IF THE UPPER LOT IS FULL PARK IN THE FRONT OF THE SCHOOL OR IN THE LOWER LOT!**

Course: Short Course – Pool is an outdoor pool with up to 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: The competition pool is 12 ft. deep in lane 1 and 7 ft. deep in lane 10. **Glass containers & food are not allowed in pool area!**

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30-8:50 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. **ALL SWIMMERS MUST USE 3-POINT SLIDE IN ENTRY INTO THE POOL.** The pool will close 10 minutes before the start of each session. The meet host reserves the right to assign warm-up lanes, times, and add warm-up sessions if needed.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Contact Information: Jeff Conrad: jconrad@jscarchitect.com.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 hour" rule. SWIMMERS must check in one hour prior to the start of each session; when the check closes, all events will be preseeded, fastest to slowest. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers may swim up to 4 events each day.** Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on January 21, 2023, to enter this meet. Timers are requested to be provided by each team. **ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE. ALL ATHLETES 18 YEARS AND OLDER MUST COMPLETE THE ONLINE ATHLETE PROTECTION TRAINING PRIOR TO THE MEET IN ORDER TO COMPETE.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

DRONES: Operation of a drone, or any other flying apparatus, 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits may be worn by swimmers 13 years of age and older at this meet; please see the Tech Suit Policy posted on the [SCS Website](#).

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: 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.

ELIGIBILITY: Open to Coastal Committee who hold a 2023 USA Swimming registration. Online registration in SWIMS 3.0 must be completed prior to meet deadline. No late or on deck registrations will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

CHANGE OF AFFILIATION: Club transfers (unattach or attach) can only be completed online in SWIMS 3.0. At the meet, a swimmer may compete as "unattached" but is responsible to complete the club Transfer process in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

AWARDS: No Awards

ENTRY FEES: \$5.50 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry .zip file) will be accepted ONLY when received with an attached.PDF file **including electronic signature** of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded**

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5PM, JANUARY 12, 2023. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

Make Checks payable to: Pleasant Valley Swim Team

Email for team electronic entries only: meetprocessor@gmail.com Questions: Alina (805) 444-0317

Mail Entries to: PVST January Swim Meet
c/o Alina de Armas
PO Box 63
Simi Valley, CA 93062-0063

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern

Swimmers are limited to 4 events per day. All events will be swim fastest to slowest. Swimmers in 500 free and 1650 free should provide their own lap counters.

The host team and Meet Referee reserve the right to combine the sessions to one per day if the meet entries are low.

Reminder:



Glass containers & food are not allowed on the pool deck! No team canopies on the pool deck; only coaches line canopies.

PARK ONLY IN DESIGNATED SPACES, IF THE UPPER LOT IS FULL PARK IN THE FRONT OF THE SCHOOL OR IN THE LOWER LOT!

11/12 swimmers may only enter and swim in one session per day. The morning session is for the 13/Over and faster 11/12s

AGE	EVENT#	YARDS	METERS	EVENT#
11-12	1	2:34.49/2:30.69	2:56.59/2:53.19	200 I.M.
13/OVER	2			200 I.M.
11-12	3	31.29/31.19	35.39/35.19	50 FLY
13/OVER	4			50 FLY
11-12	5	2:37.20/2:28.39	2:55.59/2:51.89	200 FLY
13/OVER				
11-12	6	1:03.09/1:00.89	1:12.09/1:09.69	100 FREE
13/OVER	7			100 FREE
11-12	8	35.39/32.09	37.69/36.99	50 BACK
13/OVER	9			50 BACK
11-12	10	2:31.39/2:27.39	2:55.29/2:50.99	200 BACK
13/OVER				
11-12	11	1:20.19/1:17.49	1:32.79/1:30.29	100 BREAST
13/OVER	12			100 BREAST
11-12	13	6:07.59/5:57.69	6:16.89/6:08.49	500 FREE
13/OVER				

AGE	EVENT#	YARDS	METERS	EVENT#
11-12	28	2:17.49/2:12.49	2:36.19/2:32.19	200 FREE
13/OVER	29			200 FREE
11-12	30	1:10.89/1:09.29	1:28.79/1:18.59	100 FLY
13/OVER	31			100 FLY
11-12	32	36.89/36.09	45.49/41.29	50 BREAST
13/OVER	33			50 BREAST
11-12	34	2:52.19/2:46.39	3:19.39/3:12.59	200 BREAST
13/OVER				
11-12	35	1:11.39/1:09.19	1:23.19/1:20.49	100 BACK
13/OVER	36			100 BACK
11-12	37	28.99/27.89	35.99/31.99	50 FREE
13/OVER	38			50 FREE
11-12	39	5:29.29/5:19.79	6:16.89/6:08.49	400 I.M.
13/OVER				
11-12	40	1:12.09/1:09.09		100 I.M.
11-12	41	21:20.59/20:52.99	22:04.99/21:37.39	1650 FREE
13/OVER				

AGE	EVENT#	YARDS	METERS	EVENT#
11-12	14	ABC	ABC	200 I.M.
7-10	15	3:38.49/3:35.49	4:09.39/4:06.19	200 IM
5-8	16	1:42.59/1:38.79	2:09.99/2:07.09	100 I.M.
11-12	17	ABC	ABC	50 FLY
7-10	18	ABC	ABC	50 FLY
5-8	19	ABC	ABC	25 FLY
11-12	20	ABC	ABC	100 FREE
7-10	21	ABC	ABC	100 FREE
5-8	22	ABC	ABC	50 FREE
11-12	23	ABC	ABC	100 BREAST
7-10	24	1:58.09/1:53.39	2:14.79/2:09.39	100 BREAST
11-12	25	ABC	ABC	50 BACK
7-10	26	ABC	ABC	50 BACK
5-8	27	ABC	ABC	25 BACK

AGE	EVENT#	YARDS	METERS	EVENT#
11-12	42	ABC	ABC	200 FREE
7-10	43	3:18.99/3:06.69	3:45.79/3:33.49	200 FREE
5-8	44	1:29.59/1:27.79	1:41.99/1:40.59	100 FREE
11-12	45	ABC	ABC	50 BREAST
7-10	46	ABC	ABC	50 BREAST
5-8	47	ABC	ABC	25 BREAST
11-12	48	ABC	ABC	100 BACK
7-10	49	1:41.99/1:39.79	1:59.19/1:55.09	100 BACK
5-8	50	ABC	ABC	50 BACK
11-12	51	ABC	ABC	100 FLY
7-10	52	1:53.99/1:51.39	2:09.99/2:07.09	100 FLY
5-8	53	ABC	ABC	50 FLY
11-12	54	ABC	ABC	50 FREE
7-10	55	ABC	ABC	50 FREE
5-8	56	ABC	ABC	25 FREE
11-12	57	ABC	ABC	100 I.M.
7-10	58	1:42.59/1:38.79	2:09.99/1:18.89	100 I.M.

im fastest to slowest. Swimmers in 500 free and 1650 free should provide their own lap counters. The host team and Meet Referee reserve the right to c