

2024

SPRING FLING

HOSTED BY PLEASANT VALLEY SWIM TEAM

March 23 - 24, 2024

Held under the sanction of USA Swimming / Southern California Swimming - Coastal / Sanction # S24-107

DATE & TIME:

<u>Saturday, March 23</u>	<u>Sunday, March 24</u>
Warm up: 7:30 AM - 8:50 AM Meet start: 9:00 AM*	Warm up: 7:30 AM - 8:50 AM Meet start: 9:00 AM*
(*) Meet times/sessions may be adjusted based on the number of athletes attending.	

LOCATION:

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

FACILITY:

Short Course - Pool is an outdoor pool with up to 10 competition lanes and 3 warm-up lanes. The competition pool is 12 ft. deep in lane 1 and 7 ft. deep in lane 10. The competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming.

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.

Recording & Media - 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, live streams and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

FORMAT:

This is a timed finals short course age group meet.

WARM-UP:

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.

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 swim in their age group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on March 23 to enter this meet. Timers are requested to be provided by each team.

SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers may swim up to 5 events each day.

All coaches and officials must complete the CDC or NFHS concussion online course. All coaches and officials must complete the CANRA mandatory reporting course. All athletes 18 years and older must complete the online athlete protection training prior to the meet in order to compete.

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 are not permitted at this meet for 12-Un swimmers.

Deck Changes are prohibited.

- RACING START:** 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.
- ENTRY FEES:** \$6.00 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries. Please make all checks payable to Pleasant Valley Swim Team. NO REFUNDS. Returned checks will incur a service fee.
- ENTRIES:** 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.*
- Email for team electronic entries only: ericajohnson.swim@gmail.com
- Mail Entries to: PVST March Swim Meet c/o Erica Johnson
321 Cuyler Harbor Drive
Camarillo, CA 93012
- ENTRY DEADLINES:** **ENTRIES MUST BE RECEIVED BY THE MEET DIRECTOR NO LATER THAN 5PM, March 13, 2024.** *If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).Receipt of entries will not be verified by phone or email.*
- DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
- 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.
- ELIGIBILITY:** Open to Coastal Committee and Pacific Committee swimmers who hold a 2023 or 2024 USA Swimming registration. Pacific Committee entries will be accepted based on space available after Coastal entries have been accepted. Online registration in SWIMS 3.0 must be completed

prior to meet deadline. No late or deck registrations will be accepted.

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.

AWARDS: 1st - 8th places for age groups 5-6, 7-8, 9-10, 11-12 & 13-14.

CONCESSIONS: A snack bar will be available throughout the meet.

MEET DIRECTOR: Amy Patterson - pvstpresident@gmail.com

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. Jeffrey Conrad - jconrad@jscarchitect.com

INFORMATION: For more information, please email Emma Lythgoe - pvst.coach.emma@gmail.com.

DIRECTIONS: *From South:* take 101 north, exit Flynn Rd, turn right on Mission Oaks Blvd., take the second driveway on the 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 the second driveway on the left and proceed up the hill.

PARKING: **PARK ONLY IN DESIGNATED SPACES**, IF THE UPPER LOT IS FULL PARK IN THE FRONT OF THE SCHOOL OR IN THE LOWER LOT! DO NOT PARK ILLEGALLY. PARK in LEGAL spaces only and avoid blocking or parking in red zones. Police citations and towing will be enforced. If the Upper Lot is full, you may drop off your swimmer and proceed to park in one of the other parking lots listed below.

ACHS Parking



Lot 1: Upper lot next to the pool
Lot 1a: small faculty lot
2a: Lower Lot with walking path up to the pool
2b: additional Lower Lot parking
3a: Main School Entrance lot
3b: Main School Entrance Visitor lot

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.

COACHES - WE ARE TRYING TO PROVIDE SWIMMERS WITH OPPORTUNITIES TO SWIM EVENTS THEY MIGHT NOT HAVE HAD THE OPPORTUNITY TO SWIM BY DOING AWAY WITH QUALIFYING TIMES. PLEASE USE YOUR BEST JUDGMENT WHEN PLACING SWIMMERS IN LONGER EVENTS.

If the timeline exceeds the four-hour rule the meet referee will decide how to divide the events to create two balanced sessions. This could include splitting age groups and/or genders.

In the event of a split session warm-up will be at 7:30 am, with a 9:00 am start time, the second session would start 45 minutes after the close of the first session). Coaches of entered teams will be notified of any session split decisions by Wednesday prior to the meet.

GIRLS	SATURDAY MARCH 24, 2024 SESSION 1 - AGE GROUP - 9:00 AM START Warm - Up at 7:30 AM		BOYS	
	#	AGE GROUP		
	1	11 & OVER	200 FREESTYLE	2
	3	5 - 10	200 FREESTYLE	4
	5	11 & OVER	100 BUTTERFLY	6
	7	5 - 10	100 BUTTERFLY	8
	9	5 - 10	25 BUTTERFLY	10
	11	11 & OVER	200 BACKSTROKE	12
	13	5 - 12	50 BACKSTROKE	14
	15	11 & OVER	100 BREASTSTROKE	16
	17	5 - 10	100 BREASTSTROKE	18
	19	5 - 10	25 BREASTSTROKE	20
	21	11 & OVER	50 FREESTYLE	22
	23	5 - 10	50 FREESTYLE	24

GIRLS	SUNDAY MARCH 24, 2024 SESSION 1 - AGE GROUP - 9:00 AM START Warm - Up at 7:30 AM		BOYS	
	#	AGE GROUP		
	25	11 & OVER	200 INDIVIDUAL MEDLEY	26
	27	5 - 10	200 INDIVIDUAL MEDLEY	28
	29	5 - 12	100 INDIVIDUAL MEDLEY	30
	31	11 & OVER	100 FREESTYLE	32
	33	5 - 10	100 FREESTYLE	34
	35	5 - 10	25 FREESTYLE	36
	37	11 & OVER	200 BREASTSTROKE	38
	39	5 - 12	50 BREASTSTROKE	40
	41	11 & OVER	100 BACKSTROKE	42
	43	5 - 10	100 BACKSTROKE	44
	45	5 - 10	25 BACKSTROKE	46
	47	11 & OVER	200 BUTTERFLY	48
	49	5 - 12	50 BUTTERFLY	50
	51	11 & OVER	500 FREESTYLE*	52

* Swimmers in the 500 Free are requested to provide their own timers & lap counter.