



TORR Polar Plunge

February 1-2 2025

Sanctioned by USA Swimming & SCS

Sanction No: S25-023

MEET DATE: February 1-2, 2025 (2 Day/4 Sessions)

Meet Start Time: 8:30 am **Warm up:** 7 am

MAX Entries: Swimmers may swim 3 individual events per day

ENTRY DUE DATE: **Team Electronic Entries Must be Received by:**
5:00 pm on Wednesday January 22, 2025.

SPONSORED BY: Swim Torrance & Pacific Committee

Directions: **GEORGE MANNON AQUATIC CENTER:** 2320 Crenshaw Blvd., Torrance, CA, 90501. From the 405 Freeway South/North: Exit at Crenshaw Blvd. and go South. Just past the Honda Service Center and before Sepulveda Blvd, turn left into the driveway to the parking lot. Traffic circle is for drop-off only. NO PARKING IN TRAFFIC CIRCLE.

COURSE: George Mannon Aquatic Center is an outdoor 50-meter by 25-yard, pool with 10 competition lanes and an additional 12 warmup lanes. Water depth at start end is 7.6 ft. and the same depth at the turn end. The competition course has been certified in accordance with 104.2.2(C)

WARM-UP PROCEDURES: Teams will be assigned lanes for warm-up. USA Swimming Member Coach must supervise warm-up. 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 30 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: The meet referee will be in charge of the meet. All questions regarding the conduct of the meet should be directed to Sachi Yokoyama: sachi.yokoyama@gmail.com.

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), govern this meet. 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. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. Meet check-in may or may not be available depending on the site's guidelines. 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 Start Date of the meet to enter. Timers are requested to be provided by each team. Events will be swum fast to slow. Swimmer may swim a maximum of **3** individual events per day. All coaches and officials on deck must complete the CDC or

NFHS Concussion course. **All coaches and officials on deck must have completed the CANRA Mandatory Reporting Course**

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.

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.

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online

at www.uscenterforsafesport.org/report-a-concern Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report

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. Tech suits with bonded seams, kinetic tape, or meshed seams may be worn by 13 and older swimmers only at this meet; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

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 Pacific Committee and Long Beach Swim Club athletes who hold a 2025 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of registration with entry. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.

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

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or the 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. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Awards will be given: Ribbons 1st-8th in each event.

ENTRY PROCEDURE: **\$6.00** for each individual event PLUS **\$15.50** surcharge per swimmer. **Make checks payable to SWIM TORRANCE.** Outreach athlete fee is \$15.00. Teams must prove outreach status by including a hard-copy of their team roster with entries.

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, January 22, 2025. **SWIMMERS MAY SWIM 3 individual events per day max.**

Entry Fees 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. Prior to entry deadline 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. Entry times will not be changed after the entry deadline.

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.

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

E-MAIL ENTRIES TO: ericajohnson.swim@gmail.com

Mail checks and entries to: Erica Johnson, 321 Cuyler Harbor Dr., Camarillo, CA, 93012.

QUESTIONS: Meet Processor & Admin Referee: Erica Johnson:
ericajohnson.swim@gmail.com

Meet Director: Oscar Gonzalez: ogonzalez.torr@gmail.com

—Based on the length of the timeline, 13-over 400 IM and 500 Free may be limited to 10 heats total.

Saturday, 8:30 am, Warmup 7 am							
	Girls	Time Standards		Time Standards			Boys
Age	Event #	Yards	Meters	Event	Yards	Meters	Event #
13-ov	1	B		200 Free	B		2
13-ov	3	B		100 Fly	B		4
13-ov	5	BB		200 Breast	BB		6
13-ov	7	B		100 Back	B		8
13-ov	9			50 Free			10
13-ov	11	13-14	BB	400 IM	Mixed		

Sunday, 8:30 am, warm-up 7 am							
	Girls	Time Standards		Time Standards			Boys
Age	Event #	Yards	Meters	Event	Yards	Meters	Event #
13-ov	37	B		200 IM	B		38
13-ov	39	BB		200 Fly	BB		40
13-ov	41	B		100 Free	B		42
13-ov	43	BB		200 Back	BB		44
13-ov	45	B		100 Breast	B		46
13-ov	47	13-14	BB	500 Free	Mixed		

Saturday Afternoon							
No earlier than 45 minutes after the close of the morning session							
	Girls	Time Standards			Time Standards		Boys
Age	Even #	Yards	Meters	Event	Yards	Meters	Event #
10-un	13	10-un	B	200 Free	10-un	B	14
11-12	15	11-12	B	200 Free	11-12	B	16
10-un/ 8-un	17			50 Fly			18
11-12	19			50 Fly			20
10-un/ 8-un	21			100 IM			22
11-12	23			100 IM			24
10-un/ 8-un	25			50 Free			26
11-12	27			50 Free			28
10-un	29		B	100 Breast		B	30
11-12	31		B	100 Breast		B	32
10-un	33		B	100 Back		B	34
11-12	35		B	100 Back		B	36

Sunday Afternoon							
No earlier than 45 minutes after the close of the morning session.							
	Girls	Time Standards			Time Standards		Boys
Age	Even #	Yards	Meters	Event	Yards	Meters	Event #
10-un	49	10-un	B	200 IM	10-un	B	50
11-12	51	11-12	B	200 IM	11-12	B	52
10-un/ 8-un	53			50 Breast			54
11-12	55			50 Breast			56
10-un/ 8-un	57			100 Free			58
11-12	59			100 Free			60
10-un/ 8-un	61			50 Back			62
11-12	63			50 Back			64
10-un	65		B	100 Fly		B	66
11-12	67		B	100 Fly		B	68
11-12	69	11-12	BB	500 Free	11-12	BB	70

GMAC EAP:

Event: SWIM TORRANCE Polar Plunge

Location: George Mannon Aquatic Center: 2320 Crenshaw Blvd. Torrance, CA., 90501.

Host: Swim Torrance

Date: 02/01-02/ 2025

Time: SAT: 6 AM-7 PM.

Host Team Contact: Brian Timmerman – (818)212-5792 btimmerman40@gmail.com

Meet Referee: Sachi Yokoyama: sachi.yokoyama@gmail.com

Meet Admin: Erica Johnson. ericajohnson.swim@gmail.com

Facility Director: John Williams 310-744-5538. williams.john@tUSD.org

MEDICAL RESPONSE AND LAW ENFORCEMENT

Emergency: Dial 911 / Notify Lifeguard (if applicable) – John Williams/ Torrance Unified School district.

Medical Assistance or First Aid: Notify Lifeguard / Call 911 / Control crowds around victim / await assistance from first responders

Medical Emergency: Call 911

Fire Department: City of Torrance Fire Department – 1701 Crenshaw Blvd. Torrance, CA, 90501 – Call 911 / 310-781-7000

Closest Hospital: Torrance Memorial Medical Center: 3330 Lomita Blvd. Torrance CA. 90505. (310) 325-9110– Call 911 /

Closest Urgent Care: Torrance Urgent Care: 2195 Sepulveda Blvd. Torrance, CA. 90505. (424)-337-1600

Law Enforcement: Torrance Police Department: 3300 Civic Center Dr. Torrance, CA, 90503. (310) 328-3456

For Civil Disturbance, dial 911, notify lifeguard and meet manager, separate uninvolved parties to a safe area.

For Suspicious Persons, dial 911, notify lifeguards and meet manager, maintain a safe distance until law enforcement responds.

For Missing Person/ Child, notify lifeguards, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

LIFE SAFETY

Earthquake: Adhere to facility emergency procedures. Notify lifeguards. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify lifeguards. Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area.

Fires: Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.

Hazardous Materials: Call 911. Notify lifeguards. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.

Electrical Emergency: Call 911. Notify lifeguards. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

EMERGENCY CONTACTS

For life and Safety: Dial 911 and state nature of emergency

Swim Torrance Board President: Oscar Martinez – (310)-901-8270

Swim Torrance Head Coach- Joe Joson-562-881-5879

SCS Pacific Committee: Matt Cervantes mcervantes@rosebowlaquatics.org

SCS General Chair: Stacy Smith (818)-665-6284

SCS Officials Chair: Leanne Colvin (661-992-7625) Omar deArmas (805-522-4134)

Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.

LOCATION DYNAMICS

Outdoor Facility

One 8 lane 50 meter pool, One 6 lane 25 yard short course pool.

Torrance Unified School District Lifeguards on duty.

Entrance/exit on West side of pool – Direct to outside

Gate/2 additional emergency exits on North side of pool, 2 on South side of pool.

Swimmer seating on deck along 6 lane pool, on south grassy area

All spectators/parents sit in East bleachers.

Brian Timmerman/ Senior Lead Coach Swim Torrance