

PVST Strawberry Jam Fest

May 17-18, 2025

Held under the sanction of USA Swimming / Southern California Swimming - Coastal / Sanction #S25-112

DATE & TIME:

<u>Saturday, MAY 17</u>	<u>Sunday, MAY 18</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:

Rio Mesa High School pool, 545 Central Ave., Oxnard, CA 93036.

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. **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 May 17, 2025 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 May 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, May 1, 2025.**
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 swimmers who hold a 2025 USA Swimming registration. 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: Abby Singleton - 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. Vlrgilijus Trasikis - vtrasiki@sprynet.com

INFORMATION: For more information, please email Abby Singleton - pvstpresident@gmail.com

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

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"), will govern.

Questions: SCS Office (310) 684-1151

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.

Depending on attendance, the meet referee will decide if the sessions remain as they are shown below or whether to combine based on the number of entries. There is a possibility of splitting up the 11-12 boys & girls to create two balanced sessions. Decisions will be made by Wednesday prior to the meet.

GIRLS		SATURDAY MAY 17, 2025 SESSION 1 - 9:00 AM START Warm - Up at 7:30 AM		BOYS
#	AGE GROUP	EVENT		#
1	13 & OVER	200 FREESTYLE		2
3	13 & OVER	100 BUTTERFLY		4
5	13 & OVER	200 BACKSTROKE		6
7	13 & OVER	100 BREASTSTROKE		8
9	13 & OVER	50 FREESTYLE		10
11	13 & Over	400 INDIVIDUAL MEDLEY*		12

GIRLS		SATURDAY MAY 17, 2025 SESSION 2		BOYS
#	AGE GROUP	EVENT		#
13	11 - 12	200 FREESTYLE		14
15	5 - 10	200 FREESTYLE		16
17	5 - 12	100 BUTTERFLY		18
19	5 - 10	25 BUTTERFLY		20
21	5 - 12	200 BACKSTROKE		22
23	5 - 12	50 BACKSTROKE		24
25	5 - 12	100 BREASTSTROKE		26
27	5 - 10	25 BREASTSTROKE		28
29	5 - 12	50 FREESTYLE		32
31	11 - 12	400 INDIVIDUAL MEDLEY *		34

* Swimmers in the 400 IM, 1000 FREE, AND 500 FREE, are requested to provide their own timers & lap counter.

GIRLS		SUNDAY MAY 18, 2025 SESSION 3 - 9:00 AM START Warm - Up at 7:30 AM		BOYS
#	AGE GROUP	EVENT		#
33	13 & OVER	200 MEDLEY		34
35	13 & OVER	100 FREESTYLE		36
37	13 & OVER	200 BREASTSTROKE		38
39	13 & OVER	100 BACKSTROKE		40
41	13 & OVER	200 BUTTERFLY		42
43	13 & Over	500 FREESTYLE		44

GIRLS	SUNDAY MAY 18, 2025 SESSION 4		BOYS
#	AGE GROUP	EVENT	#
45	5 - 12	200 INDIVIDUAL MEDLEY	46
47	5 - 10	100 INDIVIDUAL MEDLEY	48
49	5 - 12	100 FREESTYLE	50
51	5 - 10	25 FREESTYLE	52
53	5 - 12	200 BREASTSTROKE	54
55	5 - 10	50 BREASTSTROKE	56
57	5 - 12	100 BACKSTROKE	58
59	5 - 10	25 BACKSTROKE	60
61	5 - 12	200 BUTTERFLY	62
63	5 - 12	50 BUTTERFLY	64
65	9 - 12	500 FREESTYLE*	66

* Swimmers in the 400 IM AND 500 FREE, are requested to provide their own timers & lap counter.