

Vision Swim
Pacific Committee Finale
Saturday, March 4th, 2023



Sanctioned by USA Swimming & SCS Sanction No: S23-082

MEET DATE: March 4th (1 Day/2 Sessions)

Meet Start Time: 9 am Warm up: 8 am

MAX Entries: Swimmers may swim in 4 individual events + 2 relays.

ENTRY DUE DATE: Team Electronic Entries Must be Received by: 5:00 pm on Wednesday, February 22nd.

SPONSORED BY: Vision Swim & Pacific Committee

Directions: San Fernando Regional Pool: 300 Park Ave. San Fernando 91340

- 405 North to 118 East (exit 45). Turn Right on Paxton St. Turn Right onto Bradley Ave. Continue onto Fourth St. Turn Left onto Park Ave.

Entrance: Enter through the main door of the Aquatic Facility on Park Ave.

Parking: Parking lot adjacent to the north side of the pool and street parking

COURSE: San Fernando Regional Pool is a 25 yards x 50-meter competition pool with 6 lanes for competitions and 4 lanes for warmup. Water depth at start end is 13.3 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. Any questions regarding the conduct of the meet should be directed to: Cami Stein camistein2019@gmail.com

RULES: USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2023 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in THIRTY MINUTES prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on March 4th, 2023. All Coaches and Officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet. **This meet will limit entries to meet the "4 Hour" rule.** The scratch deadline is 5 pm on Friday March 3rd. 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 the Start Date of the meet to enter. **Timers are requested to be provided by each team.** Events will be swum fast to slow. Swimmers may swim a maximum of 4 individual events + 2 relays. All coaches and officials on deck must complete the CDC or NFHS Concussion 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.

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 are not permitted at this meet.

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 athletes who hold a 2023 USA Swimming registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or on-deck registration will be accepted. All athletes 18 years and older must complete the online Athlete Protection Training (APT) prior to the meet in order to compete.

CHANGE OF AFFILIATION: Club Transfers (un-attach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Un-attached 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-6th place in each event. No awards will be given for relays.

ENTRY PROCEDURE: \$5.50 for each individual event PLUS \$15.00 surcharge per swimmer must accompany each individual entry card. Relays are \$10.00 per relay. **Make checks payable to VISION SWIM.** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, February 22nd, 2023. 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 the 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: Deanna de Armas, alsoswim@gmail.com

Mail checks and entries to: Vision Swim

QUESTIONS: Meet Processor & Admin Referee: Deanna de Armas, alsoswim@gmail.com

Meet Director: Francois Harris, CoachFrancois@live.com

CANOPIES AND SEATING: Canopies can be set up on the grass areas and under the structured awnings.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Concussion Informed Consent Acknowledgement: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. Individual, COVID Specific Waiver (see below): The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

MAAP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. COVID 19 Acknowledgement: We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19. COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.



Pacific Committee Finale: Saturday March 4th, 2022

Morning Session: All 13 & Over + 11/12 Boys. 8:00 am Warmup. 9:00 am Meet Start. Max 4 events + 2 relays

No.	Division	Age	Event	Division	No
1	Girls	13 over	200 Medley Relay	Boys	2
		11/12	200 Medley Relay	Boys	3
4	Girls	13 over	200 Free	Boys	5
		11/12	100 Free	Boys	6
7	Girls	13 over	100 Butterfly	Boys	8
		11/12	50 Butterfly	Boys	9
10	Girls	13 over	100 Backstroke	Boys	11
		11/12	50 Backstroke	Boys	12
13	Girls	13 over	100 Breaststroke	Boys	14
		11/12	50 Breaststroke	Boys	15
16	Girls	13 over	100 Freestyle	Boys	17
		11/12	50 Freestyle	Boys	18
19	Girls	13 over	200 IM	Boys	20
		11/12	100 IM	Boys	21
22	Girls	13 over	200 Free Relay	Boys	23
	Girls	11/12	200 Free Relay	Boys	24

Afternoon Session: All 10 & Under + 11/12 Girls. Session will not start until 45 minutes after the completion of the morning Session. 4 events max + 2 relays.

No.	Division	Age	Event	Division	No
25	Girls	10 under	200 Medley Relay	Boys	26
27	Girls	11/12	200 Medley Relay		
28	Girls	9/10	100 Free	Boys	29
30	Girls	8 under	50 Free - Mixed	Boys	30
31	Girls	11/12	100 Free		
32	Girls	9/10	50 Butterfly	Boys	33
34	Girls	8 under	25 Butterfly - Mixed	Boys	34
35	Girls	11/12	50 Butterfly		
36	Girls	9/10	50 Backstroke	Boys	37
38	Girls	8 under	25 Backstroke - Mixed	Boys	38
39	Girls	11/12	50 Backstroke		
40	Girls	9/10	50 Breaststroke	Boys	41
42	Girls	8 under	25 Breaststroke - Mixed	Boys	42
43	Girls	11/12	50 Breaststroke		
44	Girls	9/10	50 Free	Boys	45
46	Girls	8 under	25 Free - Mixed	Boys	46
47	Girls	11/12	50 Free		
48	Girls	9/10	100 IM	Boys	49
50	Girls	11/12	100 IM		
51	Girls	10 under	200 Free Relay	Boys	52
53	Girls	11/12	200 Free Relay		