

2025

# SPRING FLING

Hosted by Pleasant Valley Swim Team

March 22-23, 2025

Held under the sanction of USA Swimming / Southern California Swimming - Coastal / Sanction #S25-074

## DATE & TIME:

<u>Saturday, March 22</u>	<u>Sunday, March 23</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. 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. Events will be swum FASTEST TO SLOWEST. **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. **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: **Kelly Linskey** - theswimsquirrel@gmail.com

**ENTRY DEADLINES: ENTRIES MUST BE RECEIVED BY THE MEET DIRECTOR NO LATER THAN 5PM, March 12, 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.*

**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 2025 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 (unattached 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 5-8, 9-10, & 11-12.

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

**MEET DIRECTOR:** Abby Singleton - pvstpresident@gmail.com

**MEET REFEREE** The Meet Referee will oversee 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 Abby Singleton - [pvstpresident@gmail.com](mailto:pvstpresident@gmail.com).

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**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.**

Questions: SCS Office (310) 684-1151

**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.**

**\*\* SESSIONS MAY BE COMBINED DEPENDING ON ENTRIES \*\***

GIRLS		SATURDAY MARCH 22, 2024 SESSION 1 - AGE GROUP - 9:00 AM START Warm - Up at 7:30 AM		BOYS
#	AGE GROUP			#
1	13 & Over	200 FREESTYLE		2
3	13 & Over	100 BUTTERFLY		4
5	13 & Over	200 BACKSTROKE		6
7	13 & Over	50 FREESTYLE		8
9	13 & Over	100 BREASTSTROKE		10
11	13 & OVER	1000 FREESTYLE		12

\* Swimmers in the 1000 Free are requested to provide their own timers & lap counter.

GIRLS		SATURDAY MARCH 22, 2024 SESSION 2 - AGE GROUP		BOYS
#	AGE GROUP			#
13	12 & Under	200 FREESTYLE		14
15	12 & Under	100 BUTTERFLY		16
17	10 & Under	25 BUTTERFLY		18
19	12 & Under	200 BACKSTROKE		20
21	12 & Under	50 FREESTYLE		22
23	10 & Under	25 BREASTSTROKE		24
25	12 & Under	100 BREASTSTROKE		26
27	12 & Under	50 BACKSTROKE		28
29	12 & Under	1000 FREESTYLE *		30

\* Swimmers in the 1000 Free are requested to provide their own timers & lap counter.

GIRLS		SUNDAY MARCH 23, 2024 SESSION 1 - AGE GROUP - 9:00 AM START Warm - Up at 7:30 AM		BOYS
#	AGE GROUP			#
31	13 & Over	200 INDIVIDUAL MEDLEY		32
33	13 & Over	100 FREESTYLE		34
35	13 & Over	200 BREASTSTROKE		36
37	13 & Over	100 BACKSTROKE		38
39	13 & Over	200 BUTTERFLY		40
41	13 & OVER	500 FREESTYLE*		42

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

GIRLS		SUNDAY MARCH 23, 2024 SESSION 2 - AGE GROUP	BOYS
#	AGE GROUP		#
43	12 & Under	200 INDIVIDUAL MEDLEY	44
45	10 & Under	100 INDIVIDUAL MEDLEY	46
47	12 & Under	100 FREESTYLE	48
49	10 & Under	25 FREESTYLE	50
51	12 & Under	50 BUTTERFLY	52
53	12 & Under	200 BREASTSTROKE	54
55	10 & Under	25 BACKSTROKE	56
57	12 & Under	100 BACKSTROKE	58
59	12 & Under	200 BUTTERFLY	60
61	12 & Under	50 BREASTSTROKE	62
63	12 & Under	500 FREESTYLE *	64

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