



# 2023 CA AGAC Winterfest Classic Meet

Friday, February 3 - Sunday, February 5, 2023

**DATES OF MEET:** Friday, February 3, 2023 - Sunday, February 5, 2023  
**SANCTIONED BY:** USA Swimming, Southern California Swimming  
**ENTRY DEADLINE:** **Received by 5:00 PM; Wednesday, January 25, 2023**

**SPONSORED BY:** Arroyo Grande Aquatic Club, Coastal Committee  
**SANCTION #:** S23-015  
**DECK OPENS:** Friday: 4:00 PM  
Saturday & Sunday: 7:15 AM

**WARM-UP:** Friday Age Group Session: 4:15 PM  
Sat/Sun Age Group Sessions: 7:30 AM  
Saturday Novice Session: 1:00 PM\*

**MEET START:** Friday Age Group Session: 5:30 PM  
Sat/Sun Age Group Sessions: 9:00 AM  
Saturday Novice Session: 1:30 PM\*

\* Indicates an estimated time. The Novice Session warm-up will begin after the Age Group session concludes and the Novice Meet will begin no less than 30 minutes after the Age Group session concludes. Novice warm-up will open no earlier than 12:30pm and the Novice meet will begin no earlier than 1:00pm.

**DIRECTIONS:** Arroyo Grande High School, 495 Valley Road, Arroyo Grande, CA, 93420.

Northbound: Take US-101 N to Traffic Way exit, turn left on Fair Oaks Ave (first light), destination is about a quarter-mile down on your left.  
Southbound: Take US-101 S to Fair Oaks Ave exit, turn right on Fair Oaks Ave, destination is on your left.

**COURSE:** The pool is a 33-meter by 25 yard, 13-lane outdoor heated pool. Up to eight lanes will be used for the competition and 4 lanes will be used for continuous warm-up/warm down. The competition pool at the Start and Turn End is 13 ft deep in lane 1 and 7 ft deep in lane 8. Track start wedges on the starting blocks will be used for age group sessions. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming.

Ample deck space is available for canopies and seating, bleachers will be available for spectators. Bring tie-downs and weights to secure your canopies/structures.

**WARM-UP PROCEDURES:** All lanes will be open for warm-up under the direct supervision of a current 2023 USA Swimming member coach from 4:15-5:20 PM on Friday evening and 7:30-8:50 AM on Saturday & Sunday. Warm-up rules will be announced and enforced. No diving into the pool except for the sprint lanes directed by the Meet Referee; dive lanes will open approx. 45 minutes prior to the start of the session. Marshals will be designated to oversee the warm-up procedure and pool. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving.

**MEET REFEREE:** The meet referee, Ernie Peterson, shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the meet referee ([erniep@kcienv.com](mailto:erniep@kcienv.com)).

**RULES:** USA Swimming rules will govern the meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.

Swimmers must swim in their actual age group as determined by the age on the first day of the meet (February 3, 2023). To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard (USA Swimming 11-12 'B' time). Swimmers may NOT compete in both the Age Group and Novice sessions. 12 & Under swimmers may only compete in one session per day.

All coaches and officials on deck must complete the CDC or NFHS Concussion course and must be in current good standing with USA Swimming in order to perform coaching duties at the meet.

**All athletes 18 years & older must complete the free, online Athlete Protection Training prior to the meet in order to compete:**  
[www.usaswimming.org/apt](http://www.usaswimming.org/apt)

**RECORDING DEVICES & MEDIA NOTICE:** The uses 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, webcasting 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers. Tech suits may be worn by swimmers 13 years of age and older.

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY/AFFILIATION:** Open to SCS Coastal Committee & out-of-LSC athletes who hold a 2023 USA Swimming membership. Swimmers must be registered with USA Swimming through SWIMS 3.0. Out-of-LSC athletes will be accepted space-available, please include a copy of registration with entry.

**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 for completing the Club Transfer process online in SWIMS 3.0.

**SUBMITTED TIMES:** Times submitted must be the BEST RECORDED TIMES short course yards or long course meters from this or the preceding swim season (NO workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "C" Division, "NT" (no time) entries are permitted.

- CHECK-IN:** Check-in will be via TEAM CHECK-IN. All coaches should provide a list of event scratches and/or swimmers who will not be swimming to the Admin Referee more than 30 minutes prior to the session starting. After the session has been closed, coaches/swimmers will not be seeded into their events and not be able to scratch.
- ENTRY LIMIT:** Swimmers are limited to 5 individual events per day. Entries will be limited to meet the "4 Hour Rule".
- ENTRY PROCEDURES:** Electronic Entry: Email entry (Hy-Tek 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 a team entry must be postmarked within 48 hours of the email 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 for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.
- ENTRY FEE:** **\$5.00 for each INDIVIDUAL EVENT, plus a \$15.50 surcharge PER SWIMMER** must accompany each individual entry to the address below. NO REFUNDS. Returned checks will incur a service fee per SCS policy.
- ENTRY DEADLINE:** **Entries must be received by the meet processor NO LATER THAN 5 PM WEDNESDAY, JANUARY 25th, 2023. If the meet fills to the "4 Hour Rule" prior to the deadline, entries will be rejected (last received, first rejected).**

**MAKE CHECKS PAYABLE TO:** AGWP

**EMAIL ENTRIES TO:** [joyvonne32@gmail.com](mailto:joyvonne32@gmail.com)

**MAIL TEAM PAYMENT TO:** AGAC Winterfest c/o Kevin Virnig  
140 James Way  
Arroyo Grande, CA 93420

- SEEDING:** All events will be seeded FAST to SLOW. After entries close, Meet Administration will convert non-conforming times for seeding purposes ONLY.
- DISTANCE EVENTS:** Swimmers in the 1650 Free, 400 IM, 1000 & 500 Free are requested to provide their own timers and 1650, 1000 & 500 Free swimmers are requested to provide lap counters. Lap counting devices will be available. These events will be seeded FAST to SLOW and alternate girls and boys heats. Events/heats may be combined if entries permit.
- 5-10 500 Free: Swimmers aged 5-10 who wish to enter the 500 Free (Events 69/70) must have achieved the 10 & Under 200 Free USA "BB" Time Standard to enter. 5-10 swimmers MUST enter the 500 Free with a qualifying 200 Free time.  
Coaches: Due to the qualifying times, the 5-10 500 Free (Events 69/70) will appear on the entry file as '200 Freestyle'.

**AWARDS:** Ribbons for 1st through 6th place will be awarded for the following age groups: 5-8, 9-10, 11-12 for the 'A' Division and Novice events. No awards for 13 & Over or 'Open' events.

**LANE TIMING:** Clubs will be assigned lanes for timing based on the number of entrants. Please have parents/volunteers available to time.

**MEET CONTACTS:**

**ADMIN OFFICIAL:** Yvonne Jo

[joyvonne32@gmail.com](mailto:joyvonne32@gmail.com)

**MEET REFEREE:** Ernie Peterson

[erniep@kcienv.com](mailto:erniep@kcienv.com)

**MEET DIRECTOR:** Kevin Virnig

**(Contact for further information)** [kevin.virnig@gmail.com](mailto:kevin.virnig@gmail.com)

(805) 574-4404

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#### COVID-19 INFORMATION

- ASSUMPTION OF RISK:** We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. 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 guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.
- COVID-19:** USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- COVID-19:** 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 SOUTHERN CALIFORNIA SWIMMING 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 MEET.
- PROTOCOLS:** This meet will follow all State, Local and Facility guidelines as they pertain to Covid-19. Meet Check-in may or may not be available depending on the site's guidelines.

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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) govern this meet.**



# 2023 AGAC Winterfest Classic - Order of Events

GIRLS			FRIDAY, FEBRUARY 3, 2023 SESSION 1 - AGE GROUP - 5:30 PM START		BOYS		
#	SC MIN	LC MIN	AGE GROUP	EVENT	SC MIN	LC MIN	#
1	ABC		5-12	200 Yd Freestyle	ABC		2
3	ABC		5 & OVER	100 Yd Individual Medley	ABC		4
5	24:53.99	25:45.79	OPEN	1650 Yd Freestyle*	24:21.89	25:13.59	6

General Notes	
-	Swimmers are limited to 5 <u>individual</u> events per day.
-	Swimmers may not compete in both the Age Group and Novice session.
-	OPEN Events: Swimmers must be at least 11 years old and meet the listed time standard (USA 11-12 "B" standard) to enter OPEN events.

GIRLS			SATURDAY, FEBRUARY 4, 2023 SESSION 2 - AGE GROUP - 9:00 AM START		BOYS		
#	SC MIN	LC MIN	AGE GROUP	EVENT	SC MIN	LC MIN	#
7	ABC		13 & OVER	200 Yd Freestyle	ABC		8
9	ABC		5-12	100 Yd Freestyle	ABC		10
11	ABC		13 & OVER	100 Yd Butterfly	ABC		12
13	ABC		5-12	100 Yd Butterfly	ABC		14
15	2:56.59	3:24.49	OPEN	200 Yd Backstroke	2:51.99	3:19.49	16
17	ABC		5-12	50 Yd Backstroke	ABC		18
19	ABC		13 & OVER	100 Yd Breaststroke	ABC		20
21	ABC		5-12	100 Yd Breaststroke	ABC		22
23	ABC		13 & OVER	50 Yd Freestyle	ABC		24
25	ABC		5-12	50 Yd Freestyle	ABC		26
27	6:24.19	7:16.69	OPEN	400 Yd Individual Medley*	6:13.09	7:09.89	28
29	14:48.09	13:24.09	OPEN	1000 Yd Freestyle*	14:32.59	13:11.69	30

Distance Event Notes	
*	Swimmers in the 1650 Free, 400 IM, 1000 and 500 Free are requested to provide their own timer. These events will alternate girls/boys heats. 1650, 1000 & 500 Free swimmers are also requested to provide a lap counter. Lap counting devices will be provided.
**	5-10 500 FREE: Swimmers aged 5-10 who wish to enter the 500 Free (Events 69/70) must have achieved the 10 & Under 200 Free USA "BB" Time Standard to enter. 5-10 swimmers MUST enter the 500 Free with a qualifying 200 Free time. <b>Coaches: Due to the qualifying times, the 5-10 500 Free (Events 69/70) will appear on the entry file as "200 Freestyle".</b>

GIRLS		SATURDAY, FEBRUARY 4, 2023 SESSION 3 - NOVICE - ESTIMATED 1:30 PM START (WILL START NO LESS THAN 30 MINUTES AFTER AM SESSION ENDS)		BOYS	
EVENT #	AGE GROUP	EVENT	EVENT #		
31	5 & OVER	100 Yd Freestyle	32		
33	5 & OVER	25 Yd Backstroke	34		
35	5 & OVER	50 Yd Backstroke	36		
37	5 & OVER	25 Yd Breaststroke	38		
39	5 & OVER	50 Yd Breaststroke	40		
41	5 & OVER	25 Yd Butterfly	42		
43	5 & OVER	50 Yd Butterfly	44		
45	5 & OVER	25 Yd Freestyle	46		
47	5 & OVER	50 Yd Freestyle	48		
49	5 & OVER	100 Yd Individual Medley	50		

GIRLS			SUNDAY, FEBRUARY 5, 2023 SESSION 4 - AGE GROUP - 9:00 AM START		BOYS		
#	SC MIN	LC MIN	AGE GROUP	EVENT	SC MIN	LC MIN	#
51	ABC		13 & OVER	200 Yd Individual Medley	ABC		52
53	ABC		5-12	200 Yd Individual Medley	ABC		54
55	ABC		13 & OVER	100 Yd Freestyle	ABC		56
57	3:20.89	3:52.59	OPEN	200 Yd Breaststroke	3:14.09	3:44.69	58
59	ABC		5-12	50 Yd Breaststroke	ABC		60
61	ABC		13 & OVER	100 Yd Backstroke	ABC		62
63	ABC		5-12	100 Yd Backstroke	ABC		64
65	2:59.99	3:24.89	OPEN	200 Yd Butterfly	2:53.19	3:20.49	66
67	ABC		5-12	50 Yd Butterfly	ABC		68
69	2:57.19**	3:20.99**	5-10	500 Yd Freestyle**	2:47.99**	3:12.09**	70
71	ABC		11 & OVER	500 Yd Freestyle*	ABC		72