

PVST January BRW

January 31 – February 1, 2015

Sanctioned By:	Southern California Swimming, USA Swimming. Sponsored by Pleasant Valley Swim Team and Coastal Committee.
SANCTION #:	S15-022
STARTING TIME:	A.M. Session: 9 a.m. (Check-in/Warm-up at 7:30 a.m.) P.M. Session: Will not start prior to 12:00pm. Check-in/warm-up 45 min prior to start.
ENTRY DEADLINE:	Entries must be received no later than 5:00PM, WEDNESDAY, January 21, 2015 . If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with 4-hour rule.
LOCATION:	Adolfo Camarillo High School pool, 4660 Mission Oaks Blvd. Camarillo. From South: take 101 north, exit Flynn Rd, turn right on Mission Oaks Blvd., take second driveway on right and proceed up the hill. From North: Take 101 South, exit Santa Rosa Rd, turn left on Santa Rosa Rd, Turn left on Adolfo Rd., Turn left on Mission Oaks Blvd, take second driveway on right and proceed up the hill.
COURSE:	Short Course – Pool is an outdoor pool with up to 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2 (C). Pool depth: The competition pool is 12 ft. deep in lane 1 and 7 ft. deep in lane 10. Glass containers & food are not allowed in pool area!
WARM-UP:	All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30—8:45 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. The pool will close 15 minutes before the start of each session.
CHECK-IN:	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 4 events each session must check in at least 30 minutes prior to the start of the meet. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual age group as determined by age on the first day of the meet.
RULES:	USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Timers are requested to be provided by each team. Swimmers competing in the 500 free, 1650 free, and 400 I.M. are requested to furnish their own timers for three heats and lap counters. All events will be swum fast to slow.
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.
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.
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.
DECK CHANGING:	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

CHANGE OF AFFILIATION:	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and appropriate fee to the SCS Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
ELIGIBILITY:	Open to Southern California Swimming Coastal committee athletes who hold 2015 USA Swimming Registration. Registration applications must be received by the meet entry deadline by the meet processor , administrative referee, or SCS office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. 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. Swimmers must be at least 5 years old on January 31, 2015 to enter this meet.
SUBMITTED & QUALIFYING TIMES	Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (NO WORK OUT TIEMS). "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. Swimmers may compete in only one age group: swimmers aged 7-8 may swim either as 5-8 or 7-10, not any combination. Swimmers may swim a maximum of 4 events per day. NOTE: 11-12 GIRLS ARE IN THE AFTERNOON SESSION & 11-12 BOYS ARE IN THE MORNING SESSION.
ENTRY PROCEDURE	Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completed including entire USA Swimming registration number. You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.
ELECTRONIC ENTRY POLICY	E-mail entry (entry.zip file) will be accepted only when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM 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. Entries must be received no later than 5:00PM, WEDNESDAY, January 21, 2015.
ENTRY FEE	\$3.25 per INDIVIDUAL EVENT , plus a \$7.50 surcharge PER SWIMMER . Relays are \$5.00 and are deck entered/paid. A check for the total amount must accompany each entry to the address below (not the swim office). Returned checks will incur a service fee per SCS policy; no refunds.
AWARDS	Blue/Red/White Divisions: Awards 1-8 places for 5-8,7-10,11-12. No awards for relays
SCORING	No Scoring
CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
MAIL ENTRIES TO:	PVST January Meet c/o Erica Johnson 321 Cuyler Harbor Drive Camarillo, CA 93012
FOR INFOR:	Erica Johnson (805)504-5093 EJohnsonPVST@verizon.net

Reminder:

Glass containers & food are not allowed on the pool deck!

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SATURDAY, January 31, 9:00 am, warm-up 7:30 am							
	GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
11-12				100 FREESTYLE	BRW	BRW	1
7-10	2	BRW	BRW	100 FREESTYLE	BRW	BRW	3
5-8	4	BRW	BRW	25 FREESTYLE	BRW	BRW	5
11-12				50 BUTTERFLY	BRW	BRW	6
7-10	7	BRW	BRW	50 BUTTERFLY	BRW	BRW	8
5-8	9	BRW	BRW	50 BUTTERFLY	BRW	BRW	10
11-12				100 BREASTSTROKE	BRW	BRW	11
7-10	12	BRW	BRW	100 BREASTSTROKE	BRW	BRW	13
5-8	14	BRW	BRW	25 BREASTSTROKE	BRW	BRW	15
11-12				50 BACKSTROKE	BRW	BRW	16
7-10	17	BRW	BRW	50 BACKSTROKE	BRW	BRW	18
5-8	19	BRW	BRW	50 BACKSTROKE	BRW	BRW	20
11-12				200 IND MEDLEY	BRW	BRW	21
7-10	22	BRW	BRW	200 IND MEDLEY	BRW	BRW	23
5-8	24	BRW	BRW	100 IND MEDLEY	BRW	BRW	25
Break as determined by referee							
11-12			Deck Entered	200 MEDLEY RELAY	Deck Entered	Deck Entered	26
5-10	27		Deck Entered	200 MEDLEY RELAY	Deck Entered	Deck Entered	28
11-12				500 FREESTYLE	BRW	BRW	29
7-10	30	2:45.00*	3:02.70*	500 FREESTYLE	2:41.80*	3:02.40*	31

SUNDAY, February 1, 9:00 am, warm up 7:30 am							
	GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
11-12				100 BACKSTROKE	BRW	BRW	63
7-10	64	BRW	BRW	100 BACKSTROKE	BRW	BRW	65
5-8	66	BRW	BRW	25 BACKSTROKE	BRW	BRW	67
11-12				50 BREASTSTROKE	BRW	BRW	68
7-10	69	BRW	BRW	50 BREASTSTROKE	BRW	BRW	70
5-8	71	BRW	BRW	50 BREASTSTROKE	BRW	BRW	72
11-12				100 BUTTERFLY	BRW	BRW	73
7-10	74	BRW	BRW	100 BUTTERFLY	BRW	BRW	75
5-8	76	BRW	BRW	25 BUTTERFLY	BRW	BRW	77
11-12				50 FREESTYLE	BRW	BRW	78
7-10	79	BRW	BRW	50 FREESTYLE	BRW	BRW	80
5-8	81	BRW	BRW	50 FREESTYLE	BRW	BRW	82
11-12				100 IND MEDLEY	BRW	BRW	83
7-10	84	BRW	BRW	100 IND MEDLEY	BRW	BRW	85
11-12				200 FREESTYLE	BRW	BRW	86
7-10	87	BRW	BRW	200 FREESTYLE	BRW	BRW	88
5-8	89	BRW	BRW	100 FREESTYLE	BRW	BRW	90
Break as determined by referee							
11-12			Deck Entered	200 FREE RELAY	Deck Entered	Deck Entered	91
5-10	92		Deck Entered	200 FREE RELAY	Deck Entered	Deck Entered	93
11-12				400 IND MEDLEY	2:46.50*	3:08.20*	94

SATURDAY, January 31							
No earlier than 45 minutes after the close of the morning session							
	GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
15 & OV	32	BRW	BRW	100 FREESTYLE	BRW	BRW	33
13-14	34	BRW	BRW	100 FREESTYLE	BRW	BRW	35
11-12	36	BRW	BRW	100 FREESTYLE			
OPEN	37	BRW	BRW	200 BUTTERFLY	BRW	BRW	38
11-12	39	BRW	BRW	50 BUTTERFLY			
15 & OV	40	BRW	BRW	100 BREASTSTROKE	BRW	BRW	41
13-14	42	BRW	BRW	100 BREASTSTROKE	BRW	BRW	43
11-12	44	BRW	BRW	100 BREASTSTROKE			
OPEN	45	BRW	BRW	200 BACKSTROKE	BRW	BRW	46
11-12	47	BRW	BRW	50 BACKSTROKE			
15 & OV	48	BRW	BRW	200 IND MEDLEY	BRW	BRW	49
13-14	50	BRW	BRW	200 IND MEDLEY	BRW	BRW	51
11-12	52	BRW	BRW	200 IND MEDLEY			
Break as determined by referee							
15 & OV	53		Deck Entered	400 MEDLEY RELAY	Deck Entered	Deck Entered	54
13-14	55		Deck Entered	400 MEDLEY RELAY	Deck Entered	Deck Entered	56
11-12	57			200 MEDLEY RELAY			
15 & OV	58	BRW	BRW	500 FREESTYLE	BRW	BRW	59
13-14	60	BRW	BRW	500 FREESTYLE	BRW	BRW	61
11-12	62	BRW	BRW	500 FREESTYLE			

SUNDAY, February 1							
No earlier than 45 minutes after the close of the morning session							
	GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS
AGE	EVENT #	YARDS	METERS	EVENT	EVENT #	METERS	EVENT #
11-12	95	BRW	BRW	200 FREESTYLE			
13-14	96	BRW	BRW	200 FREESTYLE	BRW	BRW	97
15 & OV	98	BRW	BRW	200 FREESTYLE	BRW	BRW	99
11-12	100	BRW	BRW	100 BACKSTROKE			
13-14	101	BRW	BRW	100 BACKSTROKE	BRW	BRW	102
15 & OV	103	BRW	BRW	100 BACKSTROKE	BRW	BRW	104
11-12	105	BRW	BRW	50 BREASTSTROKE			
OPEN	106	BRW	BRW	200 BREASTSTROKE	BRW	BRW	107
11-12	108	BRW	BRW	100 BUTTERFLY			
13-14	109	BRW	BRW	100 BUTTERFLY	BRW	BRW	110
15 & OV	111	BRW	BRW	100 BUTTERFLY	BRW	BRW	112
11-12	113	BRW	BRW	50 FREESTYLE			
13-14	114	BRW	BRW	50 FREESTYLE	BRW	BRW	115
15 & OV	116	BRW	BRW	50 FREESTYLE	BRW	BRW	117
11-12	118	BRW	BRW	100 IND MEDLEY			
Break as determined by referee							
15 & OV	119		Deck Entered	400 FREE RELAY	Deck Entered	Deck Entered	120
13-14	121		Deck Entered	400 FREE RELAY	Deck Entered	Deck Entered	122
11-12	123			200 FREE RELAY			
15 & OV	124	BRW	BRW	400 IND MEDLEY	BRW	BRW	125
13-14	126	BRW	BRW	400 IND MEDLEY	BRW	BRW	127
11-12	128	2:45.20*	3:07.90*	400 IND MEDLEY			
15 & OV	129	BRW	BRW	1650 FREESTYLE	BRW	BRW	130
13-14	131	BRW	BRW	1650 FREESTYLE	BRW	BRW	132

***NOTE: 7-10 500Free enter 200 Free time, 11-12 400 I.M. enter 200 I.M. Time 11-12 Girls in afternoon session, 11-12 Boys in Morning session**

Swimmers are limited to 4 events per day. Swimmers aged 7-8 may swim either as 5-8 or 7-10, not any combination. All events will be swim fastest to slowest. Swimmers in 400 IM, 500 free, and 1650 free are requested to provide their own timers for 3 heats. 400 IM, 500 free, and 1650 free will be swum alternating girls and boys. Swimmers in 500 free and 1650 free should provide their own lap counters. If meet entries and length of session permit combining to one session, the one session each day will be swum as follows (NO RELAYS):

Saturday:36,1-5,32-35,39,6-10,37-38,44,11-15,40-43,47,16-20,45-46,52,21-25,48-51,62,29-31,58-61

Sunday:100,63-67,105,68-72,106-107,108,73-77,109-112,113,78-82,114-117,118,83-85,95,86-90,96-99,128,94,129-132