

PLEASANT VALLEY SWIM TEAM

PREHISTORIC PENTATHLON

SEPTEMBER 21 - 22, 2024

**Start off the fall season with a
dino-mite meet!**

ENJOY FUN SONGS, COOL PRIZES,
AND AWESOME DECORATIONS.

Prizes will be awarded for the following:

1. BEST DECORATED DINOSAUR
THEMED CANOPY
2. MOST OVERALL SPIRITED TEAM
3. MOST SPIRITED COACHING STAFF

AWARDS WILL BE GIVEN SUNDAY AFTERNOON

PLEASANT VALLEY SWIM TEAM



SINCE
1968

CAMARILLO, CA



2024 PENTATHLON SCY MEET

Hosted by Pleasant Valley Swim Team

September 21-22, 2024

Held under the sanction of USA Swimming / Southern California Swimming - Coastal / Sanction # S24-228

- DATE & TIME:** **Saturday, September 21;** Meet start at 9:00 AM*
(Warm up 7:30 AM - 8:50 AM - split into sessions)
Sunday, September 22; Meet start begins at 9:00 AM*
(Warm up 7:30 AM - 8:50 AM - split into sessions)
(*) Meet times/sessions may be adjusted based on number of athletes attending.
- LOCATION:** Adolfo Camarillo High School pool, 4660 Mission Oaks Blvd. Camarillo.
- 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. **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 September 16 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.

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- 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:** \$5.50 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: ericajohnson.swim@gmail.com
- Mail Entries to: PVST September 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, SEP 11, 2024.***
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 swimmers who hold a 2024 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:** **Awards:** 1-8 places for 5-6, 7-8, 9-10, 11-12, 13-14;
Pentathlon Awards: Male & Female 1st-3rd in each of the following age group categories:
5-6, 7, 8, 9, 10, 11, 12, 13, 14, 15-16 & 17-18
- CONCESSIONS:** A snack bar will be available throughout the meet.
- MEET DIRECTOR:** Abby Singleton
- 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. Contact Information: Virgilijus Trasakis: vtrasiki@sprynet.com.
- INFORMATION:** For more information, please email Abby Singleton - pvstpresident@gmail.com

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.

DIRECTIONS:

From South: take 101 north, exit Flynn Rd, turn right on Mission Oaks Blvd., take the second driveway on the 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 the second driveway on the left and proceed up the hill.

PARKING:

PARK ONLY IN DESIGNATED SPACES, IF THE UPPER LOT IS FULL PARK IN THE FRONT OF THE SCHOOL OR IN THE LOWER LOT! DO NOT PARK ILLEGALLY. PARK in LEGAL spaces only and avoid blocking or parking in red zones. Police citations and towing will be enforced. If the Upper Lot is full, you may drop off your swimmer and proceed to park in one of the other parking lots listed below.

ACHS Parking



- Lot 1: Upper lot next to the pool
- Lot 1a: small faculty lot
- 2a: Lower Lot with walking path up to the pool
- 2b: additional Lower Lot parking
- 3a: Main School Entrance lot
- 3b: Main School Entrance Visitor lot

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

2024 PENTATHLON SCY Meet

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SATURDAY, SEPTEMBER 16th, 2023 9:00 AM MEET START		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13 & Over 50 FREESTYLE	2
3	11-12 50 FREESTYLE	4
5	9-10 50 FREESTYLE	6
7	5-8 25 FREESTYLE	8
9	13 & Over 50 BREASTSTROKE	10
11	11-12 50 BREASTSTROKE	12
13	9-10 50 BREASTSTROKE	14
15	5-8 25 BREASTSTROKE	16
17	13 & Over 50 BACKSTROKE	18
19	11-12 50 BACKSTROKE	20
21	9-10 50 BACKSTROKE	22
23	5-8 25 BACKSTROKE	24
25	13 & Over 50 BUTTERFLY	26
27	11-12 50 BUTTERFLY	28
29	9-10 50 BUTTERFLY	30
31	5-8 25 BUTTERFLY	32
33	13 & Over 100 I.M.	34
35	11-12 100 I.M.	36
37	9-10 100 I.M.	38
39	5-8 50 FREESTYLE	40

SUNDAY, SEPTEMBER 17th, 2023 9:00 AM MEET START		
GIRLS EVENT #	EVENT	BOYS EVENT #
41	13 & Over 100 FREESTYLE	42
43	11-12 100 FREESTYLE	44
45	9-10 100 FREESTYLE	46
47	5-8 100 FREESTYLE	48
49	13 & Over 100 BACKSTROKE	50
51	11-12 100 BACKSTROKE	52
53	9-10 100 BACKSTROKE	54
55	5-8 50 BACKSTROKE	56
57	13 & Over 100 BREASTSTROKE	58
59	11-12 100 BREASTSTROKE	60
61	9-10 100 BREASTSTROKE	62
63	5-8 50 BREASTSTROKE	64
65	13 & Over 100 BUTTERFLY	66
67	11-12 100 BUTTERFLY	68
69	9-10 100 BUTTERFLY	70
71	5-8 50 BUTTERFLY	72
73	13 & Over 200 I.M.	74
75	11-12 200 I.M.	76
77	9-10 200 I.M.	78
79	5-8 100 I.M.	80

AWARDS

PENTATHLON EVENTS & AWARDS ON SATURDAY!

Swimmers need not enter all events in order to participate in the meet.

Swimmers must compete in, swim, and finish in all required Pentathlon events in order to be eligible for Pentathlon awards.

Pentathlon Events (for awards):

Ages 5-8 Sprint Pentathlon:

25 free, 25 breast, 25 back, 25 fly, 50 free
(Events 7/8, 15/16, 23/24, 31/32, 39/40)

Ages 9-10 Sprint Pentathlon:

50 free, 50 breast, 50 back, 50 fly, 100 I.M.
(Events 5/6, 13/14, 21/22, 29/30, 37/38)

Ages 11-12 Sprint Pentathlon:

50 free, 50 breast, 50 back, 50 fly, 100 I.M.
(Events 3/4, 11/12, 19/20, 27/28, 35/36)

Ages 13 & UP Sprint Pentathlon:

50 free, 50 breast, 50 back, 50 fly, 100 I.M.
(Events 1/2, 9/10, 17/18, 25/26, 33/34)

Session Splitting

Based on entries sessions could be split in order to meet the 4-hour Rule.

If split into 2 sessions:

Session 1 (AM): 7:30 AM warm-up/9:00 AM start

Session 2 (PM): Starting no sooner than 45 minutes after Session 1

Entry Limit

Swimmers may swim a maximum of 5 events on Saturday (Pentathlon Events) and 5 events on Sunday.

Events will be swim fastest to slowest.

