November 6-7, 2021

SANCTIONED BY: Southern California Swimming, USA Swimming SANTION No: S21-222

SPONSORED BY: Buenaventura Swim Club and Coastal Committee. RECEIVED BY DEADLINE: 5:00 pm, October 27, 2021

DATE: November 6-7, 2021 START OF THE MEET: 9:00 am WARM-UP: 7:30 AM

<u>Eligibility</u>: Open to Coastal Committee athletes who hold 2021 and 2022 USA Swimming registered swimmers. Registration application must be received by **Wednesday**, **October 27**th at **5pm** by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. Out of LSC entries will be accepted space available: please submit a copy of registration with entry.

<u>FACILITY</u>: Ventura Community Park Aquatics Center, 901 S. Kimball Rd. Short Course – Pool is an outdoor 50mx25y pool with up to 10 competition swimming lanes. The competition course has been certified in accordance with 104.2.2©. Pool depth at start: 7feet, at turn end: 7 feet. Depending on entries course may be split into two 5-8 lane courses.

DIRECTIONS: From 126 freeway, exit on S. Kimball Rd and go south. The aquatic center will be on the right-hand side.

<u>Warm-up Procedures</u>: 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. All swimmers must use 3- point, slide in entries into the pool during warm up, no jumping or diving All warm-ups must supervised by a USA Swimming Member Coach. Warm-up assignments will be communicated by email to coaches prior to the meet.

<u>MEET REFEREE</u>: 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: Leanne Colvin, Itc5@hotmail.com

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 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 4 events each day. 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 November 6, 2021, to enter this meet. Timers are requested to be provided by each team. ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE. ALL ATHLETES 18 YEARS AND OLDER MUST COMPLETE THE ONLINE ATHLETE PROTECTION TRAINING PRIOR TO THE MEET IN ORDER TO COMPETE.

Meet Start Times: Warm-Up Begins at 7:30am; Meet Starts at 9:00 am. Swimmers will need to check-in when they arrive on the pool deck.

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.

<u>DRONES:</u> 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 boded 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.

Concussion Protocol: ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE.

MAAPP 2.0: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern 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.

<u>CHANGE OF AFFILIATION</u>: Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form to the SCS Office. At the meet, a swimmer may only UNATTCH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

<u>SUBMITTED TIMES</u>: 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.

AWARDS: Awards 1-8 places for 5-6,7-8,9-10,11-12

ENTRY FEES: \$4.00 for each individual event along with a \$10.50 surcharge per swimmer 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. 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. Relays will be deck entered at \$5.00 each, payable on entry.

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ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5PM, WEDNESDAY October 27, 2021. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). 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.)

Make Checks payable to: Buenaventura Swim Club Mail Entries to: David Graham Swim Meet c/o Erica Johnson

Email for team electronic entries only: ericajohnson.swim@gmail.com

Questions: SCS Office (310) 684-1151

COVID-19 Assumption of Risk

It is understood and agreed that Buenaventura Swim Club and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Southern California Swimming LSC and the Buenaventura Swim Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

321 Cuyler Harbor Drive Camarillo, CA 93012

We have taken enhanced health and safety measures for all swim meet attendees. You must follow all posted instructions at this venue. 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 attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

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 individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) 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.

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 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.

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 December 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

COVID-19 PROTOCOLS

Note: COVID-19 Procedures are subject to change based on state and local guidance.

Facility Protocols

- Masks to be worn by athletes when entering the facility, between swims, and exiting the facility.
- Masks to be worn by spectators at all times.
- Masks to be worn by coaches, officials, lifeguards, and facility personnel at all times.

Pool Marshalls

 Volunteers (with marked vests or attire) need to be patrolling assigned areas of the pool to constantly remind the athletes, and everyone to physical distance and keep masks on.

Event Specific Protocols

- Admin area will maintain 6ft distancing with face masks.
- Officials will be provided a roped off area.
- Teams will be assigned space on deck to keep athletes 6ft. apart.
- Spectators will be assigned a spectator-specific area.
- No more than two heats behind the block waiting for events, heats will wait 6 feet apart.

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OFFICIALS & TIMERS BRIEFING:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director.
- There is a separate restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.

EMERGENCY ACTION PLAN

Location: Ventura Community Park Aquatics Center, 901 S. Kimball Rd.

Host: Buenaventura Swim Club

Date: 11/6-7/2021

Time: SAT: 7:30 AM-7:00 PM, SUN: 7:30 AM-7:00 PM

Meet Director: Chuck Wright 805-797-4624 wsandb@sbcglobal.net Meet Referee: Leanne Colvin – (661) 510-5133 – <a href="https://linear.com/ltmail

MEDICAL RESPONSE AND LAW ENFORCEMENT

Emergency: Dial 911 / Notify Lifeguard (if applicable)

Medical Assistance or First Aid: Notify Lifeguard / Call 911 / Control crowds around victim / await assistance from first responders

Medical Emergency: Call 911

Fire Department Ventura County Fire dept (805) 371-1111

Closest Hospital: Community Memorial

Closest Urgent Care: Ventura Urgent Care 5725 Ralston St Ventura 93003

Law Enforcement: Ventura Police (805)-339-4400

For Civil Disturbance, dial 911, notify lifeguard and meet manager, separate uninvolved parties to a safe area.

For Suspicious Persons, dial 911, notify lifeguards and meet manager, maintain a safe distance until law enforcement responds.

For Missing Person/ Child, notify lifeguards, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

LIFE SAFETY

Earthquake: Adhere to facility emergency procedures. Notify lifeguards. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify lifeguards. Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area.

Fires: Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.

Hazardous Materials: Call 911. Notify lifeguards. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.

Electrical Emergency: Call 911. Notify lifeguards. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

EMERGENCY CONTACTS

For life and Safety: Dial 911 and state nature of emergency

BUEN Board President: Emily Ellison-(628)233-2661

SCS Coastal Committee: Alina de Armas - (805)444-0317

SCS Coastal Officials Chair: Omar de Armas - (805) 522-4134

SCS Executive Director: Stacy Smith Interim: - (818) 665-6284

SCS Safe Sport Chair: Sheri Stoddard: - (818) 371-5098

Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.

LOCATION DYNAMICS

Outdoor Facility

One 18 Lane Pool, One 6 Lane Pool, One Waterslide Pool

2 Exits South end of the pools - Direct to outside

1 additional exits (South Side) through the main hall that lead outside

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Memorial Awards

Dorothy Graham Award: 5-8 boy & girl high point winner Stella Brittingham Award: 15 & up girls 100 breast (event 54) Shawn Treskes Award: Women's 500 Free (event 21/39/57) David Graham Award: Men's 500 free (event 22/40/56/58)

		SATU		nber 6, 9:00 am, warm-up (10 & Under Girls & Boys)			
	GIRLS	TIME STA	ANDARDS		TIME ST	ANDARDS	BOYS
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
7-10	1			200 IND MEDLEY			2
5-8	3			100 I.M.			4
7-10	5			50 BUTTERFLY			6
5-8	7			25 BUTTERFLY			8
7-10	9			100 FREESTYLE			10
5-8	11			50 FREESTYLE			12
7-10	13			50 BACKSTROKE			14
5-8	15			25 BACKSTROKE			16
7-10	17			100 BREASTSTROKE			18
5-8	19			50 BREASTSTROKE			20
7-10	21*	3.18.89	3.45.79	500 FREESTYLE	3.06.69	3.33.49	22*

			Session 2	[11-14 Girls & 11-12 Boys])		
		No ear	lier than 45 r	ninutes after the close of	Session 1		
11-12	23			200 IND MEDLEY			24
13-14	25			200 IND MEDLEY			
11-12	26			50 BUTTERFLY			27
11 - 14	28	2:59.99	3:24.89	200 BUTTERFLY	2.53.19	3:20.49	29 (11-12)
11-12	30			100 FREESTYLE			31
13-14	32			100 FREESTYLE			
11-12	33			50 BACKSTROKE			34
11-14	35	2.56.59	3:24.49	200 BACKSTROKE	2.51.99	3:19.49	36 (11-12)
11-12	37			100 BREASTSTROKE			38
13-14	39			100 BREASTSTROKE			
11-14	40	7.08.79	6.23.89	500 FREESTYLE	6.57.29	6:15.49	41 (11-12)
11-14	42	14.48.09	13.24.09	1000 Freestyle	14.32.59	13.11.69	43 (11-12)

Session 3 (15 & Over Girls, 13 & Over Boys)							
		No ear	lier than 45 n	ninutes after the close of	Session 2		
13-14				200 IND MEDLEY			44
15 & OV	45			200 IND MEDLEY			46
13 & OV	47 (15+)	2:59.99	3:24.89	200 BUTTERFLY	2.53.19	3:20.49	48
13-14				100 FREESTYLE			49
15 & OV	50			100 FREESTYLE			51
13 & OV	52 (15+)	2.56.59	3:24.49	200 BACKSTROKE	2.51.99	3:19.49	53
13-14				100 BREASTSTROKE			54
15 & OV	55			100 BREASTSTROKE			56
13-14				500 FREESTYLE	6.26.59	5.49.09	57
15 & OV	58	6.40.59	5:58.49	500 FREESTYLE	6.10.59	5.33.69	59
13 & OV	60 (15+)	14.48.09	13.24.09	1000 Freestyle	14.32.59	13.11.69	61

	SUNDAY, November 7, 9:00 am, warm up 7:30 am Session 4 (10 & Under Girls & Boys)										
	GIRLS	TIME STANDARDS			TIME STANDARDS		BOYS				
AGE	EVENT#	YARDS	METERS	EVENT	YARDS	METERS	EVENT #				
7-10	62			200 FREESTYLE			63				
5-8	64			100 FREESTYLE			65				
7-10	66			50 BREASTSTROKE			67				
5-8	68			25 BREASTSTROKE			69				
7-10	70			100 IND MEDLEY			71				
5-8	72			50 BACKSTROKE			73				
7-10	74			100 BACKSTROKE			75				
5-8	76			25 FREESTYLE			77				
7-10	78			50 FREESTYLE			79				
5-8	80			50 BUTTERLY			81				
7-10	82			100 BUTTERFLY			83				

	Session 5 (11-14 Girls & 11-12 Boys) No earlier than 45 minutes after the close of Session 4									
11-12	84			200 FREESTYLE			85			
13-14	86			200 FREESTYLE						
11-12	87			50 BREASTSTROKE			88			
11-14	89	3.20.89	3.52.59	200 BREASTSTROKE	3.14.09	3.44.69	90 (11-12)			
11-12	91			100 IND MEDLEY			92			
13-14	93			100 BACKSTROKE						
11-12	94			100 BACKSTROKE			95			
13-14	96			100 BUTTERFLY						
11-12	97			100 BUTTERFLY			98			
13-14	99			50 FREESTYLE						
11-12	100			50 FREESTYLE			101			
11-14	102	6.24.19	7.19.69	400 IM	6.13.09	7.09.89	103 (11-12)			
11-14	104	24.53.99	25.45.79	1650 Freestyle	24.21.89	25.13.59	105 (11-12)			

Session 6 (15 & Over Girls, 13 & Over Boys)										
No earlier than 45 minutes after the close of Session 5										
13-14				200 FREESTYLE			104			
15 & OV	105			200 FREESTYLE			106			
13-14				100 BACKSTROKE			107			
15 & OV	108			100 BACKSTROKE			109			
13 & OV	110 (15+)	3.20.89	3.52.59	200 BREASTSTROKE	3.14.09	3.44.69	111			
13-14				100 BUTTERFLY			112			
15 & OV	113			100 BUTTERFLY			114			
13-14				50 FREESTYLE			115			
15 & OV	116			50 FREESTYLE			117			
13-14				400 IM	5.41.49	6.32.69	118			
15 & OV	119	5.55.89	6.47.89	400 IM	5.26.99	6.14.09	120			
13 & OV	121 (15+)	24.53.99	25.45.79	1650 Freestyle	24.21.89	25.13.59	122			

Swimmers are limited to 4 events per day.

All events will be swum fast to slow.

Three sessions may be combined into two sessions depending on entries.

* Event 21/22 7-10 age group enter 200 free time

Swimmers aged 7-8 may swim either as 5-8 or 7-10, not any combination

National B time standards will be used for certain events.

Swimmers in 400 IM, 500 free, 1000 Free, and 1650 Free are requested to provide their own timers for 3 heats.

400 IM, 500 free, 1000 Free, and 1650 free will be swum alternating girls and boys.

Swimmers in 500 free, 1000 Free, and 1650 free should provide their own lap counters.