

**VALLEJO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBRUARY 8-9, 2020**

Enter Online: <http://ome.swimconnection.com/pc/VJO20200208>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-013**

*In granting this sanction 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.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet on meet mobile**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<i>Meet Referee:</i> <b>Debbi Tucker</b>	<i>Head Starter:</i> <b>Irene Alameida</b>
<i>Meet Marshal:</i> <b>Jennifer Matteo</b>	<i>Admin Official:</i> <b>Phil Grant</b>
<i>Meet Director:</i> <b>Joe Sapida</b> – <a href="mailto:meetdirector@vallejoaquatics.org">meetdirector@vallejoaquatics.org</a>	

**LOCATION:** AMERICAN CANYON HIGH SCHOOL 3000 Newell Drive, American Canyon, CA 94503

**DIRECTIONS:** From I-80 East Take exit 33 onto CA-37, Columbus Pkwy toward Napa, Novato. Keep left to merge onto CA-37. Take exit 20 onto Fairgrounds Drive towards Discovery Kingdom. Turn right onto Fairgrounds Drive. Continue onto Newell Drive. Turn right into the ACHS parking lot. From Contra Costa, take I-680 NORTH to I-780 NORTH. Take exit 1B to merge onto I-80 East towards Sacramento. Keep left towards Sacramento. Take exit 33 onto CA-37, Columbus Pkwy toward Napa, Novato. Keep left to merge onto CA-37. Take exit 20 onto Fairgrounds Drive towards Discovery Kingdom. Turn right onto Fairgrounds Drive. Continue onto Newell Drive. Turn right into the ACHS parking lot. From I-80 West take exit 36 towards American Canyon Road. Turn right onto American Canyon Road. Turn right onto Newell Drive. Turn right into the ACHS Parking lot. There is no fee for parking.

**COURSE:** Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6.0" at the start end and 6.0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:30 AM each day.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- Athletes may compete in 4 events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the swimmers age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- All events shall be swum in event order and in a "FAST TO SLOW" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- The 400 I.M., 500 freestyle, and 1000 freestyle shall be held as "Open" events and the Meet Referee and Meet Director shall, at their discretion, have the option of alternating boys and girls heats. "Open" events shall not be awarded. There is a minimum seed time that shall have been met for each of the Open events. Any athlete who can meet or exceed the minimum entry time may enter the "Open" events regardless of age. Entry times for OPEN events with a minimum time

standard (see Schedule of Events listed on page 5) which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete's coach, either of which may be presented upon check-in. (Refer to Pacific Swimming Rule 4A2).

- Athletes entering the 500 and 1000 freestyle events shall provide their own timers and lap counters.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 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.
- Pop-ups and tents shall not be allowed on deck. For Fire and Safety purposes, the coaches' area is for coaches only. Athletes may check in with their coaches but cannot stay there.
- NO pets allowed on deck, other than service assistance animals.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" shall be **ACCEPTED (Exception – Open Events. See Rules)**.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/VJO20200208> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through 11:59 PM on Wednesday **January 29, 2020.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight or hand delivered by 6:30 p.m on Wednesday, January 29, 2020 No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** "Vallejo Aquatic Club" or "VJO"

**Mail entries to:**

VJO Meet Director  
Re: Swim Meet Entries  
P.O. Box 5846  
Vallejo, CA 94591-5846

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Ribbons shall be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & OV events will be awarded as 13-14 and 15-16, 17-18 Age Groups. Athletes aged 19 and over shall not be awarded. "A" medals shall be awarded to athletes achieving new "A" times swum during this meet only. Open events shall not be awarded.

**AWARDS SHALL BE PICKED UP ON SUNDAY BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS WILL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES MUST COORDINATE WITH THE AWARDS DESK FOR PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES MUST BE PROVIDED. AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** FREE. A three-day program will be available for \$5.00.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities shall not be provided after meet hours.

**MINIMUM OFFICIALS:** At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the club will be fined \$100 per missing official per session of the meet.

Club athlete entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

## EVENTS

SATURDAY, FEBRUARY 8, 2020		
EVENT #	EVENT	EVENT #
1	OPEN 400 IM*	2
3	11-12 200 IM	4
5	9-10 100 IM	6
7	8 & UNDER 100 IM	8
9	13 & OVER 100 FLY	10
11	11-12 50 FLY	12
13	9-10 50 FLY	14
15	8 & UNDER 25 FLY	16
17	13 & OVER 200 BACK	18
19	11-12 100 BACK	20
21	9-10 100 BACK	22
23	8 & UNDER 50 BACK	24
25	11-12 100 FLY	26
27	13 & OVER 200 BREAST	28
29	9-10 50 BREAST	30
31	8 & UNDER 25 BREAST	32
33	13 & OVER 100 FREE	34
35	11-12 50 FREE	36
37	9-10 100 FREE	38
39	8 & UNDER 50 FREE	40
41	OPEN 500 FREE *	42
<p>The 400 I.M. and the 500 Free shall be swum fastest to slowest and may alternate women's and men's heats at the discretion of the meet Referee.</p> <p>Athletes shall provide their own timers and lap counters for the 500 Free.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
*6:24.19	Min Seed Time 400IM	* 6:13.09
*7:09.09	Min Seed Time 500 FREE	*6:57.29

SUNDAY, FEBRUARY 9, 2019		
EVENT #	EVENT	EVENT #
43	13 & OVER 200 FREE	44
45	11-12 200 FREE	46
47	9-10 50 FREE	48
49	8 & UNDER 25 FREE	50
51	13 & OVER 100 BREAST	52
53	11-12 50 BREAST	54
55	9-10 100 BREAST	56
57	8 & UNDER 50 BREAST	58
59	13 & OVER 100 BACK	60
61	11-12 50 BACK	62
63	9-10 50 BACK	64
65	8 & UNDER 25 BACK	66
67	13 & OVER 200 FLY	68
69	11-12 200 FLY	70
71	9-10 100 FLY	72
73	8 & UNDER 50 FLY	74
75	13 & OVER 50 FREE	76
77	11-12 100 FREE	78
79	8 & UNDER 100 FREE	80
81	13 & OVER 200 IM	82
83	OPEN 1000 FREE*	84
<p>The 1000 Free shall be swum fastest to slowest and may alternate women's and men's heats at the discretion of the meet Referee.</p> <p>Athletes shall provide their own timers and lap counters for the 1000 Free.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
*14:48.09	Min Seed Time 1000 FREE	*14:32.59

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Vallejo Aquatic Club FEBRUARY FROST SCY C/B/A+ MEET FEBRUARY 8-9, 2020 Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.			UNATT CLUB ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													