

2018 REAL CHAMPIONSHIPS

Hawaiian Luau Theme

August 3-5 2018

Petaluma Swim Center, CA

Entries due Tuesday, July 24th by 7:30pm

LOCATION: Petaluma Swim Center, 900 E. Washington Street, Petaluma CA

START TIME: Swimmer are expected to arrive by **3:45pm to warm-up on Friday** and arrive on Saturday and Sunday morning by **7:30am to warm-up**. The meet will start at 5:00pm on Friday and 9:00am on Saturday and Sunday. The start time of finals (~4pm) will be announced each morning.

ENTRIES: Swimmers may compete in **one individual event Friday night** and up to **3 individual events, plus relays on Saturday and Sunday**. Team entries will be done by Hy-Tek Team Manager so all paper consolidated entry forms must be turned in by **Tuesday, July 24th by 7:30pm** to the manila folder at the pool. The manila folder can be found hanging on the team bulletin board next to the Shark Tank.

- **Swim your best events!** This is a Championship Meet and we are going for points. Talk to your coach if you have any questions on what events to swim.
- All swimmers entered in meet **will be ENTERED IN RELAYS** unless coaches are otherwise informed. Count on being in a relay.

RELAYS: Coaches will enter the relays. We will put ALL entered VJO swimmers in relays, so please notify the coaches if you are not able to be in a relay.

ENTRY FEES: **\$5.50 per event** plus an **\$8 participation fee** per swimmer. VJO will cover the cost of relays.

FINALS: The top 16 swimmers in each event will move on to swim in finals. All 8 & Under events and 9-10 relays will be swum as timed finals (in the morning session). Longer events will also be swum as timed finals. Please check the meet sheet for the list of timed final events.

SPIRIT AWARD & COSTUME PARADE : The REAL theme this year is **Hawaiian Luau**. We will all be dressing up in the Hawaiian Luau fashion. Breakout your Hawaiian shirts and hula skirts. We are trying to win the SPIRIT AWARD this year! There will be a Costume Parade held Saturday before finals, make sure you have your costumes ready. Lots of items you already have at home could be used for a costume. All VJO swimmers please show your team spirit and dress with the Hawaiian Luau theme for the parade. Let's get that SPIRIT AWARD!

SATURDAY TEAM LUNCH: On Saturday afternoon, between trials and finals we will be having a team lunch together at the pool. More info on the team lunch will be sent out after we get a head count.

Go SHARKS!

Jennifer Thiem

Head Swim Coach

Vallejo Aquatic Club

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EVENTS

Friday, August 3, 2018		
EVENT #	EVENT	EVENT #
1*	11-12 200 I.M.	2*
3*	13-OV 400 I.M.	4*
5*	10 & U 200 FREE	6*
7*	11-OV 500 FREE	8*

Saturday, August 4, 2018			Sunday, August 5, 2018		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
105*	11-12 200 FREE	106*	205	11-12 100 IM	206
107*	13&OV 200 FLY	108*	207	13&OV 200 FREE	208
109*	8&UN 25 BACK	110	209	11-12 100 BREAST	210
111	11-12 100 BACK	112*	211*	8&UN 25 FREE	212*
113	13&OV 100 BREAST	114	213	13&OV 100 BACK	214
115	9-10 50 BACK	116	215	9-10 100 IM	216
117	11-12 50 BREAST	118	217	11-12 50 BACK	218
119*	8&UN 25 BREAST	120*	219*	8&UN 25 FLY	220*
121	13&OV 200 IM	122	221	13&OV 50 FREE	222*
123	9-10 50 BREAST	124	223	9-10 50 FLY	224
125	11-12 50 FLY	126	225	11-12 100 FLY	226
127*	8&UN 50 FREE	128*	227*	8&UN 100 IM	228
129	13&OV 100 FREE	130*	229	13&OV 100 FLY	230*
131	9-10 100 FREE	132	231	9-10 50 FREE	232
133	11-12 100 FREE	134	233	11-12 50 FREE	234
135*	13&OV 200 BACK	136*	235*	13&OV 200 BREAST	236
137+	8&UN 100 MED Relay	138+	237+	8&UN 100 FREE Relay	238+
139+	9-10 200 MED Relay	140+	239+	9-10 200 FREE Relay	240+
101%	11-12 200 MED Relay	102%	201%	11-12 200 FREE Relay	202%
103%	13&OV 200 MED Relay	104%	203%	13&OV 200 FREE Relay	204%

*Event swum as Timed Finals	+Event swum at the end of Preliminaries	%Event swum at the beginning of finals
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NOTE: 13&OV events will swim together in Preliminaries, but will be swum and scored as 13-14, 15&OV in finals. 11&OV and 13&OV timed finals will swim together, but will be scored separately (11-12, 13-14, 15&OV).

Event Summary

FRIDAY			SATURDAY				SUNDAY			
10 & UN	11-12	13-OV	8 & UN	9-10	11-12	13 & OV	8 & UN	9-10	11-12	13 & OV
200 FR*	200 IM*	400 IM*	25 BACK*	50 BACK	200 FREE*	200 FLY*	25 FREE*	100 IM	100 IM	200 FREE
	500 FR*	500 FR*	25 BREAST*	50 BREAST	100 BACK	100 BREAST	25 FLY*	50 FLY	100 BREAST	100 BACK
			50 FREE*	100 FREE	50 BREAST	200 IM	100 IM*	50 FREE	50 BACK	50 FREE
			100 M.R.	200 M.R.	50 FLY	100 FREE	100 FR-R+	200 FR-R+	100 FLY	100 FLY
					100 FREE	200 BACK*			50 FREE	200 BREAST*
					200 M.R. %	200 M.R.%			200 FR-R%	200 FR-R%

Consolidated Meet Entry Form

Pacific Swimming Redwood Empier Aquatic League Championships 8/3-8/5 2018 Consolidated Entry Form											
Name:											
Last,				First				Middle			
Club Abbr.			UNATT TEAM 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			
Entry Fee: # of entries _____ x \$5.50 = \$ _____ Participation Fee + \$ 8.00 Total = \$ _____ Make Check Payable to "VJO"											
Coach:											
Swimmer's Address:											
Home Phone						Cell Phone					