

## CLUB ORGANIZATION

Vallejo Aquatic Club is a member of United States Swimming (USA-S), the national governing body. USA-S is divided into geographical areas called Local Swimming Committees (LSC). Vallejo Aquatic Club is a member of the Pacific Swimming LSC, which governs local swimming. The Pacific LSC is divided into five zones and Vallejo Aquatic Club is a member of Zone 3.

Vallejo Aquatic Club is structured and governed by a set of Club By-Laws. The Coaching Staff and a Board of Directors (comprised of elected and appointed members), jointly share Club operation, as stipulated by the By-Laws.

If you have any questions relating to your child's/children's daily swimming involvement, please see his/her coach directly. If your questions are about General Club operation, feel free to contact one of the Board members. The Board members have the team's best interest at heart and are more than willing to help you. All of our board members are volunteers and are not paid. Please be kind to them

## COMPETITION

### Hierarchy of Swimming

Swimming in the United States is an organized and growing sport, which entails a variety of organizations. The following is a list in hierarchal order:

**Federation Internationale de Natation (FINA)** – The International Swimming Federation is the world governing body for swimming, diving, water polo and synchronized swimming for all countries who participate in the Olympic Games.

**USA Swimming (USA-S)** – is the national governing body for our country. In order to compete in FINA recognized competition, swimmers must belong to USA Swimming. The VJO team is a member and therefore offers our swimmers the ability to compete in all levels of amateur competition including the Olympic Games. USA Swimming also provides its member teams with important insurance coverage.

**Zones-** have been comprised on a national level based on the geographic section of the country because of the large membership within USA Swimming. The Zones are Eastern, Central, Southern and Western. Each Zone elects two members to serve on the United States Board of Directors for USA Swimming, which gives representation at a national level. VJO is located in the Western Zone.

**Local Swimming Committee (LSC)** – is the administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming. Each LSC has a Board of Directors, holds regular meetings and has standing committees, which serve such areas as finance, membership, registration, sanctions and scheduling. One of the primary functions of each LSC is to determine the type of meets it would like to hold. For example, **Far Westerns** is one of the premiere age group meets in the United States and it belongs to the Pacific Swimming LSC. It is an open competition to all USA & FINA Swimmers who qualify based on the set time Standards.

The LSC's also determines time standards. For example, the Pacific Swimming LSC determines the time standards for its own B, BB, A, J.O., and FW standards, which are usually abbreviated in meet information sheets as PC-B and PC-A.

**Zones** - Within Pacific Swimming, local zones have been formed further dividing the area which offers better supervisory administration. There are five zones located within Pacific Swimming; Zone 1 North, Zone 1 South, Zone 2, Zone 3, and Zone 4. VJO is a part of Zone 3 which consists of teams in the north bay area and extending up to Oregon border.

- VJO – Vallejo Aquatics Club
- Member of FINA
  - Member of USA Swimming
  - Member of the Western Zone
  - Member of Pacific Swimming
  - Member of Zone 3

**FACTS:**  
 USA Swimming - over 400,000 registered swimmers  
 Pacific Swimming- 3<sup>rd</sup> largest LSC in the Nation over 16,600 swimmers  
 Pacific Swimming - over 120 teams  
 Zone 3 - 31 teams



## TYPES OF MEETS

**USA Swimming Meets** – are the higher qualifying meets and include Sectionals, Futures, Junior Nationals and Senior Nationals in both short and long courses, and Olympic Trials. USA meet entries are done on the USA Swimming Online Meet Entry website. All entries are done by coaches at this level.

**Pacific Swimming Meets** – are meets scheduled throughout the year and are determined by the Pacific Swimming Scheduling Committee. Basically these meets include the higher qualifying meets such as Far Westerns, Junior Olympics and Senior Meets. Swimmers are responsible for their own entries to most of these meets.

**Zone Meets** – are meets held throughout the year and are determined by the Zone scheduling Committee in each individual zone within the Pacific Swimming LSC. There is only one Zone 3 Championships held in January. Meet entries are done online through swim connection, fastswims or by mailing in consolidated entry forms. Swimmers are responsible for their own entries.

**REAL Championship Meets** – this stands for Redwood Empire Aquatics League and is a multi-team summer league, consisting of 9 teams. The 9 teams include: Vallejo Aquatics Club(VJO), Neptune Swimming(SRN), Westside Aquaducks(WA), Sebastopol Sea Serpents(SSS), Ukiah Dolphins(UD), and Napa Valley Swim Team(NVST), Solano Aquatic Sea Otters(SASO), Lake County Cannel Cats(LCCC) and Sonoma Sea Dragons (SON). Each year there is a REAL Championship meet in August before the end of the swim season. This is the biggest team meet for VJO. Every swimmer is expected to swim in this meet. Meet entries are done through paper consolidated entry forms and are turn in at pool.

**Invitational Meets**- are held throughout the year and are hosted by one team. A team must be invited in order to attend and the host team is not limited to teams within their Zone. This meet typically does not have time standards. Each swimmer is responsible for their own entries.

**Dual Meets** – are meets held between any two teams.

**Intersquad Meets** – are meets held between just the Vallejo Aquatics Club.

## MEET REGISTRATION INFO

### USA Swim Meets

Online Meet Entries -For those of you that have not yet entered a meet online, it is fast, easy, accurate and reliable. One of the benefits of using this system is that all of your swimmers' times are accessible with the click of a button (provided they have already swum in a meet previously).

[www.omeswimconnection.com](http://www.omeswimconnection.com)

[www.fastswims.com](http://www.fastswims.com) – Newest online meet entry site

Mailing in Consolidated Entries- You can also download and print your own meet sheets from [www.pacswim.org](http://www.pacswim.org). It is also possible to enter swim meets by filling out the downloaded entry form and mailing it in with a check by the meet deadline.

Team Entry Meet (REAL's & Dual Meets) – Paper consolidated entry forms will be turned into the team. The team will send in one entry file with all the swimmers entries included.

## **USA SWIMMING & PACIFIC SWIMMING MEET INFO**

Competition is found in the form of swim meets, held in Vallejo and neighboring towns throughout California and the United States, depending on the type of meet. All swimmers must be registered athletes with USA Swimming. Swimmers are required to register on an annual basis and this is done in November of every year. Meet sheets including the scheduled events, dates, and entry deadline are available online 1-2 months prior to the scheduled meet. Meets are generally held on weekends.

**Events** – The events held at swim meets vary depending upon the type of meet. Events are divided into individual events and relay events.

- Individual Events- include the four competitive strokes:
  - Freestyle
  - Backstroke
  - Breaststroke
  - Butterfly
  - Individual Medley (IM)- an event comprised of all four competitive strokes. In the following order: butterfly, backstroke, breaststroke, and freestyle.
- Relay Events- are composed of four swimmers. They may be four girls or four boys within the same age group. The two types of relays are:
  - Freestyle- all swimmers swim freestyle
  - Medley – each swimmer swims one of four of the competitive strokes in the following order: backstroke, breaststroke, butterfly, and freestyle.

### **Distances**

Swimming distances are based on a 25 yard, 25 meter or 50 meter pool. Events swum vary from one length to multiple lengths but are more commonly referred to in the unit measurement (25 yards, 50 yards 100 yards 200 yards, 500 yards, 1,000 yards and 1,650 yards). The Cunningham Pool is a 25 yard pool by 50 meters.

### **Heats**

Since there are usually only six or eight lanes in a pool and there are more swimmers than an event can accommodate, the event is broken up into heats of 6 or 8 swimmers (depending on the # of lanes in pool). In most meets, swimmers are seeded in heats based on time.

### **Age Groups**

Boys and girls swim separately and are divided into the following age groups for competitive swimming:

- 6 & under
- 8 & under

9-10  
11-12  
13-14  
15-16  
17-18

Sometimes older and younger age groups are combined to 10 & under and 15-18.

The age of the child on the first day of the meet will determine the age category in which he/she will swim.

## **CLASSES OF COMPETITION & TIME STANDARDS**

Swimming is further divided into classes of competition and times standards in order to assure fair and adequate competition. Time standards regulate the quantity of swimmers for each class by setting a minimum and maximum time. Time standards are determined each season.

The classes of competition are as follows:

**Age Group Swimming** – competition shall be separated by age group, gender, and ability to promote maximum achievement and recognition. Classes of competition including age group in ascending ability order are:

- “C”
- “B” – 8&U, 10&U, 11-12, 13-14, 15-16, 17-18
- “BB” – 8&U, 10&U, 11-12, 13-14, 15-16, 17-18
- “A” - 8&U, 10&U, 11-12, 13-14, 15-16, 17-18
- “JO” – 10&U, 11-12, 13-14, 15-16, 17-18
- “FW” – 10&U, 11-12, 13-14, 15-16, 17-18 (top 5% in Nation)

It is important to note the following:

- “JO” is a qualifying class which entitles the Age Group swimmer to compete in select Junior Olympic Championship Meets
  - “FW” is a qualifying class which entitles the Age Group swimmer to compete in select Far Westerns Championships meets.
  - Novice swimmers should enter “C” meets with minimum “C” time standards, until they achieve the “B” time standard.
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- **Senior Level Swimming** - provides open competition to swimmers regardless of age, who qualify based on determined time standards.
    - Senior Open
    - Senior 2
    - Senior Circuit
    - Western Zone Senior Meet
    - Sectionals
    - Futures
    - Winter Junior National
    - Summer Junior National
    - Nationals
    - Olympic Trials

## **How to Find Time Standards?**

- [www.pacswim.org](http://www.pacswim.org)
  - Click “Times” then click “Time Standards”