

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE LATE FEBRUARY FROST C/B/A+ MEET
MARCH 3 – 5, 2023
Enter Online: <http://ome.swimconnection.com/pc/vjo20230303>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-029**

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.

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 PACIFIC 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 THEREWITH.

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 at <https://www.active.com/mobile/meet-mobile-app>** and can be viewed using the Meet Mobile App (available at the Apple Store or Google Play.)

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:

Meet Referee: Irene Alameida	Head Starter: Gary Lai
Meet Marshal: Stephanie Jones / Blanca Prado	Admin Official: Mike Abegg
Meet Director: David McQuilling, meetdirector@vallejoaquatics.org , 925.216.9564 (cell)	

LOCATION: John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo, CA 94591

DIRECTIONS:

From I-80 Eastbound: Take Exit 30C – Georgia Street, turn RIGHT on Miller Ave. / Steffan St. to Georgia St. Go LEFT on Georgia St. past three (3) stoplights. Turn LEFT on Heartwood to pool.

From I-80 Westbound: Take Exit 30B – Georgia Street, turn RIGHT at the fork onto 14th St. and continue to light. Go RIGHT at light onto Georgia St. and cross of the freeway. Continue on Georgia St. past four (4) stoplights. Turn LEFT on Heartwood to pool.

From I-80 Westbound: Take I-680 North to I-780 North – Benicia / Vallejo. Take Exit 3A – Columbus Parkway. Continue North on Columbus Parkway to Georgia St. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood to pool.

Limited parking is available at the facility and is reserved for officials who are working the meet. Street parking is available – please be respectful of driveways when parking on the street. **THOSE PARKING IN IMPROPER AREAS WILL BE TICKETED BY VPD AND MAY BE TOWED.**

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. An additional 4 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 4' at the start end and 4' at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at 5:00 PM on Friday with warm-ups from 3:30 PM to 4:45 PM. Meet shall begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 AM to 8:45 AM. A special warm-up time for 8 and under Athletes only will be held on Saturday and Sunday from 8:30 AM to 8:50 AM.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
 - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
 - All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
 - All events are timed finals.
 - All events will swim fast to slow with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
 - Events and heats may be combined at the discretion of the Meet Referee.
 - Athletes may compete in 1 event maximum on Friday and 4 events maximum each day on Saturday and Sunday.
 - 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 Athletes 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 Officials must wear their USA Swimming membership cards in a visible manner.**
 - A minimum of three (3) Red Cross certified lifeguards employed by the Greater Vallejo Recreation District (GVRD) will be onsite for the duration of the meet and available to participants.
 - The 400 I.M., 1650 Freestyle, 500 Freestyle, and 1000 Freestyle will 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 will 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 1650, 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.
- No pets are allowed on deck, other than service assistance animals.
- Team Pop-ups and tents will not be allowed on deck or in the bleacher area. Covered areas will be provided for Coaches at the West End of the pool. Additional Coaches tents / pop-ups may be allowed upon approval from the Meet Director along the North End of the pool. For Fire and Safety Purposes, the Coaches' Area is for Coaches only. Athletes may check-in with their coaches but cannot stay there.

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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- 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**" will be accepted (Exception – Open Events as detailed in 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.
- Athletes with a disability 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: \$4.50 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/vjo20230303> 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 Wednesday February 22, 2023.

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, Monday February 20, 2023 or hand delivered by 6:30 p.m. Wednesday, February 22, 2023. 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
P.O. Box 5846
Vallejo, CA 94591-5846

Hand deliver entries to: VJO Meet Director
801 Heartwood
Vallejo, CA 94591

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. Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are required to inform the Referee on the starting end of the competition course.

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

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B, and C Divisions for each event and age group. 13 & over events will be awarded as 13-14, 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.

ADMISSION: Free. Meet Programs will be available through the Meet Mobile app prior to the Meet.

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

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

MINIMUM OFFICIALS: At least seven (7) 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 prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

Club Athletes 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

NOTE: Zone 3 shall include assigned and working Colorado, Intermediary / Chief Timing Judge, and Computer Operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Carded Trainees in the count of officials. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligations under the rule.

EVENT SUMMARY

FRIDAY March 3, 2023			
8 & UN	9-10	11-12	13-18
	200 IM	200 IM	
Open 400 IM			
Open 1650 FR			

SATURDAY March 4, 2023			
8 & UN	9-10	11-12	13-18
50 FR	50 FR	200 FR	200 IM
50 FL	50 FL	50 FR	100 FR
25 BK	100 BK	50 FL	100 FL
25 BR	50 BR	100 BK	200 BK
		100 BR	200 BR
Open 500 FR			

SUNDAY March 5, 2023			
8 & UN	9-10	11-12	13-18
50 BK	50 BK	50 BK	200 FR
25 FL	100 FL	100 FL	100 BK
100 IM	100 IM	100 IM	200 FL
50 BR	100 BR	100 FR	50 FR
25 FR	100 FR	50 BR	100 BR
Open 1000 FR			

EVENTS

FRIDAY March 3, 2023		
Event # Girls	Event Description and Age Group	Event # Boys
1*	Open 400 I.M.	2*
3	9-10 200 I.M.	4
5	11-12 200 I.M.	6
7@	Open 1650 Free	8@
<p>The 400 I.M. and the 1650 Free shall be swum fast to slow and may alternate women's and men's heats and may be split by age and swim separately at the discretion of the Meet Referee.</p> <p>Athletes shall provide their own timers and lap counters for the 1650 Free.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
*6:24.19 @24:53.99	Minimum Seed Time	*6:13.09 @24:21.89

SUNDAY March 4, 2023		
Event # Girls	Event Description and Age Group	Event # Boys
101	13 & O 200 I.M.	102
103	11-12 200 Free	104
105	9-10 50 Free	106
107	8 & U 50 Free	108
109	13 & O 100 Free	110
111	11-12 50 Free	112
113	9-10 50 Fly	114
115	8 & U 50 Fly	116
117	13 & O 100 Fly	118
119	11-12 50 Fly	120
121	9-10 100 Back	122
123	8 & U 25 Back	124
125	13 & O 200 Back	126
127	11-12 100 Back	128
129	9-10 50 Breast	130
131	8 & U 25 Breast	132
133	13 & O 200 Breast	134
135	11-12 100 Breast	136
137#	Open 500 Free	138#
<p>The 500 Free shall be swum fastest to slowest and may alternate women's and men's heats and may be split by age and swim separately at the discretion of the Meet Referee.</p> <p>Athletes shall provide their own timers and lap counters for this event.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
#7:08.79	Minimum Seed Time	#6:57.29

SUNDAY March 5, 2023		
Event # Girls	Event Description and Age Group	Event # Boys
201	13 & O 200 Free	202
203	11-12 50 Back	204
205	9-10 50 Back	206
207	8 & U 50 Back	208
209	13 & O 100 Back	210
211	11-12 100 Fly	212
213	9-10 100 Fly	214
215	8 & U 25 Fly	216
217	13 & O 200 Fly	218
219	11-12 100 I.M.	220
221	9-10 100 I.M.	222
223	8 & U 100 I.M.	224
225	13 & O 50 Free	226
227	11-12 100 Free	228
229	9-10 100 Breast	230
231	8 & U 50 Breast	232
233	13 & O 100 Breast	234
235	11-12 50 Breast	236
237	8 & U 25 Free	238
239	9-10 100 Free	240
241+	Open 1000 Free	242+
<p>The 1000 Free shall be swum fastest to slowest and may alternate women's and men's heats and may be split by age and swim separately at the discretion of the Meet Referee.</p> <p>Athletes shall provide their own timers and lap counters for this event.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
+14:48.09	Minimum Seed Time	+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 SHORT CBA+ Late February Frost March 3 – 5, 2023 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													