

**10 & Under Guppy Meet**  
**Hosted by Vestavia Country Club**  
**Monday, July 21, 2025**  
**4:00 pm**

<b><u>HOSTED BY:</u></b>	Vestavia Country Club	
<b><u>LOCATION:</u></b>	Vestavia Hills Country Club 400 Beaumont Drive Vestavia, AL 35216	
<b><u>RULES:</u></b>	2025 JSSC rules will govern the conduct of the meet unless otherwise noted.	
<b><u>OFFICIALS:</u></b>	Meet Director: Andrea White, VCC Aquatics Director Referee & Starter: Steve Lebo Stroke and Turn Officials and Timer Volunteers from visiting teams are needed.	
<b><u>ELIGIBILITY:</u></b>	Open to all swimmers 10 years of age or younger who have <b>not</b> qualified for the JSSC Championships in a stroke. All participants must be JSSC registered athletes 10 years of age or younger as of the first day of June 2025 to be eligible for the meet. Entries for events where the swimmer has achieved the JSSC standard will be rejected. It is the responsibility of the team coach to ensure no athletes with JSSC championship qualifying times swim in the Guppy Meet in a stroke.	
<b><u>WARM-UPS:</u></b>	JSSC Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.	
<b><u>STARTING TIMES:</u></b>	Warm-up 2:30 PM	Competition 4:00 PM
<b><u>ENTRIES:</u></b>	Any swimmer attending the meet must have their entries submitted by the deadline of 6:00 pm Thursday, July 17, 2025. All entries will be submitted using Swimmingly software. Teams who do not have their entries submitted by the deadline will only be allowed to swim in the meet at the discretion of the Meet Director and will be subject to deck entry in available lanes. Events will not be reseeded for late entries and new heats will not be created for late entries.	
	Each club must print and sign the waiver of liability below. Waiver must be turned in before the start of the meet with team payment.	
<b><u>ENTRY DEADLINE:</u></b>	All entries are due no later than <b><u>6:00 pm Thursday, July 17, 2025.</u></b> Late Entries will be taken at the Meet Director's discretion.	

**FEES:** \$25.00 per individual swimmer. Check, and cash accepted. **One payment per club is preferred.** Entry fees are nonrefundable. **Make check payable to Vestavia Country Club. All Payments must be submitted to Andrea White, VCC Aquatics Director.**

**LIMITS:** Swimmers are limited to 4 individual events.

**EVENTS:** 6 & Under, 7 & 8 Boys and Girls – 25 yd Freestyle, Breaststroke, Butterfly, and Backstroke. 50 yd Freestyle. 100 yd IM.

9 & 10 Boys and Girls – 50 yd Freestyle, Breaststroke, Butterfly, and Backstroke. 100 yd Freestyle. 100 yd IM.

**ENTRY ERRORS:** A psych sheet and/or heat sheet will be emailed for review after the entry deadline. If there is an error, the swimmer will be deck-entered into an open lane of the heat nearest his/her entry time. The entire event will not be reseeded.

**MEET FORMAT:** This is a timed finals meet. All events will be pre-seeded slowest to fastest. The Meet Referee and/or Clerk of Course reserves the right to combine heats/events in order to meet time constraints, place swimmers who missed events, as well as take breaks as needed.

**SCRATCHES/ PENALTIES:** All scratches should be submitted to the Clerk of Course by 12:00pm the day of the competition. A swimmer may scratch a pre-seeded event on the block without penalty. A swimmer may not scratch from one event to enter another event.

**VOLUNTEERS & OFFICIALS:** USA and JSSC Certified officials and parent volunteers are needed to assist with the meet. There will be an officials and volunteers meeting 30 minutes before the start of the meet at the starter table.

**AWARDS:** Ribbons for 1st – 8th place in individual events for each age group heat winner will be awarded. Medals will be awarded for each age group event in 1st-3rd place. The age groups awarded are 6 & under, 7 & 8, and 9 & 10.

**COACHES' MEETING:** A coaches meeting will be held 15 minutes prior to the start of the meet at the front desk.

**RESULTS:** Results will be posted in SwimminglyFan.

**EVALUATION:** Any comments, suggestions or evaluations should be sent to:  
Andrea White/ awhite@vestaviacc.com

**Guppy Meet**  
**Hosted by Vestavia Swim Association**  
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**Waiver, Acknowledgment, and Liability Release**

I, the undersigned coach or team representative, verify all of the swimmers and coaches listed on the enclosed entry form/team information are Jefferson Shelby Swim Council (JSSC) registered and entered into the meet in accordance and subject to JSSC Swimming Rules and Regulations.

I also acknowledge I am familiar with the rules of JSSC regarding warm-up procedures and meet safety guidelines, and I shall be responsible for the compliance of my team's swimmers with those rules during this meet.

I acknowledge Vestavia Country Club, City of Vestavia Hills, Vestavia Country Club Swim and Dive, Vestavia Country Club Swim Committee, and JSSC shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet.

I also acknowledge by entering this meet I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

Signature of coach or club official: \_\_\_\_\_

Title: \_\_\_\_\_

Club: \_\_\_\_\_

Date: \_\_\_\_\_