

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING ZONE 3 LONG COURSE C/B/A+ MEET
APRIL 14-15, 2007
Enter online at: <http://swimconnection.com/pc/meet/vjo>

- Sanction:** Held under USA/Pacific Swimming Sanction No.: **0657**
- Location:** **John F. Cunningham Aquatic Complex, 801 Heartwood Ave., Vallejo, CA.**
From I-80 East onto Georgia Street; From I-80 West, RIGHT up over freeway on to Georgia Street. Go east on Georgia Street, through 3 stop lights. Turn LEFT on Heartwood to pool.
From Contra Costa, take I-680 NORTH to I-780 NORTH. Exit from I-780 at Columbus Parkway. Turn right on Georgia Street. Turn right on Heartwood. Pool is on the left side. **Pool parking lot is for officials only. Those parking in improper areas will be ticketed by V.P.D.**
- Course:** Outdoor, heated pool: 50 meters, 8 competition lanes single course expandable to double sided (two 8 lane courses). Separate warm-up and warm-down area available throughout the meet.
- Time:** **Meet begins at 9:00 a.m.** Warm-ups from 7:30 to 8:45 a.m.
- Rules:** Current USA/ Pacific Swimming rules will govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All events are timed finals. **Swimmers may compete in three (3) events per day.** All coaches and deck officials must wear their USA-S membership cards in a visible manner. If 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 400IM, 400 Free and 800 Free will held as "OPEN" events and are therefore not subject to the "four hour rule". There will be a minimum limiting seed time that must have been met for each of the Open Events. The 400 and 800 Free events will be swum in event order and in a "slow to fast" sequence with the option of reversing the order at the discretion of the Meet Referee and Meet Director.**
- Restrictions:** Smoking and use of other tobacco products is prohibited on the deck, in the locker rooms, in spectator seating or standing areas and in all areas used by the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass containers of any kind are not permitted in the pool area and locker rooms. Meet venue includes John F. Cunningham Aquatic Complex (locker rooms and pool deck) with parking lot and GVRD clubhouse with connecting thruway. Venue does **not** include adjacent playgrounds, equipment, tennis courts, or Hogan High School facilities. **Tents will be allowed in the bleachers and at the West end of the Pool.**
- Eligibility:** Swimmers must be current members of USA -S 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 swimmer with the registration and times database. The meet host must check all swimmer 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. Meet is open to all qualified swimmers, who have met the listed time standards. **Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.** Fees for entries in the OPEN events that cannot be proved in the computer database or by a set of complete meet results will not be refunded. Swimmers over the age of 18 may participate in the 13 & over and Open events but will not be scored or awarded. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

- Check -in:** The meet will be deck seeded. Swimmers must check in at the Clerk of Course. Close of check in for all events shall be no more than 30 minutes prior to the estimated start of the first heat of the event. Swimmers who do not check in may not compete in the event.
- Scratches:** Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which that swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded or the referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.
- Online Entries:** Swimmers may enter this meet online or by mail. Enter at: <http://swimconnection.com/pc/meet/vjo> 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 swimmer plus 5% times the 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 in order to enter this meet. The deadline for online entries is Thursday, April 5, 2007 at midnight. If entering online, please make sure to bring your confirmation notice with the events listed.**
- Mail Entries:** Entries must be on the attached Consolidated Entry card. Entry cards must be filled out including best long course time for each event. Entry forms must be completely filled out including best **LONG COURSE** time for each event. **Entered times must be submitted in METERS.** Time Conversions from short course yards will no longer be required or allowed. Pacific Swimming's Rules and Regulations specify that **when you have achieved a specific class level (for example, "B" or "A") in an event in one course, you are considered to be qualified at that same level in all courses.** Accordingly, you must always enter a time which maintains the class for which you've qualified in an event. "No Time" entries will be accepted for all events except the Open events and will be seeded in the first heats. Incomplete or illegible entries may require a collect call be made in order to accept entries. **Entries must be postmarked by midnight, Monday, April 2, 2007, or hand delivered to 6117 La Costa Court, Vallejo, CA by 8:00 p.m. Thursday, April 5, 2007.** No refunds will be made except in the instance of a mandatory scratch down. Additional meet sheets may be available at www.vallejoaquatics.org. If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard.
- Entry fees:** \$2.25 per event. There is a \$5.00 participation fee per swimmer. Make checks payable to **Vallejo Aquatic Club** or **VJO** and mail with entries to:
Vallejo Aquatic Club, P.O. Box 5846, Vallejo, CA 94591.
- 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, and 15-18 age groups. 10 & Under events will be awarded as 8 & Under and 9-10 Age Groups. "A" medals will be awarded to swimmers achieving new "A" times. "A" medals must be picked up at the meet. Medals will not be mailed.
- Admission:** Free. Three day programs will be available for \$4.00.
- Officials:** Referees: Susi Jackson Head Starter: Jeff Hine
Head Marshal: Mark Kearney Meet Director: Rebecca Kearney (707) 643-7387
mkearney@scronline.com
- Hospitality:** A snack bar will be in operation during the meet. Lunches and snacks will be served to working deck officials and coaches. Snacks will be served to all timers during the meet.

Saturday, April 14, 2007

<u>10-under</u>	<u>11-12</u>	<u>13-over</u>
400 IM*	400 IM*	400 IM*
	200 Breast	200 Breast
50 Breast	50 Breast	200 Free
100 Back	100 Back	100 Back
50 Free	50 Free	50 Free
100 Fly	100 Fly	100 Fly
800 Free*	800 Free*	800 Free*

Sunday, April 15, 2007

<u>10-under</u>	<u>11-12</u>	<u>13-over</u>
	200 Back	200 Back
50 Fly	50 Fly	200 I.M.
100 Free	200 IM	100 Free
100 Breast	100 Free	100 Breast
50 Back	100 Breast	200 Fly
400 Free*	50 Back	400 Free*
	400 Free*	

OPEN EVENTS; Must have met at least the listed minimum seed time to enter

SCHEDULE OF EVENTS
SATURDAY, APRIL 14, 2007

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
Minimum Seed Time	7:32.09	1	OPEN	400 IM	2	7:28.29	Minimum Seed Time
		3	11 & OV	200 BREAST	4		
3:57.79	3:23.69		11-12			3:54.69	3:21.19
3:43.99	3:11.99		13-14			3:32.79	3:02.39
3:39.89	3:08.49		15-16			3:23.29	2:54.29
3:39.99	3:08.59		17-18			3:18.79	2:50.39
		5	13 & OV	200 FREE	6		
2:57.99	2:32.59		13-14			2:49.19	2:24.99
2:54.29	2:29.39		15-16			2:42.09	2:18.99
2:52.79	2:28.09		17-18			2:38.99	2:16.29
		7	10 & UN	50 BREAST	8		
1:12.49	1:01.89		8 & UN			1:12.49	1:01.39
1:01.59	48.29		9-10			1:01.59	48.49
49.09	42.09	9	11-12	50 BREAST	10	51.09	43.09
2:02.49	1:35.29	11	10 & UN	100 BACK	12	1:58.49	1:33.69
1:42.39	1:26.29	13	11-12	100 BACK	14	1:39.29	1:23.59
		15	13 & OV	100 BACK	16		
1:33.49	1:20.09		13-14			1:27.59	1:15.09
1:31.29	1:18.29		15-16			1:23.59	1:11.69
1:30.79	1:17.79		17-18			1:21.99	1:10.29
		17	10 & UN	50 FREE	18		
58.19	48.19		8 & UN			58.19	46.09
45.29	36.49		9-10			44.49	36.19
39.19	33.69	19	11-12	50 FREE	20	38.39	32.99
		21	13 & OV	50 FREE	22		
38.19	32.79		13-14			35.69	30.59
37.69	32.29		15-16			34.19	29.39
37.49	32.19		17-18			33.49	28.69
2:13.69	1:38.69	23	10 & UN	100 FLY	24	2:10.79	1:37.19
1:38.69	1:22.89	25	11-12	100 FLY	26	1:38.19	1:22.09
		27	13 & OV	100 FLY	28		
1:30.19	1:17.29		13-14			1:23.99	1:11.99
1:28.49	1:15.89		15-16			1:20.59	1:09.09
1:27.79	1:15.19		17-18			1:18.49	1:07.29
Minimum Seed Time	13:32.49	29	OPEN	800 FREE	30	13:35.89	Minimum Seed Time

**SCHEDULE OF EVENTS
SUNDAY, APRIL 15, 2007**

B TIME GIRLS	A TIME GIRLS	EVENT	AGE	DESCRIPTION	EVENT	B TIME BOYS	A TIME BOYS
		31	11 & OV	200 BACK	32		
3:30.79	3:00.69		11-12			3:30.29	3:00.29
3:19.99	2:51.39		13-14			3:08.59	2:41.59
3:15.19	2:47.29		15-16			2:59.99	2:34.29
3:13.99	2:46.29		17-18			2:56.29	2:31.09
		33	10 & UN	50 FLY	34		
1:06.99	58.99		8 & UN			1:06.99	58.39
55.09	42.09		9-10			52.89	40.99
42.69	36.59	35	11-12	50 FLY	36	43.49	36.59
		37	13 & OV	200 IM	38		
3:21.09	2:52.39		13-14			3:09.89	2:42.79
3:16.09	2:48.09		15-16			3:03.29	2:37.09
3:16.29	2:48.29		17-18			2:58.29	2:32.79
3:30.19	3:00.19	39	11-12	200 IM	40	3:29.59	2:58.09
		41	10 & UN	100 FREE	42		
2:07.79	1:46.59		8 & UN			2:04.79	1:40.09
1:43.99	1:21.89		9-10			1:41.59	1:20.59
1:26.39	1:14.09	43	11-12	100 FREE	44	1:23.49	1:11.59
		45	13 OV	100 FREE	46		
1:22.89	1:11.09		13-14			1:17.69	1:06.59
1:21.09	1:09.59		15-16			1:14.79	1:04.09
1:20.69	1:09.19		17-18			1:13.19	1:02.69
2:17.69	1:47.09	47	10 & UN	100 BREAST	48	2:13.59	1:45.99
1:49.99	1:33.79	49	11-12	100 BREAST	50	1:50.49	1:33.59
		51	13& OV	100 BREAST	52		
1:43.99	1:29.09		13-14			1:37.49	1:23.59
1:42.29	1:27.69		15-16			1:33.99	1:20.59
1:42.19	1:27.59		17-18			1:31.49	1:18.39
		53	10 & UN	50 BACK	54		
1:06.99	57.89		8 & UN			1:06.99	56.69
55.99	43.69		9-10			56.79	44.19
45.69	39.19	55	11-12	50 BACK	56	45.79	38.79
		57	13 & OV	200 FLY	58		
3:17.69	2:49.49		13-14			3:06.59	2:39.89
3:12.09	2:44.69		15-16			2:57.59	2:32.19
3:09.49	2:42.39		17-18			2:54.49	2:29.49
Minimum Seed Time	6:27.79	59	OPEN	400 FREE	60	6:24.09	Minimum Seed Time

