

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING ZONE 3 LONG COURSE PC-CBA+ MEET

April 30 – May 2, 2010

Enter online at: <http://ome.swimconnection.com/pc/vjo20100430>

Sanction: Held under USA/Pacific Swimming Sanction No.: **10-045**

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 left 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: **50 Meter** Outdoor, heated pool with up to 8 competition lanes expandable to 16 lanes. Separate warm-up and warm-down area available throughout the meet. The minimum water depth in accordance with Article 103.2.3, is 4 ft at the start and 13 ft at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Time: **Meet begins at 5pm on Friday**
Warm ups from 3:30pm – 4:45 pm
Meet begins at 9:00 a.m both Saturday and Sunday.
Warm-ups from 7:30am 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. All swimmers ages 12 and under should complete competition within four (4) hours. **Swimmers may compete in only one event on Friday and up to four events on Saturday and Sunday.** All coaches and deck officials must wear their USA Swimming [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 or close the meet to further entries per the following statement: **When the number of splashes either meets or exceeds the estimated timeline, per the Four Hour Rule, all entries will be closed and notification posted both on the Swim Connection website and on the VJO and Pacific Swimming websites. Entry forms and payments received after the close of meet will be returned with an explanation.** In the event of a mandatory scratch down, immediate cash refunds will be made.

The 1500M free, 800M free, 400IM and 400M free will be held as “OPEN” events and are therefore not subject to the “four hour rule”. There will be a minimum seed time that must have been met for each of the Open events. The Open events will be swum in event order and in a “fast to slow” sequence with the option of reversing the order at the discretion of the Meet Referee and Meet Director. Swimmers entering the 1500M, 800M and 400M freestyle events will need to provide their own timers and lap counters. Entry times for OPEN events with a minimum time standard (see Schedule of Events listed on pages 4 and 5) which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the swimmer’s coach, either of which may be presented upon check-in. (See p 94, 2010 Pacific Swimming Guide).

Coaches are to sign in at the meet when they get their program and present their registration card. Coaches listed on the “Expired” list or have no card and do not show up on the “Registered” list will be told that they will have to remove themselves from coaching their swimmers on the deck..

Restrictions: Smoking and use of other tobacco products is prohibited anywhere in the meet venue which is described as: on the pool deck, in the locker rooms, in spectator seating or standing areas, including John F. Cunningham Aquatic Complex with parking lot and GVRD clubhouse with connecting thruway, 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 anywhere in the meet venue. The Meet Venue does **not** include adjacent playgrounds, equipment, tennis courts, or Hogan High School facilities. **Tents and/or Pop-Ups will not be allowed on deck, except at the west end of the pool. For Fire and Safety purposes, the coaches area is for coaches only. Swimmers/team members may check with their coaches but cannot stay there**

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 Verification Procedures. **Fees for entries in the OPEN events that cannot be proved in the computer database, by a set of complete meet results or verified by the swimmer's coach will not be refunded. Swimmers aged 19 years and over may participate in the 13 & over and Open events but will not be scored or awarded.** Such swimmers must have met the time standards for the open and 17-18 age group events. 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: There is no penalty for swimmers not checking in for a particular event; they will simply be scratched from it. Swimmers entered in an individual event that is seeded on the deck, who have checked in for that event, must swim in the event unless they notify the clerk of the course before the seeding for that event has begun that they wish to scratch. **Failure to swim an event will result in being scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first.** Events seeded on the deck shall be closed for seeding no earlier than 30 minutes prior to the estimated start of the event. 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 circumstance beyond the control of the swimmer.

ONLINE ENTRIES: You may enter this meet online or by mail. Enter at: <http://ome.swimconnection.com/pc/vjo20100430> 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 fee. 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. **Online entries will be accepted through midnight, Thursday, April 22, or until the number of splashes either meets or exceeds the estimated timeline, per the Four Hour Rule, at which time on-line entries will be closed and notification posted both on the Swim Connection website and on the VJO and Pacific Swimming websites.** Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet.

Paper Entries: Entries must be on the attached Consolidated Entry card. 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 19, 2010, or hand delivered by 8:00 pm Thursday, April 22, 2010 to 301 Angelina Way, Vallejo, Ca 94589.** 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: \$2.75 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 & OV events will be awarded as 13-14 and 15-16, 17-18 Age Groups. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new "A" times swum during this meet only. Open events will not be awarded

Admission: Free. Two day programs will be available for at a reasonable price.

Officials: Referee: Bruce Baldwin Head Starter: Don Bautista
Head Marshal: Felix Viray Meet Director: Debbie Rodinsky (707) 643 8567
Rodsky@pacbell.net

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.

MEET SUMMARY

Friday, April 30, 2010

<u>8 Un</u>	<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
1500 Free*	200 IM	200 IM	1500 Free*
	1500 Free*	1500 Free*	

* **Must meet Minimum Time Standard as listed in the Schedule of Events**
Swimmers in the 1500M freestyle must provide their own timers and lap counters.

Saturday, May 1, 2010

<u>8 Un</u>	<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
400 IM*	400 IM*	400 IM*	400 IM*
50 Breast	50 Breast	200 Breast	200 Breast
50 Free	100 Back	50 Breast	200 Free
800 Free*	50 Free	100 Back	100 Back
	100 Fly	50 Free	50 Free
	800 Free*	100 Fly	100 Fly
		800 Free*	800 Free*

* **Must meet Minimum Time Standard as listed in the Schedule of Events**
Swimmers in the 800M freestyle must provide their own timers and lap counters.

Sunday, May 2, 2010

<u>8 Un</u>	<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
50 Fly	50 Fly	200 Back	200 Back
100 Free	100 Free	50 Fly	200 I.M.
50 Back	100 Breast	100 Free	100 Free
400 Free*	50 Back	100 Breast	100 Breast
	400 Free*	50 Back	200 Fly
		400 Free*	400 Free*

* **Must meet Minimum Time Standard as listed in the Schedule of Events**
Swimmers in the 400M freestyle must provide their own timers.

SCHEDULE OF EVENTS Friday, April 30, 2010

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
4:13.29	3:49.89	1	9-10	200 IM	2	4:16.29	3:52.69
3:42.59	3:22.09	3	11-12	200 IM	4	3:44.29	3:23.59
	Minimum standard 27:06.29	5	OPEN	1500 FREE	6	Minimum standard 26:55.59	

SCHEDULE OF EVENTS Saturday, May 1, 2010

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
	GIRLS					BOYS	BOYS
	Minimum standard 7:51.59	7	OPEN	400 IM	8	Minimum standards 7:55.59	
		9	11 & OV	200 BREAST	10		
4:11.79	3:48.59		11-12			4:08.49	3:45.49
3:59.99	3:37.79		13-14			3:50.39	3:29.09
3:58.59	3:36.59		15-16			3:40.89	3:20.49
4:10.19	3:47.09		17-18			3:45.29	3:24.49
		11	13 & OV	200 FREE	12		
3:03.59	2:46.59		13-14			2:55.39	2:39.19
3:02.19	2:45.39		15-16			2:46.79	2:31.39
3:06.59	2:49.39		17-18			2:45.59	2:30.29
		13	10 & UN	50 BREAST	14		
1:12.49	1:01.89		8 & UN			1:12.49	1:01.39
1:00.89	55.29		9-10			1:01.69	55.99
54.09	49.09	15	11-12	50 BREAST	16	54.09	49.09
1:57.69	1:46.79	17	9-10	100 BACK	18	1:58.19	1:47.29
1:44.49	1:34.89	19	11-12	100 BACK	20	1:45.99	1:36.19
		21	13 & OV	100 BACK	22		
1:38.09	1:28.99		13-14			1:34.69	1:25.89
1:37.29	1:28.29		15-16			1:29.59	1:21.29
1:43.99	1:34.39		17-18			1:31.29	1:22.89
		23	10 & UN	50 FREE	24		
58.19	48.19		8 & UN			58.19	46.09
45.89	41.59		9-10			47.19	42.79
41.39	37.49	25	11-12	50 FREE	26	40.99	37.09
		27	13 & OV	50 FREE	28		
39.39	35.69		13-14			37.59	34.09
39.09	35.39		15-16			35.39	32.09
39.39	35.69		17-18			34.69	31.39
2:00.79	1:49.59	29	9-10	100 FLY	30	2:00.99	1:49.89
1:43.59	1:33.99	31	11-12	100 FLY	32	1:43.99	1:34.39
		33	13 & OV	100 FLY	34		
1:35.49	1:26.59		13-14			1:31.69	1:23.19
1:34.69	1:25.89		15-16			1:24.89	1:17.09
1:36.49	1:27.59		17-18			1:25.59	1:17.69
	Minimum standard 14:05.09	35	OPEN	800 FREE	36	Minimum standard 13:52.99	

SCHEDULE OF EVENTS Sunday, May 2, 2010

B TIME	A TIME	EVEN T	AGE	DESCRIPTION	EVENT	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
		37	11 & OV	200 BACK	38		
3:41.99	3:21.49		11-12			3:43.79	3:23.19
3:32.09	3:12.49		13-14			3:24.39	3:05.49
3:29.99	3:10.59		15-16			3:11.69	2:53.99
3:39.79	3:19.49		17-18			3:27.19	3:07.99
		39	10 & UN	50 FLY	40		
1:06.99	58.99		8 & UN			1:06.99	58.39
51.99	47.19		9-10			52.49	47.59
45.39	41.09	41	11-12	50 FLY	42	45.49	41.29
		43	13 & OV	200 IM	44		
3:28.59	3:09.39		13-14			3:19.79	3:01.39
3:27.69	3:08.49		15-16			3:10.99	2:53.39
3:31.69	3:12.19		17-18			3:11.59	2:53.89
		45	10 & UN	100 FREE	46		
2:07.79	1:46.59		8 & UN			2:04.79	1:40.09
1:41.59	1:32.19		9-10			1:41.69	1:32.29
1:30.09	1:21.79	47	11-12	100 FREE	48	1:29.29	1:21.09
		49	13 OV	100 FREE	50		
1:26.09	1:18.19		13-14			1:20.89	1:13.49
1:23.69	1:15.99		15-16			1:16.49	1:09.49
1:24.89	1:17.09		17-18			1:16.39	1:09.29
2:13.29	2:00.99	51	9-10	100 BREAST	52	2:15.69	2:03.19
1:57.59	1:46.69	53	11-12	100 BREAST	54	1:56.39	1:45.59
		55	13& OV	100 BREAST	56		
1:50.99	1:40.79		13-14			1:46.09	1:36.29
1:50.39	1:40.19		15-16			1:39.99	1:30.69
1:53.79	1:43.29		17-18			1:40.89	1:31.59
		57	10 & UN	50 BACK	58		
1:06.99	57.89		8 & UN			1:06.99	56.69
54.09	49.09		9-10			55.49	50.29
48.29	43.79	59	11-12	50 BACK	60	49.09	44.49
		61	13 & OV	200 FLY	62		
3:35.99	3:15.99		13-14			3:28.09	3:08.89
3:31.39	3:11.89		15-16			3:15.99	2:57.89
3:43.79	3:23.19		17-18			3:21.79	3:03.19
	Minimum standard 6:52.79	63	OPEN	400 FREE	64	Minimum standard 6:57.19	

