

**VALLEJO AQUATIC CLUB**  
**PACIFIC SWIMMING ZONE 3 LCM "THE LONG SPRING THAW" C/B/A+ MEET**  
**May 19-21, 2017**  
Enter Online: <http://ome.swimconnection.com/pc/vjo20170519>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-057**

*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.*

**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.

**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:** Debbi Tucker – [dtucker@pacswim.org](mailto:dtucker@pacswim.org)      **Head Starter:** Susi Jackson/Kian Tavakoli  
**Meet Marshal:** Jennifer Matteo      **Admin Official:** Mike Abegg/Lillian Bautista  
**Meet Director:** Joe Sapida/Gigi Sapida – [meetdirector@vallejoaquatics.org](mailto:meetdirector@vallejoaquatics.org)

**LOCATION:** JOHN F. CUNNINGHAM AQUATIC COMPLEX. 801 HEARTWOOD AVENUE, VALLEJO, CA 94589

**DIRECTIONS:** From I-80 East onto Georgia Street: from I-80 West, RIGHT up over freeway onto Georgia Street. Go east on Georgia Street, past (3) stoplights. 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. For Google Maps directions, use <http://g.co/maps/2k8bh>. **Pool parking lot is only for officials who are working the meet. THOSE PARKING IN IMPROPER AREAS WILL BE TICKETED BY V.P.D AND MAY BE TOWED.**

**COURSE:** Outdoor heated pool: 50 meter pool, with up to 8 competition lanes. If numbers warrant, a double ended meet shall be put into place. Additional lanes shall be available for warm-up/warm down throughout the meet. The minimum water depth measured in accordance with Article 103.2.3, is 4' at the start end and 13' 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 shall begin at 5:00 p.m. on Friday with warm-ups from 3:30 to 4:45 p.m. Meet shall begin at 9:00 a.m. on Saturday and Sunday with warm-ups from 7:30 to 8:45 a.m.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- Athletes may compete in only one (1) event on Friday, and up to four (4) events per day on Saturday and Sunday.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries shall be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's 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 shall be made for any mandatory scratches. No other refunds shall be made.
- **All coaches and deck officials shall display their USA Swimming membership cards in a visible manner. A valid USA Swimming membership presented on Deck Pass shall be accepted.**
- Except for the Open events, no-time entries shall be accepted and placed in the slowest heats.
- All events shall be swum in event order and in a "FAST TO SLOW" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- The 400m freestyle, 800m freestyle, 1500m freestyle, and the 400m individual medley shall 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 shall not be awarded. There is a minimum seed time that shall have been met for each of the Open events. Any athlete who meets or exceeds 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) 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 800m and 1500m freestyle events shall provide their own timers and lap counters.
- Athletes entering the 400m freestyle shall provide their own timers

**RELAYS:** All relay athletes shall be entered in an individual event in the meet.

**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 shall 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, 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 shall be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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.
- Pop-ups and tents shall 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. Athletes may check in with their coaches but cannot stay there.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall check all athlete 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with **"NO TIME" shall be accepted (Exception-open Events, see 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.
- Disabled athletes 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.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY PRIORITY:** Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by April 10, 2017 shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming, other LSC's, and Zone 3 entries after the priority close date shall be considered in the order they are received.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Relay fee is \$9.00 per entry. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs. 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 athlete's coach, shall not be refunded.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/vjo20170519> 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 shall be accepted through 11:59p.m. **Monday, May 8, 2017**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight on **May 8, 2017**, or hand delivered by 6:30 p.m. on **May 8, 2017**. No late entries shall 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  
Re: Swim Meet Entries  
P.O. Box 5846  
Vallejo, CA 94591-5846

**Hand Deliver entries to:** VJO Meet Director  
Re: Swim Meet Entries  
801 Heartwood Avenue  
Vallejo, CA 94589

**CHECK-IN:** The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event. Close of relay entries shall be announced.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons shall be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & Over events shall be awarded as 13-14 and 15-16, 17-18 Age Groups. Ribbons shall be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place finishers in each relay and age group. Athletes aged 19 and over shall not be awarded. "A" medals shall be awarded to athletes achieving new individual "A" times swum during this meet only. Open events shall not be awarded.

**AWARDS SHALL BE PICKED UP ON SUNDAY BY A CLUB'S COACH OR REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK UP &/OR DELIVERY OF AWARDS. ALL AWARDS NOT PICKED UP WILL NOT BE DISTRIBUTED UNLESS A PREPAID ENVELOPE IS PROVIDED. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** Free. A three-day program shall be available for \$5.00.

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

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

**MINIMUM OFFICIALS:** At least seven 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 required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

\*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 uncarded Trainees in the count of officials for up to two sessions. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

#### EVENT SUMMARY

FRIDAY			
8 & UN	9-10	11-12	13-UP
1500 FREE	200 IM	200 IM	1500 FREE
	1500 FREE	1500 FREE	

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
400 IM	400 IM	400 IM	400 IM	50 FLY	50 FLY	200 BACK	200 BACK
50 BREAST	50 BREAST	200 BREAST	200 BREAST	100 FREE	100 FREE	50 FLY	200 IM
50 FREE	100 BACK	50 BREAST	200 FREE	50 BACK	100 BREAST	100 FREE	100 FREE
200 MR	50 FREE	100 BACK	100 BACK	200 FR	50 BACK	100 BREAST	100 BREAST
800 FREE	100 FLY	50 FREE	50 FREE	400 FREE	200 FR	50 BACK	200 FLY
	200 MR	100 FLY	100 FLY		400 FREE	200 FR	200 FR
	800 FREE	200 MR	200 MR			400 FREE	400 FREE
		800 FREE	800 FREE				

## SCHEDULE OF EVENTS

FRIDAY MAY 19			SATURDAY MAY 20			SUNDAY MAY 21		
Girls	Event Description and Age Group	Boys	Girls	Event Description and Age Group	Boys	Girls	Event Description and Age Group	Boys
1	9-10 200 I.M.	2	7#	OPEN <sup>2</sup> 400 IM	8#	43	11 & O 200 BACK	44
3	11-12 200 I.M.	4	9	11 & O 200 BREAST	10	45	10 & U 50 FLY	46
5*	Open 1500 FREE <sup>1</sup>	6*	11	13 & O 200 FREE	12	47	11-12 50 FLY	48
			13	10 & U 50 BREAST	14	49	13 & O 200 IM	50
			15	11-12 50 BREAST	16	51	10 & U 100 FREE	52
			17	9-10 100 BACK	18	53	11-12 100 FREE	54
			19	11-12 100 BACK	20	55	13 & O 100 FREE	56
			21	13 & O 100 BACK	22	57	9-10 100 BREAST	58
			23	10 & U 50 FREE	24	59	11-12 100 BREAST	60
			25	11-12 50 FREE	26	61	13 & O 100 BREAST	62
			27	13 & O 50 FREE	28	63	10 & U 50 BACK	64
			29	9-10 100 FLY	30	65	11-12 50 BACK	66
			31	11-12 100 FLY	32	67	13 & O 200 FLY	68
			33	13 & O 100 FLY	34	69	10 & U 200 FREE RELAY	70
			35	10 & U 200 MEDLEY RELAY	36	71	11-12 200 FREE RELAY	72
			37	11-12 200 MEDLEY RELAY	38	73	13 & O 200 FREE RELAY	74
			39	13 & O 200 MEDLEY RELAY	40	75@	OPEN <sup>4</sup> 400 FREE	76@
			41+	OPEN <sup>3</sup> 800 FREE	42+			
<p><sup>1</sup> The 1500 Free shall be swum fastest to slowest, and may alternate women's and men's heats 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>			<p><sup>2/3</sup> The 400 IM &amp; 800 FREE shall be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.</p> <p>800 FREE Athletes shall provide their own timers and lap counters for this event.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>			<p><sup>4</sup> The 400 FREE shall be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.</p> <p>Athletes shall provide their own timers.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
*25:45.79	Minimum Seed Time	*25:13.59	#7:19.69 +13:26.79	Minimum Seed Time	#7:10.19 +13:11.69	@6:51.09	Minimum Seed Time	@6:44.59

Pacific Swimming – Hosted by Vallejo Aquatic Club “The Long Spring Thaw” May 19-21, 2017 Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.			UNATT CLUB 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 10.00 Total                              \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						