

VALLEJO AQUATIC CLUB
THE LONG SPRING THAW C/B/A+
PACIFIC SWIMMING ZONE 3 LONG COURSE MEET
MAY 20-22, 2016



Enter Online: <http://ome.swimconnection.com/pc/vjo20160520>

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-063**

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	Head Starter: Susi Jackson
Meet Marshal: Dan Man	Admin Official: Albert Yu
Meet Director: Joe Sapida – meetchief@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, with up to 8 competition lanes. If numbers warrant, a double ended meet will be put into place. Separate warm-up and warm-down area is available throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'0" at the start end and 4'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified and a copy of the certification is on file with USA Swimming.

TIME: Friday's session will begin at 5:00 p.m., with warm-ups from 3:30-4:45 p.m. Saturday & Sunday sessions will begin at 9:00 a.m. each day, with warm-ups from 7:30-8:45 a.m.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures will 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 will 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 will be made for any mandatory scratches.
- Except for the Open events, no-time entries will be accepted and placed in the slowest heats.
- All events will 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 events 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 will be 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 800m and 1500m freestyle events shall provide their own timers and lap counters.
 - **All coaches and deck officials shall visibly display their current USA Swimming membership card.**

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 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 must be properly secured.
- Pop-ups and tents 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 in with their coaches but cannot stay there.
- **NO** pets allowed on deck, other than service assistance animals.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

ELIGIBILITY:

- Athletes 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 athlete with the registration database. The meet host will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- 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, see rules.)**
- 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. Such athletes shall meet 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 PRIORITY: Entries from members of Zone 3 teams (including unattached athletes training with those teams) postmarked or entered on line by Monday, May 2, 2016 shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered on line by the entry deadline shall be considered in the order they are received.

ENTRY FEES: \$4.00 per event plus \$10.00 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. 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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/vjo20160520> 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 11:59pm on Monday, **May 9, 2016.**

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 or hand delivered by 6:30 p.m, **on Monday May 9, 2016.** 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
Re: Swim Meet Entries
P.O. Box 5846
Vallejo, CA 94591-5846

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.

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 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.

AWARDS MUST BE PICKED UP ON SUNDAY BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED. AWARDS THAT ARE NOT PICKED UP AT THE MEET (ONLY FOR ZONE 3 TEAMS) WILL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING. NON ZONE 3 TEAMS AND UNATTACHED SWIMMERS MUST COORDINATE WITH THE AWARDS DESK FOR PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES MUST BE PROVIDED. AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.

ADMISSION: FREE. A three-day program will 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 will 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 trials and finals meet, the club will 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 will 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 will accept uncarded Trainees in the count of officials for up to two sessions. Teams may use officials “borrowed” from other teams, 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	100 BACK	100 BACK
50 BREAST	50 BREAST	100 BREAST	100 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
800 FREE	50 FREE	200 BACK	200 BACK	400 FREE	50 BACK	200 BREAST	200 BREAST
	100 FLY	50 FREE	50 FREE		400 FREE	50 BACK	200 FLY
	800 FREE	100 FLY	100 FLY			400 FREE	400 FREE
		800 FREE	800 FREE				



VALLEJO AQUATIC CLUB
LCM C/B/A+
SCHEDULE OF EVENTS

FRIDAY MAY 20, 2016		
Girls	Event Description and Age Group	Boys
1	9-10 200 IM	2
3	11-12 200 IM	4
5*	Open 1500 Free ¹	6*
<p>1: The 1500 Free will 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>		
*25:45.79	Minimum Seed Time	*25:24.09

SATURDAY MAY 21, 2016		
Girls	Event Description and Age Group	Boys
7#	OPEN ² 400 IM	8#
9	11 & O 100 BREAST	10
11	13 & O 200 FREE	12
13	10 & U 50 BREAST	14
15	11-12 50 BREAST	16
17	9-10 100 BACK	18
19	11-12 200 BACK	20
21	13 & O 200 BACK	22
23	10 & U 50 FREE	24
25	11-12 50 FREE	26
27	13 & O 50 FREE	28
29	9-10 100 FLY	30
31	11-12 100 FLY	32
33	13 & O 100 FLY	34
35+	OPEN ³ 800 FREE	36+
<p>2/3: The 400 IM & 800 FREE will 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 counter for the 800 Free</p> <p>#+Athletes shall have met the Minimum Time Standard below.</p>		
#7:23.79 +13:27.89	Minimum Seed Time	#7:13.49 +13:16.49

SUNDAY MAY 22, 2016		
Girls	Event Description and Age Group	Boys
37	11 & O 100 BACK	38
39	10 & U 50 FLY	40
41	11-12 50 FLY	42
43	13 & O 200 IM	44
45	10 & U 100 FREE	46
47	11-12 100 FREE	48
49	13 & O 100 FREE	50
51	9-10 100 BREAST	52
53	11-12 200 BREAST	54
55	13 & O 200 BREAST	56
57	10 & U 50 BACK	58
59	11-12 50 BACK	60
61	13 & O 200 FLY	62
63@	OPEN ⁴ 400 FREE	64@
<p>4: The 400 FREE will 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 have met the Minimum Time Standard below.</p>		
@6:23.89	Minimum Seed Time	@6:15.49

Use the following URL to find the time standards: <http://www.pacswim.org/userfiles/cms/documents/477/usas-1316.pdf>

Pacific Swimming – Hosted by Vallejo Aquatic Club THE LONG SPRING THAW MAY 20-22, 2016 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			
							:	.		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						
Email													