

**VALLEJO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE DUAL MEET VJO AND WA
SATURDAY, JUNE 15th 2019**



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-097**

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. **The results of this meet may be posted in real time on the Internet at Meet Mobile.**

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:* PHIL GRANT *Head Starter:* CANDACE VAN DEWARK
 Meet Marshal: JENNIFER MATTEO *Admin Official:* MIKE ABEGG
 Meet Director: JENNIFER THIEM – jenniferthiem@vallejoaquatics.org / (707)292-6473

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>. **THOSE PARKING IN IMPROPER AREAS WILL BE TICKETED BY V.P.D AND MAY BE TOWED.**

COURSE: Outdoor 25 yard pool with up to 9 lanes available for competition. An additional 3 lanes shall be available for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" 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 10 AM each day with warm-ups from 9 to 9:45 AM.

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 **MAXIMUM 4** individual events and 3 relays per day.
- 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, subject to the provisions of Pacific Swimming Rules and Regulations.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

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.
- Deck Changes are 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.

ELIGIBILITY:

- Only member athletes or athletes training with VJO or WA may enter this meet.
- 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.
- Entries are limited to athletes attached to or training with VJO and WA.
- Entries with "**NO TIME**" shall be **ACCEPTED**.
- 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.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

ENTRY FEES: \$10.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

ENTRIES: Entries are limited to athletes attached to, or in training with, VJO and WA. Entries shall be submitted by the team entry representative. Team Manager Entry file **REQUIRED:** All entries shall be submitted using a Team Manager CL2 or HY3 electronic file. Entries must be emailed in by Wednesday, June 5th 2019. No late entries will be accepted.

Make check payable to: VALLEJO AQUATIC CLUB

Mail entries to: VJO MEET DIRECTOR
P.O. Box 5846
VALLEJO, CA 94591

Hand deliver entries to: VJO Meet Director

RE: Swim Meet Entries
801 HEARTWOOD AVE
VALLEJO, CA 94589

CHECK-IN: The meet will be pre-seeded. A scratch down meeting will be held 15 minutes prior to the start of the meet.

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: None

ADMISSION: Free. Programs will be posted in multiple areas around the pool.

SNACK BAR & HOSPITALITY: A small snack bar will be available throughout the competition. Coaches and working deck officials will be provided snacks. 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 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.

EVENTS

Saturday, June 15th		
EVENT	EVENT	EVENT
1	10 & Under 100 Medley Relay	2
3	Open 200 Medley Relay	4
5	Open 100 Free	6
7	8-Under 25 Free	8
9	10-Under 50 Free	10
11	11 & Over 50 Free	12
13	Open 100 Breast	14
15	8-Under 25 Breast	16
17	10-Under 50 Breast	18
19	11 & Over 50 Breast	20
21	Open 100 Fly	22
23	8-Under 25 Fly	24
25	10-Under 50 Fly	26
27	11 & Over 50 Fly	28
29	Open 100 Back	30
31	8-Under 25 Back	32
33	10-Under 50 Back	34
35	11 & Over 50 Back	36
37	10-Under 100 IM	38
39	11 & Over 100 IM	40
41	10 & Under 100 Free Relay	42
43	Open 200 Free Relay	44
45	100 Inner Tube Relay	46

Pacific Swimming – Hosted by VALLEJO AQUATIC CLUB SHORT COURSE DUAL MEET SATURDAY, JUNE 15th 2019 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				
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						: .			SCY / LCM				
Participation Fee \$ 10.00													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													