

**VALLEJO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE TRI MEET
SATURDAY, DECEMBER 12TH, 2015**



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-179**

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.

OFFICIALS:

Meet Referee: Debbi Tucker	Head Starter: Susi Jackson
Meet Marshal: Sarah Melanephy	Admin Official: Barb de Vries
Meet Director: Jennifer Thiem – (707) 292-6473, jenniferthiem@vallejoaquatics.org	

LOCATION: JOHN F. CUNNINGHAM AQUATIC COMPLEX. 801 HEARTWOOD AVE., VALLEJO, CA.

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 can be found on the north side of the facility and on the street. Those parking in improper areas will be ticketed by V.P.D and may be towed.**

COURSE: Outdoor heated pool: 25 yard, with up to 9 lanes available for competition. Separate warm-up and warm-down area available throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 7' 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 begins at 10:00 AM, with warm-ups from 9:00am to 9:45 AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will be swum "Fast to Slow" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- **Swimmers may compete in 3 individual events.**
- All swimmers 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 swimmers age and gender.
- If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. **Refunds will be given ONLY for mandatory scratch downs.** The format of how the refunds will be distributed will be at the discretion of the Meet Referee and Meet Director. No other refunds will be made.
- At the discretion of the Meet Referee, events and heats may be combined.
- **All Coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 or standing areas and in all areas used by swimmers, 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.
- 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.
- NO pets on deck, other than service assistance animals.

ELIGIBILITY:

- Entries are limited to swimmers attached to, or in training with, **VJO, SASO, or QUIK**.
- 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.
- 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.
- Entries with **"NO TIME" will be accepted.**
- Disabled swimmers 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$10 entry fee per swimmer. Entries will be rejected if payment is not sent at time of request.

MAKE CHECK PAYABLE TO: "Vallejo Aquatic Club" or "VJO"

ENTRIES: Entries are limited to swimmers attached to, or in training with, VJO, SASO, or QUIK. Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming times. Entries must be turned into your team by 7:30pm Tuesday Dec 1st. No late entries will be accepted.

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

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Swimmers 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.

REFRESHMENTS: There will be no snack bar available.

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 team participating in the meet, and provide a preliminary inventory of the officials that

team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team 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 team will be fined \$100 per missing official per session of the meet.

Number of Swimmers Competing in Meet	Trained and Carded Officials Requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 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.*

Schedule of Events

WOMEN	EVENT	MEN
1	Open 100 Free	2
3	8-Under 25 Free	4
5	12 & Under 50 Free	6
7	Open 100 Breast	8
9	8-Under 25 Breast	10
11	12-Under 50 Breast	12
13	Open 100 Fly	14
15	8-Under 25 Fly	16
17	12-Under 50 Fly	18
19	Open 100 Back	20
21	Open 200 Free	22
23	8-Under 25 Back	24
25	12-Under 50 Back	26
27	13 & Over 50 Free	28
29	12-Under 100 IM	30
31	11 & Over 200 IM	32

Pacific Swimming – VJO
 Tri Meet
 12/12/2015
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

Swimmer Entry Fee = \$10.00

Coach

Swimmer's
Address

Home Phone	Cell Phone
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