

VALLEJO AQUATIC CLUB
FEBRUARY FROST
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
FEBRUARY 26 – 28, 2016



Enter Online: <http://ome.swimconnection.com/pc/VJO20160226>

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-014**

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 electronic devices, including but not limited to film and digital cameras, cell phones, 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 dtucker@pacswim.org	Admin Official: Don Bautista
Head Starter: Sarah Obbagy	Meet Marshal: Sarah Melanephy
Meet Director: Joseph Sapida meetdirector@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 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: 25 yard pool with up to 15 lanes available for competition with a 2 session meet running simultaneously. An additional 2 lanes will be available for warm-up/cool down throughout the competition. Colorado timing system, and scoreboard, may be used. 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. A copy of the certification is on file with USA Swimming.

TIME: Friday Session will begin at 5:00pm, with warm-ups from 3:45pm to 4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45am.

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.
- Athletes may compete in 1 event on Friday and up to 4 events per day on Saturday and Sunday. Athletes exceeding these limits will be required to scratch down to the allowable limit and will not be eligible for any refunds.
- 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 athletes age and gender.
- If local conditions warrant, 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.
- Athletes swimming the 500-yard and 1000-yard Freestyle shall provide their own timers and lap counters and athletes swimming 400 IM shall provide their own timers.

- Athletes entering the Open 1000 Free, Open 500 Free and/or 11 & Over 400 IM must meet the listed qualifying standard for their gender.
- The 1000-yard Free will be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.
- All Coaches and deck officials must wear their USA-Swimming membership cards in a visible manner.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in competition season, you need to be unattached from this meet. It is your 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-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA-S member-coach as being proficient in performing a racing start, or start the race in the water. 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 or 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.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- 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. Athletes/club members may check in with their coaches, but cannot hang out in coaches' area.
- 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 surround 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 shall 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 and times 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 USA Swimming Motivational "B" minimum time standard. All entry times slower than "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted. (Exception – Open 1000 Free, Open 500 Free, 11 & Over 400 IM. See Rules).**
- 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.
- 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 must have met standards for the 17-18 age groups.

- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. Fees for entries in the events which require minimum time standards (1000 Free, 500 Free, 400 IM) that cannot be proved in the computer database, by set of complete meet results or verified by the athlete's coach, will not be refunded. **No refunds will be made**, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/VJO20160226> 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 11:59 p.m. Monday, **February 8, 2016.**

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, Monday, **February 8, 2016** or hand delivered to 801 Heartwood Ave., Vallejo, CA by 6:30pm of Monday, **February 8, 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 with entries to: VJO Meet Director
Re: Swim Meet Entries
P.O. Box 5846
Vallejo, CA 94591-5846

CHECK-IN: The meet will be deck seeded. Athletes must 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 remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who fail to check in will not be seeded in the 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. Athletes aged 19 and over will not be awarded. "A" medals will be awarded to athletes achieving new USAS "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 ATHLETES 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: A snack bar will be available on Saturday and Sunday.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Refreshments will be provided to timers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Please check our website, www.vallejoaquatic.org, for information on reserving a local hotel at a discounted price.

MINIMUM OFFICIALS: At least 7 days prior to the first day 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 athletes entered in each session by each team with 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 Preliminaries and Finals meet, the team will be fined \$100 per missing official per session of the meet.

Number of Athletes Entered in Session	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 Pacific Swimming will include assigned and working Colorado, Intermediary/Chief Timing Judge, and Computer Operators into the count of Officials for a session although these positions are not carded. Zone 3 will accept uncarded Trainees into the count of Officials for up to two sessions per person. 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
1000 FREE	200IM	200IM	1000 FREE
	1000 FREE	1000 FREE	

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
50 FREE	50 FREE	50 FREE	200 IM	50 BACK	50 BACK	50 BACK	200 FREE
50 FLY	50 FLY	50 FLY	200 BREAST	25 FLY	100 FLY	100 FLY	100 BACK
25 BACK	100 BACK	100 BACK	100 FLY	100 IM	100 IM	100 IM	200 FLY
25 BREAST	50 BREAST	200 FREE	200 BACK	50 BREAST	100 BREAST	100 FREE	50 FREE
500 FREE	500 FREE	100 BREAST	100 FREE	25 FREE	100 FREE	50 BREAST	100 BREAST
		500 FREE	500 FREE			400 IM	400 IM

**VALLEJO AQUATIC CLUB
SCY C/B/A+**

SCHEDULE OF EVENTS

FRIDAY FEBRUARY 26		
Girls	Event Description and Age Group	Boys
1	9-10 200 I.M.	2
3	11-12 200 I.M.	4
5*	Open 1000 Free ¹	6*
<p>¹. The 1000-yard 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 must have met the Minimum Time Standard below.</p>		
*14:08.89	Minimum Seed Time	*13:25.19

SATURDAY FEBRUARY 27		
Girls	Event Description and Age Group	Boys
101	9-10 50 Free	102
103	8 & U 50 Free	104
105	9-10 50 Fly	106
107	8 & U 50 Fly	108
109	9-10 100 Back	110
111	8 & U 25 Back	112
113	9-10 50 Breast	114
115	8 & U 25 Breast	116
117 [#]	OPEN 500 Free ²	118 [#]

Girls	Event Description and Age Group	Boys
201	13 & O 200 I.M.	202
203	11-12 50 Free	204
205	13 & O 200 Breast	206
207	11-12 50 Fly	208
209	13 & O 100 Fly	210
211	11-12 100 Back	212
213	13 & O 200 Back	214
215	11-12 200 Free	216
217	13 & O 100 Free	218
219	11-12 100 Breast	220
221 [#]	OPEN 500 Free ²	222 [#]

<p>². The 500-yard Free will be swum fastest to slowest, and may alternate women's and men's heats and may be split by age and swum separately at the discretion of the Meet Referee.</p> <p>Athletes swimming the 500-yard Free shall provide their own timers and lap counters.</p> <p>Athletes must have met the Minimum Time Standard below.</p>		
*6:51.79	Minimum Seed Time	*6:29.49

SUNDAY FEBRUARY 28		
Girls	Event Description and Age Group	Boys
119	8 & U 50 Back	120
121	9-10 50 Back	122
123	8 & U 25 Fly	124
125	9-10 100 Fly	126
127	8 & U 100 I.M.	128
129	9-10 100 I.M.	130
131	8 & U 50 Breast	132
133	9-10 100 Breast	134
135	8 & U 25 Free	136
137	9-10 100 Free	138

Girls	Event Description and Age Group	Boys
223	13 & O 200 Free	224
225	11-12 50 Back	226
227	13 & O 100 Back	228
229	11-12 100 Fly	230
231	13 & O 200 Fly	232
233	11-12 100 I.M.	234
235	13 & O 50 Free	236
237	11-12 100 Free	238
239	13 & O 100 Breast	240
241	11-12 50 Breast	242
243 ⁺	11 & O 400 I.M. ³	244 ⁺

<p>³. The 400 IM 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 swimming the 400 IM shall provide their own timers.</p> <p>Athletes must have met the Minimum Time Standard below.</p>		
*6:08.49	Minimum Seed Time	*5:44.99

Use the following URL to find the time standards: <http://www.pacswim.org/userfiles/cms/documents/801/usas-1316.pdf>

Pacific Swimming – Hosted by Vallejo Aquatic Club
 SCY C/B/A+
 “FEBRUARY FROST”
 February 26-28, 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			
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						: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____												
Coach												
Athlete's Address												
Home Phone						Cell Phone						
Email												