

**VALLEJO AQUATICS CLUB  
PACIFIC SWIMMING SHORT COURSE QUAD MEET  
SATURDAY, JANUARY 19, 2013  
VALLEJO, CA**

**SANCTION:** Held under USA Pacific Swimming Sanction No. 13-012

*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. **By entering the meet, the athlete or his/her guardian consents to this publication.**

**Use of Audio and Video:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms

**OFFICIALS:**  
*Meet Referee: Debbi Tucker*  
*Head Starter: David Elmore*  
*Meet Marshal: Tuffy Williams*  
*Meet Director: Jennifer Thiem – (707)292-6473, jenniferthiem@vallejoaquatics.org*

**LOCATION:** JOHN F. CUNNINGHAM AQUATIC COMPLEX. 801 HEARTWOOD AVE., VALLEJO, CA. 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 heat 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 10:30 AM, warm-ups from 9:30am to 10:15 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. **Swimmers may compete in 3 individual events and 2 relays. 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 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.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED SWIMMERS:** Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming 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, on 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 deck changing. 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.

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

**ENTRY FEES:** \$5 participation fee per swimmer.

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

**ENTRIES:** Entries are limited to swimmers attached to, or in training with, VJO, SASO, QUIK, or UD. 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 coach by 7:30pm Tuesday Jan 15<sup>th</sup>. No late entries will be accepted.

**CHECK-IN:** The meet will be pre-seeded.

**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.

### Schedule of Events

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
1	13-Over 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	10-Under 200 Medley Relay	6
7	8-Under 100 Medley Relay	8
9	9-Over 100 Freestyle	10
11	Open 50 Freestyle	12
13	8-Under 25 Freestyle	14
15	9-Over 100 Butterfly	16
17	12-Under 50 Butterfly	18
19	8-Under 25 Butterfly	20
21	9-Over 200 IM	22
23	12-Under 100 IM	24
25	9-Over 100 Backstroke	26
27	12-Under 50 Backstroke	28
29	8-Under 25 Backstroke	30
31	9-Over 100 Breaststroke	32
33	12-Under 50 Breaststroke	34
35	8-Under 25 Breaststroke	36
37	9-Over 200 Freestyle	38
39	8-Under 100 Free Relay	40
41	10 -Under 200 Free Relay	42
43	11-12 200 Free Relay	44
45	13 & Over 200 Free Relay	46

Pacific Swimming – VJO Quad Meet 1/19/2013 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				
Swimmer Participation Fee = \$5.00													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						