VALLEJO AQUATIC CLUB – "REP THE BAY" MEET
PACIFIC SWIMMING SHORT COURSE YARDS C/B/A+
FEBRUARY 28TH—MARCH 1ST, 2026
Enter Online: https://ome.fastswims.com/meets

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-020**
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 their 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, webcasting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet through the Meet Mobile app** [iOS/Android]**.**

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:	**Don Bautista**	***Head Starter:***	**Gary Lai**
Meet Marshal:	**Stephanie Jones**	***Admin Official:***	**Brian McCrea**
Meet Director:	**Alexandra Thomas** [meetdirector@vallejoaquatics.org | 707-553-7946 (SWIM)]		

LOCATION: Wayne "Tuffy" Williams Pool at John F. Cunningham Aquatic Complex
801 Heartwood Ave. Vallejo, CA 94591-5672

DIRECTIONS: [Google Maps/Apple Maps] *From I-80 WB:* Take Exit 30B (Georgia St./Central Vallejo), merge right onto 14th St., turn right onto Georgia St., turn left onto Heartwood Ave. *From I-80 EB:* Take Exit 30C (Georgia St./Central Vallejo), turn right onto Miller Ave./Steffan St., turn left onto Georgia St., turn left onto Heartwood Ave. *From I-680 North:* Take Exit 58A (Benicia/Vallejo) onto I-780, take Exit 1D (Glen Cove Rd.), merge right onto Glen Cove Rd., turn left onto Georgia St., turn right onto Heartwood Ave.

PARKING: Limited parking is available at the facility and is reserved for coaches and officials who are working the meet. Street parking is available: please be respectful of driveways when parking on the street. THOSE PARKING IN IMPROPER AREAS WILL BE TICKETED BY V.P.D AND MAY BE TOWED.

COURSE: Outdoor, heated 25-yard pool with up to 10 lanes available for competition. Additional lanes shall be available for warm-up/cool-down throughout the meet. The minimum water depth for the competition course, measured in accordance with Article 103.2.3, is 6 ft. at the start end and 6 ft. at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Competition shall begin at 9:00 a.m. each day, with warm-ups from 7:30–8:45 a.m. There may be a special warm-up period for 8&U-only athletes from 8:30-8:45 a.m. each day, or designated lane(s) for 8&U-only athletes, at the discretion of the Meet Referee.

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.
- ***The Greater Vallejo Recreation District's rules, guidelines, restrictions, and interpretations of the local public health guidelines shall be followed at this meet without exception.***
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events shall swim fast to slow.
- Athletes may compete in a **maximum of 4 individual events each 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 timeline, 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.
- Events may be combined and/or alternated at the discretion of the Meet Referee.
- All athletes competing in the 500 Free and the 1000 Free are required to provide their own timers and lap counters.

• There is 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 Order 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).

• **All Coaches and Officials shall be USA-S Certified, in good standing, and shall provide verification to the Meet Referee.**

• A minimum of three (3) Red Cross certified lifeguards employed by the Greater Vallejo Recreation District (G.V.R.D.) will be onsite for the duration of the meet and available to participants. G.V.R.D. maintains an AED (automated external defibrillator) at the facility and all lifeguards are trained in its use.

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 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 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: Athletes 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 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, in 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(s) are permitted except for snack bar/meet operations.

• All shelters must be properly secured.

• Deck Changes are 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.

• 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.

• Team canopies are not permitted on deck. Coaches' canopies may be permitted on deck with the approval of the Meet Director.

ELIGIBILITY: • Athletes must be current members of USA Swimming 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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

• Entries with **"NO TIME"** shall be accepted, **with the exception of the Open 400 IM, Open 500 Free, and Open 1000 Free** (see Rules section).

• 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.

• Athletes with a disability 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.

• The Athlete's age shall be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online by Monday, January 23, 2026 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 online by the entry deadline, shall be considered in the order they are received. **Athletes registered or training with Vacaville Swim Team (VACA-SN) and East Bay Silver Dolphins (EBSD-PC) shall be entitled to the same priority as Zone 3 registered athletes.**

ENTRY FEES: $4.50 per event, plus a $10.00 Participation Fee per Athlete, plus a $15.00 Facility Surcharge per Athlete. Entries shall be rejected if payment is not sent at time of request. **No refunds shall be made**, except mandatory scratch downs.

MEFAP ENTRY FEES: $10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:
https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202024.pdf

ONLINE ENTRIES: To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service: 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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. Wednesday 18 February 2026, or until closure of the meet due to the "4 Hour Rule."

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 times. Entries must be postmarked by midnight, Monday, February 16, 2026, or hand delivered by 6:30 p.m. Wednesday, February 18, 2026. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope and/or a valid e-mail address listed on the entry.

Make checks 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
Hand deliver entries to: Email VJO Meet Director, Alexandra Thomas [**meetdirector@vallejoaquatics.org**] to make arrangements.

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. On Saturday and Sunday, prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events on Saturday and Sunday shall be at 10:30 AM**. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in should inform the Referee on the starting end of the competition course.

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

AWARDS: Ribbons shall be awarded to the 1st through 8th place finishers in the PC-A+, PC-B, and C Divisions, based on entry times, for each Event in the 6&U and 7-8 Age Groups that has a PC time standard; all other 6&U and 7-8 Events shall be awarded in a single Division. Ribbons shall be awarded to the 1st through 8th place finishers in the A+, B, and C Divisions, based on entry times, for each Event in the 9-10, and 11-12 Age Groups. 13&O Age Groups shall not be awarded. "Open" Events shall not be awarded. "A" medals shall be awarded to 12&U athletes achieving new "A" times swum during this meet only. A coach or designated team representative shall pick up awards at the conclusion of the meet Sunday; individual awards shall not be distributed during the meet. Alternatively, teams are encouraged to provide a self-addressed USPS Prepaid Flat Rate Box (or similar) for mailing.

ADMISSION: Free. Meet Programs will be available through the Meet Mobile app [iOS/Android] and digital copies will be emailed the week before the meet.

SNACK BAR & HOSPITALITY: A limited snack bar shall be available throughout the competition. Cash and major credit cards are accepted. Food trucks may also be available throughout the meet. Coaches and working Officials shall be provided lunch and refreshments. Timers and volunteers shall be provided light refreshments.

LANE TIMERS: Clubs shall provide timers based on their number of entered athletes as a ratio of total entered athletes.

MEET MOBILE: Heat/Lane Assignments and Results may be posted to Meet Mobile throughout the meet. Please note that any and all information posted to Meet Mobile, including H/L Assignments and Results, is **UNOFFICIAL** and subject to change at any point throughout the meet. This service is provided as a convenience but not required. Due to circumstances beyond the host team's control,

Meet Mobile may not function correctly, or cease functioning completely, throughout the meet. The printed and posted Heat/Lane Assignments and Results shall be considered official.

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 Requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

NOTE: 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 Carded Apprentices in the count of officials. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree to fulfill their obligation under the rule.

EVENT SUMMARY

Saturday, February 28, 2026				Sunday, March 1, 2026			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
OPEN 400 IM*				200 IM	200 IM	200 IM	200 IM
200 Free	200 Free	200 Free	200 Free	25 Breast	100 Breast	100 Breast	100 Breast
25 Back	100 Back	100 Back	100 Back	100 Breast	50 Fly	50 Fly	50 Fly
100 Back	50 Free	200 Breast	200 Breast	50 Fly	100 Free	200 Back	200 Back
50 Free	100 Fly	50 Free	50 Free	100 Free	50 Back	100 Free	100 Free
25 Fly	100 IM	100 Fly	100 Fly	25 Free		200 Fly	200 Fly
100 IM	50 Breast	100 IM	50 Breast	50 Back		50 Back	50 Back
50 Breast		50 Breast					
OPEN 1000 Free*				OPEN 500 Free*			
*OPEN EVENTS HAVE MINIMUM REQUIRED QUALIFYING TIMES AS LISTED IN "ORDER OF EVENTS" ON PAGE 5 BELOW							

ORDER OF EVENTS

SATURDAY, FEBRUARY 28, 2026

Girls Event #	Age Group & Event	Boys Event #
101	OPEN 400 I.M.[a)]	102
103	12&U 200 Free	104
105	13&O 200 Free	106
107	8&U 25 Back	108
109	12&U 100 Back	110
111	13&O 100 Back	112
113	11-12 200 Breast	114
115	13&O 200 Breast	116
117	10&U 50 Free	118
119	11-12 50 Free	120
121	13&O 50 Free	122
123	9-12 100 Fly	124
125	8&U 25 Fly	126
127	13&O 100 Fly	128
129	10&U 100 I.M.	130
131	11-12 100 I.M.	132
133	12&U 50 Breast	134
135	13&O 50 Breast	136
137	OPEN 1000 Free[b)]	138

a) Event #101 Girls Minimum Qualifying Time: 6:59.99
a) Event #102 Boys Minimum Qualifying Time: 6:49.99
b) Event #137 Girls Minimum Qualifying Time: 18:59.99
b) Event #138 Boys Minimum Qualifying Time: 18:59.99

SUNDAY, MARCH 1, 2026

Girls Event #	Age Group & Event	Boys Event #
201	12&U 200 I.M.	202
203	13&O 200 I.M.	204
205	8&U 25 Breast	206
207	12&U 100 Breast	208
209	13&O 100 Breast	210
211	12&U 50 Fly	212
213	13&O 50 Fly	214
215	11-12 200 Back	216
217	13&O 200 Back	218
219	10&U 100 Free	220
221	11-12 100 Free	222
223	13&O 100 Free	224
225	11-12 200 Fly	226
227	13&O 200 Fly	228
229	8&U 25 Free	230
231	10&U 50 Back	232
233	11-12 50 Back	234
235	13&O 50 Back	236
237	OPEN 500 Free[c)]	238

c) Event #237 Girls Minimum Qualifying Time: 9:05.99
c) Event #238 Boys Minimum Qualifying Time: 8:55.99

Refer to the SWIMS Database [https://tinyurl.com/usas-swims] for athlete's Lifetime Best times

Refer to [https://tinyurl.com/pc-timestandards] for time standards

Pacific Swimming – Hosted by *the* **Vallejo Aquatic Club**

"REP THE BAY" - SHORT COURSE C/B/A+ MEET

February 28th—March 1st, 2026

Consolidated Entry Form

Name: Last	First	Middle

Club Abbr.	UNATT TEAM ABBR	Club Name

Age	Date of Birth [MM/DD/YYYY]	Sex M F	LSC – (PC, SN, etc.)

USAS-ID#														

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

Number of Entries: _____ x $4.50 = $ _____

Participation Fee: + $10.00

Facility Surcharge: + $15.00

Total = $ _____ Make Checks Payable to "VJO"

Coach Name

Coach Email

Coach Cell #

Athlete's Address

Home Phone	Cell Phone

Email

* Please use either Lifetime Best or Season Best

Refer to the SWIMS Database [https://tinyurl.com/usas-swims] for athlete's LTB times

Refer to [https://tinyurl.com/pc-timestandards] for time standards