

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE "THE LONG SPRING THAW" C/B/A+ MEET
APRIL 19-21, 2024
Enter Online: <https://ome.fastswims.com>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-032**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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 <https://www.active.com/mobile/meet-mobile-app> and can be viewed using the Meet Mobile App (available at the Apple Store or Google Play).

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 (pgrant@pacswim.org) **Head Starter:** Sarah Obbagy
Meet Marshal: Stephanie Jones **Admin Official:** Debbi Tucker
Meet Director: Miles Woodward – meetdirector@vallejoaquatics.org

LOCATION: JOHN F. CUNNINGHAM AQUATIC COMPLEX. 801 HEARTWOOD AVENUE, VALLEJO, CA 94589

DIRECTIONS: From I-80 Eastbound: Take Exit 31A – Solano Ave. Springs Rd., turn RIGHT on Solano Ave. Continue on Solano Ave / Spring Rd. across the I-80 overpass for approximately 1.1 miles. Go RIGHT on Heartwood to the pool.

From I-80 Westbound: Take Exit 31A – Solano Ave. / Springs Rd., turn LEFT on Miller Ave. and travel approximately 500 feet to Spring Rd. Turn RIGHT on Spring Rd and continue for approximately 1 mile. Go RIGHT on Heartwood to the pool.

From I-680 Westbound: Take I-680 North to I-780 North – Benicia / Vallejo. Take Exit 3A – Columbus Parkway. Continue North on Columbus Parkway to Georgia St. Turn LEFT on Georgia St. Turn RIGHT on Heartwood to the pool.

Limited parking is available at the facility and is reserved for 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 50 meter pool with up to 8 lanes available for competition. Additional 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 13' at the start end and 4' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet shall begin at 5:00 PM on Friday with warm-ups from 3:30 to 4:45 PM. Meet shall begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:45 AM. A special warm-up for 8 and under Athletes only will be held on Saturday and Sunday from 8:30 AM to 8:45 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.
 - ***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 are seeded to swim fast to slow.
 - Events and heats may be combined at the discretion of the Meet Referee.
 - Athletes may compete in one (1) event maximum on Friday, and up to four (4) events maximum each day on Saturday and Sunday.
 - 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.
 - **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. The USA-Swimming application may be used to prove registration status.**
 - A minimum of three (3) Red Cross certified Lifeguards will be onsite for the duration of the event.
 - The 400m freestyle, 800m freestyle, 1500m freestyle, and the 400m individual medley shall be held as "Open" events. "Open" events shall not be awarded. There is a minimum seed time that shall be met for each of the "Open" events (see page 6). Any athlete who meets or exceeds the minimum entry time may enter the "Open" events regardless of age. Entry times for OPEN events with a minimum time standard (see Schedule of Events) 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).
 - Athletes entering the 400m freestyle shall provide their own timers.
 - Athletes entering the 800m and 1500m freestyle events shall provide their own timers and lap counters.
 - All relay Athletes shall be entered in at least one (1) individual event in the meet.

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: 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, vaping, and the use of other tobacco products is prohibited at the John F. Cunningham Aquatic Complex, to include 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/or consumption of alcoholic beverages is prohibited in all areas of the meet venue.

- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar/meet operations.
- All shelters shall be properly secured.
- Deck changes are prohibited.
- No pets allowed at the swim venue, 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.
- Pop-ups and tents shall 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 may check in with their coaches but cannot stay there.

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.

- 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 the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" shall be accepted (Exception-open Events, see rules).**
- 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, no awards. Such athlete shall meet standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: \$4.50 per event plus a \$14.00 participation fee per athlete. Relay fee is \$9.00 per entry. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <https://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. Fast Swims, LLC 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 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 shall be accepted through 11:59p.m. Wednesday, April 10, 2024.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with the athlete's best time. Entries shall be postmarked by midnight, Wednesday, April 10, 2024 or hand delivered to the facility (John F. Cunningham Aquatic Complex) by 6:30 p.m, on Wednesday, April 10, 2024. No late entries shall 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 entries to: VJO Meet Director
Re: Swim Meet Entries
P.O. Box 5846
Vallejo, CA 94591-5846

Hand Deliver entries to: VJO Meet Director
Re: Swim Meet Entries
801 Heartwood Avenue
Vallejo, CA 94589

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. Friday - No event shall be closed more than 30 minutes before the scheduled start of the session. Saturday / 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 for that day 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 are required to 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 checked in for shall not be penalized.

AWARDS: Ribbons shall be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & Over events shall be awarded as 13-14 and 15-16, 17-18 Age Groups. Athletes aged 19 and over shall not be awarded. "A" medals shall be awarded to athletes achieving new individual "A" times swum during this meet only. Open events shall not be awarded.

ADMISSION: Free. Meet programs will be available through the Meet Mobile app prior to the Meet.

SNACK BAR & HOSPITALITY: A snack bar shall be available throughout the competition. Coaches and working deck officials shall be provided lunch. Hospitality shall 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

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

FRIDAY			
8 & UN	9-10	11-12	13-UP
800 FREE	200 IM	200 IM	800 FREE
	800 FREE	800 FREE	

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
400 IM	400 IM	400 IM	400 IM	50 FLY	50 FLY	200 BACK	200 BACK
50 BREAST	50 BREAST	200 BREAST	200 BREAST	100 FREE	100 FREE	50 FLY	200 IM
200 MR	100 BACK	50 BREAST	200 FREE	200 FR	100 BREAST	100 FREE	100 FREE
50 FREE	200 MR	100 BACK	100 BACK	50 BACK	200 FR	100 BREAST	100 BREAST
400 FREE	50 FREE	50 FREE	50 FREE	1500 FREE	50 BACK	50 BACK	200 FLY
	100 FLY	100 FLY	100 FLY		1500 FREE	200 FR	200 FR
	400 FREE	200 MR	200 MR			400 FR	400 FR
		400 MR	400 MR			1500 FREE	1500 FREE
		400 FREE	400 FREE				

SCHEDULE OF EVENTS

FRIDAY APRIL 19		
Girls	Event Description and Age Group	Boys
1	9-10 200 IM	2
3	11-12 200 IM	4
5	Open 800 FREE ¹	6
<p>¹ The 800 Free shall 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 shall have met the Minimum Time Standard below.</p>		
*13:50.99	Minimum Seed Time	*13:35.99

SATURDAY April 20		
Girls	Event Description and Age Group	Boys
7#	OPEN ² 400 IM	8#
9	11 & O 200 BREAST	10
11	13 & O 200 FREE	12
13	10 & U 50 BREAST	14
15	11-12 50 BREAST	16
17	9-10 100 BACK	18
19	11-12 100 BACK	20
21	10 & U 200 MEDLEY RELAY	22
23	13 & O 100 BACK	24
25	10 & U 50 FREE	26
27	11-12 50 FREE	28
29	13 & O 50 FREE	30
31	9-10 100 FLY	32
33	11-12 100 FLY	34
35	13 & O 100 FLY	36
37	11 & O 200 MEDLEY RELAY	38
39	11 & O 400 MEDLEY RELAY	40
41+	OPEN ³ 400 FREE	42+
<p>^{2/3} The 400 IM & 400 FREE shall be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.</p> <p>400 FREE Athletes shall provide their own timers.</p> <p>Athletes shall have met the Minimum Time Standard below.</p>		
# 7:19.69 +6:51.09	Minimum Seed Time	# 7:10.19 +6:44.59

SUNDAY APRIL 21		
Girls	Event Description and Age Group	Boys
43	11 & O 200 BACK	44
45	10 & U 50 FLY	46
47	11-12 50 FLY	48
49	13 & O 200 IM	50
51	10 & U 100 FREE	52
53	11-12 100 FREE	54
55	13 & O 100 FREE	56
57	9-10 100 BREAST	58
59	11-12 100 BREAST	60
61	10 & U 200 FREE RELAY	62
63	13 & O 100 BREAST	64
65	10 & U 50 BACK	66
67	11-12 50 BACK	68
69	13 & O 200 FLY	70
71	11 & O 200 FREE RELAY	72
73	11 & O 400 FREE RELAY	74
75@	OPEN ⁴ 1500 FREE	76@
<p>⁴ The 1500 FREE shall 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 shall have met the Minimum Time Standard below.</p>		
@25:45.79	Minimum Seed Time	@25:13.59

Pacific Swimming – Hosted by Vallejo Aquatic Club
 Long Course C/B/A+ MEET
“The Long Spring Thaw”
 APRIL 19-21, 2024
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT CLUB 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
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		:.	SCY / LCM
		:.	SCY / LCM
		:.	SCY / LCM

of entries _____ x \$4.50 = \$ _____
 Participation Fee \$ 14.00
 Total \$ _____

Coach

Athlete's
Address