VALLEJO AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE DUAL MEET
MAY 22nd, 2021

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-096**
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 Meet Mobile App.**

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** ***Head Starter:*** ***Mike Abegg***
Meet Marshal: **GENEVIEVE MCQUILLING** ***Admin Official:*** **Debbi Tucker**
Meet Director: **JENNIFER THIEM** meetdirector@vallejoaquatics.org (707)292-6473

LOCATION: John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo CA 94589

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.

COURSE: OUTDOOR 50 METER pool with up to 5 lanes available for competition. An additional 4 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 13'0" 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: The meet will begin at **9:30 AM** with warm-ups from **7:30** to **9:30 AM**. A maximum of four (4) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

• All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
• All events are timed finals.
• All events will swim fast to slow.
• Athletes may compete in a maximum of **4 events.**
• 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 timeline, per the "Four-Hour Rule," based on the Athletes age and gender, or when the number of entered athletes meets capacity per facility restrictions.
• 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.
• At the discretion of the Meet Referee, events and heats may be combined.
• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
• **All applicable Solano County, City of Vallejo and State of California Public Health requirements for protection against COVID-19 will apply. All persons in the facility must be masked (with the exception of athletes during warm up, warm down, and actual competition). The Meet Director and Meet Referee may remove any individual who does not comply.**

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, on 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 is 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.
• There are no spectators, including parents, allowed in the swim venue. Spectators and parents may view the event outside of the north fencing. Spectators and parents must wear masks and practice social distancing.
• Locker rooms are available for restroom use only. No changing in the locker rooms will be permitted.

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, 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.
• Meet is open only to qualified athletes registered with **VALLEJO AQUATIC CLUB** and **PIEDMONT SWIM TEAM.** Athletes who are unattached but participating with **VALLEJO AQUATIC CLUB** and **PIEDMONT SWIM TEAM** are eligible to compete.
• Entries with **"NO TIME" will be ACCEPTED**.
• 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 group.
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: $30 participation flat fee per Athlete. Entries will be rejected if payment is not sent at time of request, via Team Unify. No refunds will be made, except mandatory scratch downs.

TEAM ENTRIES: A sd3 entry file must be submitted by Friday, May 14th, 2021, to **meetdirector@vallejoaquatics.org**. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

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

AWARDS: None

ADMISSION: Free.

SNACK BAR & HOSPITALITY: There will be NO snack bar available during the competition. Refreshments will be provided for coaches, working deck officials, timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

SATURDAY MAY 22nd 2021	
12 & UN	**13 & Over**
200 FR	200 FR
100 FL	100 FL
50 BK	200 BK
100 BR	50 BK
200 IM	100 BR
100 FR	200 IM
50 FL	100 FR
100 BK	200 FL
50 FR	50 FL
50 BR	100 BK
400 FR	50 FR
	200 BR
	50 BR
	400 FR

EVENTS

SATURDAY, MAY 22nd 2021	
EVENT #	**EVENT**
1	Mixed 13 & Over 200 FR
2	Mixed 12 & UN 200 FR
3	Mixed 13 & Over 100 FL
4	Mixed 12 & UN 100 FL
5	Mixed 13 & Over 200 BK
6	Mixed OPEN 50 BK
7	Mixed 13 & Over 100 BR
8	Mixed 12 & UN 100 BR
9	Mixed 13 & Over 200 IM
10	Mixed 12 & UN 200 IM
11	Mixed 13 & Over 100 FR
12	Mixed 12 & UN 100 FR
13	Mixed 13 & Over 200 FL
14	Mixed OPEN 50 FL
15	Mixed 13 & Over 100 BK
16	Mixed 12 & UN 100 BK
17	Mixed 13 & Over 50 FR
18	Mixed 12 & UN 50 FR
19	Mixed 13 & Over 200 BR
20	Mixed OPEN 50 BR
21	Mixed OPEN 400 FR

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Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards