

VALLEJO AQUATIC CLUB - SPRINT FOR THE **GOLDEN TICKET**
PACIFIC SWIMMING SHORT COURSE YARDS C/B/A+ MEET
OCTOBER 5-6, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-108**

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, 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:	Irene Alameida
Meet Marshal:	Stephanie Jones	Admin Official:	Mike Abegg
Meet Director:	Miles Woodward [meetdirector@vallejoaquatics.org ; 925-899-9512]		

LOCATION: [John F. Cunningham Aquatic Complex](#). 801 Heartwood Ave. Vallejo, CA 94591-5672. [[Facility Map](#)]

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.

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. on Saturday and Sunday, with warm-ups from 7:30-8:45 a.m. each day. A special warm-up session for only 8 & Under Athletes shall be held from 8:30-8:45 AM on Saturday and Sunday.

- 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, except 🏊 **Golden Ticket Events** 🏊.
 - Athletes may compete in a **maximum of 4 events per 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.
 - Events may be combined and/or alternated at the discretion of the Meet Referee.
 - 13&O athletes competing in the 50 yard butterfly, breaststroke, and backstroke events should enter a reasonable guess as to their seed time.
 - Kickboard Events: Athletes shall start in the water with one hand on the wall; 3-point entry shall be required. After the start, two hands on the board are required; for the 50s, one hand must remain in contact with the board during the turn. Any form of kick is allowed.
 - Any Order IM Events: must include one lap of all 4 strokes but may be swum in any order preferred by the Athlete. If starting with Back, the Athlete may dive but must be in legal position by the first stroke. All strokes must be completed legally.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - 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.

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.
 - 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.

- Athletes in the "A" Division must have met at least the 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 shall be in the "C" Division.
- Entries with **"NO TIME"** shall be accepted.
- 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.
- All relay athletes must be entered in at least one (1) individual event.
- 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.
- 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 **Thursday, August, 15 2024** 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 Piedmont Swim Team (PST) will be entitled to the same priority as Zone 3 registered athletes.**

ENTRY FEES: \$4.50 per individual event plus a \$10.00 participation fee per Athlete. \$9.00 per relay. 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 <http://ome.fastswims.com> 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 25 September 2024, 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 time. Entries must be postmarked by midnight, Monday 23 September 2024 or hand delivered by 6:30 p.m. Wednesday 25 September 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 Coaching Staff [during practice hours]. 801 Heartwood Ave. Vallejo, CA 94591-5672

CHECK-IN: The meet shall 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. 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 will not be seeded in the 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/entered shall not be penalized.

AWARDS: Ribbons shall be awarded to the 1st through 8th place finishers in the A+, B, and C Divisions for each event in the 6&U, 8&U, 9-10, and 11-12 age groups. Relay events shall not be awarded. 13&O events shall not be awarded, except for **Hot Heats** and **Golden Ticket** winners. "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 may provide a self-addressed USPS **Prepaid** Flat Rate Box (or similar) for mailing.  **HOT HEAT**  winners shall receive a special heat winner prize.  **GOLDEN TICKET**  winners shall receive special awards.

ADMISSION: Free. Meet Programs shall be available through the Meet Mobile app [[iOS](#)/[Android](#)].

SNACK BAR & HOSPITALITY: A snack bar shall be available throughout Saturday and Sunday of the competition. Coaches and working 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 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 5 OCTOBER 2024		SUNDAY 6 OCTOBER 2024	
<u>10 & Under</u>	<u>11 & Over</u>	<u>10 & Under</u>	<u>11 & Over</u>
200 Medley Relay	200 Medley Relay	200 Free Relay	200 Free Relay
25 Fly	50 Fly	50 Fly	100 Fly
50 Back	100 Back	50 Free <i>Golden Ticket</i>	50 Free <i>Golden Ticket</i>
100 IM	100 IM	25 Back	50 Back
25 Kickboard	50 Kickboard	50 Breast	100 Breast
25 Breast	50 Breast	Any Order 100 IM	Any Order 100 IM
25 Free	100 Free		

“But this is by no means the most exciting thing that will happen on the day of your visit. I am preparing other surprises that are even more marvelous and even more fantastic for you and for all my beloved Golden Ticket holders - mystic and marvelous surprises that will entice, delight, intrigue, astonish and perplex you beyond measure. In your wildest dreams you could not imagine such things could happen to you! Just wait and see!”

ORDER OF EVENTS

SATURDAY 5 OCTOBER 2024		
GIRLS #	EVENT DESCRIPTION	BOYS #
1	10 & Under 200 Medley Relay	2
3	11-14 200 Medley Relay	4
5	15 & Over 200 Medley Relay	6
7	10 & Under 25 Fly	8
9^	11 & Over 50 Fly	10^
11	10 & Under 50 Back	12
13	11 & Over 100 Back	14
15	10 & Under 100 IM	16
17	11 & Over 100 IM	18
19*	10 & Under 25 Kickboard	20*
21*	11 & Over 50 Kickboard	22*
23	10 & Under 25 Breast	24
25^	11 & Over 50 Breast	26^
27	10 & Under 25 Free	28
29	11 & Over 100 Free	30
^13&O Athletes competing in the 50 fly, 50 back, and 50 breast events should enter a reasonable guess as to their seed time. *Kickboard events shall start in the water; 3-point entry required. Any style kick is allowed. Two hands on board required after start. <u>NO THROWING OF KICKBOARDS.</u> VJO shall provide kickboards. %Any Order 100 IMs must include one lap of all 4 strokes but may be swum in any order preferred by the Athlete. If starting with Back, the Athlete may dive but must be in legal position by the first stroke. All strokes must be completed legally. Each Event will have a 🏊 HOT HEAT 🏊 that will be announced before the heat is swum. Winners get a Hot Heat Prize!		

📅 SUNDAY 6 OCTOBER 2024 📅		
GIRLS #	EVENT DESCRIPTION	BOYS #
31	10 & Under 200 Free Relay	32
33	11-14 Over 200 Free Relay	34
35	15 & Over 200 Free Relay	36
37	10 & Under 50 Fly	38
39^	11 & Over 100 Fly	40^
41	10 & Under 50 Free Golden Ticket Qualifying Round	42
43	11-14 50 Free Golden Ticket Qualifying Round	44
45	15 & Over 50 Free Golden Ticket Qualifying Round	46
47	10 & Under 25 Back	48
49^	11 & Over 50 Back	50^
51	10 & Under 50 Breast	52
53	11 & Over 100 Breast	54
55%	10 & Under Any Order 100 IM	56%
57%	11 & Over Any Order 100 IM	58%
59	10&U Golden Ticket 50 Free 8→4→2 (P/S/F) Championship Finals	60
61	11-14 Golden Ticket 50 Free 8→4→2 (P/S/F) Championship Finals	62
63	15&O Golden Ticket 50 Free 8→4→2 (P/S/F) Championship Finals	64
The Golden Ticket 50 Free Qualifying Rounds will circle seed the fastest 4 heats. The top 2 swimmers from each circle seeded heat will receive a golden ticket to advance to the Finals. The Finals will be swum as a Prelim/Semi/Final event, with the top 8 being narrowed to a top 4, then 4 to 2, then the remaining 2 race to be the GOLDEN TICKET CHAMPION! A minimum of 5 minutes will be scheduled between rounds.		

Pacific Swimming – Hosted by Vallejo Aquatic Club SPRINT FOR THE GOLDEN TICKET - SHORT COURSE CBA+ October 5–6, 2024 Consolidated Entry Form													
Name: <u>Last</u> <u>First</u> <u>Middle</u>													
Club Abbr.		UNATT TEAM ABBR				Club Name							
Age		Date of Birth				Sex M F		LSC – (e.g. PC, SN, etc.)					
USAS-ID#													
Event #	Distance / Stroke					Entry Time			Circle One				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee + \$ 10.00 Total = \$ _____													
Coach Name Coach Email Coach Cell #													
Athlete's Address													
Home Phone							Cell Phone						
Email													