

VALLEJO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE "TUFFY WILLIAMS CLASSIC" C/B/A+ MEET  
OCTOBER 7-9, 2022  
Enter Online: <http://ome.swimconnection.com/pc/vjo20221007>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-117**

*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 via the MeetMobile 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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b> Phil Grant	<b>Head Starter:</b> Gary Lai
	<b>Meet Marshal:</b> Stephanie Jones	<b>Admin Official:</b> Mike Abegg
	<b>Meet Director:</b> David McQuilling – <a href="mailto:meetdirector@vallejoaquatics.org">meetdirector@vallejoaquatics.org</a>	

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

**DIRECTIONS: From I-80 Eastbound:** Take Exit 30C – Georgia St., turn RIGHT on Miller Ave and travel approx. 250 feet to the traffic light. Turn RIGHT on Georgia St. and travel approximately 0.9 miles to Heartwood Ave. Turn LEFT on Heartwood to pool.

**From I-80 Westbound:** Take Exit 30B – Georgia St., merge right onto 14<sup>th</sup> St. and continue to traffic light. Turn RIGHT on Georgia St. and travel approximately 1.1 miles to Heartwood Ave. Turn LEFT on Heartwood to 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 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 25 yard pool with up to 15 lanes available for competition. A separate warm up/warm down area is available for throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 6'0" 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:** Meet shall begin at 5:00 PM on Friday with warm-ups from 3:30 PM to 4:45 PM. Meet shall begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 AM to 8:45 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.
  - 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.
  - Athletes may compete in **1 event maximum on Friday and 4 individual 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 time line, 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 shall be made for any mandatory scratches.
  - All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
  - At the discretion of the Meet Referee, events and heats may be combined.
  - All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.
  - Except for the Open events, no-time entries will be accepted and placed in the slowest heats.
  - **The 400 IM, 500 and 1000 freestyles will be held as an "Open" events and the Meet Referee and Meet Director shall, at their discretion, have the option of alternating boys and girls heats. "Open" events will not be awarded. 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 Schedule of Events listed on page 6) 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 500 and 1000 freestyle events shall provide their own timers and lap counters.

**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 shall be properly secured.
  - Deck Changes are prohibited.
  - No pets allowed on deck, 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 will 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 an \$8.00 participation fee per athlete. 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.swimconnection.com/pc/vjo20221007> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. 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 **11:59 PM on Saturday, October 1, 2022.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight on **Thursday September 29, 2022** or hand delivered by 6:30 PM on **Saturday, October 1, 2022.** 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. 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.

**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 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & OV events will be awarded as 13-14 and 15-16, 17-18 Age Groups. Ribbons shall be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place finishers in each relay and age group. Athletes aged 19 and over shall not be awarded. "A" medals shall be awarded to athletes achieving new "A" times swum during this meet only. Open events shall not be awarded.

**AWARDS SHALL BE PICKED UP ON SUNDAY BY A CLUB'S COACH OR REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK UP &/OR DELIVERY OF**

**AWARDS. ALL AWARDS NOT PICKED UP WILL NOT BE DISTRIBUTED UNLESS A PREPAID ENVELOPE IS PROVIDED. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** Free. Meet programs will be available through the MeetMobile App.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will 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 Trainees. 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 October 7, 2022			
8 & UN	9-10	11-12	13 & O
Open 400 IM			
	200 IM	200 IM	

SATURDAY October 8, 2022			
8 & UN	9-10	11-12	13 & O
50 FR	50 FR	200 FR	200 IM
50 FL	50 FL	50 FR	100 FR
25 BK	100 BK	50 FL	100 FL
25 BR	50 BR	100 BK	200 BK
		100 BR	200 BR
Open 500 Free			

SUNDAY October 9, 2022			
8 & UN	9-10	11-12	13 & O
50 BK	50 BK	50 BK	200 FR
25 FL	100 FL	100 FL	100 BK
100 IM	100 IM	100 IM	200 FL
50 BR	100 BR	100 FR	50 FR
25 FR	100 FR	50 BR	100 BR
Open 1000 Free			

# EVENTS

FRIDAY October 7, 2022		
Event # Girls	Event Description and Age Group	Event # Boys
1*	Open 400 I.M.	2*
3	9-10 200 I.M.	4
5	11-12 200 I.M.	6
<p>The 400 IM, Athletes shall have met the Minimum time Standard below</p>		
*6:24.19	Minimum Seed Time	*6:13.09

SATURDAY October 8, 2022		
Event # Girls	Event Description and Age Group	Event # Boys
101	13 & O 200 I.M.	102
103	11-12 200 Free	104
105	9-10 50 Free	106
107	8 & U 50 Free	108
109	13 & O 100 Free	110
111	11-12 50 Free	112
113	9-10 50 Fly	114
115	8 & U 50 Fly	116
117	13 & O 100 Fly	118
119	11-12 50 Fly	120
121	9-10 100 Back	122
123	8 & U 25 Back	124
125	13 & O 200 Back	126
127	11-12 100 Back	128
129	9-10 50 Breast	130
131	8 & U 25 Breast	132
133	13 & O 200 Breast	134
135	11-12 100 Breast	136
137#	Open 500 Free	138#
<p>The 500 Free shall be swum fastest to slowest and will alternate girl's and boy's heats and may be combined 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>		
#7:08.79	Minimum Seed Time	#6:57.29

SUNDAY October 9, 2022		
Event # Girls	Event Description and Age Group	Event # Boys
201	13 & O 200 Free	202
203	11-12 50 Back	204
205	9-10 50 Back	206
207	8 & U 50 Back	208
209	13 & O 100 Back	210
211	11-12 100 Fly	212
213	9-10 100 Fly	214
215	8 & U 25 Fly	216
217	13 & O 200 Fly	218
219	11-12 100 I.M.	220
221	9-10 100 I.M.	222
223	8 & U 100 I.M.	224
225	13 & O 50 Free	226
227	11-12 100 Free	228
229	9-10 100 Breast	230
231	8 & U 50 Breast	232
233	13 & O 100 Breast	234
235	11-12 50 Breast	236
237	8 & U 25 Free	238
239	9-10 100 Free	240
241+	Open 1000 Free	242+
<p>The 1000 Free shall be swum fastest to slowest and will alternate girl's and boy's heats and may be combined 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>		
+14:48.09	Minimum Seed Time	+14:32.59

Pacific Swimming – Hosted by Vallejo Aquatic Club TUFFY WILLIAMS CLASSIC SCY C/B/A+ MEET OCTOBER 7-9, 2022 Consolidated Entry Form															
Name: Last,                      First                      Middle															
Club Abbr.			UNATT CLUB 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				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee        \$ 8.00 Total                                \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															