

VALLEJO AQUATIC CLUB  
SPRINT FOR SUPREMACY INVITATIONAL  
PACIFIC SWIMMING INVITATIONAL SHORT COURSE INVITATIONAL  
SEPTEMBER 30 – OCTOBER 1, 2023  
Invited Clubs: VJO, AC, TOC, SSS, DART SOLANO, NBA, NVST, PST, SBA, DPCC, AAA



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-116**

*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** 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                      **Head Starter:** Andy Downs  
**Meet Marshal:** Stephanie Jones              **Admin Official:** Debbi Tucker  
**Meet Director:** David McQuilling, [meetdirector@vallejoaquatics.org](mailto:meetdirector@vallejoaquatics.org), 925.216.9564 (cell)

**LOCATION:** John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo, CA 94591

**DIRECTIONS: From I-80 Eastbound:** Take Exit 30C – Georgia Street, turn RIGHT on Miller Ave. / Steffan St. to Georgia St. Go LEFT on Georgia St. past three (3) stoplights. Turn LEFT on Heartwood to pool.

**From I-80 Westbound:** Take Exit 30B – Georgia Street, turn RIGHT at the fork onto 14<sup>th</sup> St. and continue to light. Go RIGHT at light onto Georgia St. and cross of the freeway. Continue on Georgia St. past four (4) stoplights. Turn LEFT on Heartwood to pool.

**From I-80 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 Street. 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 VPD AND MAY BE TOWED.**

**COURSE:** Outdoor 25 yard pool with up to 16 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 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 will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day.

- 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 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 will swim fast to slow (except **Golden Ticket Events** as detailed in the Meet Summary), with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
  - Athletes may compete in 4 events per day.
  - 13 and over athletes competing in the 50 yard butterfly, breaststroke, and backstroke events should enter a reasonable guess as their seed time.
  - Events and heats may be combined at the discretion of the Meet Referee.
  - 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.
  - 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 Officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**
  - A minimum of three (3) Red Cross certified lifeguards employed by the Greater Vallejo Recreation District (GVRD) will be onsite for the duration of the meet and available to participants.
  - An AED (Automated External Defibrillator) is maintained at the pool.

**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.
  - No pets are allowed at Cunningham Pool, except service assistance animals.

- Team canopies will not be allowed on deck. Bleacher areas are available on a first come / first serve basis and additional space is available on the adjacent grass lawn.
- Covered areas will be provided on deck for Coaches. Additional Coach's tents / pop-ups may be allowed upon approval from the Meet Director.
- For fire and safety purposes, the Coach's tents / tables are for Coaches only. Athletes may check-in with their coaches but cannot stay there.

**ELIGIBILITY:** • Meet is open only to qualified athletes registered with VJO, AC, TOC, SSS, DART SOLANO, NBA, NVST, PST, SBA, DPCC, and AAA. Athletes who are unattached but participating with these clubs are eligible to compete. Meet entry is by invitation only. Please contact Coach Donny Mata, [dmata@vallejoaquatics.org](mailto:dmata@vallejoaquatics.org), if you would like to participate.

- 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" will 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.
- 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 will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$40.00 flat fee per athlete per day. Team entry fees must be paid at registration.

**ELECTRONIC ENTRIES:** Entries will be accepted via Hy-Tek file only (one entry submission per club). Entries will be accepted until September 20, 2023 or until capacity has been reached, whichever is sooner. E-mail entries to [meetchief@vallejoaquatics.org](mailto:meetchief@vallejoaquatics.org).

**CHECK-IN:** The meet will 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 and will 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/entered shall not be penalized.

**AWARDS:** Ribbons will be awarded to athletes ages 12 and under for 1<sup>st</sup> through 8<sup>th</sup> place finishers in the A+, B, and C Divisions for each event and age group. Athletes ages 13 and over shall not be awarded, except for Hot Heats and Golden Ticket winners. "A" medals shall be awarded to athletes ages 12 and under achieving new "A" times swum during this meet only.

**HOT HEAT** winners shall receive a special heat winner prize.

**GOLDEN TICKET** winners shall receive special awards.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working 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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	Minimum of 5 plus an additional Official for every 25 athletes over 100.

**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 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.

**ORDER OF EVENTS  
VJO SPRINT FOR SUPREMACY  
SEPTEMBER 30 / OCTOBER 1, 2023**

Saturday, September 30, 2023		
EVENT #	EVENT	EVENT #
1	10 & Under 200 Medley Relay	2
3	11-14 200 Medley Relay	4
5	15-18 200 Medley Relay	6
7	10 & Under 25 Fly	8
9 <sup>^</sup>	11 & Over 50 Fly	10 <sup>^</sup>
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*	25 Streamline Underwater	20*
21	10 & Under 25 Breast	22
23 <sup>^</sup>	11 & Over 50 Breast	24 <sup>^</sup>
25	10 & Under 50 Free	26
27	11 & Over 100 Free	28
*Entries for the 25 Streamline Underwater Races will utilize 50 Free Times		
<p><sup>^</sup>13 and over athletes competing in the 50 yard butterfly, and breaststroke events should enter a reasonable guess as their seed time.</p>		
<p>Each Event will have a <b>HOT HEAT</b> that will selected / announced before the heat is swam. Winners get a Hot Heat Prize!</p>		

Sunday, October 1, 2023		
EVENT #	EVENT	EVENT #
29	10 & Under 200 Free Relay	30
31	11-14 200 Free Relay	32
33	15-18 200 Free Relay	34
35 <sup>^</sup>	10 & Under 50 Fly	36 <sup>^</sup>
37	11 & Over 100 Fly	38
39	11 & Up <i>Golden Ticket</i> 50 Free Qualification Round	40
41	10 & Under 25 Back	42
43 <sup>^</sup>	11 & Over 50 Back	44 <sup>^</sup>
45	10 & Under 50 Breast	46
47	11 & Over 100 Breast	48
49	10 & Under 25 Free	50
51	<i>Golden Ticket</i> 50 Free – Top 8	52
53	<i>Golden Ticket</i> 50 Free – Top 4	54
55	<i>Golden Ticket</i> 50 Free Championship -Top 2	56
<p><sup>^</sup>13 and over athletes should enter a reasonable guess as their seed time for the 50 yard back event</p>		
<p>Each Event will have a <b>HOT HEAT</b> that will get announced before the heat is swam. Winners get a Hot Heat Prize!</p>		
<p>The <i>Golden Ticket</i> 50 will circle seed the last 4 heats, top 2 swimmers from the circle seed heats will receive a golden ticket to swim in the top 8 heat. The top 8 will then be narrowed to a top 4, then a top 2 for the <i>Golden Ticket Champion</i>! A minimum of 5 minutes will be scheduled between heats.</p>		
<p>Each <i>Golden Ticket Champion</i> will get a special prize at the end of the meet.</p>		

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