

**VALLEJO AQUATIC CLUB – WAYNE “TUFFY” WILLIAMS SUMMER KICKOFF CLASSIC
PACIFIC SWIMMING LONG COURSE METERS C/B/A+
MAY 30th–JUNE 1st, 2025**

Enter Online: <https://ome.fastswims.com/meets>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-021**

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 UNOFFICIAL heat/lane assignments and 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:	Lesley Ruzel
Meet Marshal:	Stephanie Jones	Admin Official:	Mike Abegg
Meet Director:	Miles Woodward [meetdirector@vallejoaquatics.org ; 925-899-9512]		

LOCATION: Wayne “Tuffy” Williams Pool at [John F. Cunningham Aquatic Complex](#).
801 Heartwood Ave. Vallejo, CA 94591-5672. [[LCM 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.

PARKING: 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 50M pool with up to 8 lanes available for competition. One additional lane 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 4.5 ft. at the start end and 4.5 ft. at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Competition shall begin at 5:00 p.m. on Friday 30 May, with warm-ups from 3:30–4:45. Competition shall begin at 9:00 a.m. on Saturday 31 May and Sunday 1 June, with warm-ups from 7:30–8:45 a.m. There shall be a special warm-up period for 8&U-only athletes from 3:30–3:45 on Friday 30 May, and 8:30–8:45 a.m. on Saturday 31 May and Sunday 1 June.

- 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.
 - Athletes may compete in a **maximum of 4 individual 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.
 - All Athletes competing in the 400 Free, 800 Free, and 1500 Free must provide their own timers; all Athletes competing in the 800 Free and 1500 Free must provide their own lap counters.
 - 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 Order of Events listed on Page 5) which cannot be proven using the Pacific Swimming database or SWIMS 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).
 - **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, in 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(s) are permitted except for snack bar/meet operations.
 - All shelters must be properly and safely 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.

- Entries with "**NO TIME**" shall be accepted, **with the exception of the Open 400 IM, Open 400 Free, Open 800 Free, and Open 1500 Free**, which have required minimum entry times (see Rules section and Order of Events table).
- 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 and encouraged to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and/or seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only.
- 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 February 5, 2025 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 Albany Armada Aquatics (AAA) shall be entitled to the same priority as Zone 3 registered athletes.**

ENTRY FEES: \$4.50 per individual event, plus a \$14.00 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> to 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 21 May 2025, 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 times. Entries must be postmarked by midnight, Monday 19 May 2025, or hand delivered by 6:30 p.m. Wednesday 21 May 2025. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope or a valid email address on the entry form.

Make checks 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: Email VJO Meet Director, Miles Woodward [meetchief@vallejoaquatics.org], to make arrangements.

MIXED RELAYS: Relays may be entered online (prior to closure of online entries) or deck-entered at the meet. Relay Entries are due no later than 10:30 a.m. each day. Payment shall be made at time of request or entries shall be rejected. Relays shall not be awarded. Swimmers must be entered in at least one (1) individual event to participate on any relay. Any relay that is not comprised of two (2) girls and two (2) boys shall be swum as "Exhibition"; any combination of relay swimmers, including all girls or all boys, shall be accepted and allowed to swim as "Exhibition".

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. Athletes who wish to scratch from an event after the close of check-in should 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 entered shall not be penalized.

AWARDS: Ribbons shall be awarded to the 1st through 8th place finishers in the PC-A+, PC-B, and C Divisions, based on entry times, for each Event in the 6&U and 7-8 Age Groups that has a PC time standard; all other 6&U and 7-8 Events shall be awarded in a single Division. Ribbons shall be awarded to the 1st through 8th place finishers in the A+, B, and C Divisions, based on entry times, for each Event in the 9-10, and 11-12 Age Groups. 13&O Age Groups shall not be awarded. "Open" Events shall not be awarded. Relay Events

shall not be awarded. "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.

ADMISSION: Free. Meet Programs shall be available through the Meet Mobile app [[iOS/Android](#)] and digital copies shall be emailed the week before the meet.

MEET MOBILE: Heat/Lane Assignments and Results may be posted to Meet Mobile throughout the meet. Please note that any and all information posted to Meet Mobile, including H/L Assignments and Results, is **UNOFFICIAL** and subject to change at any point throughout the meet. This service is provided as a convenience but not required. Due to circumstances beyond the host team's control, Meet Mobile may not function correctly, or cease functioning completely, throughout the meet. The printed and posted Heat/Lane Assignments and Results shall be considered official.

SNACK BAR & HOSPITALITY: A snack bar shall be available throughout Saturday and Sunday. Cash and major credit cards are accepted. Coaches and working Officials shall be provided with breakfast, lunch, and refreshments. Timers and other volunteers shall be provided with light refreshments.

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

FRIDAY 30 MAY 2025				SATURDAY 31 MAY 2025				SUNDAY 1 JUNE 2025			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
200 IM	200 IM	200 IM		OPEN 400 IM				50 Fly	50 Fly	200 Back	200 Back
OPEN 800 Free				200 Free	200 Free	200 Free	200 Breast	100 Free	100 Free	50 Fly	200 IM
				50 Breast	50 Breast	50 Breast	200 Free	100 Breast	100 Breast	100 Free	100 Free
				100 Back	100 Back	100 Back	100 Back	50 Back	50 Back	100 Breast	100 Breast
				50 Free	50 Free	200 Breast	50 Free			50 Back	200 Fly
				100 Fly	100 Fly	50 Free	100 Fly			200 Fly	
						100 Fly					
				Mixed 200 Medley Relay (10&U, 11-14, 15&O)				Mixed 200 Free Relay (10&U, 11-14, 15&O)			
				OPEN 400 Free				OPEN 1500 Free			

“If I can instill a love of swimming and teach them to be independent and self-sufficient, I have done my job.”

–VJO Coach Emeritus Wayne “Tuffy” Williams

“Get in the water, you little worm!!!”

–Also VJO Coach Emeritus Wayne “Tuffy” Williams



ORDER OF EVENTS

Girls Min. Entry Time	Girls Event #	Event Description	Boys Event #	Boys Min. Entry Time
FRIDAY 30 MAY 2025				
	#1	10 & Under 200 I.M.	#2	
	#3	11-12 200 I.M.	#4	
13:50.59	#5	OPEN 800 Free ^a	#6	13:35.99
SATURDAY 31 MAY 2025				
7:19.69	#101	OPEN 400 I.M.	#102	7:10.19
	#103	12 & Under 200 Free	#104	
	#105	13 & Over 200 Breast	#106	
	#107	10 & Under 50 Breast	#108	
	#109	11-12 50 Breast	#110	
	#111	13 & Over 200 Free	#112	
	#113	10 & Under 100 Back	#114	
	#115	11-12 100 Back	#116	
	#117	13 & Over 100 Back	#118	
	#119	11-12 200 Breast	#120	
	#121	10 & Under 50 Free	#122	
	#123	11-12 50 Free	#124	
	#125	13 & Over 50 Free	#126	
	#127	10 & Under 100 Fly	#128	
	#129	11-12 100 Fly	#130	
	#131	13 & Over 100 Fly	#132	
	#133	10 & Under Mixed 200 Medley Relay	X	
	#134	11-14 Mixed 200 Medley Relay		
	#135	15 & Over Mixed 200 Medley Relay		
6:51.09	#137	OPEN 400 Free ^b	#138	6:44.59
SUNDAY 1 JUNE 2025				
	#201	11-12 200 Back	#202	
	#203	13 & Over 200 Back	#204	
	#205	10 & Under 50 Fly	#206	
	#207	11-12 50 Fly	#208	
	#209	13 & Over 200 I.M.	#210	
	#211	10 & Under 100 Free	#212	
	#213	11-12 100 Free	#214	
	#215	13 & Over 100 Free	#216	
	#217	10 & Under 100 Breast	#218	
	#219	11-12 100 Breast	#220	
	#221	13 & Over 100 Breast	#222	
	#223	10 & Under 50 Back	#224	
	#225	11-12 50 Back	#226	
	#227	11 & Over 200 Fly	#228	
	#229	10 & Under Mixed 200 Free Relay	X	
	#230	11-14 Mixed 200 Free Relay		
	#231	15 & Over Mixed 200 Free Relay		
25:45.79	#233	OPEN 1500 Free ^a	#234	25:13.59

a.) Athletes in the 800 Free and 1500 Free must provide their own timers and lap counters

b.) Athletes in the 400 Free must provide their own timers

a.) & b.) These events may be swum with alternating heats, girls/boys, at the discretion of the Meet Referee

Pacific Swimming – Hosted by Vallejo Aquatic Club
 WAYNE “TUFFY” WILLIAMS SUMMER KICKOFF CLASSIC - LONG COURSE C/B/A+ MEET
 May 30th—June 1st, 2025
 Consolidated Entry Form

Name: <u>Last</u>	<u>First</u>	<u>Middle</u>
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth [MM/DD/YYYY]	Sex M F	LSC – (PC, SN, etc.)
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USAS-ID#															
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Event #	Distance / Stroke	Entry Time*	Circle One
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

Number of Entries _____	x \$4.50 = \$ _____				
Participation Fee	+ \$14.00				
Total = \$ _____		Make Checks Payable to “VJO”			

Coach Name
Coach Email
Coach Cell #

Athlete's Address

Home Phone	Cell Phone
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Email [<input type="checkbox"/> please check for email confirmation of received entries]
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* Please use either Lifetime Best or Season Best--if unsure of time, please refer to the [SWIMS Database](#).