

VALLEJO AQUATIC CLUB – SPRINT FOR THE 🏆GOLDEN TICKET🏆
PACIFIC SWIMMING SHORT COURSE YARDS C/B/A+
OCTOBER 9TH—11TH, 2026
Enter Online: <https://ome.fastswims.com/meets>



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-105**

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.

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, restrooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

MEET PERSONNEL:

Meet Referee:	Andy Downs	Head Starter:	Mike Abegg
Meet Marshal:	Stephanie Jones	Admin Official:	Brian McCrea
Meet Director:	Alexandra Thomas [meetdirector@vallejoaquatics.org]		

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

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 25-yard pool with up to 16 lanes (and up to two courses) 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, **4 ft. at the start end and 4 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 9 October, with warm-ups from 3:45-4:45 p.m.. Competition shall begin at 9:00 a.m. on Saturday 10 October and Sunday 11 October, with warm-ups from 7:30–8:45 a.m. There may be a special warm-up period for 8&U-only athletes, or designated lane(s) for 8&U-only athletes, from 8:30-8:45 a.m. on Saturday and Sunday at the discretion of the Meet Referee.

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, except 🏆GOLDEN TICKET🏆 events.
- All events shall be seeded fast to slow, except 🏆GOLDEN TICKET🏆 events, which shall be circle seeded.
- Athletes may compete in a **maximum of 1 individual event on Friday and 4 individual events maximum each on Saturday and Sunday.**
- All Athletes ages 12 and Under should complete competition within four (4) hours.
- The “Any Order IM” events shall not be considered as an official time, even if swum in the legal order.

- 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, swum as mixed gender, and/or alternated at the discretion of the Meet Referee.
- **All Coaches and Officials shall be USA-S Certified and in good standing. Verification shall be provided to the Meet Referee before the start of the meet and/or upon request.**
- 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. PLEASE NOTE: **We encourage coaches to ensure that Athletes are shallow dive certified as the minimum starting depth is 4 ft.** Athletes are welcome to complete a block start, deck start or in water start as is their preference. If you have any questions, please reach out to VJO Meet Director for further clarification.

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 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 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.
- 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 special accommodation. The athlete (or athlete's coach) is responsible for notifying the Meet Referee, prior to competition, of any athlete with a disability and of the requested accommodation and/or modifications. The athlete/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
- 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 20 August 2026 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-PC) and Hills Hurricane Swim Team (HILL-PC) shall be entitled to the same priority as Zone 3 registered athletes.**

ENTRY FEES: \$5.50 per event, plus a \$10.00 participation fee per Athlete, plus a \$20.00 facility surcharge 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.

MEFAP ENTRY FEES: \$10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification: <https://tinyurl.com/pc-mefap>

ONLINE ENTRIES: To enter online go to www.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 30 September 2026, 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 28 September 2026, or hand delivered by 6:30 p.m. Wednesday 30 September 2026. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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, Alexandra Thomas [meetdirector@vallejoaquatics.org], to make arrangements.

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, 11-12, and 13-14 age groups. Non-USA Swimming recognized events (e.g. 100 Any Order I.M.) will be awarded as a single division. 15&O Age Groups shall not be awarded. "Open" Events shall not be awarded. "A" medals shall be awarded to 14&U athletes achieving new "A" times swum during this meet only. Awards will be mailed by VJO or distributed at a later date (with arrangements with visiting teams) after the meet; awards will not be available during the meet. **Clubs that fail to meet their lane timer requirements shall not be given awards, at the discretion of the Meet Referee and/or Meet Director.**

ADMISSION: Free. Meet Programs shall be available through the Meet Mobile app [[iOS](#) | [Android](#)] and digital copies may 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 but not limited to 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, major credit cards, Square, and Venmo are accepted. Food trucks may also be available throughout the meet. Coaches and working Officials shall be provided with breakfast, lunch and refreshments. Timers and volunteers shall be provided with light refreshments.

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

LANE TIMING ASSIGNMENTS: Lane timer assignments for visiting teams shall be based on team entries. Each visiting team shall be assigned a minimum number of lane timers according to the number of swimmers it has entered compared with the total number of swimmers entered in the meet. **Clubs that fail to meet their lane timer requirements shall not be given awards, at the discretion of the Meet Referee and/or Meet Director.**

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 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(s) 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 9 OCTOBER 2026	
<u>10 & Under</u>	<u>11 & Over</u>
200 Freestyle	200 Freestyle
500 Freestyle	500 Freestyle

SATURDAY 10 OCTOBER 2026	
<u>10 & Under</u>	<u>11 & Over</u>
50 Free Golden Ticket	50 Free Golden Ticket
25 Fly	50 Fly
50 Back	100 Back
100 IM	100 IM
25 Kickboard	50 Kickboard
25 Free	100 Free
25 Breast	50 Breast
50 Free Golden Ticket	50 Free Golden Ticket
200 Medley Relay	200 Medley Relay

🚗 SUNDAY 11 OCTOBER 2026 🚗	
<u>10 & Under</u>	<u>11 & Over</u>
400 I.M.	400 I.M.
50 Free Golden Ticket	50 Free Golden Ticket
50 Fly	100 Fly
25 Back	50 Back
50 Breast	100 Breast
Any Order 100 IM	Any Order 100 IM
50 Free Golden Ticket	50 Free Golden Ticket
200 Free Relay	200 Free Relay

The **Golden Ticket** 50 Free Qualifying round will circle seed all heats. The top 8 Athletes will receive a golden ticket to advance to the Elite Eight. The fastest 4 Athletes will move on to the Final Four, then the remaining top 2 race to be crowned *the*

GOLDEN TICKET CHAMPION!

SCHEDULE OF EVENTS

🚗 FRIDAY 10 OCTOBER 2026 🚗		
Girls Event #	Age Group & Event	Boys Event #
1	OPEN Mixed 200 Free	
2	OPEN Mixed 500 Free	

🚗 SATURDAY 10 OCTOBER 2026 🚗		
Girls Event #	Age Group & Event	Boys Event #
Sprint for the Golden Ticket Qualifying Round		
101	10&U "Golden Ticket" 50 Free Quali	102
103	11-14 "Golden Ticket" 50 Free Quali	104
105	15&O "Golden Ticket" 50 Free Quali	106
107	10 & Under 25 Fly	108
109	11 & Over 50 Fly	110
111	10 & Under 50 Back	112
113	11 & Over 100 Back	114
115	10 & Under 100 I.M.	116
117	11 & Over 100 I.M.	118
119^*	10 & Under 25 Kickboard	120^*
121	10 & Under 25 Free	122
123^*	11 & Over 50 Kickboard	124^*
125	11 & Over 100 Free	126
127	10 & Under 25 Breast	128
129	11 & Over 50 Breast	130
Sprint for the Golden Ticket "Elite Eight" (8→4)		
131	10&U "Golden Ticket" Elite Eight	132
133	11-14 "Golden Ticket" Elite Eight	134
135	15&O "Golden Ticket" Elite Eight	136
137	10&U 200 Medley Relay	138
139	11-14 200 Medley Relay	140
141	15&O 200 Medley Relay	142

🚗 SUNDAY 11 OCTOBER 2026 🚗		
Girls Event #	Age Group & Event	Boys Event #
201	Open 400 Individual Medley	202
Sprint for the Golden Ticket "Final Four" (4→2)		
203	10&U "Golden Ticket" Final Four	204
205	11-14 "Golden Ticket" Final Four	206
207	15&O "Golden Ticket" Final Four	208
209	10 & Under 50 Fly	210
211	11 & Over 100 Fly	212
213	10 & Under 25 Back	214
215	11 & Over 50 Back	216
217	10 & Under 50 Breast	218
219	11 & Over 100 Breast	220
221^#	10&U 100 "Any Order" I.M.	222^#
223^#	11&Over 100 "Any Order" I.M.	224^#
Sprint for the Golden Ticket Championship Finals (2→1)		
225	10&U "Golden Ticket" Champ Final	226
227	11-14 "Golden Ticket" Champ Final	228
229	15&O "Golden Ticket" Champ Final	230
231	10&U 200 Free Relay	232
233	11-14 200 Free Relay	234
235	15&O 200 Free Relay	236

NOTE: Events with a ^ next to their Event Number and with a light red highlight on the Schedule of Events, are PURELY EXHIBITION EVENTS FOR FUN. Their times will be in NO WAY be considered official

NOTE: The 25 & 50 yard kickboard races (Event #119/123 & #120/124) are purely exhibition events for fun. Kickboard events shall start in the water; 3-point entry is required. Two hands on board are required after start. NO THROWING OF KICKBOARDS. VJO shall provide kickboards.

NOTE: The "Any Order I.M.s" (Event #221-224) are purely exhibition events for fun. 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. THIS EVENT WILL NOT BE AN OFFICIAL TIME—EVENT IF THE ATHELETE COMPLETE THE RACE IN CORRECT STROKE ORDER LEGALLY.

Pacific Swimming – Hosted by Vallejo Aquatic Club SPRINT FOR THE 🏆 GOLDEN TICKET 🏆 - SHORT COURSE C/B/A+ MEET October 9 th —11 th , 2026 Consolidated Entry Form													
Name: <u>Last</u> <u>First</u> <u>Middle</u>													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth [MM/DD/YYYY]				Sex M F		LSC – (PC, SN, etc.)				
USAS-ID#													
<u>Event #</u>	<u>Distance / Stroke</u>						<u>Entry Time*</u>		<u>Circle One</u>				
							: .		SCY / LCM				
							: .		SCY / LCM				
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Number of Entries: _____ x \$5.50 = \$ _____ Participation Fee: + \$10.00 Facility Surcharge: + \$20.00 Total = \$ _____ Make Checks Payable to "VJO"													
Coach Name Coach Email Coach Cell #													
Athlete's Address													
Home Phone							Cell Phone						
Email													
* Please use either Lifetime Best or Season Best times for entries Refer to the SWIMS Database [https://tinyurl.com/usas-swims] for Athlete's LTB times Refer to [https://tinyurl.com/pc-timestandards] for time standards													