

VALLEJO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
"FEBRUARY FROST" - FEBRUARY 6 - 8, 2015  
Enter Online: <http://ome.swimconnection.com/pc/VJO20150206>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-017**

*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, web casting, television, psych sheets and live meet results

**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:** Debbi Tucker – [dtucker@pacswim.org](mailto:dtucker@pacswim.org)  
**Head Starter:** Alan Augst      **Meet Marshal:** Daniel Mann  
**Admin Official:** Mehdi Saghafi      **Meet Director:** John Yee - [johnyee@mac.com](mailto:johnyee@mac.com) / 415-310-2878

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

**DIRECTIONS:** From I-80 East onto Georgia Street: from I-80 West, RIGHT up over freeway onto Georgia Street. Go east on Georgia Street, past (3) stoplights. Turn LEFT on Heartwood to pool. From Contra Costa, take I-680 NORTH to I-780 NORTH. Exit from I-780 at Columbus Parkway. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood. Pool is on the left side. For Google Maps directions, use <http://g.co/maps/2k8bh>. **Pool parking lot is only for officials who are working the meet. Those parking in improper areas will be ticketed by V.P.D and may be towed.**

**COURSE:** Outdoor heated pool: 25 yard pool with up to **15** lanes available for competition with 2 courses running simultaneously. An additional **2** 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 **4'0"** at the start end and **4'0"** 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:** Friday's session will begin at 5:00 p.m., with warm-ups from 3:30-4:45 p.m. Saturday & Sunday sessions will begin at 9:00 a.m. each day, with warm-ups from 7:30-8:45 a.m.

- 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.
  - All events are timed finals.
  - Swimmers may compete in a maximum of one (1) event on Friday, and four (4) events on Saturday and Sunday.
  - All swimmers ages 12 and under should complete competition within four (4) hours.
  - Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender. If local conditions warrant, 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. No other refunds will be made.
  - When the number of splashes either meets or exceeds the estimated timeline, all entries will be closed and notification posted on the Swim Connection website, the VJO website, and Pacific Swimming website. Entry forms and payments received after the close of meet will be returned with an explanation.
  - Except for the Open events, no-time entries will be accepted and placed in the slowest heats.
  - All events will be swum in event order and in a "**FAST TO SLOW**" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
  - The 500 yard and 1000 yard freestyle events will be held as "Open" events and the Meet Referee and Meet Director will, at their discretion, have the option of alternating boys and girls heats. "Open" events will not be awarded. There will be a minimum seed time that must have been met for each of the Open events. Any swimmer 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 4) which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the swimmer's coach, either of which may be presented upon check -in. (Refer to PacSwim Rule 4A2).

- **Swimmers entering the 500 yard and 1000 yard freestyle events must provide their own timers and lap counters. Swimmers entering the 400 IM must provide their own timers.**
- The Open 500 yard freestyle event may be split into 10-unders and 11-overs and be swum in their respective ends of the pool immediately following the completion of their respective sessions.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED SWIMMERS:** Any USA-S 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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-S Club Member-Coach.

**RACING STARTS:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 or standing areas and in all areas used by swimmers, 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.
- 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. Swimmers/team members may check in with their coaches but cannot stay there.
- **NO** pets allowed on deck, other than service assistance animals.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host will check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least USA Swimming Motivational "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 except in Open events.**
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers 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.

- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/vjo20150206> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through 11:59 p.m. Thursday, January 22, 2015.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Monday, **January 19, 2015** or hand delivered by 6:30 p.m. Thursday, **January 22, 2015**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

<b>Make check payable to:</b>	"Vallejo Aquatic Club" or "VJO"	
<b>Mail with entries to:</b>	VJO Meet Director	<b>Hand deliver entries to:</b> VJO Meet Director
	Re: Swim Meet Entries	801 Heartwood Ave
	P.O. Box 5846	Vallejo, CA 94591
	Vallejo, CA 94591-5846	

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons will 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. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new "A" times swum during this meet only. Open events will not be awarded.

**AWARDS MUST BE PICKED UP ON SUNDAY BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED. AWARDS THAT ARE NOT PICKED UP AT THE MEET (ONLY FOR ZONE 3 TEAMS) WILL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING. NON ZONE 3 TEAMS AND UNATTACHED SWIMMERS MUST COORDINATE WITH THE AWARDS DESK FOR PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES MUST BE PROVIDED. AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** FREE. A three-day program will be available for \$5.00

**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:** No more than 3 days after close of entries, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the team will be fined \$100 per missing official per session of the meet.

Club swimmers 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

*\*Zone 3 will include Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 will accept Trainees in the count of officials for a session, as long as they are carded. Teams may use officials "borrowed" from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.*

#### EVENT SUMMARY

FRIDAY			
8 & UN	9-10	11-12	13-UP
1000 FREE	200IM	200IM	1000 FREE
	1000 FREE	1000 FREE	

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
50 FREE	50 FREE	50 FREE	200 IM	50 BACK	50 BACK	50 BACK	200 FREE
50 FLY	50 FLY	50 FLY	200 BREAST	25 FLY	100 FLY	100 FLY	100 BACK
25 BACK	100 BACK	100 BACK	100 FLY	100 IM	100 IM	100 IM	200 FLY
25 BREAST	50 BREAST	200 FREE	200 BACK	50 BREAST	100 BREAST	100 FREE	50 FREE
500 FREE	500 FREE	100 BREAST	100 FREE	25 FREE	100 FREE	50 BREAST	100 BREAST
		500 FREE	500 FREE			400 IM	400 IM

**VALLEJO AQUATIC CLUB  
SCY C/B/A+**

**SCHEDULE OF EVENTS**

<b>FRIDAY FEBRUARY 6</b>		
<b>Girls</b>	<b>Event Description and Age Group</b>	<b>Boys</b>
1	9-10 200 I.M.	2
3	11-12 200 I.M.	4
5*	Open 1000 Free <sup>1</sup>	6*
<p><sup>1</sup> The 1000 Free will be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.</p> <p>Swimmers must provide their own timers and lap counters for this event.</p> <p>Swimmers must have met the Minimum Time Standard below.</p>		
*14:48.09	Minimum Seed Time	*14:33.89

<b>SATURDAY FEBRUARY 7</b>		
<b>Girls</b>	<b>Event Description and Age Group</b>	<b>Boys</b>
101	9-10 50 Free	102
103	8 & U 50 Free	104
105	9-10 50 Fly	106
107	8 & U 50 Fly	108
109	9-10 100 Back	110
111	8 & U 25 Back	112
113	9-10 50 Breast	114
115	8 & U 25 Breast	116
117#	Open 500 Free <sup>2</sup>	118#

<b>Girls</b>	<b>Event Description and Age Group</b>	<b>Boys</b>
201	13 & O 200 I.M.	202
203	11-12 50 Free	204
205	13 & O 200 Breast	206
207	11-12 50 Fly	208
209	13 & O 100 Fly	210
211	11-12 100 Back	212
213	13 & O 200 Back	214
215	11-12 200 Free	216
217	13 & O 100 Free	218
219	11-12 100 Breast	220
221#	Open 500 Free <sup>2</sup>	222#

<p><sup>2</sup> The 500 Free will be swum fastest to slowest, and may alternate women's and men's heats and may be split by age and swum separately at the discretion of the Meet Referee.</p> <p>Swimmers must provide their own timers and lap counters for this event.</p> <p>Swimmers must have met the Minimum Time Standard below.</p>		
#7:09.29	Minimum Seed Time	#7:02.99

<b>SUNDAY FEBRUARY 8</b>		
<b>Girls</b>	<b>Event Description and Age Group</b>	<b>Boys</b>
119	8 & U 50 Back	120
121	9-10 50 Back	122
123	8 & U 25 Fly	124
125	9-10 100 Fly	126
127	8 & U 100 I.M.	128
129	9-10 100 I.M.	130
131	8 & U 50 Breast	132
133	9-10 100 Breast	134
135	8 & U 25 Free	136
137	9-10 100 Free	138

<b>Girls</b>	<b>Event Description and Age Group</b>	<b>Boys</b>
223	13 & O 200 Free	224
225	11-12 50 Back	226
227	13 & O 100 Back	228
229	11-12 100 Fly	230
231	13 & O 200 Fly	232
233	11-12 100 I.M.	234
235	13 & O 50 Free	236
237	11-12 100 Free	238
239	13 & O 100 Breast	240
241	11-12 50 Breast	242
243	11 & O 400 I.M. <sup>3</sup>	244

<p><sup>3</sup> The 400 I.M. will be swum fastest to slowest, and may alternate women's and men's heats at the discretion of the Meet Referee.</p> <p>Swimmers must provide their own timers for this event.</p>		
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Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Vallejo Aquatic Club  
 SCY C/B/A+  
 “FEBRUARY FROST”  
 February 6 – 8, 2015  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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

# of entries _____ x \$4.00 =	\$ _____
Participation Fee	\$ 8.00
Total	\$ _____

Coach

Swimmer's  
Address

Home Phone	Cell Phone
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Email