

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING ZONE 3 SHORT COURSE SENIOR MEET
NOVEMBER 20-21, 2021



Enter Online: <http://ome.swimconnection.com/pc/vjo20211120>

Mask-wearing requirements during the meet will be subject to the City of Vallejo & facility's mandates in-place at the time of the meet – currently optional outdoors and mandatory indoors, including bathrooms/locker rooms.

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-193**

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 shall be posted in real time on the Internet (<https://www.active.com/mobile/meet-mobile-app>) and can be viewed using the Meet Mobile App (available at the Apple App 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: Heidi Scharffenberg	Admin Official: Debbi Tucker
Meet Director: David McQuilling / meetdirector@vallejoaquatics.com	

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 14th St. and continue to light. Go RIGHT at light onto Georgia St. and cross over the freeway. Continue on Georgia St. past four (4) stoplights. Turn LEFT on Heartwood to pool.

From Contra Costa: 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. Street parking is available for lot overflow – 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 / 50 METER pool with up to 10 lanes available for competition. An additional 9 lanes shall 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 shall begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM each day.

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 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.
- All events shall swim fast to slow
- Athletes may compete in a maximum of four (4) events per day.
- 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 Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
- At the discretion of the Meet Referee, events and heats may be combined.
- Athletes in the 500 free must provide their own lap counters.
- Athletes in the 1000 free and 1650 free must supply their own timers and lap counters.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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.
- Pop-ups and tents shall not be allowed on deck, except in designated areas at the west end of the pool. Deck space is limited but bleachers and grass areas are available for set-up.
- A designated coaches' area will be provided on deck. Athletes are allowed to check-in with their coaches in this area but cannot stay there.
- All pop-ups / tents / shelters must be secured.

ELIGIBILITY: • Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host shall check all Athlete 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.

- ONLY Athletes 13/Over are eligible to enter this meet. There is no proof of time.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

CHECK-IN: The meet shall 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 for each event 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.

SCRATCH RULE: Athletes shall report promptly to the starting block when their event/heat is called. Any Athlete not reporting for or competing in an individual timed final event shall not be penalized.

ENTRY FEES: \$7.00 per individual event plus an \$8.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/vjo20211120> 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 will be accepted through 11:59 PM Wednesday, November 10, 2021.

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 entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, November 8, 2021 or hand delivered by 6:30 p.m. Wednesday, November 10, 2021. Requests for confirmation of receipt of entries should include a self-addressed envelope or e-mail address.

Make check payable to: Vallejo Aquatic Club

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 Ave.

Vallejo, CA 94589

AWARDS: None.

ADMISSION: Free.

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.

ORDER OF EVENTS

Saturday, November 20		
EVENT #	EVENT	EVENT #
1	500 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13	1650 FREE	14

Sunday, November 21		
EVENT #	EVENT	EVENT #
15	400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27	1000 FREE	28

Events 13-14 and 27-28 shall be swum fastest to slowest alternating women and men
There shall be a 10 minute break before the start of these events

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Vallejo Aquatic Club
 SHORT COURSE SENIOR MEET
 November 20-21, 2021
 Consolidated Entry Form

Name: Last, First Middle													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle One				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
<p># of entries _____ x \$7.00 = \$ _____</p> <p>Participation Fee \$8.00</p> <p>Total \$ _____</p>													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													