

VALLEJO AQUATIC CLUB
VJO VS DART
PACIFIC SWIMMING SHORT COURSE DUAL MEET
NOVEMBER 18, 2023
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-152**

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: Sarah Obbagy
Meet Marshal: Stephanie Jones	Admin Official: Debbi Tucker
Meet Director: David McQuilling, meetdirector@vallejoaquatics.org , 925.216.9564 (cell)	

LOCATION: John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo, CA 94589

DIRECTIONS: **From I-80 Eastbound:** Take Exit 30C – Georgia St., turn RIGHT on Miller Ave and travel approx. 250 feet to the traffic light. Turn RIGHT on Georgia St. and travel approximately 0.9 miles to Heartwood Ave. Turn LEFT on Heartwood to pool.

From I-80 Westbound: Take Exit 30B – Georgia St., merge right onto 14th St. and continue to traffic light. Turn RIGHT on Georgia St. and travel approximately 1.1 miles to Heartwood Ave. Turn LEFT on Heartwood to pool.

From I-680 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 St. 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 MAY BE TICKETED AND/OR TOWED BY V.P.D.**

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. The meet host shall ensure required course dimensions.

TIME: Meet will 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 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, with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Events and heats may be combined at the discretion of the Meet Referee.
- Athletes may compete in 4 events per day.
- 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 for use by GVRD trained / certified lifeguards.

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: • All 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.

- Meet is open only to qualified athletes registered with VJO and DART, Athletes who are unattached but participating with these clubs are eligible to compete.
- 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: \$4.50 per event plus an \$10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will 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 processing 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 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 Wednesday, November 8, 2023.

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 time. Entries must be postmarked by midnight, Monday, November 6, 2023, or hand delivered by 6:30 p.m. Wednesday, November 8, 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Vallejo Aquatic Club (VJO)

Mail entries to: VJO Meet Director
P.O. Box 5846
Vallejo, CA 94591-5846

Hand deliver entries to: VJO Meet Director
801 Heartwood Avenue
Vallejo, CA 94589

CHECK-IN: This meet will be pre-seeded

SCRATCHES: There will be a scratch meeting 30 min prior to the start of the session.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A limited 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.

EVENT SUMMARY

SATURDAY			
8 & UN	9-10	11-12	13-18
25 BK	50 BK		
25 FL	50 FL		
25 FR	50 FR		
25 BR	50 BR		
OPEN 100 BACK			
OPEN 200 FREE			
OPEN 100 FLY			
OPEN 100 FREE			
OPEN 200 IM			
OPEN 100 BREAST			

EVENTS

SATURDAY NOVEMBER 18, 2023		
EVENT #	EVENT	EVENT #
1	OPEN 200 FREE	2
3	OPEN 100 BACK	4
5	9-10 50 BACK	6
7	8 & UNDER 25 BACK	8
9	OPEN 100 FLY	10
11	9-10 50 FLY	12
13	8 & UNDER 25 FLY	14
15	OPEN 100 FREE	16
17	9-10 50 FREE	18
19	8 & UNDER 25 FREE	20
21	OPEN 100 BREAST	22
23	9-10 50 BREAST	24
25	8 & UNDER 25 BREAST	26
27	OPEN 200 IM	28

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

Pacific Swimming – Hosted by Vallejo Aquatic Club VJO VS DART SHORT COURSE DUAL MEET November 18, 2023 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													