

**VALLEJO AQUATIC CLUB - BATTLE FOR THE V  
PACIFIC SWIMMING SHORT COURSE YARDS DUAL MEET  
NOVEMBER 23, 2024**

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

**VALLEJO AQUATIC CLUB vs. VACAVILLE SWIM CLUB**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-148**

*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 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:**

<b>Meet Referee:</b>	<b>Debbi Tucker</b>	<b>Head Starter:</b>	<b>Lesley Ruszel</b>
<b>Meet Marshal:</b>	<b>Stephanie Jones</b>	<b>Admin Official:</b>	<b>Brian McCrea</b>
<b>Meet Director:</b>	<b>Miles Woodward</b> [ <a href="mailto:meetdirector@vallejoaquatics.org">meetdirector@vallejoaquatics.org</a> ; 925-899-9512]		

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

**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 10 lanes 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, is 6 ft. at the start end and 6 ft. at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Competition shall begin at 10:00 a.m., with warm-ups from 8:30–9:45 a.m.

- 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 events: 2 individual + 2 relay.**
  - 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 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, 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.
  - 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.
  - **Only athletes registered with or training with VJO and VACA may compete in this 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.
- All relay athletes must be entered in at least one (1) individual event.
- 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.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$25.00 flat fee per Athlete. No refunds shall be made.

**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 13 November 2024, 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 time. Entries must be postmarked by midnight, Monday 11 November 2024 or hand delivered by 6:30 p.m. Wednesday 13 November 2024. 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:** VJO Coaching Staff [during practice hours]. 801 Heartwood Ave. Vallejo, CA 94591-5672

**CHECK-IN:** The meet shall be pre-seeded. There will be a coaches' scratch meeting at 9:00 a.m.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** There shall be no awards given, except for the **BATTLE FOR THE V** Trophy.

**SCORING:**        Individual Points: 7 (1<sup>st</sup>), 5 (2<sup>nd</sup>), 4 (3<sup>rd</sup>), 3 (4<sup>th</sup>), 2 (5<sup>th</sup>), 1 (6<sup>th</sup>)  
                       Relay Points: 8 (1<sup>st</sup>), 4 (2<sup>nd</sup>), 2 (3<sup>rd</sup>)

**ADMISSION:** Free. Meet Programs shall be available through the Meet Mobile app [[iOS/Android](#)].

**SNACK BAR & HOSPITALITY:** No snack bar shall be available. Coaches and working Officials shall be provided refreshments.

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

**ORDER OF EVENTS**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	10 & Under 200 Medley Relay	2
3	11 & Over 200 Medley Relay	4
5	8 & Under 50 Free	6
7	9-12 100 Free	8
9	13 & Over 200 Free	10
11	12 & Under 100 I.M.	12
13	13 & Over 200 I.M.	14
15	8 & Under 25 Free	16
17	9 & Over 50 Free	18
19	8 & Under 25 Fly	20
21	9-12 50 Fly	22
23	13 & Over 100 Fly	24
<i>15 Minute Break</i>		
25	13 & Over 100 Free	26
27	12 & Under 200 Free	28
29	13 & Over 500 Free	30
31	8 & Under 25 Back	32
33	9-12 50 Back	34
35	13 & Over 100 Back	36
37	8 & Under 25 Breast	38
39	9-12 50 Breast	40
41	13 & Over 100 Breast	42
43	10 & Under 200 Free Relay	44
45	11 & Over 200 Free Relay	46

