

**VALLEJO AQUATICS CLUB  
PACIFIC SWIMMING SHORT COURSE TRI MEET  
SATURDAY, NOVEMBER 23, 2013**



**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-222**

*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/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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

**OFFICIALS:**

<i>Meet Referee: Debbi Tucker</i>	<i>Admin Official: Michael Welton</i>
<i>Head Starter: David Elmore</i>	<i>Meet Marshal: Marylou Miguel</i>
<i>Meet Director: Jennifer Thiem – (707)292-6473, jenniferthiem@vallejoaquatics.org</i>	

**LOCATION:** **JOHN F. CUNNINGHAM AQUATIC COMPLEX. 801 HEARTWOOD AVE., VALLEJO, CA.** 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 can be found on the north side of the facility and on the street. Those parking in improper areas will be ticketed by V.P.D and may be towed.**

**COURSE:** Outdoor heat pool: 25 yard, with up to 9 lanes available for competition. Separate warm-up and warm-down area available throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 7' 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 begins at 10:00 AM, warm-ups from 9:00am to 9:45 AM.

**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 3 individual events.**
- **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 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 deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED SWIMMERS:** Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer 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 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, on 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.

- All shelters must be properly secured. No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:** • Entries are limited to swimmers attached to, or in training with, VJO, SASO, or QUIK.

- 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 must 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.
- Entries with "**NO TIME**" **will be accepted.**
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$5 entry fee per swimmer.

**MAKE CHECK PAYABLE TO:** "Vallejo Aquatic Club" or "VJO"

**ENTRIES:** Entries are limited to swimmers attached to, or in training with, VJO, SASO, or QUIK. Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming times. Entries must be turned into your coach by 7:30pm Tuesday Oct 19<sup>th</sup>. No late entries will be accepted.

**CHECK-IN:** The meet will be pre-seeded.

**AWARDS:** None

**ADMISSION:** Free. Programs will be posted in multiple areas around the pool.

**REFRESHMENTS:** There will be no snack bar available.

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

**MINIMUM OFFICIALS:** One half-hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (referee or director) shall contact the representative from each team participating, and provide a preliminary inventory. 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 the meet, in accordance with the following table:

Number of Swimmers Competing in Meet	Trained and Carded Officials Requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**SCHEDULE OF EVENTS:**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
1	Open 100 Free	2
3	8-Under 25 Free	4
5	12 & Under 50 Free	6
7	11 & Over 200 Breast	8
9	8-Under 25 Breast	10
11	12-Under 50 Breast	12
13	Open 100 Fly	14
15	8-Under 25 Fly	16
17	12-Under 50 Fly	18
19	11 & Over 200 Back	20
21	8-Under 25 Back	22
23	12-Under 50 Back	24
25	13 & Over 50 Free	26
27	12-Under 100 IM	28
29	11 & Over 400 IM	30

<b>Pacific Swimming – VJO            Tri Meet            11/23/2013            Consolidated Entry Form</b>													
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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
Swimmer Entry Fee = \$5.00													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													