

**VALLEJO AQUATIC CLUB**  
**PACIFIC SWIMMING ZONE 3 LCM "THE LONG SPRING THAW" C/B/A+ MEET**  
**APRIL 19 – 21, 2013**

Enter Online: <http://ome.swimconnection.com/pc/vjo20130419>

**SANCTION:** Held under USA Pacific Swimming Sanction No. 13-056

*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 Video:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. *Photography or video recording from behind the starting block and starting areas are prohibited unless previous/prior permission to do so is granted by the Meet Referee.*

**OFFICIALS:**

<i>Meet Referee:</i>	<i>Debbi Tucker</i>	<i>[kvadxt@gmail.com]</i>
<i>Head Starter:</i>	<i>Cynthia Wood</i>	
<i>Meet Marshal:</i>	<i>Felix Viray</i>	
<i>Meet Director:</i>	<i>John Yee</i>	<i>[johnyee@mac.com / 415-310-2878]</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 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: 50 meter, with up to 8 competition lanes. If numbers warrant, a double ended meet will be put into place. Separate warm-up and warm-down area available throughout the meet. The minimum water depth measured in accordance with Article 103.2.3, is 4' 5" at the start end and 13' at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such 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 only one (1) event on Friday, and up to 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, 400m freestyle, 800m freestyle, 1500m freestyle and the 400m individual medley events will be held as "Open" events. There will be a minimum seed time that must have been met for each of the Open events. The Open 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. Swimmers entering the 800m and 1500m freestyle events will need to provide their own timers and lap counters. 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)

**DECK CHANGING:** 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.

**COACHES & OFFICIALS:** All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**ATTENTION HIGH SCHOOL SWIMMERS** (February through May): 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.

**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, 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 deck changing. 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. 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.

**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 must check all swimmer registrations against the SWIMS database; if found to be not 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 the "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard. All entry times slower than the listed "PC-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 welcomed to attend this meet and should contact the Meet Director regarding special accommodations on entry times and seeding, per Pacific Swimming policy. The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES**: \$2.75 per event, \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. Fees for entries in the OPEN events that cannot be proved in the computer database, by a set of complete meet results or verified by the swimmer's coach, will not be refunded.

**Make check payable to:** "Vallejo Aquatic Club" or "VJO"  
**Mail with entries to:** VJO Meet Director  
Re: Swim Meet Entries  
P.O. Box 5846  
Vallejo, CA 94591-5846

**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, **April 8** or hand delivered to the 801 Heartwood Ave., Vallejo, CA 94591 by 6:30 p.m. Thursday, **April 11, 2013**. 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.

**ONLINE ENTRIES**: To enter on-line go to <http://ome.swimconnection.com/pc/vjo20130419> 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, April 11, 2013.

**CHECK-IN**: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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 allowed to compete in the event.

**SCRATCHES**: Any swimmers not reporting for, or competing in an individual timed final event shall not be penalized.

**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.

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

**REFRESHMENTS:** A snack bar will be available serving hot breakfast, hot lunches, and other nutritious items and beverages. 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. Please check our website, [www.vallejoaquatic.org](http://www.vallejoaquatic.org), for information on reserving a local hotel at a discounted price.

**MINIMUM OFFICIALS:** One half-hour before the scheduled start of each session, 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

*\*Zone 3 Pacific Swimming will include Colorado, Intermediary/Chief Timing Judge, and Hy-Tek Computer Operators into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.*

## SCHEDULE OF EVENTS

Friday, April 19, 2013

GIRLS EVENT #	AGE	DESCRIPTION	BOYS EVENT #
1	9-10	200 IM	2
3	11-12	200 IM	4
5	OPEN*	1500 FREE	6

Saturday, April 20, 2013

GIRLS EVENT #	AGE	DESCRIPTION	BOYS EVENT #
7	OPEN**	400 IM	8
9	11 & OV	200 BREAST	10
11	13 & OV	200 FREE	12
13	10 & UN	50 BREAST	14
15	11-12	50 BREAST	16
17	9-10	100 BACK	18
19	11-12	100 BACK	20
21	13 & OV	100 BACK	22
23	10 & UN	50 FREE	24
25	11-12	50 FREE	26
27	13 & OV	50 FREE	28
29	9-10	100 FLY	30
31	11-12	100 FLY	32
33	13 & OV	100 FLY	34
35	OPEN***	800 FREE	36

Sunday, April 21, 2013

GIRLS EVENT #	AGE	DESCRIPTION	BOYS EVENT #
37	11 & OV	200 BACK	38
39	10 & UN	50 FLY	40
41	11-12	50 FLY	42
43	13 & OV	200 IM	44
45	10 & UN	100 FREE	46
47	11-12	100 FREE	48
49	13 OV	100 FREE	50
51	9-10	100 BREAST	52
53	11-12	100 BREAST	54
55	13 & OV	100 BREAST	56
57	10 & UN	50 BACK	58
59	11-12	50 BACK	60
61	13 & OV	200 FLY	62
63	OPEN****	400 FREE	64

\* Minimum Standard: Girls 25:48.79 / Boys 26:00.89

\*\* Minimum Standard: Girls 7:21.69 / Boys 7:27.09

\*\*\* Minimum Standard: Girls 13:24.69 / Boys 13:19.89

\*\*\*\* Minimum Standard: Girls 6:29.69 / Boys 6:28.09

Use the following URL to find the current time standards: [http://www.pacswim.org/2013\\_AB\\_LC.pdf](http://www.pacswim.org/2013_AB_LC.pdf)

