

VALLEJO AQUATIC CLUB
PACIFIC SWIMMING ZONE 3 LONG COURSE PC-CBA+ MEET

July 9 – July 11, 2010

Enter online at: <http://ome.swimconnection.com/pc/vjo20100709>

- Sanction:** Held under USA/Pacific Swimming Sanction No.: **10-069**
- 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 on to Georgia Street. Go east on Georgia Street, through 3 stop lights. 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. **Pool parking lot is for officials only. Those parking in improper areas will be ticketed by V.P.D.**
- Course:** **50 Meter** Outdoor, heated pool with up to 8 competition lanes. Separate warm-up and warm-down area available throughout the meet. The minimum water depth in accordance with Article 103.2.3, is 4 ft at the start and 13 ft 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:** **Meet begins at 5pm on Friday**
Warm ups from 3:30pm – 4:45 pm
Meet begins at 9:00 a.m both Saturday and Sunday.
Warm-ups from 7:30am to 8:45 a.m.
- Rules:** Current USA/Pacific Swimming rules will govern the meet. Pacific Swimming Warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All events are timed finals. All swimmers ages 12 and under should complete competition within four (4) hours. **Swimmers may compete in only one event on Friday and up to four events on Saturday and Sunday .** All coaches and deck officials must wear their USA Swimming [USA-S] membership cards in a visible manner. If conditions warrant it, the Meet Referee with the concurrence of the Meet Director, may require a mandatory scratch down or close the meet to further entries per the following statement: **When the number of splashes either meets or exceeds the estimated timeline, per the Four Hour Rule, all entries will be closed and notification posted both on the Swim Connection website and on the VJO and Pacific Swimming websites. Entry forms and payments received after the close of meet will be returned with an explanation.** In the event of a mandatory scratch down, immediate cash refunds will be made.
- The 1500M free, 800M free, 400M IM and 400M free will be held as “OPEN” events and Are therefore not subject to the “four hour rule”. 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 order at the discretion of the Meet Referee and Meet Director. Swimmers entering the 1500M, 800M and 400M freestyle events must provide their own timers. Swimmers entering the 1500M, 800M freestyle must provide their own timers and lap counters. Entry times for OPEN events with a minimum time standard (see Schedule of Events listed on pages 4 and 5) 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. (See p 94, 2010 Pacific Swimming Guide).**
- All coaches are required to sign in at the meet and present their 2010 registration card. Coaches Listed on the “Expired” list or who have no card and do not show up on the “Registered” list will not be permitted to coach their swimmers on the deck. The Meet Director or Meet Referee will assign the affected swimmers to a certified coach.

Restrictions: Smoking and use of other tobacco products is prohibited anywhere in the meet venue which is described as: on the pool deck, in the locker rooms, in spectator seating or standing areas, including John F. Cunningham Aquatic Complex with parking lot and GVRD clubhouse with connecting thruway, and in all areas used by the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass containers of any kind are not permitted anywhere in the meet venue. No animals are allowed on deck. The Meet Venue does **not** include adjacent playgrounds, equipment, tennis courts, or Hogan High School facilities. **Tents and/or Pop-Ups 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 with their coaches but cannot stay there.**

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 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. Meet is open to all qualified swimmers, who have met the listed time standards. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Verification Procedures. **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. Swimmers aged 19 years and over may participate in the 13 & over and Open events but will not be awarded.** Such swimmers must have met the time standards for the open and 17-18 age group events. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

Check-in and Scratches 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 30 minutes prior to the estimated start of the first heat of the event. Swimmers who do not check in for an event may not compete in the event. Swimmers who cannot swim an event for which they have checked in are encouraged to declare a false start to the Deck Referee or to inform the Clerk of Course or Meet Referee that they do not intend to swim.

Priority Entries: Only entries from Zone 3 teams AAC, CCSC, FBA, FINS, FOG, HSC, JCSC, KYSC, LCCC, MACS, MCSD, MLKB, MP, NAPA, NBA, PCM, QUIK, RAYS, SAM, SHSC, SON, SRN, SSS, SST, STAR, TOC, UD, VJO, WA, WCAN, WILL and YPAC will be accepted before 12:00 Midnight, Monday, June 14, 2010. After 12:00 Midnight, June 14, 2010, the meet will be open to all other teams.

Online Entries: You may enter this meet online or by mail. Enter at: <http://ome.swimconnection.com/pc/vjo201007091> 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% times the entry fee. 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 (see Paper Entries below). **Online entries will be accepted through midnight, Thursday, July 1, or until the number of splashes either meets or exceeds the estimated timeline, per the Four Hour Rule, at which time all entries will be closed and notification posted both on the Swim Connection website and on the VJO and Pacific Swimming websites.** Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet.

Paper Entries: Entries must be on the attached Consolidated Entry card. Entry forms must be completely filled out including best *LONG COURSE* time for each event. ***Entered times must be submitted in METERS.*** Time Conversions from short course yards will no longer be required or allowed. Pacific Swimming's Rules and Regulations specify that when you have achieved a specific class level (for example, "B" or "A") in an event in one course, you are considered to be qualified at that same level in all courses. Accordingly, you must always enter a time which maintains the class for which you've qualified in an event. "No Time" entries will be accepted for all events except the Open events and will be seeded in the slowest heats. Incomplete or illegible entries may require a collect call be made in order to accept entries. **Entries must be postmarked by midnight, Monday, June 28, 2010, or hand delivered by Thursday, July 1, by 7pm to Cunningham pool at 801 Heartwood, Vallejo, Ca.** No refunds will be made except in the instance of a mandatory scratch down. Additional meet sheets may be available at www.vallejoaquatics.org. If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard.

SCHEDULE OF EVENTS Friday, July 9, 2010

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
4:13.29	3:49.89	1	9-10	200 IM	2	4:16.29	3:52.69
3:42.59	3:22.09	3	11-12	200 IM	4	3:44.29	3:23.59
	Minimum standard 27:06.29	5	Open	1500 FREE	6	Minimum standard 26:55.59	

SCHEDULE OF EVENTS Saturday, July 10, 2010

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
	GIRLS					BOYS	BOYS
	Minimum standard 7:51.59	7	OPEN	400 IM	8	Minimum standards 7:55.59	
		9	11 & OV	200 BREAST	10		
4:11.79	3:48.59		11-12			4:08.49	3:45.49
3:59.99	3:37.79		13-14			3:50.39	3:29.09
3:58.59	3:36.59		15-16			3:40.89	3:20.49
4:10.19	3:47.09		17-18			3:45.29	3:24.49
		11	13 & OV	200 FREE	12		
3:03.59	2:46.59		13-14			2:55.39	2:39.19
3:02.19	2:45.39		15-16			2:46.79	2:31.39
3:06.59	2:49.39		17-18			2:45.59	2:30.29
		13	10 & UN	50 BREAST	14		
1:12.49	1:01.89		8 & UN			1:12.49	1:01.39
1:00.89	55.29		9-10			1:01.69	55.99
54.09	49.09	15	11-12	50 BREAST	16	54.09	49.09
1:57.69	1:46.79	17	9-10	100 BACK	18	1:58.19	1:47.29
1:44.49	1:34.89	19	11-12	100 BACK	20	1:45.99	1:36.19
		21	13 & OV	100 BACK	22		
1:38.09	1:28.99		13-14			1:34.69	1:25.89
1:37.29	1:28.29		15-16			1:29.59	1:21.29
1:43.99	1:34.39		17-18			1:31.29	1:22.89
		23	10 & UN	50 FREE	24		
58.19	48.19		8 & UN			58.19	46.09
45.89	41.59		9-10			47.19	42.79
41.39	37.49	25	11-12	50 FREE	26	40.99	37.09
		27	13 & OV	50 FREE	28		
39.39	35.69		13-14			37.59	34.09
39.09	35.39		15-16			35.39	32.09
39.39	35.69		17-18			34.69	31.39
2:00.79	1:49.59	29	9-10	100 FLY	30	2:00.99	1:49.89
1:43.59	1:33.99	31	11-12	100 FLY	32	1:43.99	1:34.39
		33	13 & OV	100 FLY	34		
1:35.49	1:26.59		13-14			1:31.69	1:23.19
1:34.69	1:25.89		15-16			1:24.89	1:17.09
1:36.49	1:27.59		17-18			1:25.59	1:17.69
	Minimum standard 14:05.09	35	OPEN	800 FREE	36	Minimum standard 13:52.99	

SCHEDULE OF EVENTS Sunday, July 11, 2010

B TIME	A TIME	EVEN T	AGE	DESCRIPTION	EVENT	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
		37	11 & OV	200 BACK	38		
3:41.99	3:21.49		11-12			3:43.79	3:23.19
3:32.09	3:12.49		13-14			3:24.39	3:05.49
3:29.99	3:10.59		15-16			3:11.69	2:53.99
3:39.79	3:19.49		17-18			3:27.19	3:07.99
		39	10 & UN	50 FLY	40		
1:06.99	58.99		8 & UN			1:06.99	58.39
51.99	47.19		9-10			52.49	47.59
45.39	41.09	41	11-12	50 FLY	42	45.49	41.29
		43	13 & OV	200 IM	44		
3:28.59	3:09.39		13-14			3:19.79	3:01.39
3:27.69	3:08.49		15-16			3:10.99	2:53.39
3:31.69	3:12.19		17-18			3:11.59	2:53.89
		45	10 & UN	100 FREE	46		
2:07.79	1:46.59		8 & UN			2:04.79	1:40.09
1:41.59	1:32.19		9-10			1:41.69	1:32.29
1:30.09	1:21.79	47	11-12	100 FREE	48	1:29.29	1:21.09
		49	13 OV	100 FREE	50		
1:26.09	1:18.19		13-14			1:20.89	1:13.49
1:23.69	1:15.99		15-16			1:16.49	1:09.49
1:24.89	1:17.09		17-18			1:16.39	1:09.29
2:13.29	2:00.99	51	9-10	100 BREAST	52	2:15.69	2:03.19
1:57.59	1:46.69	53	11-12	100 BREAST	54	1:56.39	1:45.59
		55	13& OV	100 BREAST	56		
1:50.99	1:40.79		13-14			1:46.09	1:36.29
1:50.39	1:40.19		15-16			1:39.99	1:30.69
1:53.79	1:43.29		17-18			1:40.89	1:31.59
		57	10 & UN	50 BACK	58		
1:06.99	57.89		8 & UN			1:06.99	56.69
54.09	49.09		9-10			55.49	50.29
48.29	43.79	59	11-12	50 BACK	60	49.09	44.49
		61	13 & OV	200 FLY	62		
3:35.99	3:15.99		13-14			3:28.09	3:08.89
3:31.39	3:11.89		15-16			3:15.99	2:57.89
3:43.79	3:23.19		17-18			3:21.79	3:03.19
	Minimum standard 6:52.79	63	OPEN	400 FREE	64	Minimum standard 6:57.19	

