

VALLEJO AQUATIC CLUB

Pacific Swimming Zone 3 Short Course C/B/A+ Meet

FEBRUARY 6 - 8, 2009

Enter online at: <http://swimconnection.com/pc/meet/vjo>

- SANCTION:** Held under USA/Pacific Swimming Sanction No. : **0189**
- 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. **Pool parking lot is for officials only who are working the meet. Those parking in improper areas will be ticketed by V.P.D.**
- COURSE:** Outdoor heated pool: 25 yards, 8 competition lanes expandable to 16 lanes. Separate warm-up and warm-down area available throughout the meet.
- TIME:** Meet begins at 5pm on Friday with warm-ups from 3:30 to 4:45 9:00 a.m. Saturday and Sunday. Warm-ups from 7:30 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 500 Free, and 1000 Free will be held as “OPEN” events and are therefore not subject to the “four hour rule”. There will be a minimum limiting seed time that must have been met for each of the Open Events. The 500 and 1000 Free 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 500 and 1000 free events will need to provide their own timers and lap counters.**
- RESTRICTIONS:** Smoking and the use of other tobacco products is prohibited on the deck, in the locker rooms, in spectator seating or standing areas and by all areas used by the swimmers during the meet and during 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 in the pool area and locker rooms. Meet venue includes John F. Cunningham Aquatic Complex (locker rooms and pool deck) with parking lot and GVRD clubhouse with connecting thoroughway. Venue does **not** include adjacent playgrounds, equipment, tennis courts or Hogan High School facilities. **Pop-ups and tents will not be allowed on deck, except at the west end of the pool.**
- ELIGIBILITY:** All swimmers must have a current USA-S Registration Card and must enter the number on their entry cards 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 Time Verification Procedures. Fees for entries in the OPEN events that cannot be proved in the computer database or by a set of complete meet results will not be refunded. Swimmers aged 19 and over may participate in the 11& Over, 13 & Over and Open events but will not be awarded. Such swimmers must have met the 17-18 year old time standards and/or the applicable minimum time standard in OPEN 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: 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 may not compete in the event.

SCRATCHES: There is no penalty for swimmers not checking in for a particular event; they will simply be scratched from it. Swimmers entered in an individual event that is seeded on the deck, who have checked in for that event, must swim in the event unless they notify the clerk of the course before the seeding for that event has begun that they wish to scratch. **Failure to swim an event will result in being scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first.** Events seeded on the deck shall be closed for seeding no earlier than 30 minutes prior to the estimated start of the event. The penalty will not apply if the swimmer scratches before the event is seeded or the Referee accepts proof that the failure was caused by illness, injury or other circumstance beyond the control of the swimmer.

ONLINE ENTRIES: You may enter this meet online or by mail. Enter at: <http://swimconnection.com/pc/meet/vjo> 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. **Online entries will be accepted through midnight, Thursday, January 29, 2009, or until the number of splashes either meets or exceeds the estimated timeline, per the Four Hour Rule, at which time on-line 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 cards must be filled out including best short course time for each event. Entered times must be submitted in yards. **With the exception of the OPEN events, "No Time" entries will be accepted and will be seeded in the first heats. Incomplete or illegible entries may require a collect call be made in order to accept entries. Additional meet sheets may be available at www.vallejoaquatics.org. Entries must be postmarked by midnight Monday, January 26, 2009 or hand delivered to 301 Angelina Way, Vallejo, CA by 8:00 p.m. Thursday, January 29, 2009. If the number of splashes either meets or exceeds the estimated timeline per the Four Hour Rule prior to January 26, 2009, the meet will be closed, your entries and payments will be returned with an explanation. Notification of the meet's closing will be posted both on the Swim Connection website and on the VJO and Pacific Swimming websites.** No late entries will be accepted. No fax entries will be accepted. No refunds will be made except for mandatory scratches. If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard

RECAP OF EVENTS

FRIDAY, FEBRUARY 6, 2009			
8 & Un	9-10	11-12	13 & OV
1000 FREE*	1000 FREE*	1000 FREE*	1000 FREE*
	200 IM	200 IM	

*** OPEN EVENTS Must have met the minimum seed time**

SATURDAY, FEBRUARY 7, 2009

8 & UN	9-10	11-12	13 & OV
50 FREE	100 FREE	50 FREE	200 IM
50 FLY	50 FLY	50 FLY	200 BREAST
25 BACK	100 BACK	100 BACK	100 FLY
25 BREAST	50 BREAST	200 FREE	200 BACK
500 FREE*	500 FREE*	100 BREAST	100 FREE
		500 FREE*	500 FREE*

*** OPEN EVENTS Must have met the minimum seed time.**

SUNDAY, FEBRUARY 8, 2009

8 & UN	9-10	11-12	13 & OV
50 BACK	50 BACK	50 BACK	200 FREE
25 FLY	100 FLY	100 FLY	100 BACK
100 IM	100 IM	100 IM	200 FLY
50 BREAST	100 BREAST	50 BREAST	100 BREAST
25 FREE	50 FREE	100 FREE	50 FREE
		400 IM	400 IM

FRIDAY, FEBRUARY 6, 2009

		EVENT	AGE	DESCRIPTION	EVENT		
GIRLS						BOYS	
Minimum Seed Time 15:52.99		1	OPEN	1000 Free⁺	2	Minimum Seed Time 15:39.79	
3:42.59 (B)	3:22.09 (A)	3	9-10	200 IM	4	3:44.39 (B)	3:23.59 (A)
3:17.29 (B)	2:59.09 (A)	5	11-12	200 IM	6	3:17.29 (B)	2:59.09 (A)

* Swimmers must provide their own timers and lap counters for this event

+ This event will be swum fastest to slowest unless at the discretion of the Head Referee and Meet Director, the order is reversed.

SATURDAY, FEBRUARY 7, 2009

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
		7	13 & OV	200 IM	8		
3:05.39	2:48.29		13-14			2:55.99	2:39.69
3:03.99	2:46.99		15-16			2:48.79	2:33.19
3:11.29	2:53.59		17-18			2:49.29	2:33.69
36.29	32.89	9	11-12	50 FREE	10	35.99	32.69
1:29.29	1:21.09	11	9-10	100 FREE	12	1:29.29	1:21.09
51.99	42.99	13	8 & UN	50 FREE	14	51.99	40.89
		14	13 & OV	200 BREAST	15		
3:33.19	3:13.49		13-14			3:22.79	3:04.09
3:31.99	3:12.39		15-16			3:15.99	2:57.89
3:42.59	3:22.09		17-18			3:19.99	3:01.49
45.99	41.69	17	9-10	50 FLY	18	45.49	41.19
40.39	36.69	19	11-12	50 FLY	20	39.99	36.29
59.99	52.59	21	8 & UN	50 FLY	22	59.99	52.09
		23	13 & OV	100 FLY	24		
1:25.69	1:17.79		13-14			1:20.69	1:13.19
1:23.59	1:15.89		15-16			1:15.19	1:08.19
1:25.29	1:17.39		17-18			1:15.99	1:08.89
1:42.59	1:33.19	25	9-10	100 BACK	26	1:45.29	1:35.59
1:31.99	1:23.49	27	11-12	100 BACK	28	1:31.99	1:23.49
27.99	23.19	29	8 & UN	25 BACK	30	27.99	22.69
		31	13 & OV	200 BACK	32		
3:06.39	2:49.09		13-14			2:59.99	2:43.39
3:07.99	2:50.59		15-16			2:53.29	2:37.29
3:22.59	3:03.89		17-18			3:03.39	2:46.49
2:52.39	2:36.49	33	11-12	200 FREE	34	2:53.59	2:37.49
		35	13 & OV	100 FREE	36		
1:15.89	1:08.79		13-14			1:10.79	1:04.29
1:15.29	1:08.39		15-16			1:07.89	1:01.59
1:16.29	1:09.19		17-18			1:07.09	1:00.79
29.99	24.79	37	8 & UN	25 BREAST	38	29.99	24.29
1:43.39	1:33.89	39	11-12	100 BREAST	40	1:42.59	1:33.19
54.09	49.09	41	9-10	50 BREAST	42	54.09	49.09
Minimum Seed Time → 8:39.49		43	OPEN	500 FREE**	44	Minimum Seed Time → 8:25.79	

* Swimmers must provide their own timers and lap counters for this event

+ This event will be swum fastest to slowest unless at the discretion of the Head Referee and Meet Director, the order is reversed.

SUNDAY, FEBRUARY 8, 2009

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
GIRLS	GIRLS					BOYS	BOYS
		45	13 & OV	200 FREE	46		
2:42.59	2:27.59		13-14			2:34.59	2:20.39
2:42.59	2:27.59		15-16			2:27.99	2:14.29
2:47.59	2:32.09		17-18			2:27.99	2:14.29
59.99	51.59	47	8 & UN	50 BACK	48	59.99	50.49
47.99	43.49	49	9-10	50 BACK	50	47.99	43.49
42.69	38.69	51	11-12	50 BACK	52	42.69	38.69
		53	13 & OV	100 BACK	54		
1:26.69	1:18.59		13-14			1:22.69	1:14.99
1:27.99	1:19.79		15-16			1:19.99	1:12.59
1:32.09	1:23.59		17-18			1:20.49	1:13.09
26.99	21.59	55	8 & UN	25 FLY	56	26.99	20.49
1:45.29	1:35.59	57	9-10	100 FLY	58	1:47.99	1:37.99
1:31.19	1:22.69	59	11-12	100 FLY	60	1:31.29	1:22.89
		61	13 & OV	200 FLY	62		
3:11.29	2:53.59		13-14			3:03.99	2:46.99
3:08.59	2:51.19		15-16			2:54.59	2:38.49
3:18.59	3:00.29		17-18			2:58.59	2:42.19
2:09.99	1:49.29	63	8 & UN	100 IM	64	2:09.99	1:45.09
1:42.59	1:33.19	65	9-10	100 IM	66	1:42.59	1:33.19
1:31.29	1:22.89	67	11-12	100 IM	68	1:29.49	1:21.19
47.99	43.59	69	11-12	50 BREAST	70	46.69	42.29
1:57.29	1:46.49	71	9-10	100 BREAST	72	1:58.59	1:47.69
1:04.99	55.29	73	8 & UN	50 BREAST	74	1:04.99	54.79
		75	13 & OV	100 BREAST	76		
1:37.19	1:28.19		13-14			1:31.99	1:23.49
1:38.69	1:29.49		15-16			1:27.99	1:19.79
1:43.99	1:34.39		17-18			1:29.29	1:21.09
23.49	19.49	77	8 & UN	25 FREE	78	23.49	18.39
40.29	36.49	79	9-10	50 FREE	80	40.39	36.59
1:18.89	1:11.59	81	11-12	100 FREE	82	1:17.99	1:10.79
		83	13 & OV	50 FREE	84		
35.09	31.79		13-14			32.79	29.79
34.69	31.39		15-16			30.99	28.09
35.59	32.29		17-18			30.99	28.09
		85	11&OV	400 IM	86		
7:01.09	6:22.19		11-12			7:01.09	6:22.19
6:37.49	6:00.79		13-14			6:22.59	5:47.29
6:34.59	5:58.19		15-16			6:11.89	5:37.59
6:57.19	6:18.69		17-18			6:18.59	5:43.69

