

**VALLEJO AQUATIC CLUB**  
PACIFIC SWIMMING ZONE 3 LONG COURSE PC-CBA+ MEET  
**May 1-3, 2009**

**Enter online at: <http://swimconnection.com/pc/meet/vjo2>**

**Sanction:** Held under USA/Pacific Swimming Sanction No.: **0579**

**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.

**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. **Swimmers may compete in one (1) event on Friday and up to four (4) events per day 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. **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. Paper entries will be returned with an explanation.** In the event of a mandatory scratch down, immediate cash refunds will be made for any mandatory scratches.

**The 400M free, 800M free, and 400M IM will be held as “OPEN” events and are therefore not subject to the “four hour rule”. The 400M, 800M and 1500M free events will be swum in event order and in a “slow to fast” sequence with the option of reversing the order and may alternate girls and boys at the discretion of the Meet Referee and Meet Director. The 1500M free events may run with two swimmers per lane. Swimmers entering the 800M Free and 1500M Free will need to provide their own timers and lap counters. Swimmers in the 400M Free will need to provide their own timers. Entry times for OPEN events with a minimum time standard (see Schedule of Events listed on pages 4 and 5) which cannot be proved in 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 95, 2009 Pacific Swimming Guide).**

**Restrictions:** Smoking and use of other tobacco products is prohibited anywhere in the meet venue with 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. 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.**

**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 scored or 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:** 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:** Swimmers may enter this meet online or by mail. Enter at: <http://swimconnection.com/pc/vjo2> 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 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 in order to enter this meet. **The deadline for online entries is Thursday, April 23, 2009 at midnight, 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 on both on the Swim Connection website and on the VJO and Pacific Swimming websites. If entering online, please make sure to bring your confirmation notice with the events listed.**

**Mail 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 first heats. Incomplete or illegible entries may require a collect call be made in order to accept entries. **Entries must be postmarked by midnight, Monday, April 20, 2009, or hand delivered to 105 Claremont Avenue, Vallejo, Ca. by 8:00 p.m. Thursday, April 23, 2009.** No refunds will be made except in the instance of a mandatory scratch down. Additional meet sheets may be available at [www.vallejoaquatics.org](http://www.vallejoaquatics.org). If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard.

**Entry fees:** \$2.75 per event. There is a \$5.00 participation fee per swimmer. Make checks payable to **Vallejo Aquatic Club** or **VJO** and mail with entries to: **Vallejo Aquatic Club, P.O. Box 5846, Vallejo, CA 94591.**

**Awards:** Ribbons will be awarded to 1<sup>st</sup> through 8<sup>th</sup> place finishers in the A, B and C divisions for each event and age group. 13 & Over events will be awarded as 13-14, 15-16 and 17-18 age groups. 10 & Under events will be awarded as 8 & Under and 9-10 Age Groups. "A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only. Medals will not be awarded to swimmers that are now identified as "A" swimmers under the new Pacific Swimming time standard as of January 1, 2009. "A" medals must be picked up at the meet. Medals will not be mailed.

**Admission:** Free. Two day programs will be available for at a reasonable price.

**Officials:** Referee: Bruce Baldwin                      Head Starter: Suzi Jackson  
 Head Marshal: Dave Henderson                      Meet Director: Felix Viray  
[FViray@pacbell.net](mailto:FViray@pacbell.net)

**Hospitality:** A snack bar will be in operation during the meet. Lunches and snacks will be served to working deck officials and coaches. Snacks will be served to all timers during the meet.

**Friday, May 1, 2009**

<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
200 IM	200 IM	1500 Free
	1500 Free	

Swimmers in the 1500M freestyle must provide their own timers and lap counters.

**Saturday, May 2, 2009**

<u>8 Un</u>	<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
400 IM	400 IM	400 IM	400 IM
50 Breast	50 Breast	200 Breast	200 Breast
50 Free	100 Back	50 Breast	200 Free
800 Free	50 Free	100 Back	100 Back
	100 Fly	50 Free	50 Free
	800 Free	100 Fly	100 Fly
		800 Free	800 Free

Swimmers in the 800M freestyle must provide their own timers and lap counters.

**Sunday, May 3, 2009**

<u>8 Un</u>	<u>9-10</u>	<u>11-12</u>	<u>13-over</u>
50 Fly	50 Fly	200 Back	200 Back
100 Free	100 Free	50 Fly	200 I.M.
50 Back	100 Breast	100 Free	100 Free
400 Free	50 Back	100 Breast	100 Breast
	400 Free	50 Back	200 Fly
		400 Free	400 Free

Swimmers in the 400M freestyle must provide their own timers.

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### SCHEDULE OF EVENTS Friday, May 1, 2009

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

### SCHEDULE OF EVENTS Saturday, May 2, 2009

B TIME	A TIME	EVENT #	AGE	DESCRIPTION	EVENT #	B TIME	A TIME
	<b>GIRLS</b>					<b>BOYS</b>	<b>BOYS</b>
	<b>Minimum standard 7:51.59</b>	7	OPEN	400 IM	8	<b>Minimum standards 7:55.59</b>	
		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
	<b>Minimum standard 14:05.09</b>	35	OPEN	800 FREE	36	<b>Minimum standard 13:52.99</b>	

## SCHEDULE OF EVENTS Sunday, May 3, 2009

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		
1:29.09	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
	<b>Minimum standard 6:52.79</b>	63	OPEN	400 FREE	64	<b>Minimum standard 6:57.19</b>	

<b>Vallejo Aquatic Club</b>		
<b>CONSOLIDATED ENTRY CARD</b>		
Last Name	First Name	MI
Club Abbr.	Club Name	
Sex	USA-S Registration #	
Birth Date	Swimmer's Age	Age Group
Event #	Distance/Stroke	Time
Swimmer's Street Address		
City		Zip Code
Telephone # (            )		
Coach		
Participation Fee	Entry Fee	Total Amount
\$5.00	\$ 2.75 per event	\$
My Parent is an Official who can work the meet:		
Name _____		
Phone # _____		
Email _____		

<b>Vallejo Aquatic Club</b>		
<b>CONSOLIDATED ENTRY CARD</b>		
Last Name	First Name	MI
Club Abbr.	Club Name	
Sex	USA-S Registration #	
Birth Date	Swimmer's Age	Age Group
Event #	Distance/Stroke	Time
Swimmer's Street Address		
City		Zip Code
Telephone # (            )		
Coach		
Participation Fee	Entry Fee	Total Amount
\$5.00	\$ 2.75 per event	\$
My Parent is an Official who can work the meet:		
Name _____		
Phone # _____		
Email _____		