

REDWOOD EMPIRE AQUATIC CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE T/F MEET
AUGUST 6-8th 2021
CLUBS: DART-SOLANO, LCCC, SON, WA, UD, VJO



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-164**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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. The results of this meet may be posted in real time on the Internet at Meet Mobile App.

USE OF AUDIO AND 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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:

<i>Meet Referee:</i> PHIL GRANT	<i>Head Starter:</i> SARAH OBBAGY
<i>Meet Marshal:</i> MADELYN CUEVA	<i>Admin Referee:</i> DEBBI TUCKER
<i>Meet Director:</i> DAVID MCQUILLING meetdirector@vallejoaquatics.org (925)216-9564	

LOCATION: John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo CA 94589

DIRECTIONS: 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.

COURSE: OUTDOOR 25 YARD/ 50 METER pool with up to 10 lanes available for competition. An additional 9 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 6'0" 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: The meet will begin at **5:00 PM** on Friday with warm-ups from 3:30-4:45PM. The meet will begin at **9:00AM** on both Saturday and Sunday with warm-ups from **7:30-8:45AM**. Finals will start no sooner than 90 minutes after the conclusion of preliminaries. The warm-up pool will open one hour prior to the start of finals.

- 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 Official's Table.
 - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
 - All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
 - All 8 & under events will be swum together as Timed Finals during the Preliminaries. 8-UN events will be scored as 6-UN and 7-8.
 - **All relays will be swum as Timed Finals.**
 - All 8-UN and 9-10 relays will be swum at the end of Preliminaries.
 - All 11-12 and 13-OV relays will be swum at the beginning of Finals.
 - All relay athletes must be entered in an individual event in the meet.
 - **The following events will be swum as Timed Finals during the Preliminaries:**
 - 10-UN 200 FR
 - 11-12 200 IM, 200 FR,
 - 13-OV 400 IM, 200 Back, 200 Fly, and 200 Breast
 - 11-OV 500 FR
 - The 400 IM and 500 Free events shall be swum as Timed Finals, fastest to slowest, alternating women's and men's heats. Genders may be combined at the discretion of the Meet Referee and Meet Director.
 - Friday Events: 500 Free athletes shall provide their own timers and lap counters. Friday 400 IM, 200 FR, 200 IM athletes shall also provide their own timers.
 - All remaining events will be swum as Preliminaries and Finals.
 - The 6 fastest times from the Preliminaries will qualify for the Championship Finals and the next 6 fastest times from the Preliminaries will qualify for Consolation Finals.
 - Individual Events for 13-OV age groups will be swum together in Preliminaries, but will be swum as 13-14 and 15-OV during Finals.
 - 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.
 - Athletes may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday, not including relays. Athletes exceeding these limits will be required to scratch down to the allowable limit and will not be eligible for any refunds.
 - At the discretion of the Meet Referee, events and heats may be combined.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - All applicable Solano County, City of Vallejo and State of California Public Health requirements for protection against COVID-19 will apply. All persons in the facility must be masked (with the exception of athletes during warm up, warm down, and actual competition). The Meet Director and Meet Referee may remove any individual who does not comply.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

RACING STARTS: Athletes 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 Athlete or the Athlete'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 Athletes, during the meet and during warm-up periods.
 - Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
 - No glass containers are allowed in the meet venue.
 - No propane heater is permitted except for snack bar/meet operations.
 - All shelters must be properly secured.
 - Deck Changes are prohibited.

- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.
- **Spectators and parents are allowed on the pool deck in specified areas to view the event.**
- **Locker rooms are available for changing.**

ELIGIBILITY: • Athletes must be current members of USA Swimming 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 Athlete with the registration and times database. The meet host will check all Athlete 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 only to qualified athletes registered with **VALLEJO AQUATIC CLUB , DART-SOLANO, WESTSIDE AQUADUCKS, UKIAH DOLPHINS, LAKE COUNTY CHANNEL CATS or SONOMA SEA DRAGONS**. Athletes who are unattached but participating with **VALLEJO AQUATIC CLUB , DART-SOLANO, WESTSIDE AQUADUCKS, UKIAH DOLPHINS, LAKE COUNTY CHANNEL CATS or SONOMA SEA DRAGONS** are eligible to swim in prelims and timed finals, but are not eligible to score points, receive awards, participate in relays, or to qualify for finals in a preliminary and final event. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Disabled Athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes age 19 and over may enter 13-OV events and score points.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: Friday - \$10.00 Flat fee. Saturday – \$25.00 Flat fee. Sunday - \$25.00 Flat fee. There are NO entry fees for Relays.

RELAYS: Each club may enter as many relays as possible, but only the two fastest relays from each club will be scored and awarded. Relays will be deck entered each day at a time announced each day.

TEAM ENTRIES: A sd3 entry file or Hy-tek Team Manager file must be submitted by Friday, July 30th 2021, to David McQuilling at meetdirector@vallejoaquatics.org. Request a confirmation of receipt to ensure delivery of the email and file. One team check will be made out to Vallejo Aquatic Club by Saturday August 7th or team checks can be mailed to the following address prior to the meet:

Vallejo Aquatic Club
RE: REAL Championships Meet Entries
P.O. Box 5846
Vallejo, CA 94591-5846

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. Each day, one hour prior to the start of the meet, there will be a scratch meeting. At the meeting, coaches from each club shall notify the Administrative Referee of all known scratches.

- SCRATCHES:** • Athletes will not be penalized for missing preliminary events.
- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event.
 - Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.

RELAY SCRATCHES: Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

SCORING: Individual Events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1
 Relay Events: 32 - 26 - 24 - 22 - 20 - 18

AWARDS: There will be no individual awards.

Team: 1st place team receives Perpetual Banner; 2nd and 3rd place teams receive Banners. Team Spirit Award will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Meet Referee.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: There will be NO snack bar available during the competition. Hospitality will be provided for coaches, working deck officials, timers and volunteers.

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

EVENT SUMMARY

<i>FRIDAY, AUGUST 6th 2021</i>		
10-UN	11-12	13-OV
200 FR*	200 IM*	400 IM*
	500 FR*	500 FR*

<i>SATURDAY, AUGUST 7th 2021</i>				<i>SUNDAY, AUGUST 8th 2021</i>			
8-UN	9-10	11-12	13-OV	8-UN	9-10	11-12	13-OV
25 BK*	50 BK	200 FR*	200 FL*	25 FR*	100 IM	100 IM	200 FR
25 BR*	50 BR	100 BK	100 BR	25 FL*	50 FL	100 BR	100 BK
50 FR*	100 FR	50 BR	200 IM	100 IM*	50 FR	50 BK	50 FR
100 MR [#]	200 MR [#]	50 FL	100 FR	100 FR-R [#]	200 FR-R [#]	100 FL	100 FL
		100 FR	200 BK*			50 FR	200 BR*
		200 MR [%]	200 MR [%]			200 FR-R [%]	200 FR-R [%]

EVENTS

FRIDAY AUGUST 6th			SATURDAY AUGUST 7th			SUNDAY AUGUST 8th		
EVENT #	EVENT	EVENT #	Girls	Event Description and Age Group	Boys	Girls	Event Description and Age Group	Boys
1*	11-12 200 IM	2*	101*	11-12 200 FR	102*	201	11-12 100 I.M.	202
3*	13-OV 400 I.M.	4*	103*	13 & O 200 FL	104*	203	13 & O 200 FREE	204
5*	10-UN 200 FR	6*	105*	8 & U 25 BACK	106*	205	11-12 100 BREAST	206
7*	11-OV 500 FR	8*	107	11-12 100 BACK	108	207*	8 & U 25 FREE	208*
			109	13 & O 100 BREAST	110	209	13 & O 100 BACK	210
			111	9-10 50 BACK	112	211	9-10 100 I.M.	212
			113	11-12 50 BREAST	114	213	11-12 50 BACK	214
			115*	8 & U 25 BREAST	116*	215*	8 & U 25 FLY	216*
			117	13 & O 200 I.M.	118	217	13 & O 50 FREE	218
			119	9-10 50 BREAST	120	219	9-10 50 FLY	220
			121	11-12 50 FLY	122	221	11-12 100 FLY	222
			123*	8 & U 50 FREE	124*	223*	8 & U 100 I.M.	224*
			125	13 & O 100 FREE	126	225	13 & O 100 FLY	226
			127	9-10 100 FREE	128	227	9-10 50 FREE	228
			129	11-12 100 FREE	130	229	11-12 50 FREE	230
			131*	13 & O 200 BACK	132*	231*	13 & O 200 BREAST	232*
			133#	8 & U 100 MED RLY	134#	233#	8 & U 100 FR RLY	234#
			135#	9-10 200 MED RLY	136#	235#	9-10 200 FR RLY	236#
			137%	11-12 200 MED RLY	138%	237%	11-12 200 FR RLY	238%
			139%	13 & O 200 MED RLY	140%	239%	13 & O 200 FR RLY	240%

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

* Event swum as Timed Finals
 # Event Swum at the end of Preliminaries
 % Event Swum at the beginning of Finals

NOTE: 13-OV events will be swum together in Preliminaries, but will be swum and scored as 13-14, 15-OV in finals. 11-Ov and 13-OV timed finals will be swum together, but will be scored separately as 11-12, 13-14, 15-OV