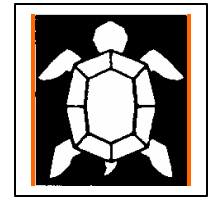


Terrapins Swim Team
Pacific Swimming Zone 2
Long Course B/A+ Meet
April 20, 21, & 22, 2007
Friday, Saturday & Sunday



USA Pacific Swimming Sanction No.: 0467

LOCATION: Concord Community Park Pool, 3501 Cowell Road, Concord. From Highway 680 North, take Treat Blvd. exit, turn right onto Treat Blvd. Or from Highway 680 South, take the Treat/Geary exit, left at the end of the ramp and left onto Treat Blvd. Continue on Treat Blvd. for about 4 miles. Left on Cowell Road. Approx. 1 mile to pool.

COURSE: Outdoor, heated 50 meter pool, up to 9 lanes. Separate warm up area available.

TIME: Meet begins at 4:00 p.m. on Friday. Friday warm-ups are from 2:30 – 3:45 p.m.
Saturday and Sunday sessions begin at 9:00 a.m. each day with warm ups from 7:00 a.m. to 8:45 a.m.
Special extended warm-up Saturday and Sunday from 8:45-8:55 for 8-UN swimmers only.

RULES: Current USA and 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 **four (4) events** per day. **All coaches and deck officials must wear their USA swimming membership cards in a visible manner. Entries will be taken until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender.** If local conditions warrant it, 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.

SPECIAL RULES: Swimmers entered in the 800 and 1500 Freestyle events must check in by 11:00 a.m. the day of each event. All swimmers must have met the minimum entry time listed (11/12 "A" Time Standard). Swimmers must provide their own timers and counters. The 800 and 1500 Freestyle events will be swum fastest to slowest alternating girls and boys and may be swum 2 to a lane at the discretion of the Meet Referee. These events **will not be** awarded.

RESTRICTIONS: Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the venue during the warm-up period and the meet. Glass containers are not allowed anywhere in the pool area. Tents and heaters are not allowed on the pool deck. All shelters must be properly secured.

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 at least the listed "B" Time Standard.** Swimmers in the "B" division must have met the "B" time standards and not have met the listed "A" time standards. Swimmers in the "A" division must have met the "A" time standards. 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 NOT be accepted.** 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. Swimmers over the age of 18 may participate in 13-18 age group events, but will not receive awards. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director 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 before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event. Note: See "Special Rules" for detailed information regarding open 800 and 1500 Freestyle events.

SCRATCHES: Any swimmer who has checked-in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

OFFICIALS: Head Referee: Mike Metcalf Head Starter: Jerry Caetano
Meet Director: Carol Moreno Head Marshal: Lisa Gendotti
925-250-7561

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

1. Swimmers & coaches making team entries follow the same online entry method
2. Using your browser go to: <http://swimconnection.com/pc/meet/tera>
3. Follow entry instructions:
 - a. Enter all swimmers in your family (or coaches may enter their complete team) at the same time.
 - b. Make online credit card payment for meet entries at our secure site.
 - c. **You will receive confirmation of acceptance into the meet at time of payment.** This confirmation should be brought to the meet as proof of entry.
 - d. **Online entries will close at Midnight on Wednesday, April 11, 2007.**

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fee are paid to Swim Connection, LLC. Entry via the online system is not required.

Option 2: Traditional Postal System Mailed Entries:

All entries must be on attached Consolidated Entry Card. Entry cards must be completely filled out including best **long course time** for each event. Do not convert times. See eligibility rules. ***"No Time" entries will not be accepted.*** Entries **must** be postmarked by midnight, **Monday, April 9, 2007** or hand delivered to Carol Moreno at the below address, no later than 8:00 PM on **Wednesday, April 11, 2007**. No late entries will be accepted. No refunds will be made, except for mandatory scratches.

ENTRY FEES: \$2.25 per event entered and \$5.00 participation fee per swimmer. Make checks payable to: **Terrapins Swim Team** and mail with consolidated entry form to:

Carol Moreno
Swim Meet Entries
157 N. 5th Street
Rio Vista, CA 94571

For questions regarding entry: morenos4@frontiernet.net

AWARDS: Individual events will be awarded in the A and B Divisions. Ribbons for individual events 1st – 8th place are given to the following age groups: 8/under, 9-10, 11-12, 13-14, 15-16 and 17-18. Swimmers 19 and over will not be awarded. Awards must be picked up before end of meet. They will not be mailed. "A" medals will be awarded to "B" level swimmers achieving a new "A" time regardless of place achieved in event. Open events will not be awarded.

ADMISSION: Free. A three (3) day program will be available for a reasonable cost.

TIMERS: Guest teams will be assigned lanes in which they will supply timers based on the number of swimmers registered in the meet. **Coaches** please notify the meet director if you are traveling as a team to this meet from out of the area with minimal adults. Thank you.

HOSPITALITY & SNACK BAR: Coaches and working officials will be offered dinner on Friday, lunch on Saturday and Sunday as well as beverages and snacks throughout the meet. Timers will be offered snacks and beverages throughout the meet. There will be a nutritious snack bar available.

HOTEL INFO: **Concord Hilton**, 1970 Diamond Blvd., Concord (925)827-2000
Embassy Suites, 1345 Treat Blvd, Walnut Creek (925)934-2400 or (800) EMBASSY
The Crowne Plaza, 45 John Glen Drive, Concord (877)267-4600

EVENT SUMMARY BY AGE GROUP

	8 & UN	10 & UN	11 - 12	13 - 18	OPEN
Friday		200 IM 100 Free	400 IM 200 Free	400 IM 200 Free	
Saturday	50 Back 50 Free	100 Back 200 Free 50 Breast 50 Fly	200 IM 50 Free 50 Fly 100 Breast	200 IM 100 Fly 200 Breast 100 Free	**1500 Free
Sunday	50 Breast 100 Free	100 Breast 50 Free 100 Fly 50 Back	400 Free 50 Breast 100 Fly 50 Back	400 Free 100 Breast 200 Fly 200 Back	**800 Free

**** All swimmers must have met the minimum entry time listed (11/12 "A" Time Standard).
See 'Special Rules' for detailed information regarding Open 800 and 1500 Freestyle events**

Friday, April 20th EVENTS							
Long Course Time Standards							
GIRLS TIME STANDARDS		GIRLS		BOYS		BOYS TIME STANDARDS	
B	A	EVENT #	AGE	EVENT	EVENT #	B	A
4:13.89	3:20.59	1	10 & UN	200 IM	2	4:10.69	3:18.89
7:32.09	6:27.59	3	11/12	400 IM	4	7:28.29	6:24.29
7:02.69	6:02.29	5	13/14	400 IM	6	6:43.89	5:46.19
6:55.99	5:56.59		15/16	400 IM		6:24.99	5:29.99
6:54.39	5:55.19		17/18	400 IM		6:19.79	5:25.49
1:43.99	1:21.89	7	10 & UN	100 Free	8	1:41.59	1:20.59
3:05.69	2:39.19	9	11/12	200 Free	10	3:01.69	2:35.69
2:57.99	2:32.59	11	13/14	200 Free	12	2:49.19	2:24.99
2:54.29	2:29.39		15/16	200 Free		2:42.09	2:18.99
2:52.79	2:28.09		17/18	200 Free		2:38.99	2:16.29

Saturday, April 21st EVENTS							
Long Course Time Standards							
GIRLS TIME STANDARDS		GIRLS		BOYS		BOYS TIME STANDARDS	
B	A	EVENT#	AGE	EVENT	EVENT #	B	A
2:02.49	1:35.29	13	10 & UN	100 Back	14	1:58.49	1:33.69
1:06.99	57.89	15	8 & UN	50 Back	16	1:06.99	56.69
3:30.19	3:00.19	17	11/12	200 IM	18	3:29.59	2:58.09
3:21.09	2:52.39	19	13/14	200 IM	20	3:09.89	2:42.79
3:16.09	2:48.09		15/16	200 IM		3:03.29	2:37.09
3:16.29	2:48.29		17/18	200 IM		2:58.29	2:32.79
3:48.89	2:58.69	21	10 & UN	200 Free	22	3:35.49	2:52.39
39.19	33.69	23	11/12	50 Free	24	38.39	32.99
1:30.19	1:17.29	25	13/14	100 Fly	26	1:23.99	1:11.99
1:28.49	1:15.89		15/16	100 Fly		1:20.59	1:09.09
1:27.79	1:15.19		17/18	100 Fly		1:18.49	1:07.29
58.19	48.19	27	8 & UN	50 Free	28	58.19	46.09
1:01.59	48.29	29	10 & UN	50 Breast	30	1:01.59	48.49
42.69	36.59	31	11/12	50 Fly	32	43.49	36.59
3:43.99	3:11.99	33	13/14	200 Breast	34	3:32.79	3:02.39
3:39.89	3:08.49		15/16	200 Breast		3:23.29	2:54.29
3:39.99	3:08.59		17/18	200 Breast		3:18.79	2:50.39
55.09	42.09	35	10 & UN	50 Fly	36	52.89	40.99
1:49.99	1:33.79	37	11/12	100 Breast	38	1:50.49	1:33.59
1:22.89	1:11.09	39	13/14	100 Free	40	1:17.69	1:06.59
1:21.09	1:09.59		15/16	100 Free		1:14.79	1:04.09
1:20.69	1:09.19		17/18	100 Free		1:13.19	1:02.69
Minimum Entry Time	22:23.79	41	OPEN	1500 Freestyle ****	42	Minimum Entry Time	22:27.89

**** All swimmers must have met the minimum entry time listed (11/12 "A" Time Standard).
See 'Special Rules' for detailed information regarding Open 800 and 1500 Freestyle events**

Sunday, April 22nd EVENTS								
GIRLS TIME STANDARDS		GIRLS			BOYS		BOYS TIME STANDARDS	
B	A	EVENT#	AGE	EVENT	EVENT #	B	A	
2:17.69	1:47.09	43	10 & UN	100 Breast	44	2:13.59	1:45.99	
1:12.49	1:01.89	45	8 & UN	50 Breast	46	1:12.49	1:01.39	
6:27.79	5:32.39	47	11/12	400 Free	48	6:24.09	5:29.19	
6:09.39	5:16.59	49	13/14	400 Free	50	5:56.49	5:05.59	
6:04.19	5:12.19		15/16	400 Free		5:42.19	4:53.29	
6:00.99	5:09.39		17/18	400 Free		5:36.39	4:48.39	
45.29	36.49	51	10 & UN	50 Free	52	44.49	36.19	
49.09	42.09	53	11/12	50 Breast	54	51.09	43.09	
1:43.99	1:29.09	55	13/14	100 Breast	56	1:37.49	1:23.59	
1:42.29	1:27.69		15/16	100 Breast		1:33.99	1:20.59	
1:42.19	1:27.59		17/18	100 Breast		1:31.49	1:18.39	
2:07.79	1:46.59	57	8 & UN	100 Free	58	2:04.79	1:40.09	
2:13.69	1:38.69	59	10 & UN	100 Fly	60	2:10.79	1:37.19	
1:38.69	1:22.89	61	11/12	100 Fly	62	1:38.19	1:22.09	
3:17.69	2:49.49	63	13/14	200 Fly	64	3:06.59	2:39.89	
3:12.09	2:44.69		15/16	200 Fly		2:57.59	2:32.19	
3:09.49	2:42.39		17/18	200 Fly		2:54.49	2:29.49	
55.99	43.69	65	10 & UN	50 Back	66	56.79	44.19	
45.69	39.19	67	11/12	50 Back	68	45.79	38.79	
3:19.99	2:51.39	69	13/14	200 Back	70	3:08.59	2:41.59	
3:15.19	2:47.29		15/16	200 Back		2:59.99	2:34.29	
3:13.99	2:46.29		17/18	200 Back		2:56.29	2:31.09	
Minimum Entry Time	11:36.49	71	OPEN	800 Freestyle ****	72	Minimum Entry Time	11:39.29	

**** All swimmers must have met the minimum entry time listed (11/12 "A" Time Standard).
See 'Special Rules' for detailed information regarding Open 800 and 1500 Freestyle events**

For questions regarding entry: morenos4@frontiernet.net
 Entries **must** be postmarked by **Monday, April 9, 2007, Online** entries by **Midnight, Wed. April 11, 2007** or hand delivered to above address by 8:00 PM on Wednesday, April 11, 2007. **Late entries will not be accepted.**

