



PACIFIC SWIMMING

# TERRAPINS SWIM TEAM

Pacific Swimming  
Senior Trials & Finals Meet  
November 7, 8, 9, 2008  
Friday-Saturday-Sunday

**SANCTION:** Held under USA Pacific Swimming Sanction No.: **1068**

**AMENDED 9-11-08 \*\* OTC CAMP INFO ADDED**

**LOCATION:** Concord Community Park Pool, 3501 Cowell Rd., Concord. From Highway 680 North, take the Treat Blvd. exit and turn right onto Treat Blvd. (From Highway 680 South, take the Treat/Geary exit, make a left at the end of the ramp and another left onto Treat Blvd.) Continue on Treat Blvd. for about 4 miles. Make a left onto Cowell. Go approximately 1 mile and the pool will be on your right. (*Hotel information listed below*)

**COURSE:** Outdoor, heated 25 yard pool, up to 10 lanes all deep water. Separate warm up area available. 10 lanes will be used for Finals.

**TIME:** Meet begins at 4:00 p.m. on Friday. Friday warm-ups are from 3:00– 3:50 p.m. The Saturday and Sunday sessions begin at 9:00 a.m. each day with warm ups from 7:30 a.m. to 8:45 a.m. Finals for Saturday and Sunday's events will begin at 5:00 p.m. with warm-ups from 4:00 – 4:50 p.m.

**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. The 1000 Free, 1650 Free and 400 IM will be swum as timed finals. The "A" and "B" session swimmers will be seeded together for all timed finals (400 IM, 1000 Free and 1650 Free). Trials and finals will be swum for all other events. A Championship Final, Consolation Final and Bonus Final will be swum in that order. Swimmers may qualify for Finals from either the 'A' or 'B' sessions. **Swimmers may compete in a total of three (3) events per day.** Time trials may be offered after the 'B' session trials with the concurrence of the Meet Referee and the Meet Director. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**SPECIAL RULES:** Friday: the 400 IM and 1000 Free events will be swum fastest to slowest, alternating women and men. The fastest heat of the 1650 Free will be swum in Finals in the event order of the day offered. The remaining heats of the 1650 Free will swim fastest to slowest at the conclusion of the "A" session. Swimmers must provide timers for the 400 IM and timers and counters for the 1000 & 1650 Free. "B" session trials will be swum after all "A" sessions trial are completed. The "B" session will be allowed a warm-up of at least 30 minutes in the competition pool. "B" session trials will not begin before 12:00 noon on Saturday and Sunday. All "B" sessions trials must be completed by 4:00 p.m. Saturday and Sunday.

**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. All shelters must be properly secured. No glass containers are allowed on the pool deck or in the locker room area. No pets or any type of heater is allowed in the pool area.

**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. 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.** Swimmers in the "B" session must have met the "Pacific Senior" time standards. Swimmers in the "A" division must have met the "Pacific Senior T&F" time standards. **Swimmers may enter a total of two (2) bonus events for entire meet. The bonus event(s) will be swum in the same session the swimmer qualified for. The 400 IM, 1000 & 1650 Free are excluded from bonus events. To enter a bonus event please enter a SHORT COURSE time SLOWER than the Senior Standard for that event.** 'NoTime' 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. ENTRY TIMES MUST HAVE BEEN MADE PRIOR TO OCTOBER 27, 2008. IF YOUR TIME CANNOT BE PROVEN YOU WILL NOT BE ALLOWED TO SWIM.

After all entries have been accepted, there will be a Sessions Report reflecting the session assignments posted on the Terrapins Swim Team Website [www.terrapinsswim.com](http://www.terrapinsswim.com).

**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 prior to the close will not be allowed to compete in the event. Check-in for the 1650 Free will close at the announced time each day.

**SCRATCHES:** Any swimmer who has checked-in for an individual event at trials 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. Any swimmer who checks in for a final event and fails to compete in that final will be subject to disqualification from the remainder of the meet or a \$25.00 fine if that is their last event of the meet. **Swimmers in the A session have 30 minutes after the results are announced to declare their intent to scratch or to scratch. Swimmers in the B session may qualify for finals and have 30 minutes after the results are announced to scratch or declare their intention to scratch. Finals will not be seeded until after the B session is completed.**

**OFFICIALS:**

Head Referee: Joe Woo  
Meet Director: Carol Moreno  
925-250-7561  
[morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)

Head Starter: Rick Beebe  
Head Marshal: Karen Capozzo

**ENTRIES:**

**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 (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.**
  - d. **This will be your only proof of entry and should be brought to the meet.**
  - e. **Online entries will close Wednesday October 29, 2008 at Midnight PDT**

*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: Mailed Meet Entries:**

1. Fill out provided Consolidated Entry Form completely for each of your swimmers.
2. Mail entry forms and correct payment to address below.  
**Mail deadline – Monday October 27, 2009, Postmarked by Midnight PDT.**  
Or hand delivered by Midnight on Wednesday, October 29, 2008 (see address below).  
All entries shall be noted by (SCY) or (LCM) to the right of the entrytime (SCY- short course yards; LCM-long course meters). **"No Time" entries will not be accepted.**  
**Bonus events: Enter a SHORT COURSE time SLOWER than the Senior Standard for that event .**  
No late entries will be accepted. No refunds will be made, except for mandatory scratches.

**SEEDING:**

Per USA rules 207.12.11.B(2).

**RELAYS:**

Each team is limited to two (2) relay entries in each relay event. All relays will be swum at the beginning of the final sessions and will be swam fastest to slowest. Relays entries will be taken on deck or can be mailed using entry form. Relay entries will be due by 12:00 noon each day. \$16.00 per relay. Relay only swimmers must provide proof of USA Swimming registration.

**ENTRY FEES:**

\$5.50 per event entered and \$5.00 participation fee per swimmer. If mailing entries, please make checks payable to: **Terrapins Swim Team** and mail with paper entry form to:  
Carol Moreno  
Swim Meet Entries  
157 N. 5<sup>th</sup> Street  
Rio Vista, CA 94571  
For questions regarding entries: [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)

**TIME TRIALS:**

If offered - \$10.00 per event. Enter on deck. Open to swimmers already entered in the meet. The three event limit per day does apply.

**HOTEL INFO:**

Please see the Terrapins Swim Team website [www.terrapinsswim.com](http://www.terrapinsswim.com) for area hotels offering special rates for this meet.

**AWARDS:**

None.

**ADMISSION:**

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

**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.

**CAMP QUALIFICATION MEET:**

This will be a qualification meet for Pacific Swimming's 13-18 year old Olympic Training Distance Camp. Only swimmers competing at the Junior National Championship Meet in Austin Texas on December 11-13, 2008 may use this meet to qualify for the camp. Times achieved at this meet will be used in the selection process. Applicants must compete in one of the following events at this meet in order to be considered: 1650, 1000, 500 Freestyle or 400 IM. Should a swimmer apply for the camp and not swim at Junior Nationals their application will be rejected and returned. Swimmers who are interested in attending this camp should contact Jennifer Malick at 408 848 1311 or email [jmalick@charter.net](mailto:jmalick@charter.net).

Swimmer's not competing at Junior Nationals must enter and swim at the Pacific Swimming Short Course Senior Championships meet on December 12-14, 2008 in order to be considered for this camp. A camp desk will be open at the Pacific Swimming Short Course Senior Championships meet to answer questions and hand out applications.

**Friday, November 7, 2008**

Women's Event #	SC Yards Standard	LC Meters Standard	Event	LC Meters Standard	SC Yards Standard	Men's Event #
1*	5:01.99	5:40.99	400 IM	5:14.99	4:39.09	2*
3*	11:18.39	10:12.99	1000 Free	9:33.79	10:33.89	4*

\* See "Special Rules" regarding the 400 IM, 1000 Free, and 1650 Free

**ALL RELAYS WILL BE SWUM DURING FINALS ONLY**

**Saturday, November 8, 2008 Women's Events**

Women's Event #	Event	'A' Session SC Yards	'A' Session LC Meters	'B' Session SC Yards	'B' Session LC Meters
5	200 MR	NT	NT	NT	NT
7*	1650 Free	18:59.99	19:29.99	19:13.99	19:49.99
9	200 Back	2:15.69	2:33.29	2:22.19	2:40.49
11	50 Free	25.89	29.59	26.59	30.19
13	200 IM	2:16.59	2:34.29	2:22.49	2:40.69
15	100 Fly	1:01.99	1:10.99	1:03.99	1:12.39
17	200 Free	2:00.49	2:16.99	2:03.99	2:20.39
19	200 Breast	2:35.89	2:55.49	2:42.39	3:02.99

\* Event 7 will be swum at the conclusion of "A" session – The fastest heat will be swum in Finals

**Saturday, November 8, 2008 Men's Events**

Men's Event #	Event	'A' Session SC Yards	'A' Session LC Meters	'B' Session SC Yards	'B' Session LC Meters
6	200 MR	NT	NT	NT	NT
8	1650 Free				
10	200 Back	2:07.79	2:24.59	2:14.19	2:31.59
12	50 Free	23.29	26.89	23.99	27.29
14	200 IM	2:04.29	2:20.79	2:10.49	2:27.49
16	100 Fly	55.99	1:03.59	58.09	1:05.89
18	200 Free	1:50.69	2:07.39	1:54.09	2:09.49
20	200 Breast	2:22.99	2:40.59	2:29.49	2:52.39

**Sunday, November 9, 2008 Women's Events**

Women's Event #	Event	'A' Session SC Yards	'A' Session LC Meters	'B' Session SC Yards	'B' Session LC Meters
21	200 FR	NT	NT	NT	NT
23	1650 Free				
25	200 Fly	2:17.99	2:35.79	2:20.79	2:38.89
27	100 Free	55.99	1:03.79	58.19	1:05.99
29	100 Breast	1:11.49	1:20.69	1:15.99	1:25.79
31	500 Free	5:19.29	4:46.19	5:26.99	4:55.79
33	100 Back	1:03.69	1:12.09	1:06.99	1:15.69

**Sunday, November 9, 2008 Men's Events**

Men's Event #	Event	'A' Session SC Yards	'A' Session LC Meters	'B' Session SC Yards	'B' Session LC Meters
22	200 FR	NT	NT	NT	NT
24*	1650 Free	17:59.99	18:29.99	18:29.99	18:59.99
26	200 Fly	2:07.99	2:24.79	2:08.69	2:25.49
28	100 Free	50.79	58.79	52.89	1:00.19
30	100 Breast	1:04.09	1:12.59	1:08.49	1:17.29
32	500 Free	4:58.19	4:29.39	5:07.99	4:37.99
34	100 Back	58.79	1:06.69	1:01.69	1:09.79

\* Event 24 will be swum at the conclusion of "A" session – The fastest heat will be swum in Finals

Terrapins Swim Team Senior T & F Meet November 7, 8, 9, 2008 Consolidated Entry Form												
Name: Last,				First				Middle				
Club Abbr.			UNATT TEAM ABBR			Club Name						
Age		Date of Birth			Sex M F		Amount Paid \$					
USA-S#												
Event #	Distance / Stroke				Entry Time			Circle one				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
<b>CIRCLE BONUS EVENT</b> # of entries _____ x <b>\$5.50</b> = \$ _____ Participation Fee 5.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												

**BONUS EVENTS:**

Enter with a **SHORT COURSE time slower than the Senior Standard** time (B time) for that event and circle the bonus event

DO NOT submit entry without a time that meets the minimum entry standard (Except for bonus events).

Checks payable to: **Terrapins Swim Team.**

Mail Entries To: Carol Moreno  
Meet Enties  
157 N. 5<sup>th</sup> St.  
Rio Vista, CA 94571

**Entry deadlines:**

Postmarked midnight, Monday, Oct. 27, 2008  
Hand delivered by Wednesday, Oct. 29, 2008  
Online midnight, Wednesday, Oct. 29, 2008

Entry questions: [morenos4@frontiernet.net](mailto:morenos4@frontiernet.net)

Events Entered	TOTAL DUE
1	\$10.50
2	16.00
3	21.50
4	27.00
5	32.50
6	38.00
7	43.50
8	49.00
9	54.50
10	60.00

Totals Include \$5.00 Participation fee.



