



PACIFIC
SWIMMING

PACIFIC SWIMMING - Short Course Senior Trials & Finals Meet

Hosted by Terrapins Swim Team

November 6, 7, 8, 2009

Friday-Saturday-Sunday

SANCTION: Held under USA Pacific Swimming Sanction No.: **1329**

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.

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. Saturday and Sunday Trials A & B 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 no less than 1 hour after the conclusion of the Trials "B" session.

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 and the "A" and "B" session swimmers will be seeded together for these events. Trials and finals will be swum for all other events. A Championship Final, Consolation Final and Bonus Final will be swum in that order. Trials will be seeded and swum fastest to slowest. **Swimmers may compete in a total of three (3) events per day.** All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

SPECIAL RULES: On Friday, the 400 IM and 1000 Free events will be swum fastest to slowest, alternating heats of 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. 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. Only coach's tents are allowed on the perimeter of the pool deck. Coaches, team, or parent canopies may not set up before noon on Friday. 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. The bonus event (s) will be swum on the same day and in the same session the swimmer qualified for. 400 IM, 1000 & 1650 Free are excluded from bonus events. To enter a bonus event please enter your SHORT COURSE time that is SLOWER than the Senior's standard for that event.** Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved prior to the closing date of entries for the meet (Oct 28, 2009). If the time can not be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

SESSION REPORT: A Sessions Report showing the sessions and events for each swimmer will be posted on the Terrapins Swim Team Website www.terrapinsswim.com after Monday, November 2, 2009.

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: Pacific Swimming rule Section 3.B.5.b.3 will be enforced. 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. Exceptions are outlined in Pacific Swimming section 3.B.5.b.5. **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: Fred Vogelgesang
Meet Director: Carol Moreno
925-250-7561

Head Starter: Rick Beebe
Head Marshal: Kathy Egan

terameetdirector@gmail.com

CERTIFICATION MEET: This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid. The application form can be downloaded from the 2009 Meet Schedule page on the Pacific Swimming web site.

ENTRIES:

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com>
 2. Follow entry instructions:
 - a. Enter all swimmers (or coaches may enter their complete team) at the same time.
 - b. BONUS EVENTS – Enter a SHORT COURSE TIME and mark as BONUS EVENT
 - c. Make online credit card payment for meet entries at our secure site.
 - d. **You will receive confirmation of acceptance into the meet at time of payment. This will be your only proof of entry and should be brought to the meet.**
 - e. **Online entries will close Wednesday October 28, 2009 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 26, 2009, Postmarked by Midnight PDT.

Or hand delivered by Midnight on Wednesday, October 28, 2009 to address shown under **Entry Fees**

All entries shall be noted by (SCY) or (LCM) to the right of the entrytime

Bonus events: Mark as BONUS and enter your SHORT COURSE time that is SLOWER than the Senior Standard for that event.

No late entries will be accepted. No refunds will be made, except for mandatory scratches.

RELAYS:

Each team is limited to two (2) relay entries in each relay event. All relays 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. **\$20.00 per relay.** Relay only swimmers must provide proof of USA Swimming registration.

ENTRY FEES:

\$6.50 per event entered and \$5.00 participation fee per swimmer. Please make checks payable to:

Terrapins Swim Team and mail entry form to:
Carol Moreno
Senior Meet Entries
157 N. 5th Street
Rio Vista, CA 94571

For questions regarding entries: terameetdirector@gmail.com

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.

HOTEL INFO:

Also see the Terrapins website www.terrapinsswim.com for area hotels offering special rates for this meet.



Hilton Concord \$99.00
Code - Senior Swim Meet 800-826-2644



Courtyard Marriott – Pleasant Hill \$94.00
Code -Terrapins Swim Team-Senior Meet
800-321-2211 or 925 691-1444

Friday, November 6, 2009

Women's Event #	SC Yards Senior	LC Meters Senior	Event	SC Yards Senior	LC Meters Senior	Men's Event #
1*	5:01.99	5:40.99	400 IM**	4:39.09	5:14.99	2*
3*	11:18.39	10:12.99	1000 yds/800 m Free**	10:33.89	9:33.79	4*

* See "Special Rules" regarding the 400 IM, 1000 Free, and 1650 Free
****400 IM, 1000 & 1650 Free may not be entered as bonus event**

Saturday, November 7, 2009 Women's Events

Women's Event #	Event	Senior T&F SC Yards 'A' Session	Senior T&F LC Meters 'A' Session	Senior SC Yards 'B' Session	Senior LC Meters 'B' Session
5*	1650 yds/ 1500 m Free **	18:59.99	19:29.99	19:13.99	19:49.99
7	200 Back	2:15.69	2:33.29	2:22.19	2:40.49
9	50 Free	25.89	29.59	26.59	30.19
11	200 IM	2:16.59	2:34.29	2:22.49	2:40.69
13	100 Fly	1:01.99	1:10.99	1:03.99	1:12.39
15	200 Free	2:00.49	2:16.99	2:03.99	2:20.39
17	200 Breast	2:35.89	2:55.49	2:42.39	3:02.99
19	200 MR	NT	NT	NT	NT

* Event 5 will be swum at the conclusion of "A" session – The fastest heat will be swum in Finals

Saturday, November 7, 2009 Men's Events

Men's Event #	Event	Senior T&F SC Yards 'A' Session	Senior T&F LC Meters 'A' Session	Senior SC Yards 'B' Session	Senior LC Meters 'B' Session
xxx	1650 Free				
8	200 Back	2:07.79	2:24.59	2:14.19	2:31.59
10	50 Free	23.29	26.89	23.99	27.29
12	200 IM	2:04.29	2:20.79	2:10.49	2:27.49
14	100 Fly	55.99	1:03.59	58.09	1:05.89
16	200 Free	1:50.69	2:07.39	1:54.09	2:09.49
18	200 Breast	2:22.99	2:40.59	2:29.49	2:52.39
20	200 MR	NT	NT	NT	NT

Sunday, November 8, 2009 Women's Events

Women's Event #	Event	Senior T&F SC Yards 'A' Session	Senior T&F LC Meters 'A' Session	Senior SC Yards 'B' Session	Senior LC Meters 'B' Session
xxx	1650 Free				
23	200 Fly	2:17.99	2:35.79	2:20.79	2:38.89
25	100 Free	55.99	1:03.79	58.19	1:05.99
27	100 Breast	1:11.49	1:20.69	1:15.99	1:25.79
29	500 yds/ 400 m Free	5:19.29	4:46.19	5:26.99	4:55.79
31	100 Back	1:03.69	1:12.09	1:06.99	1:15.69
33	200 FR	NT	NT	NT	NT

Sunday, November 8, 2009 Men's Events

Men's Event #	Event	Senior T&F SC Yards 'A' Session	Senior T&F LC Meters 'A' Session	Senior SC Yards 'B' Session	Senior LC Meters 'B' Session
22*	1650 yds/ 1500m Free**	17:59.99	18:29.99	18:29.99	18:59.99
24	200 Fly	2:07.99	2:24.79	2:08.69	2:25.49
26	100 Free	50.79	58.79	52.89	1:00.19
28	100 Breast	1:04.09	1:12.59	1:08.49	1:17.29
30	500 yds/ 400 m Free	4:58.19	4:29.39	5:07.99	4:37.99
32	100 Back	58.79	1:06.69	1:01.69	1:09.79
34	200 FR	NT	NT	NT	NT

* Event 22 will be swum at the conclusion of "A" session – The fastest heat will be swum in Finals

****400 IM, 1000 & 1650 Free may not be entered as bonus events**

ALL RELAYS WILL BE SWUM DURING FINALS ONLY



PACIFIC SWIMMING

PLEASE DO NOT CUT OUT ENTRY FORM

Pacific Swimming – Hosted by Terrapins Swim Team Senior T & F Meet November 6, 7, 8, 2009 Consolidated Entry Form											
Name: Last,			First			Middle					
Club Abbr.		UNATT TEAM ABBR		Club Name							
Age		Date of Birth		Sex M F		LSC – (PC, SN)					
USA-#											
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				
CIRCLE BONUS # of entries _____ x \$6.50 = \$ _____ EVENT Participation Fee 5.00 Total \$ _____											
Coach											
Swimmer's Address											
Home Phone						Cell Phone					
Email											

BONUS EVENTS:

Enter with your **SHORT COURSE time slower than the Senior time standard** 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
 Senior Meet Entries
 157 N. 5th St.
 Rio Vista, CA 94571

Entry deadlines:

Postmarked midnight, Monday, Oct. 26, 2009
 Hand delivered by Wednesday, Oct. 28, 2009
 Online midnight, Wednesday, Oct. 28, 2009

Entry questions: terameetdirector@gmail.com

Events Entered	TOTAL DUE
1	\$11.50
2	18.00
3	24.50
4	31.00
5	37.50
6	44.00
7	50.50
8	57.00
9	63.50
10	70.00

Totals Include \$5.00
 Participation fee.



Terrapins Swim Team
 Senior Trials & Finals Meet
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Entries may be mailed or deck entered at meet

Team Relay Entry Form*

Team Name		LSC	Club Code
Coach	Contact Phone and Email		Amount Enclosed
			\$

Event #	Event	Team Entry Time		
		A	B	
19	Women's 200 Medley			
20	Men's 200 Medley			
33	Women's 200 Free			
34	Men's 200 Free			

RELAY ONLY SWIMMERS

Age	Name (Last, First, MI)	Gender	USA-S Swimming Registration Number* (required on this form)
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
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