



**PACIFIC SWIMMING**  
**TERA Time Trials with CROW and AAA**  
**Terrapins Swim Team**  
**January 18-19, 2014**



**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **14-015**

*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.*

**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.

**USE OF AUDIO AND VIDEO:** 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

**OFFICIALS:**

Head Referee:	Charlie Gonzales	Head Starter:	Ken Barsanti
Head Admin:	Carol Cottam	Head Marshal:	Andre Szafranski
Meet Directors:	Mehdi Saghafi	<a href="mailto:msandcdg@sbcglobal.net">msandcdg@sbcglobal.net</a>	510.295.8470

**LOCATION:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord. Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell.

**COURSE:** Outdoor heated pool: Up to 10 25 yard competition lanes with electronic touch pad timing system. Separate warm up lanes are available throughout the duration of the meet. **Water Depth:** The minimum water depth for the course is 5' 0" at the start and turn ends, measured in accordance with Article 103.2.3. **Pool Certification:** 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:** Meet begins at 1:30p.m. Warm-ups are from 12:30-1:25 p.m. (Pool Door opens to swimmers at 12:20PM.)

**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.

•**Swimmers may compete in a total of three (3) events/Day.**

•All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**UNACCOMPANIED SWIMMERS:** USAS athlete-member competing in 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RACING STARTS:** Any swimmer entered in meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

•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.

•Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:** • Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. All swimmer registration will be checked against the SWIMS database. If a swimmer is 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.

•Only registered Terrapins, Crow Canyon Country Club Sharks, and Albany Armada swimmers are allowed to enter the meet.

**ENTRY FEES:** There is flat fee of \$25 for each swimmer.

**ENTRIES:** Online entries only: <http://ome.swimconnection.com/pc/TERA20140118>. The meet will close Sunday January 11, 2014 at 11:59PM.

**CHECK-IN:** The meet will be pre seeded.

**SCRATCHES:** There are no penalties for missing an event.

**ADMISSION:** Free.

**AWARDS:** None.

**HOSPITALITY & SNACK BAR:** None.

**EVENTS:**

Girls Event #	Age Group	Event	Boys Event #
<b>Saturday, January 18, 2014</b>			
1	11 & UP	200 FREE	2
3	10 & Under	50 FREE	4
5	11 & UP	200 BREAST	6
7	10 & Under	50 BACK	8
9	11 & UP	100 BACK	10
11	10 & Under	100 IM	12
13	11 & UP	500 FREE	14
<b>Sunday, January 19, 2014</b>			
15	Open	200 IM	16
17	11 & UP	200 FLY	18
19	10 & Under	50 BREAST	20
21	11 & UP	200 BACK	22
23	10 & Under	50 FLY	24
25	11 & UP	100 BREAST	26
27	Open	100 FREE	28
29	11 & UP	400 IM	30