



Pacific Swimming Short Course Junior Olympic Trials and Finals Meet
Hosted by Terrapins Swim Club
March 14 – 16, 2014
URL for OME: <http://ome.swimconnection.com/pc/TERA20140314>



TEAMS AT THIS VENUE (Assigned teams may be moved to the alternate facility due to entries and timeline considerations)

Zone 1 North: DCD, KOA, LAMV, LO, MM, OSC, SUNN

Zone 1 South: CRUZ, LA, PEAK, QSS, SBLG SCSC, SEA, SLST, TMPO

Zone 2: AAA, AIA, CDST, CROW, DANV, EBAT, ECG, HILL, OAPB, ONDA, PST, SAIL, TERA, TIGR, TRIV, UN, WCAB

Zone 3: WCAB, FBA, MACS, MCS, MP, NVST, QUIK, RAYS, SHSC, SSS, STAR, TOC, UD, VJO, UN, WCAN

Zone 4: CARS, DDST, MLST, TAHO

SANCTION: Held under USA/Pacific Swimming Sanction No.: **14-043**
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 & 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 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 the ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:
Meet Referee: Leo Lin **Head Starter:** Debbi Tucker
Meet Marshal: Larry Coloma **Admin Referee:** Amy Gonzales
Meet Directors: Mehdi Saghafi msandcdg@sbcglobal.net /510.295.8470
Cindy Mitchell swimbronc@gmail.com

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. Limited parking is available at the pool and an overflow parking at El Monte Elementary School behind the pool. (See attached map)

COURSE: Outdoor heated pool: Up to ten (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: **Friday:** Competition will begin at 3:00pm with warm ups from 2:00-2:45pm. All events will be timed finals.
Saturday & Sunday: Preliminary competition will begin at 9:00am with warm ups from 7:30-8:45am. Finals will begin no sooner than one hour after the completion of trials. The exact time will be determined by the Meet Referee and announced as early as possible each day.

RULES:

- Current U.S.A. 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 on Saturday and Sunday are trials and finals except the 1000 and 1650 Freestyle events.
- Swimmers may enter as many events as they have met or exceeded the listed time standards; however, they may only compete in a **maximum of seven (7) events**. If a swimmer enters more than seven events, he or she will be required to scratch down to the seven event limit – no refunds will be given. Swimmers are further restricted to swimming no more than **three (3) events in any single day**. This restriction includes distance events.

- The 15-18 will swim as one age group but be awarded separately.
- There will be two heats of finals in each event—a championship final and a consolation final, swum in that order. **8 lanes will used for finals.**
- All swimmers in the 1000 and 1650 freestyle events must provide their own timers and lap counters. All swimmers in the 500 freestyle must provide their own lap counters. See special rules for distance events.
- Preliminary Events (trials) will be swum fastest to slowest, starting with conforming short course yard “JO” times (SCY), then non-conforming short course meter “JO” time and then with non-conforming long course meter “JO” time (LCM), , except where noted for distance events.
- Entry time submitted will be checked against the USA computer database and may be changed in accordance with the Pacific swimming entry time Verification Procedure.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches and deck official packets will only be given to those displaying their cards.

DISTANCE: The 1000 Freestyle will begin immediately after the conclusion of the Trials on Saturday. The 1650 Freestyle will begin immediately after the conclusion of Trials on Sunday. If there are more heats than there is time to swim them between Trials and Finals, then slower heats will be swum after Finals. The 1000 and 1650 yard freestyle events are timed finals. The 1000 and 1650 Freestyle will be swum fastest to slowest and may alternate girls and boys. The 1000 and 1650 Freestyle will swim the 11-18 year olds combined, but they will be awarded separately. **Swimmers in the 1000 and 1650 free must provide their own timers and counters.** The Meet Referee may decide to swim two swimmers per lane.

ATTENTION HIGH SCHOOL SWIMMERS (February – May): If you are a high school swimmer in season, you need to be unattached from your team for this meet. It is the swimmer’s responsibility to be unattached for this meet. You can UN-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: Any USA-S 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 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 USA Swimming Club Member-Coach. The swimmer 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 swimmer or the swimmer’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 or standing areas and in all areas used by the swimmers during the meet and warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Glass bottles and containers of any kind are not permitted in the pool area.
- No propane containers except for snack bar/meet operations.
- No pets allowed inside the venue with the exception of service animals.
- 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 Swimming 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. Duplicate registrations will be refunded by mail.
- 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.
- The meet is open to all qualified swimmers with “JO” times or better time standards. All times must be achieved between September 1, 2011 and the entry deadline.
- Entry times must be submitted in yards (SCY), or non-conforming long course meters (LCM) / short course meters (SCM).
- Entries with “NO Time”, the omission of a time, or a time slower than a “Junior Olympic” time will not be accepted.

PROOF OF TIME: Proof of time will be required in advance for all swimmers in this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times

must have been achieved prior to the closing date for entries to the meet (March 5, 2014). If a time cannot be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

ENTRY FEES: \$ 5.50 per individual entry and \$8.00 participation fee per swimmer.

Online Meet Entries: Enter online at: <http://ome.swimconnection.com/pc/tera20140314> to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Entries must be entered through the online entry system no later than 11:59pm on Wednesday, March 5, 2014. Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection, LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Surface Mailed/Hand Delivered Entries: Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best time for each event. ENTRIES MUST BE COMPLETELY FILLED OUT, INCLUDING BEST TIME FOR EACH EVENT. All swimmers must provide on the entry form, the date and name of meet where they achieved each qualifying entry time. Only times from sanctioned, approved, or observed meets will be acceptable. All mailed entries must be postmark by MIDNIGHT, MONDAY, March 3, 2014, or hand delivered no later than 11:59 PM on Wednesday, March 5, 2014 to the address below. No late entries will be accepted. NO REFUNDS will be made except for mandatory scratch downs.

For confirmation of mailed and/or hand delivered entries, include a self-addressed, stamped envelope or post card. No phone calls or emails for this request.

Entry forms must be completely filled out, including best conforming short course time, or non-conforming long/short course meter time for each event. All entries shall be noted by **(SCY); (LCM)** to the right of the entry time. [SCY=short course yards; LCM = long course meters]. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.**

Make check payable to: **Terrapins Swim Team**
Mail/Hand Deliver entries to: **Attention: Mehdi Saghafi/ Meet Entries**
521 Talbot Ave, Albany, CA, 94706

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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event. Check-in for the 1000s and 1650s will close by 10:30am of the day of the event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first. If the swimmer qualified for a final before missing an event they may swim that final.

Penalty for No-Show at Finals

(a) Any swimmer 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 the remainder of any final events for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.

(b) If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. The fine will be increased to \$100 if after 30 days of receiving the letter of notification the party has not made the payment.

AWARDS: Distinctive awards will be awarded for 1st-3rd place; ribbons for 4th-8th place (Championship Finalists). The 15-18 age groups will swim together but will be awarded separately as 15-16 and 17-18. All awards must be picked up at the meet. They will not be mailed. Pick up awards shortly after results have been posted to avoid a long wait at end of the day.

HOSPITALITY: Lunches, dinner and refreshments will be provided for officials and coaches. Snacks and drinks will be provided to timers. Full Snack Bar will be available with options for breakfast, lunch and dinner.

ADMISSION: Admission is free. A three-day program will be available for a reasonable cost.

See the Host Website for hotel information. <http://www.terrapinswim.com/>

ORDER OF EVENTS

FRIDAY, MARCH 14, 2014

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
1	2	10-UN	200 FREE
3	4	11-12	500 FREE
5	6	13-18	*500 FREE
7	8	10-UN	500 FREE
9	10	11-12	400 I.M.
11	12	13-18	*400 I.M.

*The 500 Freestyle and 400 IM for 13-18, will be swum together but awarded separately.

SATURDAY, MARCH 15, 2014

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
13	14	10-UN	100 I.M.
15	16	11-12	100 I.M.
17	18	13-14	100 FLY
19	20	15-18	100 FLY
21	22	10-UN	50 FLY
23	24	11-12	100 BREAST
25	26	13-14	200 BREAST
27	28	15-18	200 BREAST
29	30	11-12	200 FLY
31	32	10-UN	100 BREAST
33	34	11-12	50 FREE
35	36	13-14	50 FREE
37	38	15-18	50 FREE
39	40	10-UN	50 FREE
41	42	11-12	100 BACK
43	44	13-14	200 BACK
45	46	15-18	200 BACK
47	48	11-12	50 FLY
49	50	10-UN	100 BACK
51	52	11-12	200 FREE
53	54	13-14	100 FREE
55	56	15-18	100 FREE
57	58	11-18	*1000 FREE

SUNDAY, MARCH 16, 2014

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
59	60	11-12	200 I.M.
61	62	10-UN	200 I.M.
63	64	13-14	200 I.M.
65	66	15-18	200 I.M.
67	68	11-12	50 BREAST
69	70	10-UN	50 BREAST
71	72	11-12	200 BREAST
73	74	13-14	100 BREAST
75	76	15-18	100 BREAST
77	78	11-12	100 FREE
79	80	10-UN	100 FREE
81	82	13-14	200 FREE
83	84	15-18	200 FREE
85	86	11-12	50 BACK
87	88	10-UN	50 BACK
89	90	11-12	200 BACK
91	92	13-14	100 BACK
93	94	15-18	100 BACK
95	96	11-12	100 FLY
97	98	10-UN	100 FLY
99	100	13-14	200 FLY
101	102	15-18	200 FLY
103	104	11-18	*1650 FREE

Time standards are listed at: http://www.pacswim.org/page/times_standards.shtml

*1000 Freestyle and *1650 Freestyle Swimmers must provide their own timers and lap counters. These events will be swum after the last trial events and before finals each day. The 11-18 year olds will swim the distance events together (fastest to slowest) but will be awarded separately. All other 15-18 events will be combined for Prelims.

2014 Pacific Swimming Short Course Junior Olympic T&F Individual Entry Form
To be accepted, all entry information must be completely filled out. Please print!

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name		First Name	Init
LSC	Club Abbr.	Club Name (If entering unattached, enter club name and abbr. you want results listed in your team's summary report.)	
Age	Age Group	USA Swimming Registration Number – <i>Bring your card if not Pacific Swimming registered swimmer</i>	Gender M F
Event Number	Qualifying Entry Time	(SCY / LCM	Distance/Stroke
		()	
		()	
		()	
		()	
		()	
		()	
		()	
		()	
Swimmer's Address:		Total Entries _____ x \$5.50 US Dollars =====>	\$
Swimmer's Phone # ()		\$8.00 US Dollars Participation Fee =====>	\$ 8.00
Swimmer's/ parent's email:		----- -----	-----
Swimmer's Coach:		Total Due- make check payable to Terrapins Swim Team) =====>	\$

- NO ENTRY TIME will be automatically disqualified from the event, no refunds
- Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the "Junior Olympic" time standard must be proved on the day of competition.

IMPORTANT!
Please print clearly. Be sure to include all information. All entry times must be at least "Junior Olympic" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "Junior Olympic" time will not be accepted.

All teams will be assigned Timer Assignments by the Meet Director. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.



COMMUNITY & RECREATION SERVICES

Concord Community Pool Swim Meet / Event Parking

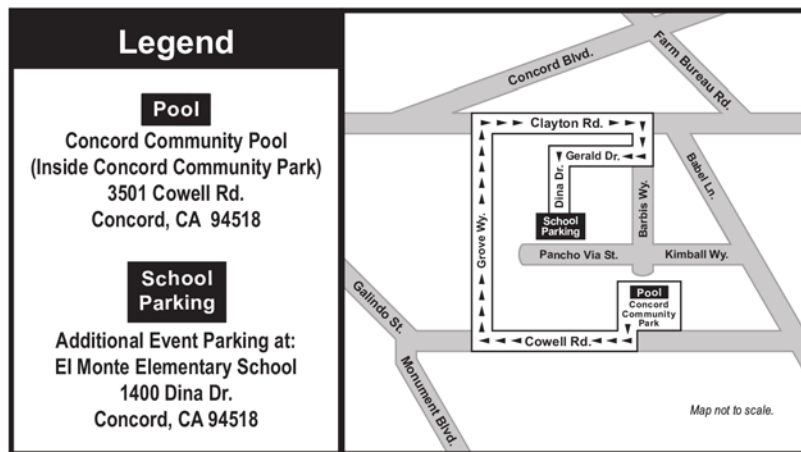
Parking Instructions:

Thank you for visiting Concord Community Pool. If you are among the first to arrive for a swim meet, we ask that you...

1. Use the El Monte Elementary School blacktop first. This will free up much needed space in front of the pool, help accommodate more families, create less congestion on Cowell Rd, and help keep good relations with our surrounding neighbors. ****El Monte is approximately 100 yards from the back of the pool. To get there please follow the map below.***
2. Once the El Monte blacktop is full of cars, then utilize the designated spaces in front of the pool. Be courteous and use only one space. All regular parking rules will apply (i.e. red zones, handicap parking, etc.).
3. If both #1 and #2 are full, then use Cowell Rd. to park. ****Please do not park in front of neighborhood homes. Use only as a last resort.***

****Anyone parking illegally will be cited and/or towed at owner's expense.***

We hope you enjoy your time at Concord Community Pool!



Directions to El Monte (from Concord Community Pool):

1. Turn right on to Cowell Rd.
2. Turn right on to Grove Rd.
3. Turn right on to Clayton Rd.
4. Turn right on to Barbis (Big-O Tires is on the corner)
5. Turn right on to Gerald
6. Turn left on to Dina. El Monte is straight ahead (1400 Dina Dr.) Proceed through the gates and go to the left to get behind the buildings, and on to the blacktop. There is an access gate from the blacktop to the park. Follow the path to the back of the pool.