

Terrapin Swim Team
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
April 20 – 21, 2013
Enter Online: <http://ome.swimconnection.com/pc/TERA20130420>



**PACIFIC
SWIMMING**

SANCTION: Held under USA Pacific Swimming Sanction No. **13-081**

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, psych sheets and live meet results.

USE OF AUDIO AND VIDEO: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the starting block and starting areas are prohibited unless prior permission to do so is granted by the Meet Referee.

OFFICIALS:
Meet Referee: Mary Ruddell
Head Starter: Charlie Gonzales
Meet Marshal: Andrzej Szafranski
Meet Director: Amy Gonzales – 925-755-3774 /terrapinmeetentries@gmail.com

LOCATION: Concord Community Pool, 3501 Cowell Rd, Concord, CA. Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Turn left onto Cowell Rd. Hwy 680 south, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell Rd.

COURSE: A separate warm up area will be available. Outdoor, heated pool with up to 9 lanes of competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 13 feet at the start end and 5 feet, 6 inches at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of the certification is on file with USA Swimming.

TIME: Meet begins at 9:00AM each day, warm-ups from 7:30 to 8:30AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:30 to 8:45AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals, **and will be swum fastest to slowest.**
- **Swimmers may compete in 4 events per day.**
- **All swimmers ages 12 and under should complete competition within four (4) hours.**
- **Entries will be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the swimmers 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.
- Swimmers must provide their own timers for the 400 Free.
- Swimmers must provide their own timers and lap counters for the 800 Free. The 800 Free will be swum alternating heats of girls/boys.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

DECK CHANGING: 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.

ATTENTION HIGH SCHOOL SWIMMERS (February through May): If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from 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 USAS 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 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.

RACING STARTS: 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, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.

- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.

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.
- Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will 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 19 years of age and over may compete in the meet for time only, no awards.
- The swimmer's *age will be the age of the swimmer on the first day of the meet.*

ENTRY PRIORITY: Zone 2 entries from TERA, AAA, AIA, ALGA, BEAR, BSW, EBAT, EBSD, ECG, HILL, MONT, OAPB, ONDA, OTST, PST, RA, SAIL, TIGR, VKNG, and WCAB postmarked or entered online by 11:59 p.m. on April 1st, 2013 will be given priority acceptance. All entries from other Zone 2, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

ENTRY FEES: \$2.75 per event, \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: Terrapin Swim Team

Mail with entries to: Amy Gonzales
Swim Meet Entries
5330 Mojave Way
Antioch, CA 94531-9050

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming. Entries must be postmarked by midnight, Monday, **April 8, 2013** or hand delivered to the 5330 Mojave Way, Antioch, CA 94531 by 6:30 p.m. Wednesday, **April 10, 2013**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/TERA20130420> to receive an immediate entry confirmation this method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, April 10, 2013.

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 meet. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event must check in for that event with clerk of the course.

AWARDS: Ribbons will be awarded to 1st-8th place in the “A”, “B”, and “C” division for each age group. The 13/14, 15/16 and 17/18 age groups will be awarded separately.

ADMISSION: Free. A two-day meet program will be available for \$5.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS RULE: The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

| Number of swimmers entered in meet per team per day | Number of trained and carded officials required |
|---|---|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| Every 20 swimmers over 100 | +1 |

EVENTS SUMMARY:

| | 8 & Under | 9-10 | 11-12 | 13-18 |
|-----------------|-----------|--------|--------|--------|
| SATURDAY | 50 FL | 200 FR | 200 IM | 200 FR |
| | 50 BK | 50 FL | 100 FL | 100 FL |
| | 100 FR | 50 BK | 50 BK | 200 BK |
| | | 100 FR | 100 FR | 100 FR |
| | | | 100 BR | 200 BR |
| | | | 400 FR | 400 FR |
| 01 | 50 FR | 100 BR | 200 FL | 200 FL |
| | 100 BK | 50 FR | 50 FR | 100 BR |
| | 50 BR | 100 BK | 200 BK | 50 FR |
| | | 50 BR | 50 BR | 100 BK |
| | | | 200 FR | 200 IM |
| | | | | 800 FR |

EVENTS:

| Saturday, April 20, 2013 | | |
|--------------------------|------------------|---------|
| Event # | Event | Event # |
| 1 | 13-18 200 Free | 2 |
| 3 | 9-10 200 Free | 4 |
| 5 | 11-12 200 IM | 6 |
| 7 | 13-18 100 Fly | 8 |
| 9 | 9-10 50 Fly | 10 |
| 11 | 8&U 50 Fly | 12 |
| 13 | 11-12 100 Fly | 14 |
| 15 | 13-18 200 Back | 16 |
| 17 | 9-10 50 Back | 18 |
| 19 | 8&U 50 Back | 20 |
| 21 | 11-12 50 Back | 22 |
| 23 | 13-18 100 Free | 24 |
| 25 | 9-10 100 Free | 26 |
| 27 | 11-12 100 Free | 28 |
| 29 | 8& U 100 Free | 30 |
| 31 | 13-18 200 Breast | 32 |
| 33 | 11-12 100 Breast | 34 |
| 35 | 13-18 400 Free | 36 |
| 37 | 11-12 400 Free | 38 |

| Sunday, April 21, 2013 | | |
|------------------------|------------------|---------|
| Event # | Event | Event # |
| 39 | 13-18 200 Fly | 40 |
| 41 | 11-12 200 Fly | 42 |
| 43 | 9-10 100 Breast | 44 |
| 45 | 13-18 100 Breast | 46 |
| 47 | 11-12 50 Free | 48 |
| 49 | 9-10 50 Free | 50 |
| 51 | 8&U 50 Free | 52 |
| 53 | 13-18 50 Free | 54 |
| 55 | 11-12 200 Back | 56 |
| 57 | 9-10 100 Back | 58 |
| 59 | 8&U 100 Back | 60 |
| 61 | 13-18 100 Back | 62 |
| 63 | 11-12 50 Breast | 64 |
| 65 | 9-10 50 Breast | 66 |
| 67 | 8&U 50 Breast | 68 |
| 69 | 13-18 200 IM | 70 |
| 71 | 11-12 200 Free | 72 |
| 73 | 13-18 800 Free | 74 |

*****All 400 Freestyle swimmers must provide their own timers.**

*****All 800 Freestyle swimmers must provide their own timers and lap counters.**

=> 13-18 individual events will be swum together but scored separately as 13-14, 15-16 and 17-18

| | | | | | | | | | | | | |
|---|-------------------|--|-----------------|--|------------|------------|------------|----------------|--|--|--|--|
| Pacific Swimming Zone 2 – Hosted by TERA Long Course Meters PC-C/B/A+ Meet April 20 – 21, 2013 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 | | | | | |
| # of entries _____ x \$2.75 = \$ _____ Participation Fee \$10.00 Total \$ _____ | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | |
| Home Phone | | | | | | Cell Phone | | | | | | |
| E-Mail | | | | | | | | | | | | |

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

Mail Entries To: Amy Gonzales
 Senior Meet Entries
 533 Mojave Way
 Antioch, CA 94531

Entry deadlines:

Postmarked midnight, Monday, Apr 8, 2013
 Hand delivered by Wednesday, Apr 10, 2013
 Online midnight, Wednesday, Apr 10, 2013

Entry questions:
terrapiinmeetentries@gmail.com

| Events Entered | TOTAL DUE |
|----------------|-----------|
| 1 | \$12.75 |
| 2 | \$15.50 |
| 3 | \$18.25 |
| 4 | \$21.00 |
| 5 | \$23.75 |
| 6 | \$26.50 |
| 7 | \$29.25 |
| 8 | \$32.00 |
| 9 | \$34.75 |
| 10 | \$37.50 |

Totals Include \$10.00 Participation fee.