

TERRAPINS SWIM TEAM
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET
May 18-19, 2019
Enter Online: <http://www.fastswims.com>



**The following clubs are assigned to the Terrapins Swim Team site and will receive priority entry:
TERA, RA, SRVA, TIGR, EA, ALGA, BEAR, BSW, CROW, DA, TRIV, AAA, EBSD**

SANCTION: Held under USA/Pacific Swimming Sanction **19-043**

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. **The results of this meet may be posted in real time on the Internet at <http://www.terrapinsswim.com>.**

USE OF AUDIO AND 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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:
Meet Referee: Dave Cottam Head Starter: Carol Cottam
Meet Marshal: Oleg Litvinov Admin Official: Tom Cross
Meet Director: Michelle Curran – mseebcurran@gmail.com

LOCATION: Concord Community Pool 3501 Cowell Road, Concord, CA

DIRECTIONS: Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highways 680 South – take Treat Boulevard/Geary Road exit; turn left at end of ramp, left at light on to Treat, left on Cowell Road.

COURSE: Outdoor pool with up to 9 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. 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 will begin at 9:00 AM each day with warm-ups from 7:15 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 8:55 AM.

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.
- All events will swim fast to slow.
- 10 & under athletes may compete in 3 events per day.
- 11 & over athletes may compete in 4 events per day.
- All athletes 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 athletes age and gender.
- Entries for Open 200 Free will be limited to the first 150 entries per gender.
- Entries for Open 200 IM will be limited to the first 130 entries per gender.
- Entries for Open 400 Free will be limited to the first 90 entries per gender.
- Athletes shall provide their own timers for the Open 400 Free.
- 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED ATHLETES: 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the athlete or the athlete'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 athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Coaches, parents and siblings may not use the pool.
- No athlete canopy set up on the pool deck.
- No athlete set up prior to 7:00 am. All athlete canopies **MUST** be on the grass area only.
- Limited canopies for coaches will be set up. Coaches are allowed to set up **COACH ONLY** canopies on Friday night between 5:00 - 7:00 pm.

ELIGIBILITY:

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the "BB" Division must have met at least USA Swimming Motivational "BB" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be REJECTED.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than *April 13, 2019*. Entries from members of assigned year-round Zone 2 clubs postmarked or entered online by 11:59 PM. on *April 20, 2019* will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM on *April 21, 2019* and 11:59 PM on *April 27, 2019* will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. **No refunds will be made, except mandatory scratch downs.**

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 an athlete by Pacific Swimming. Online entries will be accepted through **Wednesday, May 8, 2019** or until the meet has reached capacity, whichever comes first.

LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Monday, May 6, 2019 or hand delivered by 6:30 p.m. on Wednesday, May 8, 2019. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Terrapins Swim Team

Mail entries to: Terrapins Swim Team P.O. Box 21127, Concord, CA 94521

Hand deliver entries to: Terrapins Coaching Staff between 4-7 pm at 3501 Cowell Road, Concord, CA 94518

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: First through eighth places in each division (C, B & BB+) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. The Open 400 Free, Open 200 Free, and Open 200 IM will not be awarded. No awards will be given for athletes 15 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free psych sheet posted on TERA website 2 days prior to the meet. Limited programs for sale for a reasonable fee at the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. 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. **Facility will open at 7 am on Saturday and Sunday.**

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each team per day of the meet. Those clubs 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.

Club athlete entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SATURDAY			SUNDAY		
10 & under	11-12	13-18	10 & under	11-12	13-18
Open 200 Free			Open 200 IM		
100 Breast	100 Back	100 Back	50 Breast	50 Back	100 Breast
50 Fly	100 Fly	100 Fly	100 Free	100 Free	100 Free
50 Free	50 Free	50 Free	100 Back	200 Back	200 Back
	100 Breast	200 Breast		200 Fly	200 Fly
Open 400 Free (Girls)			Open 400 Free (Boys)		

Athletes shall provide their **own timers** for the Open 400 Free

EVENTS

Saturday, May 18th			Sunday, May 19th		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	OPEN 200 Free	2	27	OPEN 200 IM	28
3	13&Up 100 Back	4	29	13&up 100 Breast	30
5	11-12 100 Back	6	31	11-12 50 Back	32
7	10&under 100 Breast	8	33	10&under 50 Breast	34
9	13&Up 100 Fly	10	35	13&up 100 Free	36
11	11-12 100 Fly	12	37	11-12 100 Free	38
13	10&under 50 Fly	14	39	10&Under 100 Free	40
15	13&Up 50 Free	16	41	13&Up 200 Back	42
17	11-12 50 Free	18	43	11-12 200 Back	44
19	10&under 50 Free	20	45	10&under 100 Back	46
21	13&Up 200 Breast	22	47	13&Up 200 Fly	48
23	11-12 100 Breast	24	49	11-12 200 Fly	50
25	OPEN 400 Free (Girls)			OPEN 400 Free (Boys)	52

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Terrapins Swim Team C/B/BB+ LCM May 18-19, 2019 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				
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# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													