

**The following clubs are assigned to the Terrapin site and receive priority entry:
TERA, BSW, CROW, DA, EA, LAC, LBD, RAM, TIGR, RA, PLS, TRIV, FF, SRVA**

SANCTION: Held under USA/Pacific Swimming Sanction No. **18-056**

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 on the Internet. Timing assignments and meet information will be posted on the Terrapin website 5 days before the meet –**
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.

OFFICIALS:

<i>Meet Referee: Dave Cottam</i>	<i>Head Starter: Marcus Daene</i>
<i>Meet Marshal: Oleg Litvinov</i>	<i>Admin Official: Carol Cottam</i>
<i>Meet Director: Maureen deBack (925) 680-8372</i>	terrapinsswim@msn.com

LOCATION: Heritage High School, 101 American Avenue Brentwood, CA 94513

DIRECTIONS: From Highway 4 Eastbound : Take CA-4 East past Pittsburg and Antioch into Brentwood, turn right on Balfour Rd then left onto American Avenue. From Stockton/ I-5: Take CA-4 West from Stockton into Brentwood, turn left on Balfour Rd and then left onto American Avenue. From Tracy/ I-205: Take Byron Highway (J4) north from Tracy through Byron, turn left on CA-4, then turn left on Balfour Rd in Brentwood and then left onto American Avenue. From Livermore or Pleasanton/ I-580: Take Vasco Rd northbound towards Brentwood, (becomes CA-4 at Marsh Creek Rd) then turn left on Balfour Rd in Brentwood and then left onto American Avenue. Once on Balfour Rd in Brentwood: follow Balfour Rd ~ 3½miles (from CA-4 intersection) westbound to American Avenue and turn left. The student parking lot and access to the swimming pool are the first right once you are on American Avenue.

COURSE: Outdoor 50 meter pool with up to 7lanes available for competition. One additional lane will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 13'0"at the start end and 4'0"at the turn end. The competition course has not been certified in accordance withArticle104.2.2C(4)

TIME: Meet will begin at 9:00 AM. each day with warm-ups from 7:30 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**.
- 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.
- 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.
- If local conditions warrant, 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.**
- Athletes in the 400 Freestyle must provide their own timers.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in high school swim season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming 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 athlete or the athlete'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.

RACING STARTS: Any athlete entered in the meet 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. When unaccompanied by a member-coach, 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, in 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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- 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.
- Entrance to the facility will be through the West gate only.
- No canopy or site set up is allowed before 7:00am Saturday and Sunday, and there is no set up on the concrete areas of pool deck. Set up is only allowed on the grass inside or outside the fenced area.
- 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.

ELIGIBILITY:

- Athletes must be current members of USA Swimming 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 the listed USA-S Motivational "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "PC-A" time standard.
- **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 14, 2018. Entries from members of assigned "year round" Zone 2 clubs postmarked or entered online by 11:59 PM. on April 21, 2018 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 April 22, 2018 and 11:59 PM April 28, 2018 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.

**** NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

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: To enter online go to <http://ome.swimconnection.com/pc/TERA20180519> 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 an athlete by Pacific Swimming.** Online entries will be accepted through 11:59 pm, May 5, 2018, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes best time. Entries must be postmarked by midnight, Saturday May 5, 2018 or hand delivered by 6:30 PM, Saturday, May 5, 2018. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. No refunds will be made, except mandatory scratch-downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped 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 4-7pm
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 shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

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 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. A program will be available for fee.

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. There is no entry to the facility before 7:00am.

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 club 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.

Number of athletes entered in meet per club 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 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 Back	100 Back	100 Back	50 Free	50 Free	50 Free
50 Breast	50 Breast	100 Breast	100 Breast	100 Breast	200 Breast
100 Fly	100 Fly	100 Fly	100 Free	100 Free	100 Free
	200 Back	200 Back		200 Fly	200 Fly
Open 400 Free (Girls)			Open 400 Free (Boys)		

EVENTS

Saturday, May 19 th		
EVENT #	EVENT	EVENT #
1	OPEN 200 Free	2
3	13&Up 100 Back	4
5	11-12 100 Back	6
7	10&under 100 Back	8
9	13&Up 100 Breast	10
11	11-12 50 Breast	12
13	10&under 50 Breast	14
15	13&Up 100 Fly	16
17	11-12 100 Fly	18
19	10&under 100 Fly	20
21	13&Up 200 Back	22
23	11-12 200 Back	24
25	OPEN 400 Free	

Sunday, May 20 th		
EVENT #	EVENT	EVENT #
27	OPEN 200 IM	28
29	13&up 50 Free	30
31	11-12 50 Free	32
33	10&under 50 Free	34
35	13&up 200 Breast	36
37	11-12 100 Breast	38
39	10&Under 100 Breast	40
41	13&Up 100 Free	42
43	11-12 100 Free	44
45	10&under 100 Free	46
47	13&Up 200 Fly	48
49	11-12 200 Fly	50
	OPEN 400 Free	52

Athletes in the 400 Freestyle must provide their own timers.

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

Pacific Swimming – Hosted by The Terrapins Swim Team c/b/bb+
 May 19-20, 2018
 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
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 10.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
------------	------------

Email