

**TERRAPINS SWIM TEAM  
LONG COURSE INTRASQUAD MEET  
JUNE 16, 2017**

Enter Online: <http://ome.swimconnection.com/pc/TERA20170616>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-080**

*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 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:**

<i>Meet Referee:</i> Carol Cottam	<i>Head Starter:</i> Ken Barsanti
<i>Meet Marshal:</i> Oleg Litvinov	<i>Admin Official:</i> Dave Cottam
<i>Meet Director:</i> Ray Mitchell <a href="mailto:rayterra@att.net">rayterra@att.net</a>	925-680-8372

**DIRECTIONS:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord.

**LOCATION:** 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.

**COURSE:** Outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 SCY 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 12'0" at the start end and 5'0" 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 5:00pm with warm-ups from 4:15 to 4:55pm. A special warm-up time for 8 and under athletes only will be held from 4:45-4:55pm.

**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.
- Athletes may compete in four (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 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Entry restricted to members of the Terrapins Swim team**

**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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**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.
- Entries with "**NO TIME**" will be accepted.
- **Entries restricted to members of the Terrapins Swim Team**
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$30.00 Participation Fee per athlete.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/TERA20170616> 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 athlete 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 Friday June 9<sup>th</sup> 2017

**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. Hand delivered entries are by 6:30 p.m. Thursday June 8 2017. No late entries will be accepted.

**Make check payable to: Terrapins Swim team**

**Hand deliver entries to: Terrapins Coaching Staff at pool no later than Thursday June 8<sup>th</sup> 2017 at 6:30pm**

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

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

**AWARDS:** None.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** Coaches and working deck officials will be provided dinner. Hospitality will serve refreshments to timers and volunteers.

**EVENTS**  
**NO TIME STANDARDS NECESSARY**  
**Boys events are odd Numbers, Girls events even Numbers**

Friday June 16 <sup>th</sup> , 2017		
EVENT #	EVENT	EVENT #
1	9-Over 200m Free	2
3	11-over 200m Back	4
5	12-under 50m Back	6
7	11-over 100m Fly	8
9	11-over 200m Breast	10
11	12-under 50m Breast	12
13	11-over 200m IM	14
15	9-Over 100m Free	16
17	12-under 50m Fly	18
19	11-over 200m Fly	20
21	9-over 100m Breast	22
23	OPEN 50m Free	24
25	9-over 100m Back	26
27	9-over 400m Free	28

Pacific Swimming – Hosted by Terrapins Swim team Intrasquad Friday June 16 2017 Consolidated Entry Form													
Name: Last,		First				Middle							
Club Abbr. TERA		UNATT TEAM ABBR				Club Name Terrapins Swim Team							
Age		Date of Birth				Sex M F		LSC – PC					
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
Participation Fee		\$ 30.00 per athlete											
Total		\$_____											
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													