

**PACIFIC SWIMMING SPEEDO ADAM SZMIDT MEMORIAL LC JUNIOR OLYMPICS**

Hosted by Terrapins Swim Team

co-sponsored by Pacific Swimming and SPEEDO

July 10-12 2015

Enter Online: <http://ome.swimconnection.com/pc/tera20150710>



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

**Z1N** – SSF, PPSC, PSL, DCD

**Z1S** – SCSC

**Z2** – OAPB, TERA, EA, WCAB, CROW, AIA, ONDA, AAA, MONT, EBSD, RAM, ALGA, BSW, BTA, CCAD, ECG, HILL, MDD, NWA, OA, OTST, PST, RA, RAM, SAIL, TIGR, DA

**Z3** – MP, NBA, NVST, RAYS, SRN, TOC, QUIK, VJO, KYSC, SSS, STAR, YPAC, UD, SON, FOG, PCM, WCAN, YEMB, SHSC, BSST, CCSC, FBA, HSC, JCSC, LCCC, MACS, MCSD, MLKB, RHC, SD, SFS, SFSL, WA, WILL, MLST

**Z4** – CARS, DDST, LAKE, NNA, RENO, TAHO, BST

**UN** – Z2, Z3, Z4

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-084**

*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.

**OFFICIALS:**  
**Meet Referee:** Mary Ruddell      **Head Starter:** Don Bautista  
**Meet Marshal:** Andrej Szfranski      **Admin Official:** Debbi Tucker  
**Meet Director:** Ray/Cindy Mitchell      [rayterra@att.net](mailto:rayterra@att.net) 925-680-8372

**LOCATION:** Concord Community Pool 3501 Cowell Rd. Concord, CA 94518. Limited street parking is available. For updated parking information please visit <http://www.terrapinsswim.com> and follow the tab for 2015 JO meet updates.

**COURSE:** Outdoor 50 meter 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 at the shallow end course, measured in accordance with Article 103.2.3, is 13ft at the start end and 5ft 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 **9:00AM** each day with warm-ups from **7:00AM** to **8:45AM** each day.

**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 individual events are preliminaries and finals, except the 800 and 1500 Freestyle events.
- All relay events are timed finals.
- All preliminary events will swim fast to slow, with the fastest three (3) heats circle seeded.
- Swimmers may enter as many individual events as they are qualified for, but may only compete in up to three (3) events per day and a maximum of seven (7) individual events, plus relays for the entire meet.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- Preliminaries and relays will be swum in 9 lanes. There will only be one championship final, top 8 finalists will swim in lanes 1-8.

## **SPECIAL RULES:**

- **Swimmers** in the 400 Free, 400 IM, 800 Free and 1500 Free **MUST** supply their own timers
- Swimmers in the 800 Free and 1500 Free must provide their own lap counter (lap counters are not provided)
- Check in for the 800/1500 will close at 11:00 AM on the day the event is swum. Swimmers may check in early on the designated 800/1500 check in sheets at the check in desk.
- The 15-18 800 Free will swim fast to slow, alternating girls and boys heats.
- Upon discretion of the Referee, any distance race may swim two per lane, starting at opposite ends of the pool with each swimmer swimming on their respective side of the lane.
- There will be one age group **ONLY** for 15-18 swimmers. There will not be a 15-16 and 17-18 age group.
- **RELAYS:** All relays are timed finals and entries must be received by the entry deadline. **NO** deck entered relays are allowed. Relay only swimmers must be entered on the relay only entry list in order to be eligible to swim relays. Do **NOT** include swimmers entered into the meet in individual events on the relay only entry list. Relay swimmers must swim in their respective age groups. **Teams may enter up to 2 relays per event.**

**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-S 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-S 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-S Club Member-Coach.

**RACING STARTS:** Swimmers 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 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.
  - No glass containers are allowed in the meet venue.
  - No propane heaters are 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.
  - NO cell phone use is allowed in the changing areas or bathrooms as per City of Concord Ordinance.

***SPECIAL NOTE - NO swimmers or parents will be allowed into the facility to set up individual or team canopies until 7:00AM each day. ALL entry into the facility will be through the northwest entry gate, nearest the starting end of the pool. There will be NO entrance allowed on the tennis court side of the facility. Coaches may enter the facility at 6:30AM.***

## **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 will 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.
- This meet is only open to current members of Pacific Swimming.
- Swimmer must have met the "JO" time standard in every event entered. Entries with "NO TIME" will be rejected.
- Disabled swimmers 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 15-18 age group. They will not be eligible to swim in finals or in relays.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved after **January 1<sup>st</sup> 2014** and prior to the closing date of entries for the meet (**Wednesday July 1, 2015 AT 11:59 PM PST**). If the time cannot be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**ENTRY FEES:** \$7.50 per individual event, \$10.00 participation fee per swimmer. \$20.00 per relay. **\*\*Note, relay only swimmers ARE NOT required to pay the \$10.00 participation fee. All entry fees MUST be included with entry.**

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/tera20150710> 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 July 1, 2015** consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. **Entries must be postmarked by midnight, Monday, June 29, 2015 or hand delivered by 6:30 PM. Wednesday, July 1 2015. No late entries will be accepted.** No refunds will be made. 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  
4180 Treat Blvd Suite K  
Concord, CA 94518**

**Hand deliver entries to: Cindy or Ray Mitchell  
On deck at the Concord Pool 3501 Cowell Rd, Concord, CA 94518  
Monday through Friday between 4:00-6:00pm ONLY**

**Entry questions may be sent to: [rayterra@att.net](mailto:rayterra@att.net)**

**SEEDING:** Event seeding will be in the following order: conforming long course meters [LCM], non-conforming short course meters [SCM], and non-conforming short course yards [SCY]. Per USA Swimming rules 207.11.7B. Preliminary heats will be swum fastest to slowest, with first 3 heats being circle seeded. **See Special Rules for distance events seeding**

**CHECK-IN:** The meet will be deck seeded. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Swimmers who do not check-in will not be allowed to compete in the event. **Swimmers entered in the 800/1500 Free must check in by 11:00AM the day of the event.** Swimmers entered in 800/1500 may also check in early on the 800/1500 check in sheets which will be available on Friday July 10.

**SCRATCHES:**

- Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.
- Swimmers entered in a preliminary individual event in a preliminaries 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 in 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.
- Any swimmer qualifying for finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any swimmer qualifying for a final race in an individual event who fails to show up in said 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.
- 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 \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**AWARDS:** Custom SPEEDO JO medals will be awarded for the top 8 swimmers in individual events and top 3 relay teams in each Relay event. **There are no awards for the 15-18 age group.**

**ADMISSION:** Free. A 3 day meet program will be available for a fee.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working officials and coaches.

**MISCELLANEOUS: ADDITIONAL MEET INFO SUCH AS PARKING, HOTELS, TIMELINES, TEAM TIMING LANE ASSIGNMENTS AND GENERAL MEET UPDATES WILL BE POSTED ON THE TERRAPINS WEBSITE AT [HTTP://WWW.TERRAPINSWIM.COM](http://www.terrapinswim.com) PLEASE CHECK THIS SITE FOR THE MOST UPDATED MEET INFO**

**EVENT SUMMARY:**

	<b>10-Un</b>	<b>11-12</b>	<b>13 -14</b>	<b>15-18</b>
<b>FRIDAY</b>	100 Free	200 Fly	200 Free	200 IM
	100 Fly	100 Breast	100 Fly	100 Free
	50 Back	50 Free	200 Back	100 Breast
	400 Free	200 Back	400 Free	200 Back
		400 Free	400 FR-R	800 Free
		400 FR-R		400 FR-R
<b>SATURDAY</b>	200 Free	200 Free	200 IM	200 Fly
	50 Fly	100 Fly	100 Free	50 Free
	50 Breast	50 Breast	200 Breast	200 Breast
	100 Back	100 Back	100 Back	400 Free
	200 Med-R	400 IM	800 Free**	1500 Free*
		800 Free**	1500 Free*	200 Med-R
		1500 Free*	200 Med-R	
		200 Med-R		
<b>SUNDAY</b>	200 IM	200 IM	200 Fly	200 Free
	100 Breast	100 Free	100 Breast	100 Fly
	50 Free	200 Breast	50 Free	100 Back
	200 FR-R	50 Back	400 IM	400 IM
		50 Fly	800 Free*	1500 Free**
		800 Free*	1500 Free**	200 FR-R
		1500 Free**	200 FR-R	
		200 FR-R		

**\*Girls ONLY Event**

**\*\*Boys ONLY Event**

**ORDER OF EVENTS:**

FRIDAY JULY 10 2015		
Girls Event #	Event Age Group & Description	Boys Event #
1	15-18 200 IM	2
3	10-Un 100 Free	4
5	13-14 200 Free	6
7	11-12 200 Fly	8
9	15-18 100 Free	10
11	10-Un 100 Fly	12
13	13-14 100 Fly	14
15	11-12 100 Breast	16
17	15-18 100 Breast	18
19	10-Un 50 Back	20
21	11-12 50 Free	22
23	13-14 200 Back	24
25	15-18 200 Back	26
27	11-12 200 Back	28
29	10-Un 400 Free	30
31	13-14 400 Free	32
33	11-12 400 Free	34
201	+15-18 800 Free	202
35	11-12 400 Free Relay	36
37	13-14 400 Free Relay	38
39	15-18 400 Free Relay	40

SATURDAY JULY 11 2015		
Girls Event #	Event Age Group & Description	Boys Event #
41	11-12 200 Free	42
43	10-Un 200 Free	44
45	13-14 200 IM	46
47	15-18 200 Fly	48
49	11-12 100 Fly	50
51	13-14 100 Free	52
53	10-Un 50 Fly	54
55	15-18 50 Free	56
57	11-12 50 Breast	58
59	10-Un 50 Breast	60
61	13-14 200 Breast	62
63	15-18 200 Breast	64
65	11-12 100 Back	66
67	13-14 100 Back	68
69	10-Un 100 Back	70
71	11-12 400 IM	72
73	15-18 400 Free	74
	+11-14 800 Free	204
205	*+11-18 1500 Free	
75	10-Un 200 Medley Relay	76
77	11-12 200 Medley Relay	78
79	13-14 200 Medley Relay	80
81	15-18 200 Medley Relay	82

SUNDAY JULY 12 2015		
Girls Event #	Event Age Group & Description	Boys Event #
83	11-12 200 IM	84
85	10-Un 200 IM	86
87	15-18 200 Free	88
89	11-12 100 Free	90
91	13-14 200 Fly	92
93	15-18 100 Fly	94
95	10-Un 100 Breast	96
97	11-12 200 Breast	98
99	13-14 100 Breast	100
101	15-18 100 Back	102
103	11-12 50 Back	104
105	13-14 50 Free	106
107	10-Un 50 Free	108
109	11-12 50 Fly	110
111	15-18 400 IM	112
113	13-14 400 IM	114
203	+11-14 800 Free	
	*+11-18 1500 Free	206
115	10 & Un 200 Free Relay	116
117	11-12 200 Free Relay	118
119	13-14 200 Free Relay	120
121	15-18 200 Free Relay	122

**+Combined age group event**

\*+ Event 204 11-14 Boys 800 Freestyle will swim before event 205 11 & Up Girls 1500 Freestyle  
 Event 203 11-14 Girls 800 Freestyle will swim before event 206 11 & Up Boys 1500 Freestyle.

The 15-18 800 Freestyle will swim fast to slow and alternating girls/boys heats  
 Meet Referee has the option to swim 2 per lane for any distance event based on timelines

All Relays will swim at the conclusion of finals fast to slow

Time standards are located on the PC website: <http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>

**RELAY ENTRY FORM**

<b>TEAM NAME</b>	<b>LSC</b>	<b>Club Abbreviation</b>
	Pacific Swimming	

**FRIDAY JULY 10**

<b>GENDER</b>	<b>AGE</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>
F	11-12	400 FREE	35		
M	11-12	400 FREE	36		
F	13-14	400 FREE	37		
M	13-14	400 FREE	38		
F	15-18	400 FREE	39		
M	15-18	400 FREE	40		

**SATURDAY JULY 11**

<b>GENDER</b>	<b>AGE</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>
F	10-UN	200 MEDLEY	75		
M	10-UN	200 MEDLEY	76		
F	11 - 12	200 MEDLEY	77		
M	11 - 12	200 MEDLEY	78		
F	13-14	200 MEDLEY	79		
M	13-14	200 MEDLEY	80		
F	15-18	200 MEDLEY	81		
M	15-18	200 MEDLEY	82		

**SUNDAY JULY 12**

<b>GENDER</b>	<b>AGE</b>	<b>EVENT</b>	<b>#</b>	<b>A TEAM</b>	<b>B TEAM</b>
F	10-un	200 FREE	115		
M	10-un	200 FREE	116		
F	11 - 12	200 FREE	117		
M	11 - 12	200 FREE	118		
F	13-14	200 FREE	119		
M	13-14	200 FREE	120		
F	15-18	200 FREE	121		
M	15-18	200 FREE	122		

<b>COACH</b>		<b># RELAYS</b>	
		<b>RELAY FEE</b>	<b>X \$20.00 Ea.</b>
<b>COACH EMAIL</b>		<b>TOTAL</b>	<b>\$</b>



**2015 SPEEDO JUNIOR OLYMPIC LONG COURSE CHAMPIONSHIP**

**Hosted by TERRAPINS SWIM TEAM**

JULY 10-12 2015

To be accepted, all entry information must be completely filled out. Please print!

Last Name		First Name		Init.
LSC	Club Abbr.	Club Name		
Age	Age Group	USA Swimming Registration Number	Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(LCM /SCM/SCY)	Distance/Stroke	
Swimmer's Address:		Total Entries _____ x \$7.50 US Dollars	\$	
Swimmer's Phone #		Participation Fee	\$ 10.00	
Swimmer's/ parent's email:		-----	-----	
Swimmer's Coach:		<b>Total Due</b>	\$	

**IMPORTANT!**

**Please PRINT clearly.** Be sure to include all information. All entry times must be at least "JO" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "JO" time will not be accepted. All teams will be assigned Timer Assignments by the Meet Director. The Longer distance events, (800,400 free and 1500 free and 400IM) 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.