

SHORT COURSE SENIOR CIRCUIT T/F MEET

HOSTED BY Terrapins Swim Team

Co-sponsored by Pacific Swimming

Friday – Sunday, November 7- 9, 2014

Enter Online: <http://ome.swimconnection.com/pc/tera20141107>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-147**

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 will be posted in real time on the Internet on the Terrapins website: 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: Debbi Tucker
Meet Marshal: Andre Szfranski	Admin Official: Brian Malick
Meet Director: Ray & Cindy Mitchell	swimterrapin@msn.com 925-680-8372

LOCATION: CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord, CA.

DIRECTIONS: 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.

COURSE: Outdoor heated pool with up to 10 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 5ft 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 begins at 4:00 p.m. on Friday. Friday warm-ups are from 3:00–3:50 p.m. The Saturday and Sunday sessions begin at 9:00 a.m. each day with warm ups from 7:30 a.m. to 8:45 a.m. Finals for Saturday and Sunday's events will begin no less than 1 hour after the conclusion of the trials session. There will be one prelim session only.

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 will swim fast to slow. Seeding order for trials will be SCY, LCM and Bonus
- Swimmers may compete in a maximum of three (3) events per day, including Bonus events
- 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.
- Finals will be comprised on a Bonus Final, Consolation Final and Championship Final swum in that order, with 10 Swimmers qualifying for each final heat

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.

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.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- 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.
- Only coach's tents are allowed on the perimeter of the pool deck. Coaches, team, or parent canopies may not be set up Before 2:30pm on Friday and must be secured.
- 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: • 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.

- Swimmers must meet the SR-Circuit time standards as outlined by Pacific Swimming time verification procedures.
- Swimmers may enter two (2) bonus events. Swimmers must meet the SR-II time standard to compete in these events.
- No refunds will be given if a time cannot be proven.
- Swimmers 13 years of age and older are eligible to compete. Swimmers under the age of 13 years are not eligible to compete.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted. Entries with "NO TIME" will be rejected
- 1000 and 1650 events are excluded from bonus events.
- Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved after May 1, 2013 and prior to the closing date of entries for the meet, Oct 29, 2014.** 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.

SEEDING: Event seeding will be in the following order: Conforming short course yards (SCY), non-conforming Long Course Meters (LCM), Bonus (SCY), Bonus (LCM). USA Swimming rules 207.12.7B. **See Special rules for distance events seeding.**

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

SCRATCH RULE: Swimmers entered in a Trials & 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 an event will result in being barred from the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final.

FINALS – POSITIVE CHECK-IN: Swimmers may check-in or declare their intent to swim finals for that day at the beginning competition for that day. Swimmers must check-in or declare their intent to compete in consolation finals or finals within 30 minutes of the posting of results. In the case where a swimmer declares their intent to swim they must declare their final intention within 30 minutes after the posting of results for their last individual preliminary event. Swimmers not returning to declare their intention will be seeded into the event. In a positive check-in trials & finals meets any swimmer checking in for a consolation final or final race in an individual event who fails to show in said consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. 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 \$25.00. The final will be increased to \$100 if after 30 days of receiving the letter of notification the party has not made the payment.

- Exceptions: No penalty shall apply for failure to withdraw or compete in an individual event if: (i) the referee is notified in the event of illness or injury and accepts the proof thereof. (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer. (iii) The swimmer qualified for any level of finals due to scratches of one or more original finalists. (iv) The swimmer is an alternate for any level of finals.

TIME TRIALS: Time Trial sessions may be offered, and entries will only be taken on-site at the Clerk of Course. Time Trials shall be held under a separate sanction of the LSC.

- Time Trials will be conducted each day provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.
- A swimmer is limited to a maximum of two Time Trial events during the course of the meet.
- Except as noted below, short course Time Trials shall be swum in the order listed under the meet program as follows:
 - First Day: that day's events, followed by the remaining events in the meet.
 - Remaining Days: that day's events, followed by the remaining events in the meet.
 - The 1000 and 1650 Freestyle are **NOT** offered for time trial.
- Entry fees for Time Trials are \$10.00 per trial.

SPECIAL RULES: Friday the 400 IM and 1000 Free events will be swum fastest to slowest, alternating heats of women and men. The fastest heat of the 1650 Free will be swum in Finals in the event order of the day offered. The remaining heats of the 1650 Free will swim fastest to slowest at the conclusion of trials. **Swimmers must provide timers for the 400 IM and timers and counters for the 1000 & 1650 Free non final heats.**

ENTRY FEES: \$7.50 per individual event plus a \$10.00 per swimmer participation fee. Relay entry fee is \$20.00 per relay, no limit on number of relay teams a team may enter. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/tera20141107> 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 October 29, 2014 at Midnight

- Follow entry instructions:
 - Enter all swimmers (or coaches may enter their complete team) at the same time.
 - BONUS EVENTS – Enter a SHORT COURSE TIME and mark as BONUS EVENT**
 - Make online credit card payment for meet entries at our secure site.
 - You will receive confirmation of acceptance into the meet at time of payment.** *This will be your only proof of entry and should be brought to the meet.*
 - Online entries will close Wednesday, October 29, 2014 at Midnight PST.**

RELAYS: Teams may enter unlimited number of relays. All relays will be swam fastest to slowest. Relays entries may be mailed in or entered through Swim Connection. Relay entry fee is \$20.00 per relay. Relay only swimmers must provide proof of USA Swimming registration. Relays will be swum in Finals session. Relay only swimmers must be entered on Swim Connection or using the relay only entry form.

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 procedure: and postmarked by midnight PST, Monday October 27th 2014 or hand delivered by 6:30 p.m. Wednesday October 29th. 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.

Make check payable to: Terrapins Swim Team

**Mail entries to: Terrapins Swim Team c/o Meet Director
4180 Treat Blvd Suite K
Concord, Ca 94518**

**Hand Deliver entries to: Terrapins Staff (between 4-7pm, M thru F)
Concord Community Pool
3501 Cowell Rd, Concord, CA 94518**

AWARDS: None.

ADMISSION: Free. A 3 day program will be available for \$6.00

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

CERTIFICATION MEET: Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of both Trials and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

Hotel information will be available at the Terrapin Team Website. www.terrapinswim.com

ORDER OF EVENTS

Friday, November 7, 2014

Women's Event #	LCM SR-circuit	SCY SR-circuit	Event	SCY SR-circuit	LCM SR-circuit	Men's Event #
1*	5:28.79	4:51.59	4001M	4:33.79	5:09.19	2*
3*	9:56.79	10:59.99	1000 FREE	10:25.99	9:26.39	4*

See "Special Rules" regarding the 400 IM, 1000 Free and 1650 FR

1000 & 1650 FR may not be swum as bonus event

Saturday, November 8, 2014

Women's Event #	LCM SR-circuit	SCY SR-circuit	Event	SCY SR-circuit	LCM SR-circuit	Men's Event #
5***	NT	NT	200 FR-R	NT	NT	6***
7*	19:29.99	18:59.99	1650 Free**	--	--	--
9	2:33.29	2:15.69	200 Back	2:07.79	2:24.59	10
11	29.59	25.89	50 Free	23.29	26.89	12
13	2:34.29	2:16.59	200 IM	2:04.29	2:20.79	14
15	1:10.99	1:01.99	100 Fly	55.99	1:03.59	16
17	2:16.99	2:00.49	200 Free	1:50.69	2:07.39	18
19	2:55.49	2:35.89	200 Breast	2:22.99	2:40.59	20
21***	NT	NT	400 Med-R	NT	NT	22***

Saturday FINALS will be swum in event order starting with Event 5

* Event 7 will be swum at the conclusion of Trials session – The fastest heat will be swum in Finals.

*** All Relays will be swum in event order during Finals only.

Sunday, November 9, 2014

Women's Event #	LCM SR-circuit	SCY SR-circuit	Event	SCY SR-circuit	LCM SR-circuit	Men's Event #
23***	NT	NT	200 Med-R	NT	NT	24***
--	--	--	1650 Free**	17:59.99	18:29.99	26*
27	2:35.79	2:17.99	200 Fly	2:07.99	2:24.79	28
29	1:03.79	55.99	100 Free	50.79	58.79	30
31	1:20.69	1:11.49	100 Breast	1:04.09	1:12.59	32
33	4:46.19	5:19.29	500 Free	4:58.19	4:29.39	34
35	1:12.09	1:03.69	100 Back	58.79	1:06.69	36
37***	NT	NT	400 FR-R	NT	NT	38***

* Event 26 will be swum at the conclusion of Trials session – The fastest heat will be swum in Finals

1000 & 1650 Free may not be swum as bonus events

*** All Relays will be swum in event order during Finals only.

Sunday FINALS will be swum in event order starting with Event 23

Time standards can be found at: <http://www.pacswim.org/userfiles/cms/documents/800/senior-standards1415.pdf>

PLEASE DO NOT CUT OUT ENTRY FORM

BONUS EVENTS:

Enter with your **SHORT COURSE time slower than the Senior Circuit Time Standard** for that event and **circle** the bonus event

DO NOT submit entry without a time that meets the minimum entry standard (Except for bonus events).

Checks payable to:
Terrapins Swim Team.

Mail Entries To: -
Terrapins Swim team
Senior Meet Entries
4180 Treat blvd. Suite K
Concord, CA 94518

Entry deadlines:

Postmarked midnight, Monday, Oct 27, 2014
Hand delivered by Wednesday, Oct 29, 2014
Online midnight, Wednesday, Oct 29, 2014

Entry questions: swimterrapin@msn.com

Events Entered	TOTAL DUE
1	\$17.50
2	25.00
3	32.50
4	40.00
5	47.50
6	55.00
7	62.50
8	70.00
9	77.50
10	85.00

Totals Include \$10.00 Participation fee.

Pacific Swimming – Hosted by Terrapins Swim Team Senior T & F Meet November 7-9, 2014 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			
						: .			SCY / LCM			
CIRCLE BONUS # of entries _____ x \$7.50 = \$ _____ EVENT Participation Fee 10.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												

Terrapins Swim Team
 Senior Trials & Finals Meet
 November 7-9, 2014

Entries may be mailed or entered on swimconnection.com
Team Relay Entry Form *\$20.00 per relay entry fee

<i>Team Name</i>		<i>LSC</i>	<i>Club Code</i>
<i>Coach</i>	<i>Contact Phone and Email</i>		<i>Amount Enclosed</i>
			\$

Event #	Event	Team Entry Time		
		A	B	C
5	Women's 200 Free			
6	Men's 200 Free			
21	Women's 400 Medley			
22	Men's 400 Medley			
25	Women's 200 Medley			
26	Men's 200 Medley			
37	Women's 400 Free			
38	Men's 400 Free			

RELAY ONLY SWIMMERS

Age	Name (Last, First, MI)	Gender	USA-S Swimming Registration Number* (required on this form)
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
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		M F	
		M F	
		M F	