

**TERRAPINS SWIM TEAM  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
NOVEMBER 14-15 2015**



Enter Online: <http://ome.swimconnection.com/pc/tera20151114>

Assigned Teams to TERA Site:

TERA,EBSD,ECG,HILL,RA,RAM,OA,EA,BSW,TIGR,OAKW,WCAB,PLS,SRVLA,TRIV,LAC,LBD,CROW,DA,CCAD

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-155**

*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.Terrapinswim.com>.** Team Lane timing assignments will be posted on the Terrapins website 5 days before the meet. Please check the Terrapins website for updated meet information.

**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:* Leo Lin  
*Meet Marshal:* Andrej Szfranski      *Admin Official:* Marie Lin  
*Meet Director:* Ray Mitchell 925-680-8372 [swimterrapin@msn.com](mailto:swimterrapin@msn.com)

**LOCATION:** 3501 Cowell Rd. Concord, CA 94518 Limited parking available

**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 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 7" at the start end and 7" 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 7:30am to 8:45am each day. A special warm-up time for 8 and under swimmers only will be held from 8:45am to 8:55am.

- 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.
  - Swimmers may compete in 5 events per day.
  - All swimmers 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.
  - Entrance into facility on the west side gate. No canopy set up prior to 7:30am.
  - Swimmers entering the 500 event must have the met 11-12 USA-S Motivational "B" time for their gender. Swimmers entering the 1000FR must have met the 11-12 USA-S Motivational "A" time for their gender. Swimmers in 500fr/1000free must provide own counters and timers

**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 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.
- No canopy set up prior to 7:30am

**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.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers 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 accepted for ALL events other than the 500FR and 1000FR events (See Rules).**
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than October 10, 2015. Entries from members of assigned "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on October 17, 2015 will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 a.m. October 17, 2015 and 11:59 p.m. October 24, 2015 will be given 2<sup>nd</sup> 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: Swimmers who falsify their entry from by listing a team 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 an \$ 8.00 participation fee per swimmer. 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/tera20151114> 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, November 4<sup>th</sup> 2015.

**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 postmarked by midnight, Monday, November 2<sup>nd</sup> or hand delivered by 6:30 p.m. Wednesday November 4th. 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  
4180 Treat Blvd. Suite K  
Concord, CA. 94518**

**Hand deliver entries to: Tera Coaching Staff between 4-7pm  
3501 Cowell Rd  
Concord, CA. 94518**

**CHECK-IN:** The meet will be deck seeded. Swimmers 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. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. . Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons will be awarded for top 8 swimmers in the 8-u, 9-10 and 11-12 age groups in the "A" "B" and "C" divisions. No awards will be given to 13-overs or open events. "A" medals will be awarded to first time "A" swimmers.

**ADMISSION:** Free. A program will be available for sale

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. **No entry into facility prior to 7:30am**

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials on a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Club swimmers 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 swimmers over 100	+1

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 FR	200 FR	200 FR	200 FR	50 BK	100 BK	100 BK	200 BK
25 BK	50 BK	50 BK	100 BK	25 FL	50 FL	50 FL	100 FL
50 FL	100 IM	100 IM	200 FL	100 IM	200 IM	400 IM	400 IM
25 BR	50 BR	50 BR	100 BR	50 BR	100 BR	200 BR	200 BR
50 FR	100 FR	100 FR	100 FR	25 FR	50 FR	50 FR	50 FR
		Open Boys 500 FR	Open Boys 500 FR			Open Girls 500 FR	Open Girls 500 FR
		Open Girls 1000 FR	Open Girls 1000FR			Open Boys 1000 FR	Open Boys 1000 FR

**EVENTS**

Saturday Nov 14 2015		
EVENT #	EVENT	EVENT #
1	13-18 200 FR	2
3	11-12 200 FR	4
5	9-10 200 FR	6
7	8-U 100 FR	8
9	13-18 100 BK	10
11	11-12 50 BK	12
13	9-10 50BK	14
15	8-U 25 BK	16
17	13-18 200 FL	18
19	11-12 100 IM	20
21	9-10 100 IM	22
23	8-U 50 FL	24
25	13-18 100 BR	26
27	11-12 50 BR	28
29	9-10 50 BR	30
31	8-U 25 BR	32
33	13-18 100 FR	34
35	11-12 100 FR	36
37	9-10 100 FR	38
39	8-U 50 FR	40
	OPEN Boys 500FR	42
83	OPEN Girls 1000FR	

Sunday Nov 15 2015		
EVENT #	EVENT	EVENT #
43	13-18 200 BK	44
45	11-12 100 BK	46
47	9-10 100 BK	48
49	8-U 50 BK	50
51	13-18 100 FL	52
53	11-12 50 FL	54
55	9-10 50 FL	56
57	8-U 25 FL	58
59	13-18 400 IM	60
61	11-12 400 IM	62
63	9-10 200 IM	64
65	8-UN 100 IM	66
67	13-18 200 BR	68
69	11-12 200 BR	70
71	9-10 100 BR	72
73	8-U 50 BR	74
75	13-18 50 FR	76
77	11-12 50 FR	78
79	9-10 50 FR	80
81	8-U 25 FR	82
41	OPEN Girls 500FR	
	OPEN Boys 1000FR	84

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

\*Swimmers entering the OPEN 500FR must have met the 11-12 USA-S "B" time for their gender in order to enter. Swimmers entering the 1000FR must have met the 11-12 USA-S "A" time for their gender in order to enter.

Swimmers in the 500/1000FR events must supply their own timers and lap counters.

Pacific Swimming – Hosted by Terrapins Swim team C/B/A+ November 14-15 2015 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        \$ 8.00 Total                        \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													