

Terrapins Swim Team
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
December 12-14 2014
Enter Online: <http://ome.swimconnection.com/pc/tera20141212>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-193**

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 on the Terrapins Swim team website: www.terrapinswim.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.

MEET PERSONNEL:
Meet Referee: Dave Cottam **Head Starter:** Charlie Gonzales
Meet Marshal: Andres Szfranski **Admin Official:** Amy Gonzales
Meet Director: Ray & Cindy Mitchell 925-680-8372 swimterrapin@msn.com

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

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 5' at the start end and 5' 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: Friday the meet begins at 4:30pm with warm up from 3:30-4:15pm. Meet will begin at 9:00 AM Saturday and Sunday with warm-ups from 7:30 to 8:45AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:45-8:55am 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. 400IM and Open 1000 FR will swim fast to slow alternating Girls/Boys.
- Swimmers may compete in **MAXIMUM 3** 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.
- **Swimmers entering Open 1000 FR MUST have a minimum 11-12 "A" time standard**
- **9-10 year old swimmers entering the Open 500 FR must have a minimum "B" time in the 500 FR to enter, 11-over Swimmers entering the Open 500 FR must have a minimum "B" time for their respective age group to enter. 13-over swimmers entering the 400 IM must have a Minimum "B" time to enter.**
- Swimmers in the 500fr and 1000fr events must provide their own timers and lap counters. Swimmers in the 400 IM must provide their own 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. No shelters can be placed on the pool deck other than those for coaches
- 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.
- 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 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 **NOT** be **ACCEPTED**.
- 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 and 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 12:01 a.m. on November 8. Entries from members of "year-round" Zone 2 teams postmarked or entered online by 11:59 p.m. on November 14 will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year-round and seasonal) postmarked or entered online between 12:01 a.m. on November 15 and 11:59 p.m. on November 21st will be given 2nd priority acceptance. All entries from members of Zone 2 teams postmarked or entered online after 12:01 a.m. on November 22nd, and all entries from other Pacific LSC zones and all other LSC's, either postmarked, entered online or hand-delivered by the entry deadline will be considered in the order 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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/tera20141212> 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 December 3rd 2014 at 11:59pm or until the meet is closed.**

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. All Entries must be postmarked by midnight, **Monday, December 1st 2014** or hand delivered by 6:30 p.m. **Wednesday, December 3rd 2014 or until meet is closed.** 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**

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 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 wish to scratch an event after it has closed are encouraged to inform the deck referee.

AWARDS: Ribbons will be awarded to the 1st - 8th place finishers in the 'A', 'B', and 'C' divisions for each event for the following age groups 8 & under, 9-10, 11-12, 13-14. 15-over swimmers will not be awarded. Open events will not be awarded. Ribbons will be available to be picked up by swimmers, coaches or a team representative during the meet. Ribbons will not be mailed.

ADMISSION: Free. A 2 day program will be available for \$5.00

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.

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

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

EVENTS

Friday Dec 12		
EVENT #	EVENT	EVENT #
101	13-over 400IM	102
103	11-over 1000FR	104

*13-over swimmers must have minimum "B" time to enter the 400IM

*11-over 1000fr swimmers must have minimum 11-12 "A" time to enter

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

Sunday Dec 14		
EVENT #	EVENT	EVENT #
41	13-18 200 Breast	42
43	11-12 50 BR	44
45	9-10 50 BR	46
47	8-U 50 BR	48
49	13-18 200 BK	50
51	11-12 100 BK	52
53	9-10 100 BK	54
55	8-U 25 BK	56
57	13-18 100 FL	58
59	11-12 100 IM	60
61	9-10 100 IM	62
63	8-UN 100 IM	64
65	13-18 200 IM	66
67	11-12 100 FR	68
69	9-10 100 FR	70
71	8-U 25 FR	72
73	13-18 100 FR	74
75	11-12 50 FL	76
77	9-10 50 FL	78
	OPEN Boys 500 FR	80

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

*swimmers entering the OPEN 500fr events must have a minimum "B" time (in their respective age group) in the 500fr to enter

Pacific Swimming – Hosted by TERA C/B/A+ Meet December 12-13-14 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													