

TERRAPINS SWIM TEAM 14 & U JO LAST CHANCE
PACIFIC SWIMMING SCY B/BB+ MEET
FEBRUARY 29 - MARCH 1, 2020
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **20-023**

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, webcasting, 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>.**

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: Matt Schmidt</i>	<i>Head Starter: Carol Cottam</i>
<i>Meet Marshal: Oleg Litinov</i>	<i>Admin Referee: Dave Cottam</i>
<i>Meet Director: Michelle Curran</i>	mseebcurran@gmail.com

LOCATION: Concord Community Pool, 3501 Cowell Road, Concord, CA

DIRECTIONS: Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highways 680 South – take Treat Boulevard/Geary Road exit; turn left at end of ramp, left at light on to Treat, left on Cowell Road.

PARKING: Limited parking is available in the lot at Concord Community Park. Street parking is available on Cowell Road. Please respect the No Parking signs placed in the neighborhoods. Additional meet parking is available in the upper blacktop area at El Monte Elementary School located at 1400 Dina Drive in Concord. Cowell pool can be accessed on foot through the back gate of the school and a quick walk through the park.

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 7'0" at the start end and 7'0" 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 9:00 AM each day with warm-ups from 7:30 to 8:45 AM. A special warm-up time for 8 and under athletes only will be held from 8:45 to 8:55 AM. Check-in begins at 7:00 am on Saturday and Sunday each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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 a maximum of four (4) events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the estimated timeline exceeds four hours based on the athletes age and gender, per the "Four-Hour Rule."
- If local conditions warrant, 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.**
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- Athletes shall provide their own timers and lap counters for the 500 Free and 1650 Free.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming Club 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 Swimming 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 are 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.
- Deck changes are 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 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.
- Coaches, parents and siblings may not use the pool.
- No athlete/parent set up prior to 7:00 am on Saturday and Sunday.
- All athlete/parent canopies MUST be on the grass area only and not the pool deck.

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.
- Athletes in the "BB" Division must have met at least USA Swimming Motivational "BB" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard.
- Athletes must have met the minimum USA Swimming Motivational "B" time standard for their age group and gender for **ALL** events entered.
- To compete in 10 & U events, athletes 8 and under must have met the minimum 10 and under USA Swimming Motivational "B" time standard for their gender.
- Entries with **"NO TIME" will be REJECTED.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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.
- Athletes entering the OPEN 500 Free must have achieved at least the 10 & U "BB" minimum time standard for their gender and must provide their own timers and lap counters. Athletes entering the OPEN 400 IM need to have achieved the 11-12 "BB" minimum time standard for their gender. Athletes entering the OPEN 1650 Free must have achieved the BB time for this event in their age group and gender and must provide their own timers and lap counters. These events may be swum alternating heats of girls and boys or seeded combining girls and boys.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **January 25, 2020**. Entries from members of year-round, Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on **February 8, 2020** will be given 1st priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either entered online or delivered by the entry deadline will be considered in the order that they were received.

**** NOTE:** Athletes who falsify their entry form by listing a club 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 a \$8.00 participation fee per athlete. 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 on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 **Wednesday, February 19, 2020** or until the meet has reached capacity, whichever comes first.

MAILED OR 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. Entries must be postmarked by midnight, **Monday, February 17, 2020** or hand delivered by 6:30 p.m. on **Wednesday, February 19, 2020**. 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 P.O. Box 21127, Concord, CA 94521

OR Hand deliver entries to: Terrapins Coaching Staff between 4-7 pm at 3501 Cowell Road, Concord, CA 94518.

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

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

AWARDS: The 500 Free and 1650 Free will not be awarded. First through eighth places in each division (B and BB) will be awarded for the 10 and under, 11-12, and 13-14 age groups. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. Individual awards must be picked up at the meet. Awards will not be mailed or distributed after the meet.

ADMISSION: Free. A 2-day program will be posted on TERA website 2 days prior to the meet.

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. Facility will open at 7:00 am on on Saturday and Sunday, February 29 and March 1, 2020.

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

Club athlete entered in session	Trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SATURDAY			SUNDAY		
10 & Un	11-12	13-14	10 & Un	11-12	13-14
OPEN 400 IM*			200 FR	200 FR	200 FR
100 BR	200 BR	200 BR	50 FR	50 FR	50 FR
50 FL	100 FL	100 FL	50 BR	100 BR	100 BR
50 BK	200 BK	200 BK	100 BK	50 BR	100 BK
100 FR	50 BK	100 FR	100 FL	100 BK	200 FL
100 IM	100 FR		200 IM	50 FL	200 IM
	100 IM			200 FL	
				200 IM	
OPEN 500 FREE**			OPEN 1650 FREE***		

EVENTS

SATURDAY, February 29		
EVENT #	EVENT	EVENT #
1	OPEN 400 IM*	2
3	13-14 200 BREAST	4
5	11-12 200 BREAST	6
7	10 & U 100 BREAST	8
9	13-14 100 FLY	10
11	11-12 100 FLY	12
13	10 & U 50 FLY	14
15	13-14 200 BACK	16
17	11-12 200 BACK	18
19	10 & U 50 BACK	20
21	11-12 50 BACK	22
23	13-14 100 FREE	24
25	11-12 100 FREE	26
27	10 & U 100 FREE	28
29	11-12 100 IM	30
31	10 & U 100 IM	32
33	OPEN 500 FREE**	34

SUNDAY, March 1		
EVENT #	EVENT	EVENT #
37	13-14 200 FREE	38
39	11-12 200 FREE	40
41	10 & U 200 FREE	42
43	13-14 50 FREE	44
45	11-12 50 FREE	46
47	10 & U 50 FREE	48
49	13-14 100 BREAST	50
51	11-12 100 BREAST	52
53	10 & U 50 BREAST	54
55	11-12 50 BREAST	56
57	13-14 100 BACK	58
59	11-12 100 BACK	60
61	10 & U 100 BACK	62
63	11-12 50 FLY	64
65	13-14 200 FLY	66
67	10 & U 100 FLY	68
69	11-12 200 FLY	70
71	13-14 200 IM	72
73	11-12 200 IM	74
75	10 & U 200 IM	76
77	OPEN 1650 FREE***	78

* Athletes entering the OPEN 400 IM need to have achieved the 11-12 "BB" minimum time standard for their gender.

**Athletes entering the OPEN 500 Free need to have achieved the 10 & U "BB" minimum time standard for their gender and must provide their own timers and lap counters.

*** Athletes entering the OPEN 1650 Free need to have achieved the BB time for this event in their age group and gender and must provide their own timers and lap counters.

Time standards are located on the Pacific Swimming web site: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Terrapins Swim Team 2020 SCY 14 & Under B/BB+ Last Chance Meet February 29-March 1, 2020 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				
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						: .					SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															