

## SPEEDO LONG COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by The Terrapins Swim Team

co-sponsored by Pacific Swimming

July 26-30, 2017

Enter Online: <http://usaswimming.org/ome>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-052**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising from 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:**

<i>Meet Referee: Susi Jackson</i>	<i>Head Starter: Nan McKenna</i>
<i>Meet Marshal: Oleg Litvinov</i>	<i>Admin Official: Debbi Tucker</i>
<i>Meet Director: Maureen deBack / Ray Mitchell (925) 680-8372</i>	

**CERTIFICATION MEET:** Officials wishing to be evaluated shall apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing shall occur one hour before the start of both Preliminaries 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 shall be done over 4 sessions in the position. N2 evaluation shall be done over 3 sessions in the position. Recertification evaluations shall each be done over two sessions; however, the official shall work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained on the Pacific Swimming Website.

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

**DIRECTIONS:** Highway 680 North, take Treat Blvd. exit, exit right onto Treat, turn left on Cowell Road. Highway 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat, left onto Cowell Road. Limited parking is available at the pool. Overflow parking is at El Monte Elementary School behind the pool.

**COURSE:** Outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 lanes short course yard lanes shall 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 12' 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:** Wednesday July 26 the meet shall begin at 3:00 pm with warm-ups from 2:00 pm to 2:45 pm. The remaining days, July 27-30, the meet shall begin at 9:00am each day with warm-ups from 7:00am-8:45am each day. Finals will begin no earlier than one hour after the conclusion of preliminaries. The exact time of finals will be determined by the Meet Referee and will be announced daily.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded.
- All individual events, with exception of the 800 and 1500 Freestyle, shall be Preliminaries and Finals (Championship Final Only).
- Athletes may compete in three (3) events per day, and a maximum of seven (7) individual events, plus relays for the entire meet.
- The top nine (9) athletes will qualify for the Championship final. There is no consolation final.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- **All coaches and deck officials shall wear their USA Swimming membership cards in a visible manner.**

- Athletes competing in the 400, 800 and 1500 Freestyle and the 400 Individual Medley events must provide their own timers, and athletes must provide their own lap counters for the 800 and 1500 Freestyle events. Lap counters will not be provided on site.
- The 400, 800 and 1500 Freestyle and 400 Individual Medley events may be swum as combined 11-18 age group and awarded separately.
- The 800 and 1500 Freestyle events may be swum 2 per lane, starting at opposite ends of the pool pending the timeline and Meet Referee decision.
- Athletes competing in the 800 Freestyle event may check in from the first day of the meet until 11:00am the day of their event

**UNACCOMPANIED ATHLETES:** Any USA Swimming member competing at the meet shall 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 Swimming 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 Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangement 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall 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 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 shall 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.
- 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.
- There will be no canopies or set up allowed on the pool deck.
- Entrance to the pool is from the West gate only.
- Coaches, athletes and officials may enter the venue no earlier than 1:00pm Wednesday, July 25 and no canopy set up inside the venue will be allowed earlier than 1:00pm Wednesday. Canopy set up outside the pool in the park is allowed beginning Wednesday morning.
- Coaches and officials may enter the venue no earlier than 6:15am Thursday, July 26<sup>th</sup> to Sunday, July 30<sup>th</sup>.
- Athletes and spectators may enter the venue no earlier than 6:30am Thursday, July 26<sup>th</sup> to Sunday, July 30<sup>th</sup>.
- There is a limited amount of space available poolside for coach setup. Clubs may not reserve this space in advance, nor may this area be restricted by tape or signage for specific swim clubs. Coaches are expected to share this space.
- There will be no admittance to the pool on Tuesday, July 25 for parents, athletes or coaches.
- Pre-meet warmups will ONLY be allowed for teams traveling from outside Pacific Swimming or Sierra Nevada LSCs. This limited warmup will be from 6:00-7:30pm on Tuesday July 25<sup>th</sup> and must be reserved and approved in advance by Terrapin Team Director Ray Mitchell ([rayterra@att.net](mailto:rayterra@att.net)) Athletes utilizing this warmup period shall be accompanied by a certified coach only. Athletes traveling without coaches may not access the pool during this warmup time.
- No cell phone use is allowed in any bathroom or changing room as per the City of Concord ordinances.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming, and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall check all athlete registrations against the SWIMS database, and if not found to be registered, the Administrative Referee shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes shall have met the "FW" time standard in every event entered. Entries with "NO TIME" shall be rejected.

- 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 shall be the age of the athlete on the first day of the meet.
- Athletes 19 and Over may compete in preliminaries and shall not be eligible for awards and scoring. Such athletes shall have met standards for the 17-18 age group.
  - Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual athletes can score points towards high point awards. Teams shall not be in contention for team awards. All-Star relays can win medals, but shall not score points.

**PROOF OF TIME:** Proof of time shall be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times shall be verified against the USA Swimming SWIMS database, and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times shall have been achieved after January 1, 2016 and prior to the closing date of entries for the meet Monday, July 17, 2017 at 11:59 pm. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

**ENTRY FEES:** \$10.00 per individual event, \$10.00 participation fee per athlete. \$20.00 per relay. \*\*Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees SHALL be included with entry, or entries shall not be accepted.

**COACH CREDENTIALS:** \$10.00 per coach. The credential shall be worn at all times during the meet. Coaches with credentials shall receive a program and finals sheets, as well as access to hospitality. Coach Credentials can be purchased in USA Swimming's OME system or submitted with the Hy-Tek entry file.

**ONLINE ENTRIES:** Online entry shall be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries shall be accepted until Monday, July 17, 2017 at 11:59pm. **No hand delivered, mailed, or emailed entries will be accepted from USA Swimming athletes. All athletes must be entered through the OME link above.**

**HY-TEK ENTRIES:** Hy-Tek entries shall be accepted. Teams may submit a Hy-Tek electronic entry file to Pacific Swimming at: [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). Entries shall be accepted until Monday, July 17, 2017 at 11:59 PM. The team shall receive an entry confirmation from Pacific Swimming. Each Hy-Tek entry file is subject to a surcharge based on the number of athletes.

1-10 athletes	\$50
11-25 athletes	\$100
26-50 athletes	\$150
50+ athletes	\$200

Hy-Tek entries shall require a team check made out to Pacific Swimming, in the amount of the entry fees plus the service charges. The payment shall be postmarked within 48 hours of entry submission and mailed (or hand-delivered) to:

**Annie Stein, 530 N 2<sup>nd</sup> Street #1, San Jose, CA 95112.**

A late fee of 20% shall be charged to the team if the post mark on the team check is over 7 days from electronic submission.

**LATE ENTRIES:** Any team or athlete missing the entry deadline shall be permitted to enter late, subject to the following requirements:

- Late entries shall be submitted through the Online Meet Entry system (OME).
- These entries shall be received no later than Wednesday, July 19, 2017 at 11:59 p.m. Pacific Time.
- The team or athlete shall pay a one-time processing fee of \$75.00, and pay entry fees of \$20 per individual and \$40 per relay event.

**FOREIGN TEAM\* ENTRIES:** Foreign teams may enter using the Hy-Tek entry file provided. Entry files are due no later than Wednesday, July 17, 2017 at 11:59pm Pacific Time. Email the entry file to [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). Mail a hard copy of the Individual Meet Entry Report, along with the entry fee check to the address listed below. Hard copies and checks SHALL arrive no later than Tuesday, July 18, 2017 at 5:00pm, unless prior arrangements have been made. For questions, please contact Annie Stein at [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). **If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":**

**Make check payable to:** Pacific Swimming

**Mail or Hand deliver check to:** Annie Stein 530 N 2<sup>nd</sup> Street #1, San Jose, CA 95211.

\*ALL foreign teams shall have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available on the Terrapin website at [www.terrapinswim.com](http://www.terrapinswim.com) under the 2017 Far Western Meet Information tab. This invite shall be mailed with entries or scanned and emailed to [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org).

**SEEDING:** Event seeding shall be in the following order: LCM conforming long course meters, SCM non-conforming short course meters, SCY non-conforming short course yards. USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall check-in at the clerk of the course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes in the 800 Freestyle events may check in from the first day of the meet until 11:00am the day of their event. **Athletes who do not check-in shall not be allowed to compete in the event.**

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk of the course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall 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 shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to the calling of the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they shall be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**AWARDS:** Individual event finalists will be awarded 1<sup>st</sup> through 8<sup>th</sup> place medals. Relay events will be awarded medals for 1<sup>st</sup> to 3<sup>rd</sup> place, and distinctive ribbons for 4<sup>th</sup> to 8<sup>th</sup> place. Individual High Point awards will be given to each age group and gender. Team High Point awards will be awarded to 1<sup>st</sup> to 3<sup>rd</sup> place teams. Events that contain multiple age groups athletes will be awarded separately. Athletes may pick up their awards at the awards desk for individual events. Coaches or coaches' representatives must pick up all Relay awards. You are highly encouraged to pick up awards throughout the meet rather than waiting until the last day. No awards will be mailed.

**SCORING:**

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
<b>Individual Events</b>	9	7	6	5	4	3	2	1
<b>Relay Events</b>	18	14	12	10	8	6	4	2

Teams may enter as many relays as they wish but **ONLY** the highest two placing relays per team/per event will be eligible to score team points.

**ADMISSION:** Free

**PROGRAMS:** A limited number of five (5) day meet programs will be available for a fee of \$20.00. Purchase of the meet program includes free finals sheets for four days of Finals. You must present your program before each finals session to receive your finals sheets.

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

**HOSPITALITY:** Continental breakfast items, lunch and dinner and beverages will be available to all coaches in the Hospitality area. Coaches shall have their ID on display to access the hospitality area.

**COACH CHECK-IN:** All coaches shall check-in at the Coach Check-in table upon arrival. Coaches shall present their certified coach cards/ID. After check-in, a Coach ID wristband shall be worn for the entire meet. Psych sheets and coach packets will be available daily beginning at 7:00am

**EVENT SUMMARY:**

<b>Wednesday, July 26<sup>th</sup></b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	1500 Free	1500 Free	1500 Free	1500 Free
		800 Free Relay	800 Free Relay	800 Free Relay
<b>Thursday, July 27<sup>th</sup></b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 IM	200 IM	200 IM	200 IM	200 IM
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
400 Freestyle	400 Freestyle	400 Freestyle	400 Freestyle	400 Freestyle
	400 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay
<b>Friday, July 28<sup>th</sup></b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	200 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
50 Backstroke	50 Backstroke			
100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
	800 Free (G)	800 Free (G)	800 Free (G)	800 Free (G)
200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
<b>Saturday, July 29<sup>th</sup></b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
50 Butterfly	50 Butterfly			
100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
	800 Free (B)	800 Free (B)	800 Free (B)	800 Free (B)
200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
<b>Sunday, July 30<sup>th</sup></b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
50 Breaststroke	50 Breaststroke			
100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly
	400 IM	400 IM	400 IM	400 IM
	400 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay

(G) = Event being swum by Girls only  
 (B) = Event being swum by Boys only

**ORDER OF EVENTS:****Wednesday, July 26<sup>th</sup>**

Girls #	Event Description	Boys #
1	11 - 18 1500 Freestyle	2
3	15 - 18 800 Free Relay	4
5	13 - 14 800 Free Relay	6

**Thursday, July 27<sup>th</sup>**

Girls #	Event Description	Boys #
7	17 - 18 200 IM	8
9	15 - 16 200 IM	10
11	13 - 14 200 IM	12
13	11 - 12 200 IM	14
15	10 & Under 200 IM	16
17	17 - 18 50 Free	18
19	15 - 16 50 Free	20
21	13 - 14 50 Free	22
23	11 - 12 50 Free	24
25	10 & Under 50 Free	26
27	13 - 18 400 Freestyle	28
29	12 & Under 400 Freestyle	30
31	15 - 18 400 Free Relay	32
33	13 - 14 400 Free Relay	34
35	11 - 12 400 Free Relay	36

**Friday, July 28<sup>th</sup>**

Girls #	Event Description	Boys #
37	17 - 18 200 Fly	38
39	15 - 16 200 Fly	40
41	13 - 14 200 Fly	42
43	11 - 12 200 Fly	44
45	10 & Under 50 Back	46
47	11 - 12 50 Back	48
49	17 - 18 100 Free	50
51	15 - 16 100 Free	52
53	13 - 14 100 Free	54
55	11 - 12 100 Free	56
57	10 & Under 100 Free	58
59	17 - 18 100 Breast	60
61	15 - 16 100 Breast	62
63	13 - 14 100 Breast	64
65	11 - 12 100 Breast	66
67	10 & Under 100 Breast	68
69	11 - 18 800 Freestyle (G)	-
71	15 - 18 200 Free Relay	72
73	13 - 14 200 Free Relay	74
75	11 - 12 200 Free Relay	76
77	10 & Under Free Relay	78

**Saturday, July 29<sup>th</sup>**

Girls #	Event Description	Boys #
79	17 - 18 200 Breast	80
81	15 - 16 200 Breast	82
83	13 - 14 200 Breast	84
85	11 - 12 200 Breast	86
87	10 & Under 50 Fly	88
89	11 - 12 50 Fly	90
91	17 - 18 100 Back	92
93	15 - 16 100 Back	94
95	13 - 14 100 Back	96
97	11 - 12 100 Back	98
99	10 & Under 100 Back	100
101	17 - 18 200 Free	102
103	15 - 16 200 Free	104
105	13 - 14 200 Free	106
107	11 - 12 200 Free	108
109	10 & Under 200 Free	110
-	11 - 18 800 Freestyle (B)	112
113	15 - 18 200 Medley Relay	114
115	13 - 14 200 Medley Relay	116
117	11 - 12 200 Medley Relay	118
119	10 & Under 200 Medley Relay	120

**Sunday, July 30<sup>th</sup>**

Girls #	Event Description	Boys #
121	17 - 18 200 Back	122
123	15 - 16 200 Back	124
125	13 - 14 200 Back	126
127	11 - 12 200 Back	128
129	10 & Under 50 Breast	130
131	11 - 12 50 Breast	132
133	17 - 18 100 Fly	134
135	15 - 16 100 Fly	136
137	13 - 14 100 Fly	138
139	11 - 12 100 Fly	140
141	10 & Under 100 Fly	142
143	11 - 18 400 IM	144
145	15 - 18 400 Medley Relay	146
147	13 - 14 400 Medley Relay	148
149	11 - 12 400 Medley Relay	150

Relay Events shall be swum at the end of finals. (G) = Event being swum by Girls only / (B) = Event being swum by Boys only

ALL TIME STANDARDS available at: <http://www.pacswim.org/swim-meet-times/standards>