

TERRAPINS SWIM TEAM  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
March 1-3, 2024  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-033**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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 Meet Mobile.**

**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:**

<b>Meet Referee:</b>	Charlie Gonzales	<b>Head Starter:</b>	Markus Daene
<b>Meet Marshal:</b>	Oleg Litvanov	<b>Admin Official:</b>	Amy Gonzales
<b>Meet Director:</b>	Michelle Curran		<a href="mailto:mseebscurran@gmail.com">mseebscurran@gmail.com</a>

**LOCATION:** Concord Community Pool, 3501 Cowell Rd. Concord, CA 94518

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

**COURSE:** Outdoor pool with up to 10 SCY 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. The meet host shall ensure required course dimensions.

**TIME:** Friday Meet will begin at 5:00 PM with warm-ups from 3:45-4:45 PM. Saturday & Sunday Meet will begin at 9:00 AM with warm-ups from 7:30-8:40 AM. A special warm-up time for 8 and under Athletes only will be held from 8:40-8:50 AM.

**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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a

condition of participation in the conduct of this competition.

- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events shall 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 number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes 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 shall be made for any mandatory scratches.
- All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
- No deck changing is permitted. Use of locker rooms and restrooms is permissible.
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.
- Athletes swimming the Friday events must provide their own timers. Athletes swimming in the 500 Freestyle and 1000 Freestyle events must provide their own timers and lap counters.

**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 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 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 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 Swimming 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 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.
- 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 (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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- There will be NO Team, Coach or Athlete canopy set up allowed on any area of the pool deck.
- Coaches will need to bring their own canopies and may set these up on the pool deck starting at 3:30 PM on Friday.
- Athlete set up starting at 3:30 PM on Friday. Canopies are not permitted on the pool deck, set up in designated areas.
- Entrance to the pool is from the North gate only, nearest the diving boards and starting end of the pool. DO NOT enter through the Tennis court side of the pool. These are for emergency ONLY.
- NO canopy set up in restricted areas.
- No cell phone, computer or tablet use is allowed in any bathroom or changing room as per USA Swimming Safe Sport and City of Concord ordinances

**ELIGIBILITY:** • Athletes must be current members of USA Swimming 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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes must have met the minimum USA swimming Motivational "B" time standard for their age group in the 400 IM, 500 Freestyle and 1000 Freestyle events. To compete in 10 & Under events, 8 and Under athletes must have met the 10 & Under "B" minimum time standard.
- 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.
- Athletes with a disability 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will be accepted no earlier than Friday February 2, 2024. Entries from members of "year-round" Zone 2 clubs in good standing postmarked or entered online by 11:59 PM Saturday, February 17<sup>th</sup> will be given 1<sup>st</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 they are 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:** \$4.50 per event plus a \$10.00 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 online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 21<sup>st</sup> 2024.

**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 Monday, February 19<sup>th</sup> 2024 or hand delivered by 6:30 PM Wednesday, February 21<sup>st</sup> 2024. 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 "Meet Entries"**  
PO Box 21127  
Concord, CA 94521

**Hand deliver entries to: Doug Reed**  
Concord Community Pool  
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 each event 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/entered shall not be penalized.

**AWARDS:** NO AWARDS WILL BE GIVEN FOR THIS MEET.

**ADMISSION:** Free

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** Overnight parking is NOT 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 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.

Number of athletes entered in meet per club per day	Number of 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**

FRIDAY	
10 & Under	11 & Over
500 Free	400 IM
	1000 Free

SATURDAY			SUNDAY		
10 & Under	11-12	13 & Over	10 & Under	11-12	13 & Over
OPEN 200 FREE			100 Back	200 Back	200 Back
50 Back	100 Back	100 Back	100 Breast	100 Breast	100 Breast
50 Breast	200 Breast	200 Breast	100 Fly	200 Fly	200 Fly
100 Free	100 Free	100 Free	50 Free	50 Free	50 Free
50 Fly		100 Fly	200 IM	200 IM	200 IM
100 IM		500 Free		500 Free	

## EVENTS

FRIDAY MARCH 1, 2024		
EVENT#	EVENT	EVENT #
1	11 & OV 400 IM *	2
3	10 & UN 500 Free *	4
5	11 & OV 1000 Free *	6

\*Athletes entering the 11&Over 400 IM (Events 1 and 2) must have achieved the “B” time for this event in their age group.

\*Athletes entering the 10&Under 500 Free (Events 3 and 4) must have achieved the 10&Under “B” time standard.

\*Athletes entering the 11&Over 1000 Free (Events 5 and 6) must have achieved the 11-12 “B” time standard.

\*All athletes participating in any of the Friday session events are required to provide their own timers.

\*All athletes participating in the 500 Freestyle & 1000 Freestyle events must provide their own lap counters.

These events may be swum alternating heats of girls and boys or seeded combining girls and boys.

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

SATURDAY MARCH 2, 2024		
EVENT #	EVENT	EVENT #
7	OPEN 200 FREE	8
9	13 & OVER 100 BACK	10
11	11-12 100 BACK	12
13	10 & UNDER 50 BACK	14
15	13 & OVER 200 BREAST	16
17	11-12 200 BREAST	18
19	10 & UNDER 50 BREAST	20
21	13 & OVER 100 FREE	22
23	11-12 100 FREE	24
25	10 & UNDER 100 FREE	26
27	13 & OVER 100 FLY	28
29	12 & UNDER 50 FLY	30
31	10 & UNDER 100 IM	32
33	13 & OVER 500 FREE*	34

SUNDAY MARCH 3, 2024		
EVENT #	EVENT	EVENT #
35	13 & OVER 200 BACK	36
37	11-12 200 BACK	38
39	10 & UNDER 100 BACK	40
41	13 & OVER 100 BREAST	42
43	11-12 100 BREAST	44
45	10 & UNDER 100 BREAST	46
47	13 & OVER 200 FLY	48
49	11-12 200 FLY	50
51	10 & UNDER 100 Fly	52
53	13 & OVER 50 FREE	54
55	11-12 50 FREE	56
57	10 & UNDER 50 FREE	58
59	13 & OVER 200 IM	60
61	11-12 200 IM	62
63	10 & UNDER 200 IM	64
65	11-12 500 FREE*	66

\*Athletes entering the 500 Free (Events 33, 34, 65 and 66) must have achieved the “B” time for their age group

\*All athletes participating in the 500 Freestyle events must provide their own timers and lap counters.

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

Pacific Swimming – Hosted by Terrapins Swim Team SHORT COURSE C/B/BB+ March 1st-3rd 2024 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				
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 10.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													