

TERRAPINS SWIM TEAM
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET
MARCH 18-19, 2023
Enter Online: www.fastswims.com



Zone 2 Priority Clubs for TERA Site: TERA, AAA, ALGA, EAC, EBAT, EBSD, ECG, HILL, MONT, OAK, ONDA, PST, TFA, WCAB, SAIL, OAPB, SRVA

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-028**

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 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:

Meet Referee: David Kaplan	Head Starter: Carol Cottam
Meet Marshal: Ray Mitchell	Admin Official: Tess Wendler
Meet Director: Michelle Curran, mseebscurran@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. Swimmers, officials, and spectators will enter the pool facility through the northwest side gate (near the diving boards). **DO NOT PARK in the red zones or block the entrance next to the tennis courts – you WILL BE ticketed or towed.**

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 begins at 9:00AM each day. The competition course will be open for warm-ups 7:30 – 8:45AM. Special warm-up for 8 & Under athletes only, 8:45 – 8:55AM. **Pool gates will open at 7:00AM each day. No set-up permitted inside the pool facility on Friday.**

- 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.
 - The local facility's guidelines, restrictions, and interpretation of the local public health guidelines, including mask-wearing and social-distancing, 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 will swim fast to slow.
 - Athletes may compete in a maximum of **FOUR (4)** events per day.
 - All Athletes ages 12 & 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 will be made for any mandatory scratches.
 - The 500 free events may swim combined or alternating girls/boys.
 - All athletes entering the 500 Free must provide their own timers and lap counters.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - Medical Supervision available to participants on site includes EMT and AED certified lifeguards.

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.
 - No canopy set-up on the pool deck.
 - 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 entered in the meet may use the competition or warm-down pool(s) at any time during the meet.

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 in the "BB" Division must have met at least the USA Swimming Motivational "BB" minimum time standard. Athletes 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. For 8 & Under, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will NOT be accepted.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than Saturday, February 11, 2023, of athletes from ASSIGNED Zone 2 "year-round" teams in "good standing" postmarked or entered online by 11:59 PM on Saturday, February 18, 2023, will be given 1st priority acceptance. Entries of athletes from Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM Sunday, February 19, 2023 and 11:59 PM Saturday, February 25, 2023 will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, 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 an \$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 online go to 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 **Saturday, March 4, 2023**, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be submitted on the attached consolidated entry form, which must be filled out completely and legibly with Athlete's best times and delivered with payment in-full. Paper entries will be accepted if postmarked by Thursday, March 2, 2023, or hand delivered by 6:30 PM Saturday, March 4, 2023, or until the meet has reached capacity, whichever comes first. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: [Terrapins Swim Team](#)

Mail or hand-deliver 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 10:30AM, 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 10:30AM.** 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: First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, and 13-14 age groups only. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given

for athletes 15 years of age and older. Individual awards must be picked up at the meet; no awards will be mailed or distributed after the meet.

ADMISSION: Free. Printed meet programs will be available for working Officials only. Coaches and spectator programs will posted online at terrapinswim.com prior to the start of the meet. Seedings and results may be posted on Meet Mobile.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition, if permitted by local mandates at the time of the meet. Coaches and working Officials will be provided lunch.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be available or accessible before or 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

SATURDAY EVENTS				SUNDAY EVENTS			
8&under	9-10	11-12	13&up	8&under	9-10	11-12	13&up
100 IM	100 IM	100 IM	200 IM	50 Fly	100 Fly	100 Fly	200 Fly
25 Breast	50 Fly	50 Back	200 Back	25 Back	50 Back	50 Free	100 Free
25 Fly	50 Free	50 Fly	100 Fly	50 Breast	50 Breast	100 Back	100 Back
50 Free	500 Free	100 Breast	200 Breast	25 Free	100 Free	50 Breast	100 Breast
		100 Free	50 Free			500 Free	500 Free

EVENTS

Saturday March 18, 2023		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13&up 200 IM	2
3	11-12 100 IM	4
5	9-10 100 IM 8&un 100 IM	6
7	13&up 200 Back	8
9	11-12 50 Back	10
11	8&un 25 Breast	12
13	9-10 50 Fly	14
15	13&up 100 Fly	16
17	11-12 50 Fly	18
19	8&un 25 Fly	20
21	13&up 200 Breast	22
23	11-12 100 Breast	24
25	9-10 50 Free 8&un 50 Free	26
27	11-12 100 Free	28
29	13&up 50 Free	30
31	9-10 500 Free*	32

Sunday March 19, 2023		
GIRLS EVENT #	EVENT	BOYS EVENT #
33	13&up 200 Fly	34
35	11-12 100 Fly	36
37	9-10 100 Fly	38
39	8&un 50 Fly	40
41	11-12 50 Free	42
43	13&up 100 Free	44
45	9-10 50 Back	46
47	8&un 25 Back	48
49	11-12 100 Back	50
51	13&up 100 Back	52
53	9-10 50 Breast 8&un 50 Breast	54
55	11-12 50 Breast	56
57	13&up 100 Breast	58
59	8&un 25 Free	60
61	9-10 100 Free	62
63	11-12 500 Free*	64
65	13&up 500 Free*	66

***All athletes entering the 500 Free 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 TERA SHORT COURSE C/B/BB+ March 18-19, 2023 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 \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															