

Terrapins Swim Team
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET
April 23-24, 2016
Enter Online: <http://ome.swimconnection.com/pc/TERA20160423>



Teams Assigned to TERA site: TERA, BSW, WCAB, PLS, EBSD, OAPB, SAIL, HILL, MONT, ONDA, OTST, PST, ECG, LAC, TRIV, AAA, OAK

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-151**

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 at <http://www.terrapinswim.com>. **Team timing and lane assignments will be posted on the Terrapins website 5 days before the meet. Please check the Terrapins website for updated meet information.**

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: Mary Ruddell</i>	<i>Head Starter: Eric Fetterman</i>
<i>Meet Marshal: Andrej Szfranski</i>	<i>Admin Official: Carol Cottam</i>
<i>Meet Director: Maureen deBack 925-680-8372 swimterrapin@msn.com</i>	

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

DIRECTIONS: From Hwy 680 North, take Treat Blvd. exit right onto Treat Blvd. From Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell. 94518 Limited parking available. Additional parking available at El Monte Elementary School.

COURSE: Outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 SCY 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 12'0" at the start end and 5'0" 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 7:30am to 8:45am each day. A special warm-up time for 8 and under swimmers only will be held from 8:45am to 8:55am.

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.
- Athletes may compete in 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 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.
- Athletes entering the 400 OPEN Freestyle must have met the 11-12 USA-S Motivational "B" time for their gender in order to enter. Athletes in 400 Free must provide own timers. Counters are not allowed for 400 Meter freestyle.

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 SWIMMERS: 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 heaters are permitted except for snack bar/meet operations.
- All shelters must 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.
- Entrance into facility on the west side gate. No canopy set up prior to 7:00am

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, 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 the USA-S Motivational "BB" time standard for their age group and gender. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "PC-A" time standard.
- **Entries with "NO TIME" will be accepted (Exception – Open 400 Freestyle. See Rules).**
- 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 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.
- 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 not be accepted any earlier than March 19, 2016. Entries from members of assigned "year round" Zone 2 clubs postmarked or entered online by 11:59 p.m. on March 25, 2016 will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 a.m. March 26, 2016 and 11:59 p.m. April 1, 2016 will be given 2nd 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 that they were received.

**** NOTE: Athletes 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 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.swimconnection.com/pc/TERA20160423> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through April 13, 2016.

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, April 11, 2016 or hand delivered by 6:30 p.m. April 13, 2016. 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
4180 Treat Blvd. Suite K
Concord, CA. 94518**

**Hand deliver entries to: Terrapins Coaching Staff between 4-7pm
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.** 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

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 first 8 places will be awarded for 8 and Under (PC C/B/A divisions), 9-10, 11-12, and 13-14 age groups (C/B/BB+ divisions). 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. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A program will be available for sale.

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. **No entry into facility prior to 7:00am**

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 team per day of the meet. Those clubs 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

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

EVENTS

Saturday April 23, 2016		
EVENT #	EVENT	EVENT #
1	13-18 200 FR	2
3	11-12 200 FR	4
5	9-10 200 FR	6
7	8-U 100 FR	8
9	13-18 100 BK	10
11	11-12 50 BK	12
13	9-10 50BK	14
15	13-18 200 FL	16
17	11-12 200 FL	18
19	9-10 100 FL	20
21	8-U 50 FL	22
23	13-18 100 BR	24
25	11-12 50 BR	26
27	9-10 50 BR	28
29	8-U 50 BK	30
31	13-18 100 FR	32
33	11-12 100 FR	34
35	9-10 100 FR	36
37	OPEN Girls 400 FR	

Sunday April 24, 2016		
EVENT #	EVENT	EVENT #
39	13-18 200 BK	40
41	11-12 100 BR	42
43	9-10 100 BK	44
45	8-U 100 BK	46
47	13-18 100 FL	48
49	11-12 50 FL	50
51	9-10 50 FL	52
53	8-U 50 BR	54
55	13-18 200 IM	56
57	11-12 200 IM	58
59	9-10 200 IM	60
61	13-18 200 BR	62
63	11-12 200 BK	64
65	9-10 100 BR	66
67	8-U 50 FR	68
69	13-18 50 FR	70
71	11-12 50 FR	72
73	9-10 50 FR	74
	OPEN Boys 400 FR	76

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

* Athletes entering the OPEN 400 Free must have met the 11-12 "B" time for these events in order to enter.
Athletes in the 400 OPEN Free must supply their own timers.

Pacific Swimming – Hosted by Terrapins Swim team C/B/A+ April 23-24, 2016 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													