

**TERRAPINS SWIM TEAM**  
**PACIFIC SWIMMING LONG COURSE INTRASQUAD MEET**  
**APRIL 23-25, 2021**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-067**

*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.

**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> Eric Fetterman	<b>Head Starter:</b> Debbie Rodriguez
<b>Meet Marshal:</b> Oleg Litvanov	<b>Admin Official:</b> Carol Cottam
<b>Meet Director:</b> Michelle Curran, <a href="mailto:mseebscurran@gmail.com">mseebscurran@gmail.com</a>	

**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), wearing masks and maintaining six feet or more of social distancing.

**COURSE:** Outdoor pool with up to 9 lanes available for competition with Colorado timing system. 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:** Please refer to coach-distributed meet timeline for warm-up and meet start times for each swim group. **Warm-up/warm down limit per lane is 12 athletes for LCM lanes and 6 athletes for SCY lanes.** The athletes shall start from opposite ends of the pool.

**Friday, April 23:**

Meet will begin at 4:00 PM with warm-ups from 3:15-3:50 PM. **Facility will open at 3:00 PM.**

**Saturday, April 24:**

Meet will begin at 8:30 AM with 13 & Over warm-ups from 7:00-7:45 AM, 12 & Under warm-ups from 7:50-8:20 AM. **Facility will open at 6:45 AM.**

**Sunday, April 25:**

Meet will begin at 8:30 AM with 13 & Over warm-ups from 7:00-7:45 AM, 12 & Under warm-ups from 7:50-8:20 AM. **Facility will open at 6:45 AM.**

- 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.
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
  - All applicable 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 the MAAPP policy 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.
  - Warm-up/warm down limit per lane is 12 swimmers for LCM lanes and 6 swimmers for SCY lanes.
  - Athletes may compete in **ONE** event on **Friday. 8 & Under** may compete in up to **THREE** events on Saturday and **TWO** events on Sunday. Ages **9-12** may compete in up to **FOUR** events on Saturday and Sunday. **13 & Over** may compete in up to **THREE** events on Saturday and Sunday.
  - 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 Officials must wear their USA Swimming membership cards in a visible manner.**

**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.

**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.
  - Coaches, parents and siblings may not use the pool.
  - **No spectators, including parents, will be allowed in pool facility and must sit outside the pool’s fencing.**
  - All athletes and timers must enter the pool near the diving boards and exit near the tennis courts.
  - Locker rooms are available for restroom use and changing **IN STALLS** only. No showering in the locker rooms will be permitted. Spectators will need to use bathrooms located in the front of the pool facility on the parking circle.
  - Per Contra Costa County Health requirements, masks are mandated for use by athletes when not in the water as well as officials, timers and staff in the facility. Social distancing requirements of 6 feet or more are mandatory.

**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.

- Meet is open only to qualified athletes registered with **Terrapins Swim Team**. Athletes who are unattached but participating with **Terrapins Swim Team** are eligible to compete.
- Entries with **"NO TIME" will be accepted.**
- 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 FEES:** All athletes: flat fee of \$75.00 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](http://www.fastswims.com) to receive an immediate entry confirmation. 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 17, 2021**.

**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 **April 15, 2021** or hand delivered by 6:30 PM **April 17, 2021**. 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:** 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 shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet ends.

#### EVENT SUMMARY

FRIDAY	SATURDAY		SUNDAY	
11&OV	12&U	13&OV	12&U	13&OV
800 FREE	200 IM**	200 IM	200 FREE**	200 FREE
	100 FREE	100 FREE	100 BACK**	100 BACK
	50 BACK	200 BACK	50 BR	200 BR
	100 BR**	100 BR	100 FLY**	100 FLY
	50 FLY	200 FLY	50 FREE	50 FREE

\*800 FR – Athletes entering the distance freestyle event must provide their own lap counters.

\*\*Events are for athletes ages **9 to 12 ONLY**.

**Team lap counters will be available for use, and athletes must find a teammate to count for them.  
Timers will be provided for the 800 Free.**

**EVENTS**

<b>Friday, April 23</b>		
<b>GIRLS EVENT #</b>	<b>EVENTS (LCM)</b>	<b>BOYS EVENT #</b>
1	11 & OV 800 Free	2

<b>Saturday, April 24</b>		
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
3	9-12 200 IM	4
5	13&OV 200 IM	6
7	12&UN 100 Free	8
9	13&OV 100 Free	10
11	12&UN 50 Back	12
13	13&OV 200 Back	14
15	9-12 100 Breast	16
17	13&OV 100 Breast	18
19	12&UN 50 Fly	20
21	13&OV 200 Fly	22

<b>Sunday, April 25</b>		
<b>GIRLS EVENT #</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
23	9-12 200 Free	24
25	13&OV 200 Free	26
27	9-12 100 Back	28
29	13&OV 100 Back	30
31	12&UN 50 Breast	32
33	13&OV 200 Breast	34
35	9-12 100 Fly	36
37	13&OV 100 Fly	38
39	12&UN 50 Free	40
41	13&OV 50 Free	42

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

Pacific Swimming – Hosted by Terrapins Swim Team LCM Intrasquad Meet April 23-25, 2021 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
<b>FLAT FEE</b>			\$ 75.00										
Total			\$ _____										
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													