

**TERRAPINS SWIM TEAM  
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET  
MAY 13-14, 2023**



Enter Online: <https://ome.fastswims.com>

**Assigned teams to TERA Venue: TERA, MONT, OAK, OAPB, ONDA, PST, WCAB, TFA, SAIL, HILL, BSW, BAA, CROW, TIGR**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-048**

*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 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:**

<b>Meet Referee:</b> Charlie Gonzalez	<b>Head Starter:</b> David Benjamin
<b>Meet Marshal:</b> Ray Mitchell	<b>Admin Official:</b> Amy Gonzales
<b>Meet Director:</b> Michelle Curran	<a href="mailto:mseebcurran@gmail.com">mseebcurran@gmail.com</a>

**LOCATION:** Concord Community Pool 3501 Cowell Rd, Concord, CA 94518. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.

**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 in all indoor areas is required.

**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 13'0" 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 **9:00AM** each day with warm-ups from **7:30AM** to **8:45AM** each day. A special warm-up time for 8 & Under athletes only will be held from **8:45AM** to **8:55AM**. Pool gates will open at **7:00AM** each day.

- 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
  - 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 events are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in **MAXIMUM 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.
  - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
  - Athletes in the 400 IM events must provide their own timers.
  - Medical Supervision available to participants on site includes EMT and AED certified lifeguards.

**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.

- 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.
- 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 Monday, **April 10, 2023**. Entries of athletes from ASSIGNED Zone 2 "year-round" teams in "good standing" postmarked or entered online by 11:59 PM on Saturday, **April 15, 2023**, will be given 1<sup>st</sup> priority acceptance. Entries of athletes from Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM Sunday, **April 16, 2023** and 11:59 PM Saturday, **April 22, 2023** will be given 2<sup>nd</sup> 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.

**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 \$14.00 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 <https://ome.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 Wednesday, **May 3, 2023** or until the meet has reached capacity, whichever comes first.

**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 **May 1, 2023** or hand delivered by 6:30PM Wednesday **May 3, 2023**. 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: Ray Mitchell  
PO Box 21127  
Concord, CA 94521

Hand deliver entries to: Coaching Staff between 4-6:30PM  
Concord Community Pool  
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/entered shall not be penalized.

**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. A free program will be posted on the Terrapins website for downloading.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Coaches and officials are encouraged to bring their own water bottles to fill up at the meet.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Reserved parking for key meet officials will be in the tennis court parking lots. All other parking is first come first serve. The El Monte Elementary School adjacent to the park will also be available for parking. Please see the Terrapins website for additional parking info.

**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:

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	+1

## EVENT SUMMARY

SATURDAY				SUNDAY			
8&Under	9-10	11-12	13&Up	8&Under	9-10	11-12	13&Up
50BR	200 FR	200 FR	200 FR	50 FL	200 IM	200 IM	200 IM
50BK	100 BR	100 BK	100 BK	100 FR	50 BR	50 BK	100 BR
	50 BK	100FL	100 FL		100 FR	100 FR	100 FR
	50 FR	50 FR	50 FR		100BK	200 BK	200 BK
	100 FL	200 BR	200 BR		50 FL	50 FL	200 FL
		400 IM (Girls)	400 IM (Girls)			400 IM (Boys)	400 IM (Boys)

## EVENTS

Saturday May 13, 2023		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	9&Up 200 FR	2
3	9-10 100 BR	4
5	11-12 100 BK	6
7	13&Up 100 BK	8
9	8&Under 50 BR	10
11	9-10 50 BK	12
13	11-12 100 FL	14
15	13&Up 100 FL	16
17	8&Under 50 BK	18
19	9-10 50 FR	20
21	11-12 50 FR	22
23	13&Up 50 FR	24
25	9-10 100 FL	26
27	11-12 200 BR	28
29	13&Up 200 BR	30
31	Girls 11-12 400 IM	
33	Girls 13&Up 400 IM	

Sunday May 14, 2023		
GIRLS EVENT #	EVENT	BOYS EVENT #
35	9&Up 200 IM	36
37	8&Under 50 FL	38
39	9-10 50 BR	40
41	11-12 50 BK	42
43	13&Up 100 BR	44
45	8&Under 100 FR	46
47	9-10 100 FR	48
49	11-12 100 FR	50
51	13&Up 100 FR	52
53	9-10 100 BK	54
55	11-12 200 BK	56
57	13&Up 200 BK	58
59	9-10 50 FL	60
61	11-12 50 FL	62
63	13&Up 200 FL	64
	Boys 11-12 400 IM	66
	Boys 13&Up 400 IM	68

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

Athletes in the 400 IM must supply their own timers

Pacific Swimming – Hosted by Terrapins Swim Team <b>LONG COURSE C/B/BB+ Meet</b> <b>May 13-14, 2023</b> 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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# of entries _____ x \$4.50 = \$ _____ Participation Fee            \$ 14.00 Total                                    \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															