TERRAPINS SWIM TEAM
PACIFIC SWIMMING SCY & LCM "TRI" SENIOR MEET: TERA|PLS|LAC
SCY PRELIMINARIES & FINALS MEET + LCM TIME TRIALS
May 21-23, 2021

Enter Online: http://www.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-081**
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. **This meet will be available on Meet Mobile as well as livestreamed, and the links will be sent to entrants and coaching staffs the week of the meet.**

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 Cottam ***Head Starter:*** Eric Fetterman
Meet Marshal: Oleg Litvanov ***Admin Official:*** Carol Cottam
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), wearing masks and maintaining six feet or more of social distancing.

COURSE: Outdoor pool with up to 10 lanes available for SCY competition and up to 9 lanes for LCM 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: The TENTATIVE warm up schedule is shown below. Please note that after entries have been received, the final warm up plan will be sent to your coaches. Please consult your coaches as to the actual warm up times.

Friday, May 21: SCY PRELIMS

Meet will begin at **9:40 AM**. Facility will open at **7:00 AM**. Warm-Up Schedule:

TEAM	Warm-Up Start	Warm-Up End
TERA	7:15 AM	8:00 AM
LAC	8:00 AM	8:45 AM
PLS	8:45 AM	9:30 AM

Saturday, May 22: SCY FINALS

Meet will begin at **10:10 AM**. Facility will open at **7:30 AM**. Warm-Up Schedule:

TEAM	Warm-Up Start	Warm-Up End
LAC	7:45 AM	8:30 AM
PLS	8:30 AM	9:15 AM
TERA	9:15 AM	10:00 AM

Sunday, May 23: LCM Time Trials

Meet will begin at **9:40 AM**. Facility will open at **7:00 AM**. Warm-Up Schedule:

TEAM	Warm-Up Start	Warm-Up End
PLS	7:15 AM	8:00 AM
LAC	8:00 AM	8:45 AM
TERA	8:45 AM	9:30 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.
- Failure to follow the City of Concord and meet Covid rules, specifically masking requirements, will result in expulsion from facility.
- 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.
- Athletes must be ages 13 & Over.
- Each club is limited to 65 boys and 65 girls.
- **Warm-up/warm down limit per lane is 12 athletes for LCM lanes and 6 athletes for SCY lanes.**
- All Friday preliminary events will be circle seeded. Sunday Time Trial events will be seeded fastest to slowest.
- All Friday events are Preliminaries/Finals, except for the 1650/1000 and all Relay Events which are timed Finals. Sunday Time Trials are all timed Finals.
- The 1650/1000 Free and 1500/800 Free shall be limited to the top 16 entrants per gender in each event.
- Finals will be comprised of a Consolation Final and Championship Final swum in that order, with 8 athletes qualifying for each finals heat. The 400 IM, 200 Breast, 200 Back and 200 Fly **may be limited** to the top 8 Championship Finalists**.**
- Athletes may compete in up to **FOUR** prelim events and up to **THREE** finals events for SCY events. Athletes MUST scratch for finals if not swimming a final. Athletes may compete in up to **FOUR** LCM time trial events.
- Teams are allowed a maximum of **TWO** relay teams per session to maximize social distancing space.
- PLS and LAC athletes must fill out the City of Concord Covid Waivers and TERA Covid Waiver forms if they have not previously done so. All waivers must be submitted prior to Friday warm-ups.
- 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.**
- **No parents/spectators will be permitted inside the fenced pool area, including for lap counting assistance.**
- No deck changing permitted, but athletes may change in and out of fastsuits in bathroom stalls. Masks are required in locker rooms. No showering permitted.
- Athletes are not allowed into the facility until 15 minutes before scheduled warm-up time.

- Bring own lap counters and clean after each use. **Teammates should act as lap counters**.
- Athletes **MUST** bring their own chairs and leave them set up overnight and for the duration of the meet.

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 are 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, 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 to qualified athletes **age 13 & over** registered with **TERA, PLS and LAC**. Athletes who are unattached but participating with **TERA, PLS and LAC** 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: All athletes: $125.00 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** 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 **Saturday, May 15, 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 **Thursday, May 13, 2021** or hand delivered by 6:30 PM **Saturday, May 15, 2021.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Mail 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: Preliminaries shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event practicing social distancing.

SCRATCHES: Finals qualifiers must report to their coach their intention to not swim in a finals event within 30 minutes of team receipt of event results at the end of the preliminary session. One coach per club will be the designated point person to notify admin official of athletes' intentions. Athletes may be penalized for a 'no show' in a finals event.

AWARDS: None.

ADMISSION: Free.

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

EVENTS:

Friday, May 21 and Saturday, May 22 SCY PRELIMS + FINALS		
GIRLS EVENT #	**EVENT (SCY)**	**BOYS EVENT #**
1	200 Free	2
3	200 IM	4
5	50 Free	6
7	200 Breast	8
9	100 Fly	10
11	200 Back	12
13	100 Free	14
15	100 Breast	16
17	200 Fly	18
19	500 Free	20
21	100 Back	22
23	400 IM	24
25	1650/1000*	26

Sunday, May LCM Time Trials		
GIRLS EVENT #	**EVENT (SCY)**	**BOYS EVENT #**
27	200 Free	28
29	200 IM	30
31	50 Free	32
33	200 Breast	34
35	100 Fly	36
37	200 Back	38
39	100 Free	40
41	100 Breast	42
43	200 Fly	44
45	400 Free	46
47	100 Back	48
49	400 IM	50
51	1500/800*	52

*Limited to top 16 girls and top 16 boys
**Athletes entering the 1650 or 1500 Free must provide their own lap counters. Timers will be provided.
***Athletes MAY split the 1650 and 1500. Entry times must be 1650/1500 times.
****1650 and 1500 are timed Finals during Prelims

Relay Finals
Friday, May 21

GIRLS EVENT #	EVENT (SCY)	BOYS EVENT #
101	OPEN 400 Free Relay*	102

Relay Finals
Saturday, May 22

GIRLS EVENT #	EVENT (SCY)	BOYS EVENT #
103	OPEN 200 Medley Relay*	104

Relay Finals
Saturday, May 22

GIRLS EVENT #	EVENT (SCY)	BOYS EVENT #
105	OPEN 200 Free Relay*	106

*Limit 2 relay teams per club

Relay Schedule:
400 Free Relay – First event of Friday Prelims
200 Medley Relay – First event of Saturday Finals
200 Free Relay – Last event of Saturday Finals

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

Pacific Swimming – Hosted by Terrapins Swim Team
SENIOR TRI SQUAD TERA, PLS + LAC PRELIMINARIES & FINALS MEET
May 21-23, 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

FLAT FEE $ 125.00

Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email