

THE TERRAPINS SWIM TEAM
LAST CHANCE JO
PACIFIC SWIMMING LONG COURSE B/BB+
June 22-24, 2018
Enter Online: <http://ome.swimconnection.com/pc/TERA20180622>



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-080**

In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Pacific Swimming and Terrapins Swim Team shall be free and held harmless 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 on the Internet. Timing assignments and meet information will be posted on the Terrapin website 5 days before the meet –** www.terrapinswim.com

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.

OFFICIALS:

<i>Meet Referee: Dave Cottam</i>	<i>Head Starter: Eric Fetterman</i>
<i>Meet Marshal: Oleg Litvinov</i>	<i>Admin Official: Carol Cottam</i>
<i>Meet Director: Maureen deBack (925) 680-8372 terrapinswim@msn.com</i>	

LOCATION: Heritage High School, 101 American Avenue Brentwood, CA 94513

DIRECTIONS: From Highway 4 Eastbound: Take CA-4 East past Pittsburg and Antioch into Brentwood, turn right on Balfour Rd then left onto American Avenue. From Stockton/ I-5: Take CA-4 West from Stockton into Brentwood, turn left on Balfour Rd and then left onto American Avenue. From Tracy/ I-205: Take Byron Highway (J4) north from Tracy through Byron, turn left on CA-4, then turn left on Balfour Rd in Brentwood and then left onto American Avenue. From Livermore or Pleasanton/ I-580: Take Vasco Rd northbound towards Brentwood, (becomes CA-4 at Marsh Creek Rd) then turn left on Balfour Rd in Brentwood and then left onto American Avenue. Once on Balfour Rd in Brentwood: follow Balfour Rd ~ 3½miles (from CA-4 intersection) westbound to American Avenue and turn left. The student parking lot and access to the swimming pool are the first right once you are on American Avenue.

COURSE: Outdoor 50 meter pool with up to 7 lanes available for competition. One additional lane will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4)

TIME: Meet will begin Friday, June 22 at 1:30pm with warmups starting at 12:30pm. Saturday June 23 and Sunday June 24 warm-ups will be from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 8:55 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.
- All events are timed finals.
- All events will swim fast to slow.
- **Athletes may compete in a maximum of 4 events per day.**
- **Entries for the 1500 Free will be limited to the first 28 athletes.**
- **Due to venue restriction, Sunday events will close when the timeline reaches 1:00pm.**
- **Athletes in the Friday session must provide their own timers and lap counters.**
- 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 athletes' age and gender.

- If local conditions warrant, 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.

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 swimmer 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: Any athlete entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, 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, in 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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- 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.
- No canopy or site set up is allowed before 12:00 noon on Friday, or before 7:00am Saturday and Sunday, and there is no set up on the concrete areas of pool deck.
- 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.
- Athletes in the "BB+" Division must have met at least the listed 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.
- **Entries with "NO TIME" will be rejected.**
- 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.
- 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 May 15, 2018. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 AM May 15, 2018 and 11:59 PM June 10, 2018 will be given 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 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: \$4.00 per event plus an \$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/TERA20180623> 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 11:59 pm, June 10, 2018, 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 athletes best time. Entries must be postmarked by midnight, Saturday June 9, 2018 or hand delivered by 6:30 PM, Friday June 8, 2018. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. No refunds will be made, except mandatory scratch-downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Terrapins Swim Team

Mail entries to: Terrapins Swim Team
P.O. Box 21127
Concord, CA 94521

Hand deliver entries to: Terrapins Coaching Staff between 4-7pm
3737 Valley Vista Road
Walnut Creek, CA 94598

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 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 (B & BB+) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (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 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 fee.

HOSPITALITY: Coaches and working deck officials will be provided refreshments and lunch.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. There is no entry to the facility before 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 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

Friday	Saturday			Sunday		
	10 & under	11-12	13-18	10 & under	11-12	13-18
11 & O 400 IM	OPEN 200 Free	OPEN 200 Free	OPEN 200 Free	50 Fly	200 IM	200 IM
10 & U 200 IM	100 Fly	100 Fly	100 Fly	100 Free	100 Free	100 Free
11 & O 1500 Free	100 Back	200 Back	200 Back	50 Back	200 Fly	200 Fly
	50 Free	50 Back	50 Free	100 Breast	50 Fly	100 Back
		50 Free	200 Breast	50 Breast	100 Back	100 Breast
		50 Breast			100 Breast	
		200 Breast				
	OPEN 400 Free	OPEN 400 Free	OPEN 400 Free			

EVENT SUMMARY

Friday, June 22		
Event #	Event	Event #
1	11 and over 400 IM	2
3	10 and under 200 IM	4
5	11 and over 1500 Free	6

Saturday, June 23		
EVENT #	EVENT	EVENT #
7	OPEN 200 Free	8
9	13-18 100 Fly	10
11	11-12 100 Fly	12
13	10 & under 100 Fly	14
15	13-18 200 Back	16
17	11-12 200 Back	18
19	10 & under 100 Back	20
21	11-12 50 Back	22
23	13-18 50 Free	24
25	11-12 50 Free	26
27	10 & under 50 Free	28
29	11-12 50 Breast	30
31	13-18 200 Breast	32
33	11-12 200 Breast	34
35	OPEN 400 Free	36

Sunday, June 24		
EVENT #	EVENT	EVENT #
37	10 & under 50 Fly	38
39	11-12 200 IM	40
41	13-18 200 IM	42
43	10 & under 100 Free	44
45	11-12 100 Free	46
47	13-18 100 Free	48
49	11-12 200 Fly	50
51	13-18 200 Fly	52
53	11-12 50 Fly	54
55	10 & under 50 Back	56
57	13-18 100 Back	58
59	11-12 100 Back	60
61	10 & under 100 Breast	62
63	13-18 100 Breast	64
65	11-12 100 Breast	66
67	10 & under 50 Breast	68

**Meet entries on Sunday will close when the timeline reaches 1:00pm due to venue restrictions
Athletes must have met a minimum B time standard in all events**

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

Pacific Swimming – Hosted by The Terrapins Swim Team c/b/bb+ June 22-24, 2018 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													