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SANCTION: Held under the sanction of USA/Pacific Swimming Sanction No. **21-149**

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 any one 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:	Meet Referee: <i>Christopher Lam</i>	Head Starter: <i>Debbie Rodriguez</i>
	Meet Marshal: <i>Oleg Litvanov</i>	Admin. Official: <i>Lisa Kaplan</i>
	Meet Director: <i>Michelle Curran</i> (mseebscurran@gmail.com)	

LOCATION: Concord Community Pool, 3501 Cowell Road, Concord, California 94518.

DIRECTIONS: Highway 680 North – take Treat Blvd (Exit 48) and keep right onto Treat Blvd. In 4 mi, turn left on Cowell Rd. Pool will be on the right (1 mi). **Highway 680 South** – take Monument Blvd (Exit 49) and turn left onto Monument Blvd. In 2.4 mi, turn right onto Cowell Rd. Pool will be on left (1 mi).

All participating individuals (e.g., athletes, officials, spectators) shall enter the facility through the northwest side gate (near the diving boards).

COURSE: Outdoor pool with up to nine (9) lanes available for LCM competition with electronic timing system. An additional six (6) SCY lanes will be available for warm-up/warm-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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: The meet starts at 6:00 PM each day, with warm-ups starting at 5:00 PM. The Warm-Up plan will be communicated to Coaches after entries have been received. Athletes should consult with his/her/their Coach when to report for warm-up.

RULES:

- Current USA/Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures may be posted at the Clerk of Course.
- A site-specific Safety Plan that complies with all health and safety mandates and guidelines of USA Swimming, Pacific Swimming, the State of California, and the City of Concord shall be enforced. The Safety Plan will be communicated prior to the meet. A copy of the plan will be available at the Clerk of Course.

- The local facility guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- Failure to follow the City of Concord and facility-specific COVID rules for this meet – specifically face covering requirements – shall result in expulsion from the 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.
- All events are **timed finals**.
- All events will be seeded **fastest to slowest**.
- Athletes 8 years may compete in up to **two (2)** events per day. Athletes 9 years and older may compete in up to **four (4)** events per day.
- If local conditions warrant, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch-down.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Spectators (e.g., parents, guardians) wearing face coverings may be permitted inside the fenced pool area, as permitted by facility staff and the City of Concord.
- Deck changes are prohibited.
- Athletes may change in bathroom stalls. Face coverings are required in locker rooms.
- Athletes may not enter the facility sooner than 15 minutes before their designated warm-up time.
- Athletes **MUST** bring their own chairs and may leave chairs 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 **8 years and older** registered with **Terrapins Swim Team (TERA)**. Athletes who are unattached by participating with **TERA** 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 and older may compete in the meet for time only.
- The Athlete’s age shall be the age on the first day of the meet.

ENTRY FEES: \$50.00 per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except for mandatory scratch downs.

ONLINE ENTRIES: To enter online, go to <https://www.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. 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, July 03, 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 the Athlete's best time. Entries must be postmarked by **Thursday, July 01, 2021**, or hand-delivered by **06:30 PM on Saturday, July 03, 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.

Hand-deliver entries to: Terrapins Coaching Staff between 04–07:00 PM at Concord Community Pool (3501 Cowell Road, Concord, CA 94518).

CHECK-IN: The meet shall be **pre-seeded**. Athletes shall report to the assigned area at the scheduled time for their event(s) practicing social distancing.

AWARDS: None.

ADMISSION: Free, as permitted by facility staff and City of Concord.

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

EVENTS:

Saturday, July 10 LCM Time Trials			Sunday, July 11 LCM Time Trials		
GIRLS EVENT #	EVENT (LCM)	BOYS EVENT #	GIRLS EVENT #	EVENT (LCM)	BOYS EVENT #
1	12 & Under 50 Back	2	15	12 & Under 50 Breast	16
3	9 & Over 100 Back	4	17	9 & Over 100 Breast	18
5	11 & Over 200 Breast	6	19	11 & Over 200 Back	20
7	OPEN 50 Free	8	21	12 & Under 50 Fly	22
9	9 & Over 100 Free	10	23	9 & Over 100 Fly	24
11	11 & Over 200 Fly	12	25	9 & Over 200 Free	26
13	9 & Over 200 IM	14			

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

Pacific Swimming – Hosted by Terrapins Swim Team TERA AGE GROUP LCM INTRA-SQUAD TIME TRIALS July 10--11, 2021 Consolidated Entry Form <i>Held under the sanction of USA Swimming.</i>															
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				
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<div> FLAT FEE \$ 50.00 </div> <div> Total \$ _____ </div>															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															