2024 PACIFIC SWIMMING ADAM SZMIDT MEMORIAL
SUMMER AGE GROUP LCM CHAMPIONSHIPS
Hosted by TERRAPINS SWIM TEAM
JULY 12-14, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-087**
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:
Meet Referee: **Mike Piccardo** — ***Head Starter:*** **Mette Graversen**
Meet Marshal: **Oleg Litivanov** — ***Admin Official:*** **Debbi Tucker**
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. Highway 680 South – take Treat Boulevard/Geary Road exit, turn left at end of ramp, left at light on to Treat, left on Cowell Road.

COURSE: Outdoor 50 Meter pool with up to 9 lanes available for competition. An additional 6 SCY lanes shall 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 13FT at the start end and 5FT at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at **8:30 AM** each day with warm-ups from **7:00 AM to 8:15 AM** each day. The Finals sessions will begin no earlier than 4:00 PM, but not less than one hour after the conclusion of Preliminaries sessions OR immediately after the distance events (whichever is later). The facility will open at **6:45 AM** 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 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 individual events are Preliminaries and Finals except the 800 and 1500 Freestyle events.

• All Preliminary events will swim fast to slow with the fastest three heats circle seeded. For the 400 Free and 400 IM, only the first two heats will be circle-seeded.
• Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events for the entire meet, plus relays.
• Athletes in the 400 Freestyle and 400 IM must provide their own timers during Prelims.
• Preliminary events will be swum as combined age groups (10 & U, 11-12 and 13-14).
• Championship Finals only with the Top 9 athletes in 10 & U, 11, 12, 13 and 14-year-old age groups qualifying for each final.
• 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.**
• AED is available on the pool deck. Lifeguards and/or First Aid/CPR certified personnel will be available throughout the meet.
•Set-up in permitted areas only, no pop-ups permitted on deck.

DISTANCE RULES: The 800 and 1500 Freestyle events are timed finals held at the conclusion of the last prelims event and before the start of the Finals sessions. All age groups will be combined for seeding and will run fast to slow (alternating heats of girls and boys if event is swum in a single course).

• **Check-in for the 800 and 1500 Freestyle events will close at 11:00 AM on the day they are to be swim.**
• Athletes can qualify for (seeded in this order) the 1500 Freestyle with a 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, or 1000 SCY time. Athletes can qualify for (seeded in this order) the 800 Freestyle with an 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM or 1650 SCY time.
• Entries will be accepted in the 1500 Freestyle until the number of splashes exceeds the estimated timeline.
• **Athletes in the 800 and 1500 Freestyle shall provide their own timers and lap counters.**

RELAYS: All relay events are timed Finals and will be swum at the conclusion of the last Finals event each day. All filled out relay cards are due to Admin by 11:00 AM each day. Relays will be seeded fast to slow. All relay entries, including relay-only Athletes, must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time. NO deck-entered relays will be allowed. Relay-only athletes must be entered online at **http://ome.fastswims.com** or entered on a spreadsheet with the Athletes names, genders, birthdates, ages, and registration #s and emailed to **support@fastswims.com**. All information must be included on the relay-only entry list in order to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

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.

• Use of electronic devices including cell phones, handheld devices, and laptops are not permitted in the locker rooms at any time.

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.

• Meet is open only to Pacific Swimming Athletes.

• Athletes shall have met the PC Age Group Championship time standard for their age group/gender in every event entered. Entries with "**NO TIME**" shall be rejected.

• Athletes with a disability 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.

PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming Policies & Procedures Section X.G All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. **NO REFUNDS shall be given if a time cannot be proven. Athletes will be barred from competing in any event with non-verifiable entry time; no refunds will be given. Qualifying times must be achieved prior to the stated entry deadline.**

ENTRY FEES: $8.00 per event plus a $14.00 participation fee per Athlete; $20.00 per relay. Relay only athletes are not required to pay the participation fee. All entry fees need to be included with entry. **No refunds will be made, except mandatory scratch downs.**

ONLINE ENTRIES: To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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, July 3, 2024.**

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 midnight, Monday, July 1 or hand delivered by 4:30 p.m. Wednesday, July 3. No late entries will be accepted. 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
PO Box 21127
Concord, CA 94521

Hand deliver entries to: TERA Coaches
3501 Cowell Rd
Concord, CA. 94518

SEEDING: Event seeding shall be in the following order: LCM, SCM, SCY per USA Swimming rule 201.11.7B. See rules for distance event seeding.

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 remaining 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 in the event.**

SCRATCHES: Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.

- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck-seeded and have checked in for that event, shall compete in the event unless they notify the Clerk-of-Course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for Finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary event.
- Any athlete qualifying for Finals in an individual event who fails to report to the blocks in said Final race prior to calling the alternate shall be barred from the remainder of any Final events for that day. Should the athlete have no additional Final events for that day they will be barred from their next Preliminary event.

- If the no-show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined $100.00. The fine will be increased to $150.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- Athletes entered in a timed final event that is deck-seeded who have checked-in for that event, shall compete in the event unless they notify the Clerk-of-Course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next Preliminary individual event.

AWARDS: Medals will be given to athletes finishing in the Top 3 in individual events. Ribbons will be given to athletes finishing 4-9th place. Relays: Medals will be awarded to the Top 3 relays in each event. High Point Awards will be given to the highest individual point scorer in each age group and gender (10 & U, 11, 12, 13, 14). Athletes are responsible to pick up their awards at the completion of finals. Awards will not be mailed.

SCORING: Individual Event Scoring (Top 9): 10 – 8 – 7– 6 – 5 – 4 – 3 – 2 – 1
Relay Event Scoring (Top 9): 20 – 16 – 14 – 12 – 10 – 8 – 6 – 4 – 2

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

OFFICIALS: Briefing will occur one hour before the start of both Preliminaries and Finals. Official's dress for Prelims is white polo shirt/blouse, blue pants (shorts are OK), or a blue skirt/skort, and closed white athletic shoes. Finals is white polo shirts/blouse, blue long pants or skirts/skorts, and closed white athletic shoes. Shirts must be tucked-in. If it is raining, stay warm and dry.

EVENT SUMMARY

Friday, July 12, 2024		
10 & Under	**11-12**	**13-14**
200 IM	200 IM	200 IM
100 Back	100 Back	100 Back
50 Free	50 Free	50 Free
400 Free	400 Free	400 Free
200 Free Relay	**200 Free Relay**	**200 Free Relay**

Saturday, July 13, 2024		
10 & Under	**11-12**	**13-14**
50 Fly	200 Breast	200 Breast
200 Free	50 Fly	200 Free
50 Back	200 Free	200 Fly
100 Free	200 Fly	100 Free
	50 Back	800 Free
	100 Free	
	800 Free	
200 Medley Relay	**200 Medley Relay**	**200 Medley Relay**

Sunday, July 14, 2024		
10 & Under	**11-12**	**13-14**
50 Breast	200 Back	200 Back
100 Fly	50 Breast	100 Fly
100 Breast	100 Fly	100 Breast
	100 Breast	400 IM
	400 IM	1500 Free
	1500 Free	
	400 Free Relay	**400 Free Relay**

EVENTS

Friday, July 12		
Girls Event #	**EVENT**	**Boys Event #**
1	13-14 200 IM	2
3	11-12 200 IM	4
5	10&Un 200 IM	6
7	13-14 100 Back	8
9	11-12 100 Back	10
11	10&Un 100 Back	12
13	13-14 50 Free	14
15	11-12 50 Free	16
17	10&Un 50 Free	18
19	13-14 400 Free	20
21	11-12 400 Free	22
23	10&Un 400 Free	24
	FINALS RELAYS	
25	13-14 200 Free	26
27	11-12 200 Free	28
29	10&Un 200 Free	30

Saturday, July 13		
Girls Event #	**EVENT**	**Boys Event #**
31	13-14 200 Breast	32
33	11-12 200 Breast	34
35	10&Un 50 Fly	36
37	11-12 50 Fly	38
39	13-14 200 Free	40
41	11-12 200 Free	42
43	10&Un 200 Free	44
45	13-14 200 Fly	46
47	11-12 200 Fly	48
49	10&Un 50 Back	50
51	11-12 50 Back	52
53	13-14 100 Free	54
55	11-12 100 Free	56
57	10&Un 100 Free	58
59	13-14 800 Free	60
61	11-12 800 Free	62
	FINALS RELAYS	
63	13-14 200 Medley	64
65	11-12 200 Medley	66
67	10&Un 200 Medley	68

Sunday, July 14		
Girls Event #	**EVENT**	**Boys Event #**
69	13-14 200 Back	70
71	11-12 200 Back	72
73	10&Un 50 Breast	74
75	11-12 50 Breast	76
77	13-14 100 Fly	78
79	11-12 100 Fly	80
81	10&Un 100 Fly	82
83	13-14 100 Breast	84
85	11-12 100 Breast	86
87	10&Un 100 Breast	88
89	13-14 400 IM	90
91	11-12 400 IM	92
93	13-14 1500 Free	94
95	11-12 1500 Free	96
	FINALS RELAYS	
97	13-14 400 Free	98
99	11-12 400 Free	100

***400 Free and 400 IM Athletes will provide their own timers for Preliminaries.**

****800 and 1500 Freestyle Athletes will provide their own timers and lap counters.**

*****All Relay events will be held at the conclusion of Finals sessions, fast to slow.**

******Events will be swum as combined age groups in Preliminaries (10&Un, 11-12, 13-14) and separated into single ages for Finals (10&Un, 11,12,13,14).**

Time standards are located on the Pacific Swimming website: www.pacswim.org/swim-meet-times/standards

2024 LCM AGE GROUP CHAMPIONSHIPS RELAY ENTRY FORM

CLUB	LSC	CLUB ABBREVIATION

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

COACH NAME		# RELAYS	
		RELAY FEE	X $20.00 EA.
COACH EMAIL		TOTAL	$

2024 LCM AGE GROUP CHAMPIONSHIPS RELAY ONLY ATHLETES

CLUB NAME	LSC	CLUB ABBREVIATION

AGE	NAME (LAST, FIRST, MI)	BIRTHDATE	GENDER	USA-S REGISTRATION NUMBER
			M F	
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Pacific Swimming – Hosted by Terrapins Swim Team
Adam Szmidt Memorial Summer LCM Age Group Championships
July 12-14, 2024
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 $8.00 = $_____
Participation Fee $ 14.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email