

SANCTION: Held under USA/Pacific Swimming Sanction No. **20-050**

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.

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: Eric Fetterman	Head Starter: Debbie Rodriguez
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 competition, and athletes will use lanes 2-4-6-8-10. 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.

TIMES:

Friday, September 25:

Meet will begin at 3:45 PM with warm-ups starting at 3:15 PM. Please refer to coach-distributed meet timeline for warm-up and meet start times for each swim group. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool. **Facility will open at 3:00 PM.**

3 Sessions in this order: 13-18 Girls, 13-18 Boys, and 8&U mixed gender. Estimated end time: 7:00 PM.

Saturday, September 26:

Meet will begin at 8:00 AM with warm-ups starting at 7:30 AM. Please refer to coach-distributed meet timeline for warm-up and meet start times for each age group. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool. **Facility will open at 7:15 AM.**

5 Sessions in this order: 13-14 Boys and Girls, 9-12 Girls, 9-12 Boys, 15-18 Girls, and 15-18 Boys. Estimated end time: 4:00 PM.

Sunday, September 27:

Meet will begin at 8:00 AM with warm-ups starting at 7:30 AM. Please refer to coach-distributed meet timeline for warm-up and meet start times for each age group. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool. **Facility will open at 7:15 AM.**

5 Sessions in this order: 13-14 Boys and Girls, 9-12 Girls, 9-12 Boys, 15-18 Girls, and 15-18 Boys. Estimated end time: 4:00 PM.

- 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 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 swim fast to slow.
 - 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 timeline, per the "Four-Hour Rule," based on the Athletes age and gender.
 - Athletes age 8 & Under may compete in up to **THREE** events on each day. All other Athletes may compete in up to **TWO** events on each day.
 - If local conditions warrant it the Meet Referee, with the 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.**
 - All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.

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.
 - Coaches, parents and siblings may not use the pool.
 - All spectators, including parents, must sit on the hill behind the cones wearing masks and practicing social distancing or outside the pool area fencing. Spectator headcount in the facility will be limited.
 - Locker rooms are available for restroom use only. No showering or changing in the locker rooms will be permitted. Spectators will need to use bathrooms located in the front of the pool facility on the parking circle.
 - Per Contra Costa County Health requirements, masks are mandated for use by athletes when not in the water as well as officials, timers and staff in the facility. Social distancing requirements of 6 feet or more are mandatory.

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 only to qualified athletes registered with **Terrapins Swim**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: Flat fee of \$50.00 per athlete for ages 9 & over or \$25.00 for ages 8 & under. 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 **September 19, 2020**.

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 **September 17, 2020** or hand delivered by 6:30 PM **September 19, 2020**. 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: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event wearing masks and practicing social distancing.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized. Scratches should be submitted by **September 23, 2020** to Coach Dan Cottam at cottamdan55@gmail.com.

AWARDS: None.

ADMISSION: Free.

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

EVENT SUMMARY

FRIDAY		SATURDAY				SUNDAY			
13-18 (Senior)	8&UN	9-10	11-12	13-14	15-18 (Senior)	9-10	11-12	13-14	15-18 (Senior)
OPEN 50 FR	50 FR	200 FR	200 FR	200 FR	OPEN 200 FR	200 IM	200 IM	200 FL	OPEN 200 FL
OPEN 400 IM	50 BK	100 BK	100 BK	100 FL	OPEN 100 FL	100 FR	100 FR	100 FR	OPEN 100 FR
OPEN 500 FR	50 BR	50 BR	200 BR	200 BK	OPEN 100 BR	50 BK	50 BK	200 BR	OPEN 200 BR
		50 FL	50 BR	100 BR	OPEN 200 IM	100 BR	100 BR	100 BK	OPEN 100 BK
			50 FL	200 IM		50 FR	50 FR		
				50 FR					

ORDER OF EVENTS

Friday, September 25		
GIRLS EVENT #	EVENTS (SCY)	BOYS EVENT #
1	SR OPEN 50 FR*	2
3	SR OPEN 400 IM**	4
5	SR OPEN 500 FR**	6
7	8 & UN 50 FR	8
9	8 & UN 50 BK	10
11	8 & UN 50 BR	12

*50 FR - 15-18 only

** 400 IM / 500 FR – 13-18, Timers will be provided

Athletes entering the 500 must provide their own lap counters.

Saturday, September 26		
EVENT #	EVENT (SCY)	EVENT #
13	13-14 200 Free	14
15	13-14 100 Fly	16
17	13-14 200 Back	18
19	13-14 100 Breast	20
21	13-14 200 IM	22
23	13-14 50 Free	24
25	9-12 200 Free	26
27	9-12 100 Back	28
29	11-12 200 Breast	30
31	9-12 50 Breast	32
33	9-12 50 Fly	34
35	15-18 Snr OPEN 200 Free	36
37	15-18 Snr OPEN 100 Fly	38
39	15-18 Snr OPEN 100 Breast	40
41	15-18 Snr OPEN 200 IM	42

Sunday, September 27		
EVENT #	EVENT (SCY)	EVENT #
43	13-14 200 Fly	44
45	13-14 100 Free	46
47	13-14 200 Breast	48
49	13-14 100 Back	50
51	9-12 200 IM	52
53	9-12 100 Free	54
55	9-12 50 Back	56
57	9-12 100 Breast	58
59	9-12 50 Free	60
61	15-18 Snr OPEN 200 Fly	62
63	15-18 Snr OPEN 100 Free	64
65	15-18 Snr OPEN 200 Breast	66
67	15-18 Snr OPEN 100 Back	68

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

