TERRAPINS SWIM TEAM
PACIFIC SWIMMING SHORT COURSE B/BB+ LAST CHANCE MEET
November 15-17, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-144**
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 Meet Mobile app.**

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: Markus Daene — **Head Starter:** David Benjamin
Meet Marshal: Oleg Litvinov — **Admin Official:** Kit Espino
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 pool with up to 10 SCY lanes available for competition. 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. The Meet Host shall ensure the required course dimensions.

TIME: On Friday, the meet will begin at 4:15 PM with warm-ups from 3:15-4:00 PM. On Saturday and Sunday, the meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **FOUR (4)** events per day.
- 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.
- 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.**
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.

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.
- Athletes may set up starting at 3:30 PM on Friday. Canopies are not permitted on the pool deck. On Saturday and Sunday, the facility will open at 7:00 AM for entrance and set up.
- Entrance to the pool is from the North gate only, nearest the diving boards and starting end of the pool. DO NOT enter through the Tennis court side of the pool. These are for emergency ONLY.
- NO canopy set up in restricted areas. All canopies must be securely attached and collapsed each evening at the conclusion of finals.
- **No cell phone, computer or tablet use is permitted in any bathroom or changing room** as per USA Swimming Safe Sport and City of Concord ordinances.

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.
- Athletes in the BB Division must have met at least USA Swimming Motivational BB minimum time standard. Athletes in the B Division must have met at least the listed B minimum time standard.
- Athletes must have achieved the minimum USA swimming Motivational "B" time standard for their age group in **ALL** events entered regardless of the age group of the event.

• 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.
• 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.
• Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will be accepted no earlier than **Monday, October 14, 2024**. Entries from North Bay Aquatics and members of year-round Zone 2 clubs in good standing postmarked or entered online by 11:59 PM Saturday**, October 19** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM **Sunday, October 20** and 11:59 PM **Saturday, October 26** will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are 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: $4.50 per individual event plus a $10 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall 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 Tuesday, **November 5,** or until capacity is reached, whatever 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 Athlete's best time. Entries must be postmarked by **Saturday, November 2** or hand delivered by 6:30 PM **Tuesday, November 5.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. Mail or hand delivery entries will be accepted until the deadlines, or until the meet capacity is reached, whatever comes first.

Make check payable to: Terrapins Swim Team

Mail entries to: **Terrapins Swim Team, PO Box 21127, Concord, CA 94521**

Hand deliver entries to: **Terrapins Coaching Staff between 4-7 PM 3501 Cowell Road, Concord, CA 94518**

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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events on Saturday and Sunday shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course. **NOTE:** Do not rely on Meet Mobile for event start time.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered 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 10&Under, 11-12, and 13-14 age groups. 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 years of age and older. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

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.

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

EVENT SUMMARY

FRIDAY	
10 & Under	**11 & Over**
500 Free	400 IM
	1650 Free

SATURDAY			SUNDAY		
10 & Under	**11-12**	**13 & Over**	**10 & Under**	**11-12**	**13 & Over**
200 Free	200 Free	200 Free	200 IM	200 IM	200 IM
50 Breast	100 Breast	100 Breast	50 Back	100 Back	100 Back
50 Fly	100 Fly	100 Fly	100 Fly	50 Breast	200 Fly
100 Back	200 Back	200 Back	50 Free	200 Fly	50 Free
100 Free	50 Back	100 Free	100 Breast	50 Fly	200 Breast
100 IM	100 Free	13-14 500 Free		50 Free	15&Ov 500 Free
	100 IM			200 Breast	
				500 Free	

EVENTS

FRIDAY, November 15		
EVENT#	**EVENT**	**EVENT #**
1	11&Over 400 IM *	2
3	10&Un 500 Free *	4
5	11-14 1650 Free *	6
7	15&Over 1650 Free*	8

***Events 400 yards and longer** may be swum alternating heats of girls and boys or seeded combining girls and boys.
*All athletes participating in any of the Friday session events are required to provide their own timers.
*All athletes participating in the 500 Freestyle & 1650 Freestyle events must provide their own lap counters.

SATURDAY, November 16		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
9	13&Over 200 Free	10
11	11-12 200 Free	12
13	10&Un 200 Free	14
15	13&Over 100 Breast	16
17	11-12 100 Breast	18
19	10&Un 50 Breast	20
21	13&Over 100 Fly	22
23	11-12 100 Fly	24
25	10&Un 50 Fly	26
27	13&Over 200 Back	28
29	11-12 200 Back	30
31	10&Un 100 Back	32
33	11-12 50 Back	34
35	13&Over 100 Free	36
37	10&Un 100 Free	38
39	11-12 100 Free	40
41	10&Un 100 IM	42
43	11-12 100 IM	44
45	13-14 500 Free*	46

SUNDAY, November 17		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
47	13&Over 200 IM	48
49	11-12 200 IM	50
51	10&Un 200 IM	52
53	13&Over 100 Back	54
55	11-12 100 Back	56
57	10&Un 50 Back	58
59	11-12 50 Breast	60
61	13&Over 200 Fly	62
63	11-12 200 FLY	64
65	10&Un 100 Fly	66
67	11-12 50 Fly	68
69	13&Over 50 Free	70
71	11-12 50 Free	72
73	10&Un 50 Free	74
75	11-12 200 Breast	76
77	10&Un 100 breast	78
79	13&Over 200 Breast	80
81	11-12 500 Free	82
83	15&Over 500 Free*	84

*All athletes participating in the 500 Free events must provide their own timers and lap counters.

Athletes must have achieved the minimum USA swimming Motivational "B" time standard for their age group in ALL events entered regardless of the age group of the event.

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

Pacific Swimming – Hosted by TERRAPINS SWIM TEAM
SHORT COURSE B/BB+ LAST CHANCE MEET
November 15-17, 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 $4.50 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Athlete's Address

Home Phone	Cell Phone

Email