

TERRAPINS SWIM TEAM
PACIFIC SWIMMING SCY "TRI" AGE GROUP MEET: TERA|BSW|TRIV
March 4-6, 2022
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-035**

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 will be posted in real time on the Internet at 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: Markus Daene **Head Starter:** Hal Marks
Meet Marshal: Oleg Litvinov **Admin Official:** Tess Wendler
Meet Director: Michelle Curran, mseebcurran@gmail.com

LOCATION: Concord Community Pool 3501 Cowell Rd, Concord, CA 94518. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.

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 in all indoor areas is required.

COURSE: Outdoor pool with up to 10 lanes available for competition with Colorado timing system. 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.

TIME: **Friday, March 4:** Warm-ups from 3:30-4:30 pm. Meet begins at **4:40 pm.**
Saturday, March 5: Warm-ups from 1:00-2:00 pm. Meet begins at **2:10 pm**
Sunday, March 6: Warm-ups from 1:00-2:00 pm. Meet begins at **2:10 pm.**

RULES: • Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy

(MAAPP) 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 applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions 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 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 up to **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, or until the meet has reached capacity, whichever comes first.
- 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.
- Athletes entering the 500 and 1650 Freestyle must provide their own timers and lap counters. Athletes entering the 400 IM must provide their own timers. These events may be swum alternating heats of girls and boys or seeded combining girls and boys.
- All Coaches and Officials, Athletes and Spectators must wear a face covering to enter the locker room.

ATTENTION HIGH SCHOOL ATHLETES: If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.

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.
- Only athletes from TERA, BSW, TRIV are eligible for this meet.

- There are NO time standards for this meet.
- Entries with "**NO TIME**" will be accepted.
- 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.
- Athletes may swim ONE event only on the Friday session and up to **FOUR (4)** each day for Saturday and Sunday sessions.

**** 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 event plus an \$8.00 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 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. 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 Friday, February 25, 2022, 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 Athlete's best time. Entries must be postmarked by midnight, Friday, Feb 25, 2022, or hand delivered to TERA coaches on deck by 6:30 pm on Friday, February 25th, 2022. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Terrapins Swim Team

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

Hand deliver entries to: Terrapins Swim Team
Concord Community Pool.
3501 Cowell Road, Concord, CA 94518

CHECK-IN: The meet will be pre-seeded, there will be NO check in for events and no need to scratch.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. **Athletes swimming a distance event including the 500 Free, 400 IM, and 1650 Free who would like to scratch are requested to inform the Admin official by Friday, March 4 at 3:30 pm.**

AWARDS: There are NO awards for this meet.

ADMISSION: Free

SNACK BAR & HOSPITALITY: A snack bar will NOT be available during this competition for swimmers. Coaches and Officials will be provided snacks and drinks throughout the meet.

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

ORDER OF EVENTS

FRIDAY MARCH 4		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	9 & Over 500 Free*	2
3	11 & Over 400 IM*	4
5	11 & Over 1650 Free*	6

SATURDAY, MARCH 5		
GIRLS EVENT #	EVENT	BOYS EVENT #
7	9 & Over 200 Free	8
9	8 & UN 25 Free	10
11	11 & Over 200 Back	12
13	9 & Over 100 Breast	14
15	8 & UN 25 Breast	16
17	10 & UN 100 Back	18
19	9 & Over 100 Fly	20
21	9 & Over 200 IM	22
23	OPEN 50 Free	24
25	12 & UN 100 IM	26

SUNDAY, MARCH 6		
GIRLS EVENT #	EVENT	BOYS EVENT #
27	11 & Over 200 Fly	28
29	8 & UN 25 Back	30
31	12 & UN 50 Fly	32
33	OPEN 100 Free	34
35	11 & Over 200 Breast	36
37	8 & UN 25 Fly	38
39	12 & UN 50 Breast	40
41	11 & Over 100 Back	42
43	12 & UN 50 Back	44
45	11 & Over 1000 Free*	46

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

*Athletes entering the 500, 1000 and 1650 Freestyle must provide their own timers and lap counters.
Athletes entering the 400 IM must provide their own timers.

Pacific Swimming – Hosted TERRAPINS SWIM TEAM
TERA-BSW-TRIV TRI MEET
March 4-6, 2022
 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 \$ 8.00
 Total \$_____

Coach

Athlete's Address

Home Phone	Cell Phone
------------	------------

Email