

**TERRAPINS SWIM TEAM  
ZONE 2 SHORT COURSE B/A+ MEET  
SATURDAY, FEBRUARY 6, 2016**

Enter Online: <http://ome.swimconnection.com/pc/tera20160206>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-024**

*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.*

**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.

**OFFICIALS:**

|                       |                                    |                        |  |
|-----------------------|------------------------------------|------------------------|--|
| <b>Meet Referee:</b>  | <b>David Cottam</b>                | <b>Head Starter:</b>   | <b>Peter McNamara</b>  |
| <b>Meet Marshal:</b>  | <b>Oleg Litvinov</b>               | <b>Admin Official:</b> | <b>Carol Cottam</b>  |
| <b>Meet Director:</b> | <b>Maureen Deback/Ray Mitchell</b> |                        | <a href="mailto:swimterrapin@msn.com">swimterrapin@msn.com</a> |

**LOCATION:** Concord Community Pool, 3501 Cowell Rd Concord, CA 94518

**DIRECTIONS:** .Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell. Limited parking is available at the pool and an overflow parking at El Monte Elementary School behind the pool

**COURSE:** Outdoor pool with up to 10 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" at the start end and 7" 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. This meet will use electronic timing using touch pads with three button back.

**TIME:** The meet will begin at 9:00 AM, with warm-up from 7:45 to 8:50 AM.

**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 events are timed finals.
- All events will swim fast to slow.
- **Swimmers may compete in one (1) event only**, but will receive times for shorter distances swum within the longer distance event. (Ex: 1650 swimmers will receive 1000 and 500 split times, and 1000 swimmers will receive 500 split time)
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Swimmers must provide their own timers and lap counters for all events.**

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED SWIMMERS:** Any USA-S 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the

swimmer 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-S Club Member-Coach.

**RACING STARTS:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 swimmers, 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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- No pets, except for working service animals, are allowed in the pool facility.
- Only coach's tents will be allowed to be set up on the pool deck.
- 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.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host will check all swimmer 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
- Qualifying time for this meet is a USA-S Motivational B time for the swimmer's age group and gender.
- Entries with "**NO TIME**" **WILL be accepted.**
- Disabled swimmers 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.
- Swimmers 19 years of age and over may compete in the meet. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than January 2, 2016. Entries from members of all Zone 2 teams postmarked or entered online between 12:00 AM January 2, 2015 and 11:59 PM January 8, 2015 will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered on line between 12:00 AM January 9, 2016 and 11:59 PM January 15, 2016 will be given 2<sup>nd</sup> priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

**\*\* NOTE: Swimmers who falsify their entry form by listing a team 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:** \$4.00 per event, plus an \$8.00 participation fee per swimmer. 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 <http://ome.swimconnection.com/pc/tera20160206> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. 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 form. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, January 27, 2016.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, January 25, 2016 or

hand delivered by 7:15 p.m. Wednesday, January 27, 2016. 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**  
**4180 Treat blvd. Suite K**  
**Concord, CA 94518**

**SPECIAL CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course 30 minutes before their group’s “estimated start time”. At the close of entries an estimated time line will be posted on the Zone 2 Web site. Swimmers will be grouped by time (fastest to slowest) into an “estimated start time” and given a close of check-in time that is 30 minutes before the “estimated start time” posted for that group. Each group’s actual start time will be no earlier than the listed “estimated start time” for that group. (Ex. “Event 1 Group 2 with entry times from 23:00.00 to 26:59.99, check-in close at 9:30 AM, estimated start time 10:00 AM.” This means a girl with an entry time of 24:30.53 will be in Group 2, must check-in by 9:30 AM and can expect to swim no earlier than 10:00 AM). Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** None.

**ADMISSION:** Free. No meet program will be available for sale.

**SNACK BAR & HOSPITALITY:** A snack bar will available throughout the competition. Lunch and beverages will be provided to coaches and working deck officials only.

**EVENT SUMMARY**

| <u>9-10</u> | <u>11-12</u> | <u>13-14</u> | <u>15-18</u> |
|-------------|--------------|--------------|--------------|
| 500 Free    | 1650 Free    | 1650 Free    | 1650 Free    |
|             | 1000 Free    | 1000 Free    | 1000 Free    |
|             | 500 Free     | 500 Free     | 500 Free     |

**EVENTS**

| <b>Girls Event #</b> | <b>Age Group</b> | <b>Stroke &amp; Distance</b> | <b>Boys Event #</b> |
|----------------------|------------------|------------------------------|---------------------|
| 1                    | 11 & Up          | 1650 Free                    | 2                   |
| 3                    | 11 & Up          | 1000 Free                    | 4                   |
| 5                    | 9 & Up           | 500 Free                     | 6                   |

For current time standards go to: <http://www.pacswim.org/swim-meet-times/standards>

Swimmers must provide their own timers and lap counters for ALL events

| Pacific Swimming – Terrapins Swim Team<br>Zone 2 Short Course Distance Meet<br>Saturday, Februar 6, 2016<br>Consolidated Entry Form |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |
|---|-------------------|--|-----------------|--|--|------------|---------------|--|------------------|--|--|--|--|
| Name: Last,                      First                      Middle  |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |
| Club Abbr.  |                   |  | UNATT TEAM ABBR |  |  |            | Club Name     |  |                  |  |  |  |  |
| Age   |                   |  | Date of Birth   |  |  |            | Sex<br>M    F |  | LSC – (PC or 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        |  |  |  |  |
|   |                   |  |                 |  |  | : .        |               |  | SCY / LCM        |  |  |  |  |
| # of entries ____ x \$4.00 = \$ _____<br>Participation Fee      \$ 8.00<br>Total                      \$ _____                      |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |
| Coach's Name  |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |
| Swimmer's Address   |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |
| Home Phone  |                   |  |                 |  |  |            | Cell Phone    |  |                  |  |  |  |  |
| Email   |                   |  |                 |  |  |            |               |  |                  |  |  |  |  |