

SPEEDO SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by Terrapins Swim Team

co-sponsored by Pacific Swimming

March 20-22 2015

Enter Online: <http://ome.swimconnection.com/pc/tera20150320>



TEAMS AT THIS VENUE (Assigned teams may be moved to the alternate facility due to entries and timeline considerations)

Zone 1 North: SSF, DCD, PSL, BSC, PPSC

Zone 2: TERA, OAPB, WCAB, CROW, AIA, ONDA, TRIV, BSW, TIGR, PST, MONT, HILL, BEAR, OTST, SAIL,

Zone 3: NBA, SRN, MP, RAYS, TOC, QUIK, KYSC, NVST, VJO, STAR, SSS, WA, HSC, SON, YPAC, FOG, SHSC, PCM, MACS, FBA, BSST, MLKB, WCAN, UD, RHC, WILL, LCCC, FINS, SFSL, MCSD, SOMA

Zone 4: RENO, DDST, NNA, TAHO, CARS, LAKE, MLST

Unattached Swimmers: Zone 3 and Zone 4

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-043**

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. **The results of this meet may be posted in real time on the Internet at <http://www.terrapinswim.com>**

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: **Meet Referee:** Debbi Tucker **Head Starter:** Ken Barsanti
Meet Marshal: Andrej Szfranski **Admin Official:** Amy Gonzales
Meet Director: Ray & Cindy Mitchell 925-680 8372 ext. 207 rayterra@att.net

LOCATION: 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 street parking is available. For updated parking information please visit <http://www.terrapinswim.com> and follow the tab for 2015 JO meet updates.**

COURSE: OUTDOOR 25 yard pool with up to 10 lanes available for competition. An adjacent 25 yard pool 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 7ft at the start end and 7ft 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:** warm up will be from 3:00 to 4:20PM. The meet will begin at 4:30pm on Friday.

Saturday and Sunday: The meet will begin at 9:00 AM with warm-ups from 7:15 AM to 8:45 AM each day. Finals start times and finals warm up times will be announced in advance of the meet and available at <http://www.terrapinswim.com> under the JO meet update tab.

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 will swim fast to slow.
- There will be two heats of finals (Championship Final and Consolation Final).
- Swimmers may enter as many events as they have met or exceeded the listed time standards; however, they may only compete in a maximum *three (3) events in any single day*. If a swimmer enters more than three (3) events, he or she will be required to scratch down to the *three (3) event limit* – no refunds will be given. Swimmers are further restricted to swimming no more than seven (7) events for the entire meet. This restriction includes distance events.

- 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.**
- **11-over 1000/1650 free events will swim fast to slow and alternating girls and boys heats. 13-over 400IM and 500fr events will swim fast to slow and alternate girls and boys heats. The option of alternating heats and events may change at the discretion of the Meet Referee and Meet Director. Swimmers in the 500 Free must provide their own lap counters. Swimmers in 1000 Free and 1650 Free must provide their own timers and lap counters.**

ATTENTION HIGH SCHOOL SWIMMERS (February through May): 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. No swimmer or team canopies may be placed on the pool deck.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- **NO** pets allowed on deck, other than service assistance animals.
- 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 for 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.
- **NO TEAM, SWIMMERS OR PARENTS WILL BE ALLOWED INTO THE FACILITY PRIOR TO 2:45 PM ON FRIDAY OR 7:00 AM ON SATURDAY/SUNDAY TO SET UP CANOPIES OR TO RESERVE SPACE. COACHES WILL BE PERMITTED TO ENTER AT 2:00 PM ON FRIDAY AND 6:30 AM ON SATURDAY/SUNDAY TO SET UP COACH ONLY ON-DECK CANOPIES.**
- Entrance into the facility will be from the Northwest corner of the pool, near the starting end NOT through gate near Tennis courts.

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.

- Swimmer must have met the "JO" time standard in every event entered. Entries with "NO TIME" will be rejected.
- 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 for time only, no awards. Such swimmers must have met standards for the 17-18 age group and will be ineligible to swim finals.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. 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. Entry times must have been achieved after October 20, 2013 and prior to the closing date of entries for the meet on Sunday March 8 AT 11:59 PM PST. If the time cannot be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

ENTRY FEES: \$7.50 per individual event, \$10.00 participation fee per swimmer. All entry fees MUST be included with entry.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/tera032015> 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. **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 Monday March 9 at 11:59pm PST.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Friday, March 6, or hand delivered by 6:30 p.m. Monday, March 9. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Terrapins Swim Team

Mail entries to: Terrapins 4180 Treat Blvd. Suite K Concord, CA 94518

Hand deliver entries to: Cindy Mitchell at 3501 Cowell Rd Concord, CA 94518 between 5:30-6:30pm ONLY Monday through Friday

SEEDING: Event seeding will be in the following order: **[SCY]** conforming short course yards, **[LCM]** non-conforming long course meters, and **[SCM]** non-conforming short course meters. USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES:

- Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.
- Swimmers entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim in an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first.
- Any swimmer qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the Admin referee that they may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any swimmer qualifying for a consolation final or final race in an individual event who fails to swim in said consolation final or final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.
- If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer 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.

AWARDS: Custom SPEEDO medals will be awarded to the top 8 finalists in all age groups 13-14 and below, **NO AWARDS FOR 15-18 YEAR OLD SWIMMERS.**

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

MISCELLANEOUS: PLEASE MONITOR THE TERRAPIN WEBSITE AT [HTTP://WWW.TERRAPINSWIM.COM](http://www.terrapinswim.com) FOR JO MEET UPDATES LEADING INTO THE MEET. **TEAM LANE TIMER ASSIGNMENTS** WILL BE POSTED ON THIS WEBSITE BY SATURDAY MARCH 14

EVENT SUMMARY:

	10-Un	11-12	13 -14	15-18
FRIDAY	200 Free	500 Free	500 Free	500 Free
	500 Free	400 IM	400 IM	400 IM
SATURDAY	100 IM	100 IM	100 Fly	100 Fly
	50 Fly	100 Breast	200 Breast	200 Breast
	100 Breast	200 Fly	50 Free	50 Free
	50 Free	50 Free	200 Back	200 Back
	100 Back	100 Back	100 Free	100 Free
		50 Fly	1000 Free	1000 Free
		200 Free		
		1000 Free		
SUNDAY	200 IM	200 IM	200 IM	200 IM
	50 Breast	50 Breast	100 Breast	100 Breast
	100 Free	100 Fly	200 Free	200 Free
	50 Back	100 Free	100 Back	100 Back
	100 Fly	50 Back	200 Fly	200 Fly
		200 Breast	1650 Free	1650 Free
		200 Back		
		1650 Free		

ORDER OF EVENTS:

Friday March 20		
Girls Event #	Event Age Group & Description	Boys Event #
1	10-Un 200 Free	2
3	11-12 500 Free	4
5	13-14 500 Free*	6
	15-18 500 Free*	
7	10-Un 500 Free	8
9	11-12 400 IM	10
11	13-14 400 IM*	12
	15-18 400 IM*	

Saturday March 21		
Girls Event #	Event Age Group & Description	Boys Event #
13	10-Un 100 IM	14
15	11-12 100 IM	16
17	13-14 100 Fly	18
19	15-18 100 Fly	20
21	10-Un 50 Fly	22
23	11-12 100 Breast	24
25	13-14 200 Breast	26
27	15-18 200 Breast	28
29	11-12 200 Fly	30
31	10-Un 100 Breast	32
33	11-12 50 Free	34
35	13-14 50 Free	36
37	15-18 50 Free	38
39	10-Un 50 Free	40
41	11-12 100 Back	42
43	13-14 200 Back	44
45	15-18 200 Back	46
47	11-12 50 Fly	48
49	10-Un 100 Back	50
51	11-12 200 Free	52
53	13-14 100 Free	54
55	15-18 100 Free	56
57	11-12 1000 Free**	58
	13-14 1000 Free**	
	15-18 1000 Free**	

Sunday March 22		
Girls Event #	Event Age Group & Description	Boys Event #
59	11-12 200 IM	60
61	10-Un 200 IM	62
63	13-14 200 IM	64
65	15-18 200 IM	66
67	11-12 50 Breast	68
69	10-Un 50 Breast	70
71	11-12 100 Fly	72
73	13-14 100 Breast	74
75	15-18 100 Breast	76
77	11-12 100 Free	78
79	10-Un 100 Free	80
81	13-14 200 Free	82
83	15-18 200 Free	84
85	11-12 50 Back	86
87	10-Un 50 Back	88
89	11-12 200 Breast	90
91	13-14 100 Back	92
93	15-18 100 Back	94
95	11-12 200 Back	96
97	10-Un 100 Fly	98
99	13-14 200 Fly	100
101	15-18 200 Fly	102
103	11-12 1650 Free**	104
	13-14 1650 Free**	
	15-18 1650 Free**	

***Event will swim together, but be awarded separately.**

+Swimmers must provide their own timers and lap counters. Girls and Boys heats will alternate with the option of changing the order of the events and heats at the discretion of the Meet Referee and Meet Director.

Time Standards are listed at <http://www.pacswim.org/userfiles/cms/documents/809/jos-1415.pdf>

2015 SPEEDO JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIP

Hosted by Terrapins Swim Team

March 20-22 2015

To be accepted, all entry information must be completely filled out. Please print!

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number		Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(LCM /SCY)	Distance/Stroke		
Swimmer's Address:		Total Entries _____ x \$7.50 US Dollars		\$	
Swimmer's Phone #		Participation Fee		\$10.00	
Swimmer's/ parent's email:		-----		-----	
Swimmer's Coach:		Total Due		\$	

IMPORTANT!

Please PRINT clearly. Be sure to include all information. All entry times must be at least JO time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a JO time will not be accepted. All teams will be assigned Timer Assignments by the Meet Director. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.