

**Terrapins Swim Team**  
**TERRAPIN DISTANCE MINI-MEET**  
**PACIFIC SWIMMING LONG COURSE MEET**  
**SATURDAY, APRIL 30, 2016**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-059**

*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> David Cottam	<b>Head Starter:</b> Ken Barsanti
<b>Meet Marshal:</b> Oleg Litvinov	<b>Admin Official:</b> Carol Cottam
<b>Meet Director:</b> Maureen deBack, (925) 695-4476	

**LOCATION:** Concord Community Pool – 3501 Cowell Road, Concord CA 94518

**COURSE:** Outdoor 50 meter pool with up to 9 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 12' at the start end and 5' at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet will begin at 12:30pm on April 30 with warm-ups from 12:00pm to 12:30pm

**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.
- Athletes may compete in 1 event
- 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.**
- The meet is restricted to Terrapin athletes only
- Athletes must be 11 years old and older to participate
- Athletes must provide their own timers and lap counters

**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:** No unaccompanied athletes will be permitted to enter the meet as all athletes will be members of the Terrapins Swim Team.

**RACING STARTS:** Any athlete entered in the meet must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start each race from within the water.

**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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is 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.

**ELIGIBILITY:** • Athletes 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 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.

- The meet is restricted to Terrapin athletes only.
- 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:** There are no entry fees for this meet.

**ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time or no time. Entries must be hand delivered to a Terrapin coaching staff member or the Meet Director by Friday, April 22, 2016 8:00 p.m.

**CHECK-IN:** The meet will be pre-seeded. Psych sheet will be posted at the pool with heat and lane assignments on Saturday, April 30<sup>th</sup> at 12:00pm and will be posted on the secured Terrapin website.

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

**AWARDS:** No awards will be given at this meet.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** There will be no snack bar and no Hospitality services at this meet.

GIRLS	EVENTS	BOYS
Event #	EVENT	Event #
1	11 and up 800 Free	2
3	11 and up 1500 Free	4
5	10 and under 400 Free	6

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

Pacific Swimming – Hosted by Terrapins Swim Team Terrapin Only Distance Mini Meet Saturday, April 30, 2016 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				
Athlete's Address:													
Home Phone							Cell Phone						
Email address													