

SPEEDO LONG COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by the Terrapins Swim Team

co-sponsored by Pacific Swimming and Speedo

July 27-31 2016

Enter Online: <http://usaswimming.org/ome>



SANCTION: Held under USA Swimming/Pacific Swimming Sanction No. **16-027**

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.terrapinsswim.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 are 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: Susi Jackson	Head Starter: Debbi Tucker
Meet Marshal: Andre Szfranski	Admin Official: Mary Ruddell
Meet Director: Maureen Deback/Ray Mitchell 925 680-8372	swimterrapin@msn.com

CERTIFICATION MEET: Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

LOCATION: CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord.

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 50 meter pool with up to 9 lanes available for competition. An additional 6 SCY 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 12'0" at the start end and 5'0" 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: Meet will begin at 9:00 AM each day with warm-ups from 6:45 to 8:45 AM each day. Finals will begin no earlier than one hour after the conclusion of preliminaries. The exact time will be determined by the Meet Referee and it will be announced soon after.

RULES:

- Current USA Swimming 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 preliminary events will swim fast to slow, with the fastest 3 heats circle seeded.
- All individual events with the exception of the 800 and 1500 Freestyles will be Preliminaries and Finals (Championship Final Only).
- All relay events will be timed finals and will be swum at the end of the Finals Sessions.
- Athletes may compete in three (3) events per day, and a maximum of nine (9) individual events, plus relays for the entire meet.
- **All coaches and deck officials shall display their USA Swimming membership cards in a visible manner.**
- Top 8 athletes qualify for the Championship final. There is no Consolation final.

- Athletes competing in the 400, 800, 1500 meter freestyle and the 400 meter Individual Medley must provide their own timers and lap counters. Lap counters will not be provided on site, please bring these with you.
- 400, 800, 1500 meter freestyle and the 400 meter Individual Medley may be swum as combined 11-18 age group and awarded separately.
- 800 and 1500 meter freestyle events may be swum 2 per lane starting at opposite ends pending the timeline and Meet Referee decision.
- Athletes competing in the 800 and 1500 meter freestyle may check in from the first day of the meet until 11:00am the day of the event.

UNACCOMPANIED SWIMMERS: Any USA Swimming athlete-member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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:

- There will be NO canopies allowed on the pool deck. Canopies will be provided for coaches, officials and timers
- Entrance into the pool is from the West side only (nearest the starting end and to the left of the front pool lobby)
- Coaches and officials may enter the pool area no earlier than 6:15 am
- Athletes and spectators may enter the pool area no earlier than 6:30am
- There is reserved seating for a limited number of coaches poolside. Clubs may NOT reserve coach seats in advance. DO NOT use tape or any signage restricting coaches seating for specific clubs. Coaches are expected to share this limited space.
- There will be NO admittance to the pool on Tuesday July 26 for any parents, athletes or coaches. DO NOT show up on Tuesday PM to set up club /individual canopies.
- A special pre meet warm up will ONLY be allowed for clubs traveling from outside of Pacific Swimming or Sierra Nevada LSC's. This limited warm up will be between 6-7:30pm ONLY and MUST be reserved in advance by emailing Ray Mitchell at rayterra@att.net. Athletes utilizing this warm up shall be accompanied by a certified coach. Athletes traveling without coaches will not be allowed access to this warm up time.
- 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.
- Propane heaters are not 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 other 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.
- No Cell phone use in any bathroom or changing rooms as per City of Concord ordinance.

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.
- Athletes must have met the Far Western time standard in every event entered. Entries with "NO TIME" will be rejected.
- 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.

- Athletes 19 years of age and over may compete in prelims only, for time only and are not eligible for awards. Such athletes must have met the 17-18 time standards and must enter through USA Swimming OME.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual athletes can score points towards high point awards. Teams will not be in contention for team awards. All-Star relays can win medals but will not score points.

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 **January 1st 2015** and prior to the closing date of entries for the meet **Monday July 18th AT 11:59 PM PST**. If the time cannot be proven prior to the meet, the athlete 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 athletes who have not proven their entry time. No refunds will be given if a time cannot be proven.

ENTRY FEES: \$10.00 per individual event, \$10.00 participation fee per athlete. \$20.00 per relay. ****Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees MUST be included with entry.**

ONLINE ENTRIES: Online entry will be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries will be accepted until 11:59pm Pacific Time, **Monday July 18th 2016**. **NO hand delivered, mailed or emailed entries will be accepted from USA Swimming athletes. ALL USA registered athletes must enter through the OME link above.**

LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. **Pacific Time on Wednesday, July 20 2016;**
- C. The team or athlete shall pay a one-time processing fee of \$75.00, \$10.00 participation fee per athlete, and pay entry fees of \$20 per individual and \$40 per relay event.

FOREIGN TEAM* ENTRIES: Foreign teams may enter using the hitek entry file provided. Entry files are due no later than Wednesday July 13th 2016 at 11:59pm Pacific Time. Email entry files to rayterra@att.net. You must mail a hard copy recap of your entries along with your entry fee check. Hard copies and checks **MUST** arrive no later than Tuesday, July 19th 2016 by 6:00pm. **If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":**

Ray Mitchell
3942 Cowell Rd
Concord, CA 94518 Phone – 925-864-0011

* ALL foreign teams must have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available on the Terrapin website – terrapinswim.com go to the 2016 LC Far Western Meet Information. This invite can be mailed with entries or scanned and emailed to: rayterra@att.net

Make check payable to: Terrapins Swim Team

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

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. 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. Athletes who fail to check to check-in shall not be seeded in the event. Athletes competing in the 1500 and 800 freestyle events may check in from the first day of the meet until 11:00 am the day of the event.

SCRATCHES:

- Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary event in which the athlete is entered on that day or their next Meet day, whichever is first.
- Any athlete qualifying for 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 referee that may not intend to compete

in finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.

- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete 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 athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete 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: Individual event finalists will be awarded 1st through 8th places medals. Relay events will be awarded medals for 1st to 3rd place and distinctive awards 4th to 8th place. Individual High Point awards will be given to each age group and gender. Team awards will be awarded to the 1st, 2nd, and 3rd place teams. Events that contain multiple age group participants will be awarded separately. Swimmers may pick up their awards at the awards desk for individual events. Coaches must pick up all RELAY awards. You are HIGHLY encouraged to pick up awards throughout the meet rather than on the last day.

SCORING:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

- **Teams may enter as many relays as they wish but ONLY the highest two placing relays per team/event will be eligible to score team points**

ADMISSION/PROGRAMS: Admission is free. A 5-day meet commemorative program will be available for 20.00 on a **PRE ORDER BASIS ONLY**. The program includes free finals sheets for all 5 days. Program orders may be placed on the Terrapin website – <http://www.terrapinswim.com> under the 2016 Far Western info page. Limited programs will be available at the meet. All PRE ORDER programs must be ordered through the Terrapin website **NO LATER THAN JULY 18 2016**. Programs may be picked up at the program sales desk starting Wednesday morning at 7:30am. You must present your program each finals session to receive your free finals sheets.

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

HOSPITALITY: Lunch, dinner and limited hospitality will be available to all working officials and coaches. Coaches and officials must pick up their meals at the hospitality area.

COACH/TEAM CHECK IN: All coaches and teams must check in upon arrival at the coach check in table. Psych sheets and coaches packets will be available by 7:00am each day. Coaches must present their certified coaches cards/ID.

Wednesday July 27				
10 & Under	11-12	13-14	15-16	17-18
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
	50 Breaststroke	400 IM (W)	400 IM (W)	400 IM (W)
	400 IM (W)	1500 Freestyle (M)	1500 Freestyle (M)	1500 Freestyle (M)
	1500 Freestyle (M)	400 Free Relay	400 Free Relay	400 Free Relay
Thursday July 28				
10 & Under	11-12	13-14	15-16	17-18
100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
50 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
100 Freestyle	50 Butterfly	400 IM (M)	400 IM (M)	400 IM (M)
	400 IM (M)	800 Free (W)	800 Free (W)	800 Free (W)
	800 Free (W)	400 Medley Relay	400 Medley Relay	400 Medley Relay
	400 Medley Relay			
Friday July 29				
10 & Under	11-12	13-14	15-16	17-18
200 IM	200 IM	200 IM	200 IM	200 IM
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)
	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)
	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
Saturday July 30				
10 & under	11-12	13-14	15-16	17-18
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
50 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
	(M) 800 Free	(M) 800 Free	(M) 800 Free	(M) 800 Free
200 Free Relay	400 Free Relay	800 Free Relay	800 Free Relay	800 Free Relay
Sunday July 31				
10 & under	11-12	13-14	15-16	17-18
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
50 Backstroke	50 Backstroke	100 Butterfly	100 Butterfly	100 Butterfly
100 Butterfly	100 Butterfly	400 Freestyle (W)	400 Freestyle (W)	400 Freestyle (W)
400 Freestyle (W)	400 Freestyle (W)	200 Medley Relay	200 Medley Relay	200 Medley Relay
200 Medley Relay	200 Medley Relay			

(M) = Event being swum by Men only
(W) = Event being swum by Women only

ORDER OF EVENTS:

Long Course

WEDNESDAY, July 27 2016		
Girl's Events	Event Age Group & Description	Boy's Events
1	11-12 200 Backstroke	2
3	13-14 200 Backstroke	4
5	15-16 200 Backstroke	6
7	17-18 200 Backstroke	8
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	15-16 100 Freestyle	14
15	17-18 100 Freestyle	16
17	11-12 50 Breaststroke	18
19	11-12 400 IM (W)	
	13-14 400 IM (W)	
	15-16 400 IM (W)	
	17-18 400 IM (W)	
	11-12 1500 Freestyle (M)	20
	13-14 1500 Freestyle (M)	
	15-16 1500 Freestyle (M)	
	17-18 1500 Freestyle (M)	
21	13-14 400 Freestyle Relay	22
23	15-18 400 Freestyle Relay	24

THURSDAY, July 28 2016		
Girl's Event	Event Age Group & Description	Boy's Event
25	10 & Under 100 Backstroke	26
27	11-12 100 Backstroke	28
29	13-14 100 Backstroke	30
31	15-16 100 Backstroke	32
33	17-18 100 Backstroke	34
35	10 & Under 50 Breaststroke	36
37	11-12 200 Breaststroke	38
39	13-14 200 Breaststroke	40
41	15-16 200 Breaststroke	42
43	17-18 200 Breaststroke	44
45	11-12 50 Butterfly	46
47	10 & Under 100 Freestyle	48
	11-12 400 IM (M)	50
	13-14 400 IM (M)	
	15-16 400 IM (M)	
	17-18 400 IM (M)	
51	11-12 800 Freestyle (F)	
	13-14 800 Freestyle (F)	
	15-16 800 Freestyle (F)	
	17-18 800 Freestyle (F)	
53	11-12 400 Medley Relay	54
55	13-14 400 Medley Relay	56
57	15-18 400 Medley Relay	58

FRIDAY, July 29 2016		
Girl's Events	Event Age Group & Description	Boy's Events
59	10 & Under 200 IM	60
61	11-12 200 IM	62
63	13-14 200 IM	64
65	15-16 200 IM	66
67	17-18 200 IM	68
69	10 & Under 50 Freestyle	70
71	11-12 50 Freestyle	72
73	13-14 50 Freestyle	74
75	15-16 50 Freestyle	76
77	17-18 50 Freestyle	78
	10 & Under 400 Freestyle (M)	80
	11-12 400 Freestyle (M)	
	13-14 400 Freestyle (M)	82
	15-16 400 Freestyle (M)	
	17-18 400 Freestyle (M)	
83	11-12 1500 Freestyle (W)	
	13-14 1500 Freestyle (W)	
	15-16 1500 Freestyle (W)	
	17-18 1500 Freestyle (W)	
85	11-12 200 Free Relay	86
87	13-14 200 Free Relay	88
89	15-18 200 Free Relay	90

SATURDAY, July 30 2016		
Girl's Events	Event Age Group & Description	Boy's Events
91	10 & Under 200 Freestyle	92
93	11-12 200 Freestyle	94
95	13-14 200 Freestyle	96
97	15-16 200 Freestyle	98
99	17-18 200 Freestyle	100
101	10 & Under 50 Butterfly	102
103	11-12 200 Butterfly	104
105	13-14 200 Butterfly	106
107	15-16 200 Butterfly	108
109	17-18 200 Butterfly	110
	11-12 800 Freestyle (M)	112
	13-14 800 Freestyle (M)	
	15-16 800 Freestyle (M)	
	17-18 800 Freestyle (M)	
113	10 & Under 200 Free Relay	114
115	11-12 400 Free Relay	116
117	13-14 800 Free Relay	118
119	15-18 800 Free Relay	120

SUNDAY, July 31 2016		
Girl's Events	Event Age Group & Description	Boy's Events
121	10 & Under 100 Breaststroke	122
123	11-12 100 Breaststroke	124
125	13-14 100 Breaststroke	126
127	15-16 100 Breaststroke	128
129	17-18 100 Breaststroke	130
131	10 & Under 50 Backstroke	132
133	11-12 50 Backstroke	134
135	13-14 100 Butterfly	136
137	15-16 100 Butterfly	138
139	17-18 100 Butterfly	140
141	10 & Under 100 Butterfly	142
143	11-12 100 Butterfly	144
145	10 & Under 400 Freestyle (W)	
	11-12 400 Freestyle (W)	
147	13-14 400 Freestyle (W)	
	15-16 400 Freestyle (W)	
	17-18 400 Freestyle (W)	
149	10 & Under 200 Medley Relay	150
151	11-12 200 Medley Relay	152
153	13-14 200 Medley Relay	154
155	15-18 200 Medley Relay	156

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/859/fw-qualifying-summer-16.pdf>