

TERRAPINS SWIM TEAM
TERA vs. PLS
PACIFIC SWIMMING SHORT COURSE SENIOR PRELIM/FINAL DUAL MEET
MARCH 12-14, 2021



Enter Online: <http://www.fastswims.com>

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-033**

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 may be posted in real time on the Internet at www.terrapinsswim.com. This meet will be livestreamed, and the link will be sent to entrants and coaching staffs the week of the meet.**

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: Eric Fetterman **Head Starter:** Debbie Rodriguez
Meet Marshal: Oleg Litvanov **Admin Official:** Carol Cottam
Meet Director: Michelle Curran, mseebcurran@gmail.com

LOCATION: Concord Community Pool, 3501 Cowell Road, Concord, CA

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 and maintaining six feet or more of social distancing.

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: Please refer to coach-distributed final meet timeline for warm-up and meet start times for each swim group as this is subject to host/referee change. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool. Each team is limited to 25 girls + 25 boys for all sessions.

Friday, March 12:

Session 1 (Distance Finals): Meet will begin at 4:45 pm with TERA warm-ups from 3:00-3:45 pm and PLS warm-ups from 3:45-4:30 pm. **Facility will open at 2:45 pm.**

Saturday, March 13:

Session 2 (Girls Prelims): Meet will begin at **8:15 am** with TERA warm-ups from 6:30-7:15 am (competition pool). PLS warm-ups from 7:15-8:00 am (competition pool). **Facility will open at 6:15 am.**

Session 3: (Boys Prelims): Meet will begin at **11:30 am** with TERA warm-up from 9:45-10:30 am (competition pool). PLS warm-ups from 10:30-11:15 am (competition pool).

Finals: Meet will begin at **5:15 pm**. TERA warm-ups **3:15-4:00 pm** (competition pool). PLS warm-up **4:00-4:45 pm** (competition pool). **Open 400 Free Relay** will begin at **4:45 pm**.

Sunday, March 15:

Session 4: (Girls Prelims): Meet will begin at **8:15 am** with PLS warm-ups from 6:30-7:15 am (competition pool). TERA warm-ups from 7:15-8:00 am (competition pool). **Facility will open at 6:15 am.**

Session 5: (Boys Prelims): Meet will begin at **11:30 am** with PLS warm-up from 9:45-10:30 am (competition pool). TERA warm-ups from 10:30-11:15 am (competition pool).

Finals: Meet will begin at **5:15 pm**. PLS warm-ups **3:15-4:00 pm** (competition pool). TERA warm-up **4:00-4:45 pm** (competition pool). **Open 200 Free Relay** will begin at **4:45 pm**.

- 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.
 - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
 - Failure to follow the City of Concord and meet Covid rules, specifically masking requirements, will result in expulsion from facility.
 - All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of 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.
 - Each club is limited to 25 boys and 25 girls, no age restriction.
 - All events will swim fast to slow.
 - All events are Preliminaries/Finals, except for the 1000 Freestyle and 400 IM, which are Timed Finals.
 - Finals will be comprised of a Consolation Final and Championship Final swum in that order, with 8 athletes qualifying for each finals heat.
 - Athletes may compete in up to **THREE** prelim events per day.
 - Teams are allowed a maximum of **TWO** relay teams per session to maximize social distancing space.
 - The 1000 Free will be limited to the top 16 entrants per gender in each event.
 - PLS athletes must fill out the City of Concord Covid Waivers and TERA Covid Waiver forms. All waivers must be submitted prior to Friday warm-ups.
 - 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.**
 - No parents/spectators will be permitted inside the fenced pool area.
 - No deck changing or clothing changing in the bathroom stalls permitted. Swimmers must wear their suits to the pool. If changing into a fast suit, you must do this by yourself. Masks are required in locker rooms. No showering permitted.
 - Athletes are not allowed into the facility until 15 minutes before scheduled warm-up time.
 - Bring own lap counters and clean after each use. Teammates should act as lap counters. TERA will supply cleaning products.

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 are 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.
- Meet is open only to qualified athletes registered with **TERA and PLS**. Athletes who are unattached but participating with **TERA and PLS** are eligible to compete.
- 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.
- Athletes 19 years of age and over may compete in the meet for time only. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: All athletes: \$90.00 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. 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 **Saturday, March 6, 2021**.

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 **Thursday, March 4, 2021** or hand delivered by 6:30 PM **Saturday, March 6, 2021**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Mail entries to: Terrapins Swim Team P.O. Box 21127, Concord, CA 94521 OR Hand deliver entries to: Terrapins Coaching Staff between 4-7 PM at 3501 Cowell Road, Concord, CA 94518.

CHECK-IN: Preliminaries shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event wearing masks and practicing social distancing.

SCRATCHES: Athletes must report to their coach their intention to not swim in a finals event by the end of the preliminary session. One coach per team will be the designated point person to notify admin official of athletes' intentions. An Athlete will not be penalized for a 'no show' in either a prelim or finals event.

AWARDS: None.

ADMISSION: Free.

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

EVENTS:

Friday, March 12 Session 1 – Distance Finals		
GIRLS EVENT #	EVENTS (SCY)	BOYS EVENT #
1	OPEN 1000 FREE*	2
3	OPEN 400 IM	4

*Athletes entering the 1000 Free must provide their own lap counters. Timers will be provided.
The 1000 Free will be limited to the top 16 entrants per gender in each event.

Saturday, March 13		
Session 2 GIRLS EVENT #	EVENT (SCY)	Session 3 BOYS EVENT #
5	200 BACK	10
6	50 FREE	11
7	200 BREAST	12
8	100 FLY	13
9	200 FREE	14

Sunday, March 14		
Session 4 GIRLS EVENT #	EVENT (SCY)	Session 5 BOYS EVENT #
15	200 IM	21
16	500 FREE**	22
17	100 BACK	23
18	100 FREE	24
19	200 FLY	25
20	100 BREAST	26

**Relay Finals
Saturday, March 13**

GIRLS EVENT #	EVENT (SCY)	BOYS EVENT #
27	OPEN 400 Free Relay	28

Sunday, March 14

GIRLS EVENT #	EVENT (SCY)	BOYS EVENT #
29	OPEN 200 Free Relay	30

**Athletes entering the 500 Free must provide their own lap counters. Timers will be provided.

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

Pacific Swimming – Hosted by Terrapins Swim Team
 SCY SENIOR DUAL SQUAD TERA + PLS PRELIMINARIES & FINALS MEET
 March 12-14, 2021
 Consolidated Entry Form

Name: Last First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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

FLAT FEE	\$ 90.00	
Total	\$ _____	

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email