

TERRAPINS SWIM TEAM  
SUMMER ENDING LCM TRIALS/FINALS  
PACIFIC SWIMMING LONG COURSE MEET  
JULY 28-AUGUST 1, 2021  
Enter Online: <http://www.fastswims.com>



**QUALIFIED PRIORITY REGISTRATION CLUBS:** TERA, DACA, SRVA, LAC, PLS, SCSC, and WAC (SN)

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-156**

*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. **This meet will be posted on Meet Mobile and livestreamed. The links 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:**

<b>Meet Referee:</b> Carol Cottam + Eric Fetterman	<b>Head Starter:</b> Matt Schmidt
<b>Meet Marshal:</b> Ray Mitchell	<b>Admin Official:</b> Angela Cardenas
<b>Meet Director:</b> Michelle Curran, <a href="mailto:mseebcurran@gmail.com">mseebcurran@gmail.com</a>	

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

**DIRECTIONS:** Highway 680 North, take Treat Blvd. exit. Exit right onto Treat, turn left on Cowell Road. Highway 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat, left onto Cowell Road. Limited parking is available at the pool. Overflow parking is at El Monte Elementary School behind the pool. Visit the Terrapin website for directions to the El Monte school. Do not park in NO parking zones in adjacent neighborhoods. There will be designated Coaches and Officials parking on a first come first serve basis. Obey all City of Concord ordinances in regards to parking. **THE ONLY VENUE ENTRANCE IS ON THE NORTHSIDE OF THE POOL NEAREST THE STARTING END. DO NOT ENTER THE POOL ON THE SOUTHWEST SIDE OF THE POOL NEAR THE TENNIS COURTS.**

**COURSE:** Outdoor pool with up to nine (9) lanes available for LCM competition with electronic timing system. An additional six (6) SCY lanes will be available for warm-up/warm-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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet shall begin at **12:00 PM** on Wednesday, July 28, with warm-ups from 10:45 AM-11:45 AM. Meet shall begin at **8:30 AM**

on July 29-Aug 1 with warm-ups from 7:00 AM to 8:15 AM. Finals warm-up will begin approximately 1 hour prior to the start of Finals each night as determined in the morning coaches meeting.

- 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 interpretations 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 in locker rooms, 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.
  - All preliminary events shall swim fast to slow, with the fastest 3 heats circle-seeded.
  - Athletes must be ages 8 & Over.
  - All events with the exception of the 800, 1500 and 10 & Under 400 Freestyle shall be Preliminaries and Finals.
  - For ages 10 & Under, 11-12, and 13-14 age groups, there will be a Championship Final only. For ages 15-18, there will be a Championship Final and Consolation Final.
  - Athletes may compete in three (3) events per day, and a maximum of ten (10) individual events, plus relays for the entire meet. Athletes may enter as many events as they wish but may compete in a maximum of 10 and no more than 3 per day.
  - If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
  - **All coaches and deck officials shall wear their USA Swimming membership cards in a visible manner. Coaches can provide proof of certification with Deck Pass.**
  - There will be entry limitations on 10 & Under 400 Free, 800 Free, 1500 Free: these events will be limited to the top 27 for Girls and top 27 for Boys based on entry times per age group and gender. Entry times must be LCM and verified through the SWIMS database. Email any distance scratches to [rayterra@att.net](mailto:rayterra@att.net) NO LATER than Monday, July 26 by 9:00 PM. NT entries will not be accepted for these events. We will contact the coaches of any athlete who gets scratched into a distance race (top 27) no later than Tuesday, July 27 at 12:00 PM.
  - All relays will be swum in Finals. Relay names are due to the clerk of the course no later than 12:00 PM each day. There are NO entry fees for relays. Relay entries are limited to two teams per event.
  - There are NO time standards for this meet, except for any 8-year-old entrant. 8 year-olds must have a 10 & Under BB time to enter any 10 & Under race over 50 M. There are no time standards for 8-year-olds entering any 50 M distance.
  - This meet will be pre-seeded. A meet program with heat and lane assignments will be distributed via email to all participants after entry close.
  - Masks and social distancing are not required for this meet. **We encourage everyone to get vaccinated prior to this event.** Those attendees not vaccinated are HIGHLY encouraged to wear masks and socially distance while at the facility.
  - No deck changing is permitted. Use of locker rooms and restrooms is permissible. You are REQUIRED to wear a mask while in the locker room and restrooms. There will be additional portable toilets on-site and these are available to attendees.
  - No refunds shall be given.
  - Pacific Swimming has a No-Tech Suit policy for 12 & under athletes.

- DISTANCE EVENTS RULES:**
- Athletes shall provide their own timers and lap counters for the 10 & Under 400 Free, the 11 & Over 800 Free and the 1500 Free.
  - Athletes can qualify for the 10 & Under 400 Free, the 11 & Over 800 Free and 1500 Free with SCY and LCM times and these times must be verified in the SWIMS database. If an entry time is not in the SWIMS database, the entry will be rejected. LCM times will be seeded first then SCY times until 27 total athletes are reached per event.
  - After entries are compiled, a list of the top 27 athletes will be announced and can be viewed in the meet program. After scratches are compiled on Monday, July 26, the top 27 athletes will be recalculated and any athlete scratched into the top 27 will be contacted through their coach by Tuesday, July 27.
  - A timeline for Wednesday distance races will be posted on the TERA website and emailed to team coaches. These timelines are for estimate only.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purpose of 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 of 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 SUA 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.
- **There will be NO Club, Coach or Athlete canopy set up allowed on any area of the pool deck.**
- Canopies for coaches along the 50M pool WILL BE PROVIDED.
- Entrance to the pool is from the North gate only, nearest the diving boards and starting end of the pool. DO NOT enter through the Tennis court side of the pool. These are for emergency ONLY.
- Individual athlete canopies may be set up starting Wednesday, July 28 at 10:30 AM. NO canopy set up in restricted areas. All canopies must be securely attached and collapsed each evening at the conclusion of finals. Individual canopy set up in the park and outside the pool area is allowed beginning July 28. If setting up in the park outside the pool gates, there is no security.
  - Coaches, Athletes and Spectators may enter the venue no earlier than 10:30 AM on Wednesday, July 28 and 6:30 AM on Thursday, July 29th to Sunday, August 1st.
  - No cell phone use is allowed in any bathroom or changing room as per USA Swimming Safe Sport and City of Concord ordinances.
  - Each participating club is limited to no more than 175 total athletes. Entries will close when goal timelines are met or when maximum athlete entry reaches 800 athletes, whichever occurs first.

**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 to qualified athletes ages 8 & over.
- There are NO time standards for this event, except for 8 year-olds swimming 10 & Under events longer than a 50 M. These athletes must have met the 10 & Under "BB" time standard for those events longer than a 50 M. Entries with NT (No Time) will be accepted except as noted for 8 year-old athletes.
- 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 in prelims only and are not eligible for awards or team points.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- **RELAY ONLY ATHLETES** must be included with team entries through the entry process, there is NO entry fee for relay only Athletes.

**PROOF OF TIME:** There is no proof of time for this meet except for 10 & Under 400 Free, 11 & Over 800 Free and 1500 Free. Athletes in these distance events must enter LCM or SCY times which are in the SWIMS database. NT entries for these events will not be accepted. 8 year-olds swimming 10 & Under events longer than a 50 M must have met the 10 & Under "BB" time for events longer than a 50 M.

**ENTRY FEES:** All athletes: \$110.00 per athlete regardless of the number of events entered. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs. There are NO entry fees for relays and NO Splash Fee surcharge. \*\*Note, relay only athletes ARE NOT required to pay the entry fee. All entry fees SHALL be included with entry, or entries shall not be accepted.

**ONLINE ENTRIES:** Online entries will be accepted for priority registration for qualified athletes registered with WAC (SN), TERA, PLS, SRVA, SCSC, DACA, and LAC or unattached athlete members of WAC, TERA, PLS, SCSC, DACA, and LAC through **Thursday, July 22, 2021**. Online entries will be accepted for all qualified athletes through **Saturday, July 24<sup>th</sup>, 2021**. To enter online go to [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. 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 mailed entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.

**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 **Tuesday, July 20, 2021** or hand delivered by 6:30 PM **Thursday, July 22, 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.

**Make checks payable to: Terrapins Swim Team**

**SEEDING and CHECK-IN:** The meet shall be pre-seeded, please enter LCM times. NT will be accepted except for the Distance events. There is no check-in required.

**SCRATCHES:**

- A scratch desk will be provided.
- There are NO penalties for a no-show for Prelim events, and no need to scratch a Prelim event if you do not wish to swim.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee they do not intend to compete in Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their individual Preliminary event.

**AWARDS:** **Team Awards** - Distinctive Awards, 1<sup>st</sup> through 3rd place

**Individual High Point Awards** - Distinctive award for the top male and female point scorer in each age group

**Swim-Of-The-Meet Award** – One male and one female athlete will be selected as "swim of the meet." Selection for this award will be determined by the coaches in attendance.

**SCORING:** Clubs may enter 2 relay teams per event but only their top placing relay team is eligible to score team points. The Consolation final in the 15-18 age group is non-scoring.

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup>	7 <sup>TH</sup>	8 <sup>TH</sup>	9 <sup>TH</sup>
<b>INDIVIDUAL EVENTS</b>	10	8	7	6	5	4	3	2	1
<b>RELAY EVENTS</b>	20	16	14	12	10	8	6	4	2

**ADMISSION:** Free. A 4-day meet program may be available for a fee.

**SNACK BAR:** A snack bar may be available pending local Health and City of Concord regulations. This will be communicated in the pre-event information bulletin emailed to parents and coaches.

**HOSPITALITY:** Limited hospitality will be available to all working officials and coaches pending local Health Department and City of Concord regulations. Drinks will be provided to working timers.

**PARKING:** There will be LIMITED reserved parking for coaches and officials who are working that day. Please obey all City of Concord parking regulations and follow the pick-up and drop-off procedures set forth in the pre-event information bulletin.

**MISCELLANEOUS:** The meet format and allowance of spectators is subject to change pending CDC, CA Health Department and Contra Costa County Health Department codes regarding Covid.

### ORDER OF EVENTS

<b>Wednesday, July 28</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
201	10 & Under 400 Freestyle	202
203	11-12 1500 Freestyle	204
205	13-14 1500 Freestyle	206
207	15 & Over 1500 Freestyle	208

<b>Thursday, July 29</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
1	11-12 100 Butterfly	2
3	13-14 100 Butterfly	4
5	10 & Under 100 Butterfly	6
7	15-18 200 Butterfly	8
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	10 & Under 100 Freestyle	14
15	15-18 100 Freestyle	16
17	11-12 50 Butterfly	18
19	10 & Under 200 IM	20
21	13-14 200 IM	22
23	11-12 200 IM	24
25	15-18 400 IM	26
209	11-12 800 Freestyle	210
27	13-14 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	15-18 200 Medley Relay	32
33	13-14 800 Free Relay	34

<b>Friday, July 30</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
35	11-12 200 Backstroke	36
37	13-14 200 Backstroke	38
39	15-18 100 Backstroke	40
41	10 & Under 100 Backstroke	42
43	11-12 100 Breaststroke	44
45	13-14 100 Breaststroke	46
47	15-18 100 Breaststroke	48
49	10 & Under 50 Breaststroke	50
51	11-12 50 Backstroke	52
53	15-18 200 Freestyle	54
55	11-12 400 Freestyle	56
57	13-14 400 Freestyle	58
211	15&Over Girls 800 Freestyle	
59	15-18 200 Free Relay	60
62	11-12 200 Free Relay	62
63	13-14 200 Free Relay	64
65	15-18 800 Free Relay	66

<b>Saturday, July 31</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
67	11-12 200 Freestyle	68
69	13-14 200 Freestyle	70
71	15-18 200 Breaststroke	72
73	10 & Under 100 Breaststroke	74
75	11-12 200 Butterfly	76
77	13-14 200 Butterfly	78
79	15-18 100 Butterfly	80
81	10 & Under 50 Butterfly	82
83	11-12 50 Breaststroke	84
85	15-18 200 IM	86
87	11-12 400 IM	88
89	13-14 400 IM	90
	15&Over Boys 800 Freestyle	212
91	10 & Under 200 Medley Relay	92
93	15-18 400 Medley Relay	94
95	11-12 400 Medley Relay	96
97	13-14 400 Medley Relay	98

<b>Sunday, August 1</b>		
<b>Girls #</b>	<b>Event Description</b>	<b>Boys #</b>
99	11-12 200 Breaststroke	100
101	13-14 200 Breaststroke	102
103	10 & Under 200 Freestyle	104
105	15-18 200 Backstroke	106
107	11-12 100 Backstroke	108
109	13-14 100 Backstroke	110
111	10 & Under 50 Backstroke	112
113	15-18 50 Freestyle	114
115	11-12 50 Freestyle	116
117	13-14 50 Freestyle	118
119	10 & Under 50 Freestyle	120
121	15-18 400 Freestyle	122
213	13-14 800 Freestyle	214
123	10 & Under 200 Free Relay	124
125	11-12 400 Free Relay	126
127	13-14 400 Free Relay	128
129	15-18 400 Free Relay	130

Pacific Swimming – Hosted by Terrapins Swim Team  
 Summer Ending LCM TRIALS/FINALS MEET  
 July 28-Aug 1, 2021  
 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

FLAT FEE	\$ 110.00	
Total	\$ _____	

Coach

Athlete's  
Address

Home Phone	Cell Phone
------------	------------

Email