

**PACIFIC SWIMMING SHORT COURSE SENIOR II PRELIMINARIES & FINALS MEET**  
**HOSTED BY TERRAPINS SWIM TEAM**  
**NOVEMBER 4-6, 2022**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-123**

*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, webcasting, television, psych sheets and live meet results. The results of this meet shall be posted in real time on the Internet on the Meet Mobile app.

**The meet format and allowance of spectators is subject to change pending CDC, CA Health Department and Contra Costa County Health Department regulations regarding Covid -19.**

**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>	Paul Reidl	<b>Head Starter:</b>	Mary Ruddell
<b>Meet Marshal:</b>	Oleg Litvanov	<b>Admin Official:</b>	Amy Gonzalez
<b>Meet Director:</b>	Michelle Curran, <a href="mailto:mseebscurran@gmail.com">mseebscurran@gmail.com</a>		

**MEET REFEREE:** Any questions regarding the conduct of the meet should be addressed directly to the Meet Referee, Paul Reidl. His contact information is: [reidl@sbcglobal.net](mailto:reidl@sbcglobal.net), (209) 613-1916 (cell), (650)-560-8530 (office).

**PERSONAL RESPONSIBILITY:** Each Athlete and Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made during the meet.

**NATIONAL CERTIFICATION MEET:** Officials wishing to be evaluated must apply to the Meet Referee ([reidl@sbcglobal.net](mailto:reidl@sbcglobal.net)) and Michael Davis ([mekidadad1@yahoo.com](mailto:mekidadad1@yahoo.com)) before the Meet by email or when they first arrive at the Meet and attend pre-session meetings. Please send in your application prior to the Meet by email because we may not be able to accommodate applications submitted at the Meet due to resource limitations. Briefing will occur one hour before the start of both Trials and Finals. Official's dress for Trials is white polo short/blouse, blue pants (shorts are OK), or a blue skirt/skort, and closed white athletic shoes. Finals is white polo shirts/blouse, blue long pants or skirts/skorts, and closed white athletic shoes. Shirts must be tucked-in. If it is raining, stay warm and dry. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluations 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 found on the Pacific Swimming Website. All Officials should be certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

**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. Highway 680 South –

take Treat Boulevard/Geary Road exit, turn left at end of ramp, left at light on to Treat, left on Cowell Road.

**COURSE:** Outdoor pool with up to 10 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 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:** Meet will begin at 4:30 PM on Friday and 9:00 AM both Saturday and Sunday. Warm-ups will be from 3:30 to 4:20 PM on Friday, and 7:15 to 8:45 AM on Saturday and Sunday. Finals start time for Saturday and Sunday will be announced at the meet, with an approximate start time of 4:30 PM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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.
- 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 events will swim fastest to slowest. The preliminary heats of non-distance events will be circle seeded.
- All events will be Trials/Finals except for the distance events (400 IM, 1000 and 1650 Freestyles.) Distance events will not be circle-seeded.
- Athletes may compete in a maximum of three (3) individual events per day + relays.
- If local conditions warrant it, 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 Officials shall wear their USA Swimming membership cards in a visible manner.
- Masks and social distancing are not required for any attendee. 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.

**DISTANCE EVENT RULES:**

- On Friday the 1000 Free and 400 I.M. will be swum fastest to slowest, alternating heats of women and men.
- All heats of the 1650 Free, on their respective days, will be swum fastest to slowest at the conclusion of preliminaries.
- **Athletes must provide timers for the 400 I.M. and timers and counters for the 1000 Free and 1650 Free.**
- **The 1000 and 1650 will be limited to the first 40 entrants per gender in each event.**
- The 1000 & 1650 Free may not be swum as a bonus event.

**UNACCOMPANIED ATHLETES:** 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:**

- 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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 Team, Coach or Athlete canopy set up allowed on any area of the pool deck.

- Coaches will need to bring own canopies and **may set these up on the pool deck** starting Friday at 3:00 PM.
- 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 **Friday, November 4 at 3:00 PM**. NO canopy set up in restricted areas. All canopies must be securely attached and collapsed each evening at the conclusion of finals.
- **Coaches, athletes and spectators may enter the venue no earlier than 3:00 PM on Friday, November 4 and 6:30 AM on Saturday, November 5 to Sunday, November 6.**
- **No cell phone, computer or tablet use is allowed in any bathroom or changing room** as per USA Swimming Safe Sport and City of Concord ordinances.

**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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes must be age 12 & up to be eligible to compete.
- Athletes shall meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes 13 & Over may enter up to two (2) bonus events for the meet subject to the daily event limit. Athletes shall meet the minimum Senior Open time standard for bonus events. 12 year old athletes are not eligible to enter bonus events.
- NOTE: The 1000 and/or 1650 Free may not be swum as a bonus event.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

**SEEDING:** Seeding shall be in the following order:-conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B. **See rules for distance events seeding.**

**PROOF OF TIME:** Athletes who do not achieve the minimum entry time or the minimum bonus entry time (whichever is applicable based upon their entry) will need to come to the office within 30 minutes to provide proof that they had previously swum a valid qualifying time. Time permitting, the meet Admin Ref will attempt to alert the Athlete's coach if time verification is required. Times will only be verified for those events actually swum. Athletes may scratch prior to the event being seeded and/or may declare a false start. Coaches shall be provided with a full team entry list prior to the competition and may scratch entries they know to be invalid. Once an event has been swum, if an Athlete cannot provide verification of a valid qualifying time, the Athlete's Club will be charged \$50 per unverified entry for each occurrence.

**SCRATCH RULE PRELIMINARIES:** Closing for the Friday preliminary session will be **Thursday, November 3, at 5:30 PM**. Closing for the Saturday preliminary session will be **Friday, November 4, at 30 minutes after the start of finals**. Closing for the Sunday preliminary session will be on **Saturday, November 5, at 30 minutes after the start of finals**. Coaches must e-mail their scratches to the Administrative Referee [scratchdesk@pacswim.org](mailto:scratchdesk@pacswim.org). The scratch box will be located at the Scratch Desk at the start of the meet on until the scratch deadlines. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day, including relays.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

**NOTE:** Heat sheets for the next day will be posted on Meet Mobile.

**SCRATCH RULE FINALS:** Any of the top 30 athletes who qualifies for any level of 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 Administrative Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. Any athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up for said Bonus Final, Consolation Final or Championship Final race shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of

receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$8.50 per individual event plus an \$8.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs. Relay fees are \$20.00.

**RELAYS:** Clubs may enter unlimited number of relays. All relays will be swum fastest to slowest. Relay entries may be mailed in or entered through Fast Swims. Relay only athletes must provide proof of USA Swimming registration. All relays will be swum in the Finals sessions. Relays-only athletes can be entered on FastSwims or using the relay only entry form. Relay entries will be accepted at the meet. **Entry forms are due by 11:00 AM on the day the event occurs. Payment for relay entries is due with submission of relay entries before 11:00 AM each day if not paid in advance.**

**ONLINE ENTRIES:** 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 mail entry. 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 **Thursday, October 27, 2022.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, **Tuesday, October 25, 2022** or hand delivered by 6:30 PM on **Thursday, October 27, 2022.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

**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.

**AWARDS:** None.

**ADMISSION:** Free. An online psych sheet/program will be shared via email 3-5 days prior to the meet.

**SNACK BAR:** A snack bar will be available throughout the competition, if permitted by local mandates at the time of the meet. Coaches and working Officials will be provided lunch.

**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.

#### ORDER OF EVENTS

Friday, November 4		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	1000 FREE*	2
3	400 IM*	4

Saturday, November 5		
GIRLS EVENT #	EVENT	BOYS EVENT #
5	200 FREE RELAY**	6
7	200 BACK	8
9	50 FREE	10
11	200 I.M.	12
13	100 FLY	14
15	200 FREE	16
17	200 BREAST	18
19	400 MEDLEY RELAY**	20
101	1650 FREE***	

Sunday, November 6		
GIRLS EVENT #	EVENT	BOYS EVENT #
21	200 MEDLEY RELAY**	22
23	200 FLY	24
25	100 FREE	26
27	100 BREAST	28
29	500 FREE	30
31	100 BACK	32
33	400 FREE RELAY**	34
	1650 FREE***	102

\*Events 1 & 2 and events 3 & 4 will alternate Girls/Boys by heat, fastest to slowest

\*\*Relays will be swum in the order above during finals

\*\*\*1650 will be swum at the end of prelims fast to slow

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Terrapins Swim Team SENIOR 2 PRELIMINARIES & FINALS November 4-6, 2022 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 / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
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						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
# of entries _____ x \$8.50 = \$ _____  Participation Fee                      \$8.00 Total    \$ _____													
Coach													
Athlete's Address													

Home Phone	Cell Phone
Email	