

**PACIFIC SWIMMING LONG COURSE SENIOR OPEN MEET**

**HOSTED BY TERRAPINS SWIM TEAM**

**APRIL 13-14, 2024**

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



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-053**

*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 Meet Mobile.

**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> Charlie Gonzales	<b>Head Starter:</b> David Cottam
<b>Meet Marshal:</b> Oleg Litvinov	<b>Admin Official:</b> Amy Gonzales
<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

**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 50 Meter pool with up to 9 lanes available for competition. An additional 6 SCY lanes shall 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 13FT at the start end and 5FT at the turn end. The meet host shall ensure the required course dimensions.

**TIME:** Meet shall begin at **9:00 AM** each day with warm-ups from **7:30 AM** to **8:50 AM** each day.

**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 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 MAAPP is a condition of participation in the conduct of this competition.

- All events are timed finals.
- All events shall swim fast to slow
- Athletes may compete in a maximum of four (4) events per day.
- **Entries will remain open until the estimated timeline for each session reaches 6 hours.**
- 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.
- Medical Supervision available by the City of Concord Lifeguard staff

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. Athletes 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 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 is 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 at 7:00 AM. No athlete set-up permitted on Friday.
- Athlete set up starting at 7:00 AM on Saturday. Canopies are not permitted on the pool deck.
- 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.
- NO canopy set up in restricted areas. All canopies must be securely attached and collapsed each evening at the conclusion of finals.
- **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 13 & Over are eligible to enter this meet. There is no proof of time required. Entry times should be the Athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- 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:** Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - USA Swimming rules 207.11.7B. See Rules for distance events seeding.

**CHECK-IN:** The meet shall be deck-seeded. Athletes shall 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 remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in shall not be allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim 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 swim an event shall result in being barred from their next individual event.

**ENTRY FEES:** \$7.00 per individual event plus a \$14.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. **No refunds shall be made**, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 Wednesday, **April 3, 2024**.

**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, Monday, **April 1, 2024** or hand delivered by 6:30 p.m. Wednesday, **April 3, 2024**. 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**

**PO Box 21127  
Concord, CA 94521**

**Hand deliver entries to: TERA Coaches**

**3501 Cowell Rd  
Concord, CA. 94518**

**AWARDS:** None.

**ADMISSION:** Free.

**HOSPITALITY:** Hospitality is available for Coaches and Officials. Lunches will be provided for Coaches and working Officials. There will be a snack bar.

**ORDER OF EVENTS**

<b>SATURDAY APRIL 13, 2024</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
1	400 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13	1500 FREE	14

<b>SUNDAY APRIL 14, 2024</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
15	400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27	800 FREE	28

\*Events 13-14 and 27-28 shall swim fastest to slowest alternating women and men

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

Pacific Swimming – Hosted by TERRAPINS SWIM TEAM

SENIOR OPEN

APRIL 13-14, 2024

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
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_  
 Participation Fee \$14.00  
 Total \$ \_\_\_\_\_

Coach

Athlete's Address

Home Phone Cell Phone

Email