

Pacific Swimming Zone 2
PC-CBA+ Long Course Swim Meet
Dual Venue –Terrapins & San Ramon Valley
May 1 & 2, 2010
Saturday & Sunday



USA Pacific Swimming Sanction No. Location A: # 10-056

USA Pacific Swimming Sanction No. Location B: # 10-055

LOCATION A: CONCORD COMMUNITY POOL: 3501 Cowell Road, Concord. From Highway 680 North, take Treat Blvd. exit, turn right onto Treat Blvd. From Highway 680 South, take the Treat/Geary exit, left at the end of the ramp and left onto Treat Blvd. Continue on Treat Blvd. for about 4 miles. Left on Cowell Road. Approx. 1 mile to pool.

PARKING - Use alternative parking at El Monte School for easy pool access. Maps are available at www.terrapinsswim.com

COURSE: Outdoor, heated 50 meter pool, up to 9 lanes. Separate warm up area available. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 5'-0" at the start and turn ends of this pool.

Pool Certification: 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.

LOCATION B: SAN RAMON OLYMPIC POOL AND AQUATIC PARK: 9900 Broadmoor Drive, San Ramon, CA 94583

Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. And approx. 2 miles. Turn left (east) on Montevideo Dr., approx. 1/2 mile, turn right at stop sign onto Broadmoor Dr, approx. 1/4 mile to pool located on left side. Parking is available behind the school in the south parking lot, and on some neighborhood streets. DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!! Parking between pool main entrance and tennis courts is for coaches and officials only.

COURSE: Outdoor, heated 50 meter pool, up to 8 lanes. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet at the start end and the turn end.

Pool Certification: 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: Saturday and Sunday sessions begin at 9:00 a.m. each day with general warm ups from 7:30 a.m. to 8:45 a.m. Special extended warm-up Saturday and Sunday from 8:45-8:55 for 8-UN swimmers only.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. Swimmers may compete in a maximum of four (4) events per day. Entries will be taken until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director may require a mandatory scratch down. Immediate refunds will be made for any mandatory scratches. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

IMPORTANT NOTICE: ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in competition season, you need to be UNATTACHED from this meet. You may "unattach" at the clerk of the course when you check in at the meet. It is the swimmers responsibility to unattach from this meet. This does not apply to Zone 4 swimmers.

SPECIAL RULES: Swimmers must provide their own timers and counters for the 400 and 800 Free. The 400 & 800 Free will be swum fastest to slowest. Events 55 & 56 (800 Freestyle) may be swum 2 to a lane at the discretion of the Meet Referee. These events will not be awarded.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on the Registration Card. The meet host must check all swimmer 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. Entry forms must be completely filled out including the LONG COURSE METER time for each event. Pacific Swimming's Rules and Regulations specify that when you have achieved a specific class level (for example, "B" or "A") in an event in one course, you are considered to be qualified at that same level in all courses. "No Time" entries WILL NOT be accepted. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Swimmers 19 years of age and over may participate in events for the 13-18 age groups provided they have met the time standards for the 17-18 age group; they will not receive awards. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

RESTRICTIONS: Glass containers, alcoholic beverages, propane heaters and all tobacco products are prohibited in all areas of the venue during the warm-up period and the meet. Only coach's tents are allowed around the perimeter of the pool, no "team" area set up. All shelters must be properly secured.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.

TERA OFFICIALS: Head Referee: Mary Ruddell Head Starter: John King
Meet Director: Carol Moreno Head Marshal: Kathy Egan
terameetdirector@gmail.com or 925-250-7561 – no calls after 8pm

SRVLA OFFICIALS: Head Referee: Millie Nygren Head Starter: Frank Kennedy
Meet Director: Becca Burke Head Marshal: Kathy Trafazzoli
becca.burke@dreyers.com or 510-329-3275 – no calls after 8pm

MEET VENUES: Teams will be assigned a pool venue by the host teams. We reserve the right to make changes in venues requests based on the Pacific Swimming 4 hour rule and to ensure an even distribution of swimmers.

A Team Venue Assignment report will be posted by April 26, 2010, at pacswwim.org, terrapinsswim.com and srvlaswimteam.org.

ENTRY PRIORITY: Zone 2 entries postmarked or entered online by 11:59 p.m. on Monday April 12, 2010, will be given priority acceptance. All Zone 2, other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the regular entry deadline will be considered in the order that they were received.

ENTRIES: NO LATE ENTRIES WILL BE ACCEPTED

Option 1: Online Meet Entries:

1. Swimmers & coaches making team entries follow the same online entry method
2. Using your browser go to: <http://ome.swimconnection.com/pc/tera20100501>
3. Follow entry instructions:
 - a. Enter all swimmers in your family (or coaches may enter their complete team) at the same time.
 - b. Make online credit card payment for meet entries at the secure site.
 - c. You will receive a confirmation number and confirmation email at time of payment. This confirmation should be brought to the meet as proof of entry. No refunds will be made for except for mandatory scratches.
 - d. Online entries will close Wednesday, April 21, 2010 at 11:59pm.
Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fee are paid to Swim Connection, LLC. Entry via the online system is not required.

Option 2: Mailed Entries:

All entries must be on attached Consolidated Entry Card. Entry cards must be completely filled out including the Long Course Meter time for each event. "No Time" entries will not be accepted. Entries must be postmarked by Monday, April 19, 2010 or hand delivered to the below address by Wednesday, April 21, 2010 at 11:59pm. No refunds will be made except for mandatory scratches.

ENTRY FEES: \$2.75 per event entered and \$5.00 participation fee per swimmer.

Make checks payable to: Terrapins Swim Team and mail entry form to: Carol Moreno
Attention: Meet Entries
157 N. 5th St.
Rio Vista, CA 94571

AWARDS: Individual events will be awarded in the A, B & C Divisions. Ribbons for individual events 1st – 8th place are given to the following age groups: 8/under, 9-10, 11-12, 13-14, 15-16, 17-18. Swimmers must pick up awards before end of meet, they will not be mailed. "A" medals will be awarded to "B" & "C" level swimmers achieving a new "PC-A" time regardless of place achieved in event.

ADMISSION: Free. A two (2) day program will be available for a reasonable cost.

HOSPITALITY & SNACK BAR: Coaches and working officials will be provided lunch on Saturday and Sunday as well as beverages and snacks throughout the meet. Timers will be offered snacks and beverages throughout the meet. There will be a nutritious snack bar available at each venue.

TIMERS: Each team is required to provide timers based on the number of team swimmers registered each day in meet. Timing lane assignments will be posted at the meet.

EVENT SUMMARY BY AGE GROUP

	<u>8 & UN</u>	<u>9-10</u>	<u>11 - 12</u>	<u>13 -18</u>
<u>Saturday</u>	50 Fly 50 Back	200 Free 50 Fly 50 Back 100 Free	100 Free 100 Fly 50 Back 100 Breast	200 Free 100 Fly 200 Back 100 Free 200 Breast 400 Free ***
<u>Sunday</u>	50 Free 50 Breast	100 Breast 50 Free 100 Back 50 Breast	200 Fly 50 Free 200 Back 200 IM	200 Fly 100 Breast 50 Free 100 Back 200 IM 800 Free ***

*** Qualifying Time - All swimmers must have met the minimum entry time listed (Pacific Swimming "A" Time Standard) to enter these events.

SATURDAY MAY 1, 2010								
GIRLS TIME STANDARDS		GIRLS			BOYS		BOYS TIME STANDARDS	
PC-B	PC-A	EVENT#	AGE	EVENT	EVENT #	PC-B	PC-A	
3:03.59	2:46.59	1	13/14	200 Free	2	2:55.39	2:39.19	
3:02.19	2:45.39		15/16	200 Free		2:46.79	2:31.39	
3:06.59	2:49.39		17/18	200 Free		2:45.59	2:30.29	
3:42.49	3:21.99	3	9-10	200 Free	4	3:41.69	3:21.29	
1:30.09	1:21.79	5	11/12	100 Free	6	1:29.29	1:21.09	
1:35.49	1:26.59	7	13/14	100 Fly	8	1:31.69	1:23.19	
1:34.69	1:25.89		15/16	100 Fly		1:24.89	1:17.09	
1:36.49	1:27.59		17/18	100 Fly		1:25.59	1:17.69	
51.99	47.19	9	9-10	50 Fly	10	52.49	47.59	
1:06.99	58.99		8 & UN	50 Fly		1:06.99	58.39	
1:43.59	1:33.99	11	11/12	100 Fly	12	1:43.99	1:34.39	
3:32.09	3:12.49	13	13/14	200 Back	14	3:24.39	3:05.49	
3:29.99	3:10.59		15/16	200 Back		3:11.69	2:53.99	
3:39.79	3:19.49		17/18	200 Back		3:27.19	3:07.99	
54.09	49.09	15	9-10	50 Back	16	55.49	50.29	
1:06.99	57.89		8 & Un	50 Back		1:06.99	56.69	
48.29	43.79	17	11/12	50 Back	18	49.09	44.49	
1:26.09	1:18.19	19	13/14	100 Free	20	1:20.89	1:13.49	
1:23.69	1:15.99		15/16	100 Free		1:16.49	1:09.49	
1:24.89	1:17.09		17/18	100 Free		1:16.39	1:09.29	
1:41.59	1:32.19	21	9-10	100 Free	22	1:41.69	1:32.29	
1:57.59	1:46.69	23	11/12	100 Breast	24	1:56.39	1:45.59	
3:59.99	3:37.79	25	13/14	200 Breast	26	3:50.39	3:29.09	
3:58.59	3:36.59		15/16	200 Breast		3:40.89	3:20.49	
4:10.19	3:47.09		17/18	200 Breast		3:45.29	3:24.49	
XXXXXX	5:51.59 ***	27	13 -14	400 Free ***	28	XXXXXX	5:41.99 ***	
XXXXXX	5:52.59 ***		15-16			XXXXXX	5:24.09 ***	
XXXXXX	6:06.39 ***		17-18			XXXXXX	5:25.49 ***	

<http://ome.swimconnection.com/pc/tera20100501>

SUNDAY MAY 2, 2010							
GIRLS TIME STANDARDS		GIRLS		BOYS		BOYS TIME STANDARDS	
PC-B	PC-A	EVENT#	AGE	EVENT	EVENT #	PC-B	PC-A
3:35.99	3:15.99	29	13/14	200 Fly	30	3:28.09	3:08.89
3:31.39	3:11.89		15/16	200 Fly		3:15.99	2:57.89
3:43.79	3:23.19		17/18	200 Fly		3:21.79	3:03.19
3:49.49	3:28.39	31	11/12	200 Fly	32	3:47.49	3:26.49
2:13.29	2:00.99	33	9-10	100 Breast	34	2:15.69	2:03.19
1:50.99	1:40.79	35	13/14	100 Breast	36	1:46.09	1:36.29
1:50.39	1:40.19		15/16	100 Breast		1:39.99	1:30.69
1:53.79	1:43.29		17/18	100 Breast		1:40.89	1:31.59
41.39	37.49	37	11/12	50 Free	38	40.99	37.09
45.89	41.59	39	9-10	50 Free	40	47.19	42.79
58.19	48.19		8 & UN	50 Free		58.19	46.09
39.39	35.69	41	13/14	50 Free	42	37.59	34.09
39.09	35.39		15/16	50 Free		35.39	32.09
39.39	35.69		17/18	50 Free		34.69	31.39
3:41.99	3:21.49	43	11/12	200 Back	44	3:43.79	3:23.19
1:57.69	1:46.79	45	9-10	100 Back	46	1:58.19	1:47.29
1:38.09	1:28.99	47	13/14	100 Back	48	1:34.69	1:25.89
1:37.29	1:28.29		15/16	100 Back		1:29.59	1:21.29
1:43.99	1:34.39		17/18	100 Back		1:31.29	1:22.89
1:00.89	55.29	49	9-10	50 Breast	50	1:01.69	55.99
1:12.49	1:01.89		8 & Un	50 Breast		1:12.49	1:01.39
3:42.59	3:22.09	51	11/12	200 IM	52	3:44.29	3:23.59
3:28.59	3:09.39	53	13/14	200 IM	54	3:19.79	3:01.39
3:27.69	3:08.49		15/16	200 IM		3:10.99	2:53.39
3:31.69	3:12.19		17/18	200 IM		3:11.59	2:53.89
XXXXXX	12:14.69 **	55	13-14	800 Free**	56	XXXXXX	11:51.49 **
XXXXXX	12:10.39 **		15-16			XXXXXX	11:40.79 **
XXXXXX	12:36.99 **		17-18			XXXXXX	11:40.79 **

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