

Pacific Swimming Zone 2
PC-CBA+ Long Course Swim Meet
Dual Venue –Terrapins & San Ramon Valley
April 18 & 19, 2009
Saturday & Sunday



USA Pacific Swimming Sanction No: 0429 (Location A) and 0439 (Location B)

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.terraswim.com

COURSE: Outdoor, heated 50 meter pool, up to 9 lanes. Separate warm up area available.

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 go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr, go approximately 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.

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 season, you need to be UNATTACHED from this meet. It is your responsibility to unattach from this meet.

SPECIAL RULES: Swimmers must provide their own timers and counters for the 800 Free. Events #63 & 64 (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. Accordingly, you must always enter a time which maintains the class for which you've qualified in an event. Swimmers in the "B" division must have met the "PC-B" time standards and not have met the listed "PC-A" time standards. Swimmers in the "A" division must have met the "PC-A" time standards. "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.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

TERA OFFICIALS:	Head Referee: Mike Metcalf	Head Starter: Paul Amog
	Meet Director: Carol Moreno	Head Marshal: Kathy Egan
	925-250-7561 morenos4@frontiernet.net	
SRVLA OFFICIALS:	Head Referee: Frank Kennedy	Head Starter: Steve Kumpan
	Meet Director: Bob Schmidt	Head Marshal: Kathy Trafazzoli
	925-766-1247 rschmidt@rossmcdonald.com	

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 at pacswwim.org, terrapinsswim.com and srvlaswimteam.org by April 13, 2009.**

ENTRY PRIORITY: Zone 2 entries postmarked or entered online by 11:59 p.m. on **Monday March 30, 2009**, 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: www.swimconnection.com/pc/meet/tera
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 our 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 at Midnight on Wednesday, April 8th, 2009.**
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 midnight, **Monday, April 6th, 2009** or hand delivered to the below address by **Wednesday, April 8th, 2009**. 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 with completed entry form to:

Carol Moreno- Swim 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 19 years of age and over will not be awarded. 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>10 & UN</u>	<u>11 - 12</u>	<u>13 -18</u>	<u>13 -18</u>
<u>Saturday</u>	100 Back 50 Fly 400 Free *** 50 Breast 100 Free	50 Fly 200 IM 50 Free 100 Breast 400 Free ***	200 Free 100 Fly 200 IM 100 Free 200 Breast	400 Free ***
<u>Sunday</u>	100 Breast 50 Free 200 IM *** 100 Fly 50 Back	200 Free 50 Breast 400 IM *** 100 Fly 100 Back	200 Fly 100 Breast 50 Free 400 IM 100 Back	800 Free **

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

Saturday, April 18th EVENTS								
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	
1:57.69	1:46.79	3	10 & UN	100 Back	4	1:58.19	1:47.29	
45.39	41.09	5	11/12	50 Fly	6	45.49	41.29	
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	10 & UN	50 Fly	10	52.49	47.59	
1:06.99	58.99		8 & UN	50 Fly		1:06.99	58.39	
3:42.59	3:22.09	11	11/12	200 IM	12	3:44.29	3:23.59	
3:28.59	3:09.39	13	13/14	200 IM	14	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	6:50.09 ***	15	10 & UN	400 Free ***	16	XXXXXX	6:46.99 ***	
41.39	37.49	17	11/12	50 Free	18	40.99	37.09	
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	
1:00.89	55.29	21	10 & UN	50 Breast	22	1:01.69	55.99	
1:12.49	1:01.89		8 & UN	50 Breast		1:12.49	1:01.39	
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	
1:41.59	1:32.19	27	10 & UN	100 Free	28	1:41.69	1:32.29	
2:07.79	1:46.59		8 & UN	100 Free		2:04.79	1:40.09	
XXXXXX	6:14.69 ***	29	11/12	400 Free ***	30	XXXXXX	6:18.69 ***	
XXXXXX	5:51.59 ***	31	13 -14	400 Free ***	32	XXXXXX	5:41.99 ***	
XXXXXX	5:52.59 ***		15-16			XXXXXX	5:24.09 ***	
XXXXXX	6:06.39 ***		17-18			XXXXXX	5:25.49 ***	

Sunday, April 20th EVENTS							
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	33	13/14	200 Fly	34	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
3:15.99	2:57.89	35	11/12	200 Free	36	3:16.29	2:58.19
2:13.29	2:00.99	37	10 & UN	100 Breast	38	2:15.69	2:03.19
1:50.99	1:40.79	39	13/14	100 Breast	40	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
54.09	49.09	41	11/12	50 Breast	42	54.09	49.09
45.89	41.59	43	10 & UN	50 Free	44	47.19	42.79
58.19	48.19		8 & UN	50 Free		58.19	46.09
39.39	35.69	45	13/14	50 Free	46	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
XXXXXX	3:49.89 ***	47	10 & UN	200 IM ***	48	XXXXXX	3:52.69 ***
XXXXXX	7:08.09 ***	49	11/12	400 IM ***	50	XXXXXX	7:11.69 ***
7:30.29	6:48.69	51	13/14	400 IM	52	7:09.99	6:30.29
7:25.19	6:44.19		15/16	400 IM		6:50.79	6:12.89
7:49.59	7:06.29		17/18	400 IM		7:06.99	6:27.69
2:00.79	1:49.59	53	10 & UN	100 Fly	54	2:00.99	1:49.89
1:43.59	1:33.99	55	11/12	100 Fly	56	1:43.99	1:34.39
1:38.09	1:28.99	57	13/14	100 Back	58	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
54.09	49.09	59	10 & UN	50 Back	60	55.49	50.29
1:06.99	57.89		8 & UN	50 Back		1:06.99	56.69
1:44.49	1:34.89	61	11/12	100 Back	62	1:45.99	1:36.19
XXXXXX	12:14.69 **	63	13-14	800 Free**	64	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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