

PACIFIC SWIMMING ADAM SZMIDT MEMORIAL 14 & UNDER LCM JUNIOR OLYMPICS
HOSTED BY TERRAPINS SWIM TEAM
JULY 12-14, 2019
Enter Online: www.fastswims.com



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-094**

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.

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. **The results of this meet may be posted in real time on the Internet at www.terrapinsswim.com**

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:

<i>Meet Referee: Michael Piccardo</i>	<i>Head Starter: Michael Davis</i>
<i>Meet Marshal: Oleg Litanov</i>	<i>Admin Official: Tom Cross</i>
<i>Meet Director: Michelle Curran, mseebscurran@gmail.com</i>	

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. Highways 680 South – take Treat Boulevard/Geary Road exit; turn left at end of ramp, left at light on to Treat, left on Cowell Road. Limited parking is available at Concord Community Pool and street parking on Cowell Road. Additional parking available at El Monte Elementary School located at 1400 Dina Drive in Concord.

COURSE: Outdoor 50 meter pool with 9 lanes available for competition. An additional 6 short course 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: Prelims will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:30 to 8:45 AM. Finals will tentatively begin at 4:00 PM each day. Finals warm-ups will begin 1 hour before the start of finals.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All individual events are preliminaries and finals, except the 800 Freestyle and the 1500 Freestyle.
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of **three (3)** events per day and a maximum of **seven (7)** individual events, plus relays for the entire meet.
- The 800 Freestyle and 1500 Freestyle events are timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in these events shall provide their own timers and lap counters.
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- Prelims will be swum as combined age groups 10&U, 11-12 & 13-14 in preliminary heats.
- Championship Finals Only with the top 9 athletes in 10&U, 11's, 12's, 13's and 14 year olds qualifying for each final.

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 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.
- Athlete entry is from the West Gate of the pool located on the diving board end of the pool.
- No athlete canopy set up on the pool deck.
- No athlete set up prior to 7:00 am beginning Friday, July 12. All athlete canopies MUST be on the grass area only.

ELIGIBILITY:

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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 Pacific Swimming Athletes only.
- Athletes shall have met the "JO" time standard in every event entered. Entries with "NO TIME" shall be rejected.
- 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.
- The athlete's age shall be the age of the athlete on the first day of the meet.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved after **January 1, 2018** and prior to the closing date of entries for the meet on **Wednesday, July 3, 2019**. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

ENTRY FEES: \$7.50 per individual event, \$10.00 participation fee per athlete. \$20.00 per relay. **Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees SHALL be included with entry. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to 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 Wednesday, **July 3, 2019**.

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 postmarked by midnight, Monday, **July 1, 2019** or hand

delivered by 6:30 p.m. Wednesday, **July 3, 2019**. 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 4-6:30 pm at 3501 Cowell Road, Concord, CA 94518

SEEDING: Event seeding shall be in the following order: conforming long course meters, non-conforming short course yards, and non-conforming short course meters - 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 all 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 will not be allowed to compete in the event.

DISTANCE CHECK IN: Check in for the 800 Freestyle and the 1500 Freestyle shall close at 11:00 am on the day of the event.

SCRATCHES:

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- 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 that they may 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 last individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- 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 then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

AWARDS: ALL AWARDS SHALL BE PICKED UP AT THE MEET. Each club is asked to designate a club representative to claim awards. NO AWARDS SHALL BE MAILED. Individual Events: Medals 1st – 9th place; Relays: Medals 1st – 3rd place; Individual High Point: Distinctive plaques for individual high point awards for each age (10 & Under, 11, 12, 13 and 14) and gender.

SCORING:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Individual Events	10	8	7	6	5	4	3	2	1

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

EVENT SUMMARY:

Friday, July 12

Girls #	Age	Distance	Stroke	Boys #
1	14	200	IM	2
	13			
3	12	200	IM	4
	11			
5	10 & U	200	IM	6
7	14	100	Back	8
	13			
9	12	100	Back	10
	11			
11	10 & U	100	Back	12
13	14	50	Free	14
	13			
15	12	50	Free	16
	11			
17	10 & U	50	Free	18
19	14	400	Free	20
	13			
21	12	400	Free	22
	11			
23	10 & U	400	Free	24

Saturday, July 13

Girls #	Age	Distance	Stroke	Boys #
31	14	200	Breast	32
	13			
33	12	200	Breast	34
	11			
35	10 & U	50	Fly	36
37	12	50	Fly	38
	11			
39	14	200	Free	40
	13			
41	12	200	Free	42
	11			
43	10 & U	200	Free	44
45	14	200	Fly	46
	13			
47	12	200	Fly	48
	11			
49	10 & U	50	Back	50
51	12	50	Back	52
	11			
53	14	100	Free	54
	13			
55	12	100	Free	56
	11			
57	10 & U	100	Free	58
59	13-14	800	Free	60
	11-12			

Finals

25	13-14	200	Free Relay	26
27	11-12	200	Free Relay	28
29	10 & U	200	Free Relay	30

Finals

61	13-14	200	Medley Relay	62
63	11-12	200	Medley Relay	64
65	10 & U	200	Medley Relay	66

800 & 1500 Freestyle events shall swim after the conclusion of the last trial event and before the start of the finals session each day. Athletes in these events shall provide their own times and lap counters.

Sunday, July 14

Girls #	Age	Distance	Stroke	Boys #
67	14	200 Back		68
	13			
69	12	200 Back		70
	11			
71	10 & U	50 Breast		72
73	12	50 Breast		74
	11			
75	14	100 Fly		76
	13			
77	12	100 Fly		78
	11			
79	10 & U	100 Fly		80
81	14	100 Breast		82
	13			
83	12	100 Breast		84
	11			
85	10 & U	100 Breast		86
87	14	400 IM		88
	13			
89	12	400 IM		90
	11			
91	13-14 11-12	1500 Free		92

Finals

93	13-14	400	Free Relay	94
95	11-12	400	Free Relay	96

800 & 1500 Freestyle events shall swim after the conclusion of the last trial event and before the start of the finals session each day. Athletes in these events shall provide their own times and lap counters.

Time standards are located on the PC website

<http://www.pacswim.org/userfiles/cms/documents/809/2017-18-jo-time-std.--final-rev-7.21.17.pdf>

RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
Friday, July 12, 2019							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Saturday, July 13, 2019							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Sunday, July 14, 2019							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY X \$20.00 EA.		
COACH EMAIL					TOTAL \$		

2019 PACIFIC SWIMMING ADAM SZMIDT MEMORIAL 14 & UNDER LC JUNIOR OLYMPICS

Hosted by Terrapins Swim Team

July 12-14, 2019

To be accepted, all entry information must be completely filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number		Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(LCM /SCY)	Distance/Stroke		
Athlete's Address:			Total Entries _____ x \$7.50 US Dollars		\$
Athlete's Phone #			Participation Fee		\$ 10.00
Athlete's/ parent's email:			-----		-----
Athlete's Coach:			Total Due		\$

IMPORTANT!

Please PRINT clearly. Be sure to include all information. All entry times must be at least "JO" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "JO" time will not be accepted. All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events, (800 free and 1500 free) require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.