

**LONG COURSE FAR WESTERN CHAMPIONSHIPS  
HOSTED BY TERRAPINS SWIM TEAM AND CO-SPONSORED BY PACIFIC SWIMMING  
JULY 28-31, 2022**



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

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-072**

*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, web casting, television, psych sheets and live meet results. The results of this meet shall be posted in real time on the Internet at [www.terrapinsswim.com](http://www.terrapinsswim.com)

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>	Debbi Tucker
<b>Meet Marshal:</b>	Ray Mitchell	<b>Admin Official:</b>	Amy Gonzales
<b>Meet Director:</b>	Michelle Curran, <a href="mailto:mseebcurran@gmail.com">mseebcurran@gmail.com</a>		

**PERSONAL RESPONSIBILITY:** Each 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.

**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 with the possibility of chase starts from both ends of the pool. An additional 6 short course lanes shall be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow turn end is 5ft, measured in accordance with Article 103.2.3 and 13' at the start 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 shall begin at 9:00 AM each day with warm-ups from 7:00 AM to 8:45 AM each day. Warm-ups for Finals shall start one hour prior to the start of Finals. Championship Finals shall not start before 4:00 PM. Warm-up start and finish times may be adjusted based on the status of Covid at the time of the meet. Warm-ups may start earlier with age group or team designations if Covid requires reducing the number of athletes warming up together. Updates will be provided to all coaches, athletes and officials in advance if warm up times will be adjusted.

**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. Further warm-up instructions may be distributed and required at the discretion of the

#### Meet Referee.

- 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. Coaches, Officials and athletes 19 and over must have completed the MAAPP course.
- All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded.
- All events with the exception of the 800 and 1500 Freestyles shall be Preliminaries and a Championship Final.
- The top 9 athletes will qualify for the Championship Final. There is no Consolation Final.
- Athletes may compete in **three (3)** events per day, and a maximum of **seven (7)** individual events, plus relays for the entire meet.
- 15-16 and 17-18 age groups will swim in combined heats in Preliminaries. In Finals there will be a 15-16 Final followed by a 17-18 Final.
- 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. Coaches can provide proof of certification with Deck Pass.
- Athletes shall provide their own timers for the 400 Individual Medley, 400 Freestyle, 800 Freestyle and 1500 freestyle.
- Athletes entered in the meet shall receive a deck credential as part of the entry fee. Should an athlete lose their deck pass, the athlete’s coach can purchase a replacement deck credential for \$10.
- No Refunds shall be given (other than mandatory scratch downs).
- **Pacific Swimming has a No-Tech Suit Policy for ALL 12 & Under athletes.**
- Parking, canopy set-up, facility rules and access and other critical meet information will be posted on the Terrapins website under the “2022 Far Westerns Meet Info” link.

**BONUS EVENTS:** Qualified athletes age 12 and younger may enter up to two (2) bonus events (not exceeding 7 total events for the meet); bonus events are limited to events 200 meters and shorter. There are no minimum time standards for bonus entries. No Time entries will not be accepted. Athletes age 13 and older are not eligible to enter bonus events.

**DISTANCE RULES:** • Distance events are timed finals seeded fastest to slowest alternating Girls and Boys.

- Athletes in the 800 and 1500 freestyle events may check-in from the 1st day of the meet until 11:00 AM on the day of the event.
- All distance events shall swim between Preliminaries and Finals.
- Athletes shall provide their own timers and lap counters for the 800 and 1500 Freestyle.
- Athletes can qualify for the 1500 Freestyle with an 800 meter/1000-yard qualifying time. Athletes can qualify for the 800 Freestyle with a 1500 meter/1650 yard qualifying time. The 1500 Freestyle will be seeded in the following order: 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, 1000 SCY. The 800 LCM Freestyle will be seeded in the following order: 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM, 1650 SCY.
- Entries will be limited to all Pacific Swimming time qualifiers + the fastest 18 entrants out of the Pacific LSC.

**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 arranging 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.
- No set-up before Thursday, July 28 at 7:00 am. Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with school site regulations and fire code.

- Spectators will be restricted from accessing any deck area that is marked for athletes, officials, timers, and coaches ONLY.
- Deck changes are prohibited.
- Masks may be required in all indoor areas, including restrooms.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters shall be properly secured.
- 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.
- All animals are prohibited within the fenced pool grounds.

- 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 shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
  - Athletes shall have met the "FW" time standard in every event entered except the bonus events. Entries with "NO TIME" shall be rejected.
  - Athletes 19 & over may compete in Preliminaries and shall not be eligible for awards and scoring. Such athletes shall have met standards for the 17-18 age group. 19 & Over Athletes are not eligible to compete in 15-18 Relay Events.
  - All Relay Athletes must be entered in individual events or as a relay-only athlete. **Relay-only athletes must be entered in the meet prior to the late entry deadline.**
  - Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
  - Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual athletes can score points towards high point awards. All-Star teams shall not be in contention for team awards. All-Star relays can win medals but shall not score points.
  - Mixed Age group relays and relays comprised of both boys and girls on the same relay are not permitted.
  - 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 Rules and Regulations Section 4.A.2. All entry times shall be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. 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. All qualifying times must have been achieved prior to the stated Online Entry Deadline (Monday, July 18, 2022).

**ENTRY FEES:** \$12.00 per individual event, \$14.00 participation fee per athlete, and \$20.00 per relay. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs. \*\*Note, relay-only athletes are NOT required to pay the participation fee. All entry fees SHALL be included with entry, or entries shall not be accepted.

**COACH CREDENTIALS:** A coach credential is for a certified USA Swimming or equivalent FINA Federation certification Coach only. Coach credentials are \$20.00 per coach. The credential shall be worn at all times during the meet. Coaches with credentials shall receive a program and Finals sheets, as well as access to hospitality. Coach credentials can be purchased in the Fastswims entry system or submitted with the Hy-Tek entry file.

**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 Monday, July 18, 2022.

**HY-TEK ENTRIES:** Hy-Tek entries shall be accepted. Clubs may submit a Hy-Tek electronic entry file to [gym@jwbnet.com](mailto:gym@jwbnet.com). Entries shall be accepted until Monday, July 18, 2022 at 11:59 PM PST. The team shall receive an entry confirmation from The Terrapins upon receipt of entries. Hy-Tek entries shall require a team check made out to **Terrapins Swim Team** for the amount of the entry fees.

The payment shall be postmarked within 48 hours of entry submission and mailed (or hand-delivered during business hours) to: **TERRAPINS SWIM TEAM, PO BOX 21127, CONCORD, CA 94521**. A late fee of 20% shall be charged to the club if the post mark on the team check is over 7 days from electronic submission.

**LATE ENTRIES:** Any team or athlete missing the entry deadline shall be permitted to enter late, subject to the following requirements:

- Late entries shall be submitted through Fastswims.com.
- These entries shall be received no later than Wednesday, July 20, 2022 at 11:59 PM PST.
- The team or athlete shall pay a one-time processing fee of \$75.00 and pay entry fees of \$20 per individual and \$40 per relay event.

**FOREIGN TEAM\* ENTRIES:** Foreign teams may enter using the Hy-Tek entry file provided. Entry files are due no later than Monday, July 18, 2022 at 11:59 PM PST. Email the entry file to [gym@jwbnet.com](mailto:gym@jwbnet.com). Mail a hard copy of the Individual Meet Entry Report, along with the entry fee check to the address listed below. Hard copies and checks shall arrive no later than Tuesday, July 19, 2022 at 11:59 PM PST. unless prior arrangements have been made. If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":

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

**Mail check to: TERRAPINS SWIM TEAM, PO BOX 21127, CONCORD, CA 94521**

**Overnight Delivery: TERRAPINS SWIM TEAM, 3942 COWELL RD, CONCORD, CA 94518 PHONE: 925-680-8372**

ALL foreign teams shall have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available here, or by visiting this site: [www.pacswim.org](http://www.pacswim.org). This invite can be mailed with entries or scanned and emailed to [rayterra@att.net](mailto:rayterra@att.net).

**SEEDING:** Event seeding shall be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM) and non-conforming short course yards (SCY) - USA Swimming rules 207.11.7B(2). See Distance 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 shall not be allowed to compete in the event.**

**SCRATCHES AND PENALTIES:** • Pacific Swimming scratch rules shall be enforced. **These differ from the USA Swimming Championship Rules.** 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. In preliminaries, an athlete may declare a false start with the Deck Referee prior to the start of the 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 the calling of the alternate shall be barred from the remainder of any final events for that day. There will be no declared false starts in finals. Should the athlete have no additional final events for that day they shall 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 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.

**AWARDS:** Individual Events:

Medals 1<sup>st</sup>- 9th

Relay Events:

Medals 1<sup>st</sup>- 3<sup>rd</sup>

Team:

Distinctive Awards 1<sup>st</sup>-3<sup>rd</sup>

Individual High Point:

Distinctive awards for high male and female for each age group.

**\*AWARDS MUST BE PICKED UP AT THE MEET. AWARDS WILL NOT BE MAILED.\***

**SCORING:**

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>
<b>Individual Events</b>	10	8	7	6	5	4	3	2	1
<b>Relay Events</b>	20	18	14	12	10	8	6	4	2

**ADMISSION:** Free. A 4-day meet program will be available for online delivery through Fastswims for \$20.00.

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

**HOSPITALITY:** Breakfast, lunch and a light dinner will be provided for coaches and working deck officials.

**EVENT SUMMARY****Thursday, July 28, 2022**

<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Fly	100 Fly	100 Fly	200 Fly	200 Fly
100 Free	100 Free	100 Free	100 Free	100 Free
	50 Fly			
200 IM	200 IM	200 IM	400 IM	400 IM
	1500 Free	1500 Free		
	200 Medley Relay	200 Medley Relay	15-18 200 Medley Relay	
		800 Free Relay		

**Friday, July 29, 2022**

<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Back	200 Back	200 Back	100 Back	100 Back
50 Breast	100 Breast	100 Breast	100 Breast	100 Breast
	50 Back			
400 Free	400 Free	400 Free	200 Free	200 Free
			1500 Free	1500 Free
	200 Free Relay	200 Free Relay	15-18 200 Free Relay	
			15-18 800 Free Relay	

**Saturday, July 30, 2022**

<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Breast	200 Free	200 Free	200 Breast	200 Breast
50 Fly	200 Fly	200 Fly	100 Fly	100 Fly
	50 Breast			
	400 IM	400 IM	200 IM	200 IM
			800 Free	800 Free
200 Medley Relay	400 Medley Relay	400 Medley Relay	15-18 400 Medley Relay	

**Sunday, July 31, 2022**

<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 Free	200 Breast	200 Breast	200 Back	200 Back
50 Back	100 Back	100 Back		
50 Free	50 Free	50 Free	50 Free	50 Free
	800 Free	800 Free	400 Free	400 Free
200 Free Relay	400 Free Relay	400 Free Relay	15-18 400 Free Relay	

**Athletes shall provide their own timers for the 400 IM and 400 Freestyle events.**

**Athletes shall provide their own timers and lap counters for the 800 and 1500 Freestyle events.**

Time standards may be found at: <https://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.---summer-2022.pdf>

**ORDER OF EVENTS:**

<b>Thursday, July 28, 2022</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
1	11-12 100 Fly	2
3	13-14 100 Fly	4
5	10 & Un 100 Fly	6
7	15-18 200 Fly	8
9	11-12 100 Free	10
11	13-14 100 Free	12
13	10 & Un 100 Free	14
15	15-18 100 Free	16
17	11-12 50 Fly	18
19	10 & Un 200 IM	20
21	13-14 200 IM	22
23	11-12 200 IM	24
25	15-18 400 IM	26
201*	11-12 1500 Free 13-14 1500 Free	202*
27	13-14 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	15-18 200 Medley Relay	32
33	13-14 800 Free Relay	34
<b>Saturday, July 30, 2022</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
69	11-12 200 Free	70
71	13-14 200 Free	72
73	15-18 200 Breast	74
75	10 & Un 100 Breast	76
77	11-12 200 Fly	78
79	13-14 200 Fly	80
81	15-18 100 Fly	82
83	10 & Un 50 Fly	84
85	11-12 50 Breast	86
87	15-18 200 IM	88
89	11-12 400 IM	90
91	13-14 400 IM	92
205*	15-16 800 Free 17-18 800 Free	206*
93	10 & Un 200 Medley Relay	94
95	15-18 400 Medley Relay	96
97	11-12 400 Medley Relay	98
99	13-14 400 Medley Relay	100

<b>Friday, July 29, 2022</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
35	11-12 200 Back	36
37	13-14 200 Back	38
39	15-18 100 Back	40
41	10 & Un 100 Back	42
43	11-12 100 Breast	44
45	13-14 100 Breast	46
47	15-18 100 Breast	48
49	10 & Un 50 Breast	50
51	11-12 50 Back	52
53	15-18 200 Free	54
55	10 & Un 400 Free	56
57	11-12 400 Free	58
59	13-14 400 Free	60
203*	15-16 1500 Free 17-18 1500 Free	204*
61	15-18 200 Free Relay	62
63	11-12 200 Free Relay	64
65	13-14 200 Free Relay	66
67	15-18 800 Free Relay	68
<b>Sunday, July 31, 2022</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
101	11-12 200 Breast	102
103	13-14 200 Breast	104
105	10 & Un 200 Free	106
107	15-18 200 Back	108
109	11-12 100 Back	110
111	13-14 100 Back	112
113	10 & Un 50 Back	114
115	15-18 50 Free	116
117	11-12 50 Free	118
119	13-14 50 Free	120
121	10 & Un 50 Free	122
123	15-18 400 Free	124
207*	11-12 800 Free 13-14 800 Free	208*
125	10 & Un 200 Free Relay	126
127	11-12 400 Free Relay	128
129	13-14 400 Free Relay	130
131	15-18 400 Free Relay	132

\*Distance events shall swim as a combined event but shall be awarded separately by age group.

\*Distance events shall swim fastest to slowest alternating Girls and Boys.