



**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer 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. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 or standing areas and in all areas used by the swimmers during the meet and warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Glass bottles and containers of any kind are not permitted in the pool area.
- No propane containers except for snack bar/meet operations.
- No pets allowed inside the venue with the exception of service animals.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on the Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database.
- The meet host will check all swimmers registrations against the SWIMS database and if found not to be registered, the Meet Director shall accept the registration at the meet (a \$10.00 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Swimmers must have met the Pacific Swimming Far Western conforming long course meters, or non-conforming short course meters, or yards time standard for each event entered.
- Entries with "NO TIME" will be rejected.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and older may participate in events for the 17-18 age group provided they have met the time standard for that age group. They will not be eligible to swim in finals, relays or receive awards.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual swimmers can score points towards high point awards. Teams will not be in contention for team awards. All-Star relays can win medals but will not score points.

**PROOF OF TIME:** Proof of time will be required in advance for all swimmers in this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times must have been achieved after February 1, 2013 and prior to the closing date of entries for the meet: (Wednesday, July 23, 2014 at 11:59 PM PST). If a time cannot be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

**ENTRY FEES:** \$5.50 per individual event, \$10.00 participation fee per swimmer. \$20.00 per relay. \*\*Note, relay only swimmers ARE NOT required to pay the participation fee. All entry fees MUST be included with entry.

**ONLINE MEET ENTERUES:** To enter online go to <http://ome.swimconnection.com/pc/TERA20140730> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. 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 a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday, July 23, 2014.

**SURFACE MAIL/HAND DELIVERY:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, July 21, 2014 or hand delivered by 6:30 p.m. Wednesday, July 23, 2014. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make Check Payable to: <b>Terrapin Swim Team</b> <b>Meet Entries</b> <b>4180 Treat Blvd. Suite. K</b> <b>Concord, CA. 94518</b>
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**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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that they have checked in for must 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 a preliminary or timed final event will result in the swimmer being barred from their next event that day or the next, whichever is first. If the swimmer qualified for any finals before missing a preliminary or timed final event they may swim those finals. The penalty will not apply if the Meet Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Swimmers have 30 minutes after the results of a preliminary event are announced to scratch or declare their intent to scratch from finals. Any swimmer qualifying for a final race in an individual event, who fails to show in said final race, prior to calling the alternate, shall be barred from the remainder of finals for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00.

**AWARDS:** Individual event finalists will be awarded 1st through 9th places medals. Relay events will be awarded medals for 1st to 9th. Individual High Point awards will be given to each age group and gender. Team trophies will be awarded to the 1st, 2nd, and 3rd place teams. Events that contain multiple age group participants will be awarded separately, unless it is a 10 & under event. 10 & under groups will be awarded as one age group. A team representative must pick their swim team awards at the conclusion of the meet at the awards desk. Awards will not be handed to individuals, unless they are unattached.

**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>
Individual events	10	8	7	6	5	4	3	2	1
Relay events	20	16	14	12	10	8	6	4	2

**HOSPITALITY:** Lunches, dinner and refreshments will be provided for officials and coaches. Snacks and drinks will be provided to timers. Full Snack Bar will be available with options for breakfast, lunch and dinner.

**ADMISSION:** Admission is free. A 5-day program will be available for a fee.

**SET-UP:** NO setup or chairs are permitted on the pool deck. Coaches will be provided with Community Canopy and Chairs along the pool. **No TEAM tent will be allowed on pool deck.**

**CERTIFICATION MEET:** Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of both Trials and

For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

**HOTEL INFORMATION:** Attached to the last page is list of special Rates from local hotels. For updated check <http://www.terrapinswim.com/>

**MEET EVENT SUMMARY:**

<b>Wednesday, July 30, 2014</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
	50 Breaststroke	400 IM (W)	400 IM (W)	400 IM (W)
	400 IM (W)	1500 Freestyle (M)	1500 Freestyle (M)	1500 Freestyle (M)
	1500 Freestyle (M)	400 Free Relay	400 Free Relay	400 Free Relay
<b>Thursday, July 31, 2014</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
50 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
100 Freestyle	50 Butterfly			
	400 IM (M)	400 IM (M)	400 IM (M)	400 IM (M)
	800 Free (W)	800 Free (W)	800 Free (W)	800 Free (W)
	400 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay
<b>Friday, August 1, 2014</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 IM	200 IM	200 IM	200 IM	200 IM
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)
	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)
	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
<b>Saturday, August 2, 2014</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
50 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
	(M) 800 Free	(M) 800 Free	(M) 800 Free	(M) 800 Free
200 Free Relay	400 Free Relay	800 Free Relay	800 Free Relay	800 Free Relay
<b>Sunday, August 3, 2014</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
50 Backstroke	50 Backstroke			
100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly
400 Freestyle (W)	400 Freestyle (W)	400 Freestyle (W)	400 Freestyle (W)	400 Freestyle (W)
200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay

(M) = Event being swum by Men only

(W) = Event being swum by Women only

**2014 FAR WESTERN DAILY ORDER OF EVENTS**

<b>WEDNESDAY, July 30, 2014</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
1	11-12 200 Backstroke	2
3	13-14 200 Backstroke	4
5	15-16 200 Backstroke	6
7	17-18 200 Backstroke	8
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	15-16 100 Freestyle	14
15	17-18 100 Freestyle	16
17	11-12 50 Breaststroke	18
201	11-12 400 IM (W)	
	13-14 400 IM (W)	
	15-16 400 IM (W)	
	17-18 400 IM (W)	
	11-12 1500 Freestyle (M)	204
	13-14 1500 Freestyle (M)	
	15-16 1500 Freestyle (M)	
	17-18 1500 Freestyle (M)	
19	13-14 400 Freestyle Relay	20
21	15-18 400 Freestyle Relay	22
<b>THURSDAY, July 31, 2014</b>		
<b>Girl's Event</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Event</b>
23	10 & Under 100 Backstroke	24
25	11-12 100 Backstroke	26
27	13-14 100 Backstroke	28
29	15-16 100 Backstroke	30
31	17-18 100 Backstroke	32
33	10 & Under 50 Breaststroke	34
35	11-12 200 Breaststroke	36
37	13-14 200 Breaststroke	38
39	15-16 200 Breaststroke	40
41	17-18 200 Breaststroke	42
43	11-12 50 Butterfly	44
45	10 & Under 100 Freestyle	46
	11-12 400 IM (M)	206
	13-14 400 IM (M)	
	15-16 400 IM (M)	
	17-18 400 IM (M)	
207	11-12 800 Freestyle (F)	
	13-14 800 Freestyle (F)	
	15-16 800 Freestyle (F)	
	17-18 800 Freestyle (F)	
47	11-12 400 Medley Relay	48
49	13-14 400 Medley Relay	50
51	15-18 400 Medley Relay	52

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

<b>FRIDAY, August 1, 2014</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
53	10 & Under 200 IM	54
55	11-12 200 IM	56
57	13-14 200 IM	58
59	15-16 200 IM	60
61	17-18 200 IM	62
63	10 & Under 50 Freestyle	64
65	11-12 50 Freestyle	66
67	13-14 50 Freestyle	68
69	15-16 50 Freestyle	70
71	17-18 50 Freestyle	72
	10 & Under 400 Freestyle (M)	210
	11-12 400 Freestyle (M)	
	13-14 400 Freestyle (M)	212
	15-16 400 Freestyle (M)	
	17-18 400 Freestyle (M)	
213	11-12 1500 Freestyle (W)	
	13-14 1500 Freestyle (W)	
	15-16 1500 Freestyle (W)	
	17-18 1500 Freestyle (W)	
73	11-12 200 Free Relay	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78
<b>SATURDAY, August 2, 2014</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
79	10 & Under 200 Freestyle	80
81	11-12 200 Freestyle	82
83	13-14 200 Freestyle	84
85	15-16 200 Freestyle	86
87	17-18 200 Freestyle	88
89	10 & Under 50 Butterfly	90
91	11-12 200 Butterfly	92
93	13-14 200 Butterfly	94
95	15-16 200 Butterfly	96
97	17-18 200 Butterfly	98
	11-12 800 Freestyle (M)	216
	13-14 800 Freestyle (M)	
	15-16 800 Freestyle (M)	
	17-18 800 Freestyle (M)	
99	10 & Under 200 Free Relay	100
101	11-12 400 Free Relay	102
103	13-14 800 Free Relay	104
105	15-18 800 Free Relay	106

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

SUNDAY, August 3, 2014		
Girl's Events	Event Age Group & Description	Boy's Events
107	10 & Under 100 Breaststroke	108
109	11-12 100 Breaststroke	110
111	13-14 100 Breaststroke	112
113	15-16 100 Breaststroke	114
115	17-18 100 Breaststroke	116
117	10 & Under 50 Backstroke	118
119	11-12 50 Backstroke	120
121	13-14 100 Butterfly	122
123	15-16 100 Butterfly	124
125	17-18 100 Butterfly	126
127	10 & Under 100 Butterfly	128
129	11-12 100 Butterfly	130
217	10 & Under 400 Freestyle (W)	
	11-12 400 Freestyle (W)	
219	13-14 400 Freestyle (W)	
	15-16 400 Freestyle (W)	
	17-18 400 Freestyle (W)	
131	10 & Under 200 Medley Relay	132
133	11-12 200 Medley Relay	134
135	13-14 200 Medley Relay	136
137	15-18 200 Medley Relay	138

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

2014 SPEEDO FAR WESTERN

- INDIVIDUAL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/475/fw2014.pdf>
- RELAY TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/476/fw-relays-2014.pdf>



Notice: This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**2014 SPEEDO FAR WESTERN LONG COURSE CHAMPIONSHIP Hosted by Terrapin Swim Team**

**Jul. 30 - Aug. 03, 2014**

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

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name		First Name	Init.
LSC	Club Abbr.	Club Name	
Age	Age Group	USA Swimming Registration Number	Date of Birth
			M F
Event number	Qualifying Entry Time	(LCM /SCY)	Distance/Stroke
Swimmer's Address:		Total Entries _____ x \$5.50 US Dollars =====>	\$
Swimmer's Phone #		\$10.00 US Dollars Participation Fee =====>	\$ 10.00
Swimmer's/ parent's email:		-----	-----
Swimmer's Coach:		<b>Total Due-</b> make check payable to Terrapins Swim Team) =====>	\$

- NO ENTRY TIME will be automatically disqualified from the event, no refunds
- Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the "Far Western" time standard must be proved on the day of competition.

**IMPORTANT!**

**Please PRINT clearly.** Be sure to include all information. All entry times must be at least "Far western" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "Far Western" time will not be accepted.

**All teams will be assigned Timer Assignments by the Meet Director. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.**





Coach		Contact Phone and Email			Amount Enclosed
					# of Relays _____ Total \$ _____
<b>10 &amp; Under Age Group Relays</b>					
Event #	Event	Team Entry Time			
		A	B	C	
99	Girls 200 Free				
100	Boys 200 Free				
131	Girls 200 Medley				
132	Boys 200 Medley				
<b>11-12 Age Group Relays</b>					
Event #	Event	Team Entry Time			
		A	B	C	
47	Girls 400 Medley				
48	Boys 400 Medley				
73	Girls 200 Free				
74	Boys 200 Free				
101	Girls 400 Free				
102	Boys 400 Free				
133	Girls 200 Medley				
134	Boys 200 Medley				
<b>13-14 Age Group Relays</b>					
Event #	Event	Team Entry Time			
		A	B	C	
19	Girls 400 Free				
20	Boys 400 Free				
49	Girls 400 Medley				
50	Boys 400 Medley				
75	Girls 200 Free				
76	Boys 200 Free				
103	Girls 800 Free				
104	Boys 800 Free				
135	Girls 200 Medley				
136	Boys 200 Medley				
<b>15-18 Age Group Relays</b>					
Event #	Event	Team Entry Time			
		A	B	C	
21	Girls 400 Free				
22	Boys 400 Free				
51	Girls 400 Medley				
52	Boys 400 Medley				
77	Girls 200 Free				
78	Boys 200 Free				
105	Girls 800 Free				
106	Boys 800 Free				
137	Girls 200 Medley				
138	Boys 200 Medley				

MARK ALL ENTRY TIMES WITH "LCM," "SCY" OR "SCM" TO THE RIGHT OF YOUR ENTRY TIME.

Relays are \$20.00 per relay team entered.

**RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE:** <http://ome.swimconnection.com/pc/tera20140730>

Online entries are due by 11:59pm on Wednesday, July 23, 2014.

**Hotels with special rates for 2014 SPEEDO FAR WESTERN LONG COURSE CHAMPIONSHIP**



**Hilton**  
HOTELS & RESORTS

*Hilton Concord Hotel*  
**Junior Olympic**  
*Swimming Championships Rate*  
**\$95 single-quad**  
*Refrigerators in all rooms*  
925 827-2000



**HYATT**  
house™

*Far Western*  
*Swimming Championships Rate*  
\$159/124 (studio king)  
\$174/139 (one bedroom king)  
\$224/189 (two bedroom, 2 bath)  
*Higher rates apply to Tues & Wed. only*  
*Full kitchens in all rooms*  
*free wi-fi, parking,*  
*Breakfast included!*  
925 934-3343



**RENAISSANCE®**  
*Club Sport®*  
HOTEL • FITNESS • SPA  
WALNUT CREEK

*Far Western*  
*Swimming Championships Rate*  
**\$119 Standard King**  
**\$119 Double Double**  
*Refrigerators in all rooms,*  
*fitness center*  
1-800-231-7503



**MARRIOTT**

*Walnut Creek Marriott*

*Far Western*  
*Swimming Championships Rate*  
**\$135**

925 934-2000



**CROWNE PLAZA®**  
CONCORD WALNUT CREEK

*Far Western*  
*Swimming Championships Rate*

**\$95 (2 queen bed room)**  
925 825-7700



**COURTYARD®**  
Marriott.

*Courtyard Pleasant Hill*  
*Far Western*  
*Swimming Championships Rate*

**\$179/\$108**  
*higher rate for Mon.-Wed. only*  
925 691-1444



**Terrapins Swim Team**  
*Desire, Dedication, Determination*



**EMBASSY SUITES**  
HOTELS®  
*Walnut Creek*

*Far Western*  
*Swimming Championships Rate*  
**\$159 king / \$169 Double**  
*All are 2 room suites*  
*Full cooked breakfast*  
800-498-7397



**2014 FAR WESTERN CHAMPIONSHIPS**  
PACIFIC speedo



COMMUNITY & RECREATION SERVICES

## Concord Community Pool Swim Meet / Event Parking

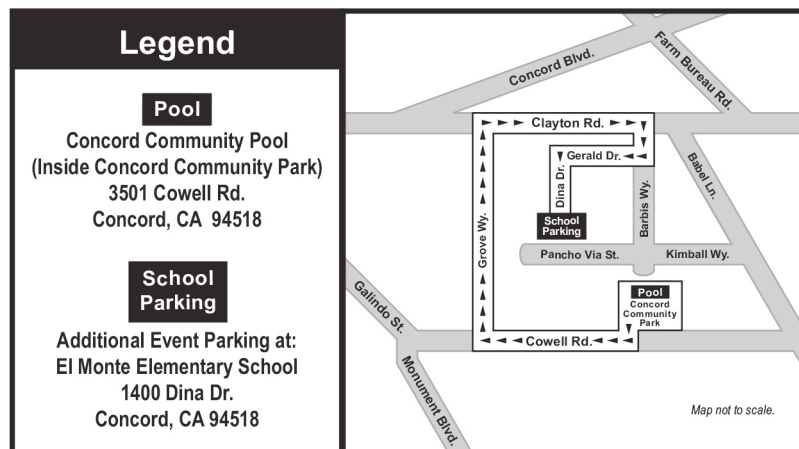
### Parking Instructions:

Thank you for visiting Concord Community Pool. If you are among the first to arrive for a swim meet, we ask that you...

1. Use the El Monte Elementary School blacktop first. This will free up much needed space in front of the pool, help accommodate more families, create less congestion on Cowell Rd, and help keep good relations with our surrounding neighbors. ***\*El Monte is approximately 100 yards from the back of the pool. To get there please follow the map below.***
2. Once the El Monte blacktop is full of cars, then utilize the designated spaces in front of the pool. Be courteous and use only one space. All regular parking rules will apply (i.e. red zones, handicap parking, etc.).
3. If both #1 and #2 are full, then use Cowell Rd. to park. ***\*Please do not park in front of neighborhood homes. Use only as a last resort.***

***\*Anyone parking illegally will be cited and/or towed at owner's expense.***

We hope you enjoy your time at Concord Community Pool!



### Directions to El Monte (from Concord Community Pool):

1. Turn right on to Cowell Rd.
2. Turn right on to Grove Rd.
3. Turn right on to Clayton Rd.
4. Turn right on to Barbis (Big-O Tires is on the corner)
5. Turn right on to Gerald
6. Turn left on to Dina. El Monte is straight ahead (1400 Dina Dr.) Proceed through the gates and go to the left to get behind the buildings, and on to the blacktop. There is an access gate from the blacktop to the park. Follow the path to the back of the pool.