

# PACIFIC SWIMMING'S ADAM SZMIDT MEMORIAL

LONG COURSE JUNIOR OLYMPICS – JULY 12-14, 2013

North Meet hosted by **TERRAPIN SWIM TEAM**

co-sponsored by *Pacific Swimming*

Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/tera20130712>



PACIFIC  
SWIMMING

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: 13-133

*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.*

## Teams Assigned to North Venue by Pacific Swimming:

**Z1 South:** CAB, CRUZ, GGST, KOHR, MBSC, LA, LGSC, MCAT, MTW, QSS, SBA, SCSC, SEA, SLUG

**Z1 North:** BAC, DACA, HDAC, MM, PCCA, PPSC, SSF, SUNN, UN

**Z2:** AAA, AIA, BEAR, BSW, CCAD, CDST, CSR, EA, ECG, HILL, LAC, LBD, MONT, NCAL, NWA, PA, PLS, RA, RAM, SAZ, TERA, TIGR, TRIV

**Z3 & Z4:** BST, CARS, CCSC, DDST, FBA, FINS, JCSC, MCSD, NBA, NNA, NVST, RAYS, RENO, SAM, SD, SHSC, SON, SSS, STAR, UN, VJO, WILL, YPAC

**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. By entering the meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VIDEO:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms, locker rooms or from the area immediately behind the starting blocks.

## NORTH MEET OFFICIALS:

|   |   |
|---|---|
| Head Referee: <b>Brian Malick</b>   | Head Starter: <b>Mike Davis</b>         |
| Meet Director: <b>Amy Gonzales</b><br>925.755.3774 or terrapinmeetentries@gmail.com | Head Marshal: <b>Andrzej Szafranski</b> |

**LOCATION:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord. **Hwy 680 North**, take Treat Blvd. exit right onto Treat Blvd. **Hwy 680 South**, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-meter competition pool with 9 lanes with electronic timing system. A Separate warm-up area will be available. 8 lanes will be used for finals. The minimum water depth for the course is 5, 0" at the start and turn ends, measured in accordance with Article 103.2.3. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:00 to 8:45 a.m. Finals will begin no sooner than 1 hour after the conclusion of trials. The exact time will be determined by the meet referee and announced as early as practical each day.

**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 the Course. All individual events are trials and finals, except for the 800 & 1500 meters freestyle events. Relays are timed finals. **All Coaches and Deck Officials must display their USA Swimming membership cards in a visible manner.** Swimmers may enter as many individual events as they have qualified for, but may only **compete in up to three (3) events per day and a maximum of seven (7) individual events**, plus relays for the entire meet.

**JO's LC 2013 - BONUS EVENTS:** Limited bonus events will be allowed as follows

|                                   |                         |
|-----------------------------------|-------------------------|
| Swimmers with 1 qualifying time   | 2 bonus events allowed  |
| Swimmers with 2 qualifying times  | 1 bonus event allowed   |
| Swimmers with 3+ qualifying times | No bonus events allowed |

Enter all Bonus events with your best LC time.

No Bonus entries allowed for the 800/1500 Freestyle.

**SPECIAL RULES:** 400 Free – must provide own timer. 400 IM – must provide own timer.

**800/1500 Freestyles:** Check-in for the 800/1500 meters freestyles will close at 10:00 a.m. on the day of event. All 800/1500's will be timed finals and will swim fastest to slowest. Distance events will run as combined age groups but will be scored and awarded by age group. These events may swim with two swimmers per lane starting at opposing ends at the discretion of the Head Referee and dependent upon the number of entries and the estimated timeline. Any break between end of prelims and beginning of the distance is at the discretion of the referee. **All swimmers in the 800 & 1500 meters freestyle must provide timers and lap counters.**

**15-16 & 17-18 Prelims:** 15-16 & 17-18 will be run as a combined event in Preliminary Heats. Finals will be held separately for 15-16 and 17-18 age groups.

**RELAYS:** All relay entries must be received by the entry deadline (Wednesday, July 03, 2013) with the entry time listed and a check for relay entry fee. **Relays and Relay Only Swimmers may be entered Online.** There will be no refunds for relays not swum. Any relay swimmer who is not entered in an individual event or is not listed on the "Relay Only Swimmers Entry List" will not be allowed to swim in a relay. Relay swimmers must swim in their appropriate age group (no "swimming up"). **No deck entered relays or relay swimmers. All relays will be swum as Timed Finals during the Finals session.**

**PROOF OF TIME:** Proof of time will 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. Entry times must have been achieved prior to the closing date of entries for the meet (July 03, 2013). If the 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. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**SEEDING:** Event seeding will be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - USA Swimming rules 207.12.7B. Preliminary heats will be swum slowest to fastest. **See Special Rules for distance events seeding.**

**UNACCOMPANIED SWIMMERS:** USAS 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 USAS 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 USAS 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:** Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet. Coaches, parents, siblings and officials may not use the pool. Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area.

**ELIGIBILITY:** This meet is open to current members of the PACIFIC SWIMMING LSC only. Swimmers must be current members of USA-S and enter their name and Registration number on the 2012 Consolidated Entry Form. The meet host will 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. Swimmers must have met the Pacific Swimming Junior Olympic conforming long course meters or non-conforming short course meter or short course yard time standard for each event entered. Swimmers 19 years of age and over may participate in the 15-18 age group provided they have met the time standards for the 15-18 age group; they will not be eligible to swim in finals, or receive awards. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy. All times must be achieved between January 1, 2012 and the entry deadline.

**ENTRY FEES:** \$5.50 per individual event, \$10.00 participation fee per swimmer, and \$20.00 per Relay. \*\*Note, relay only swimmers ARE NOT required to pay the \$10.00 participation fee. All entry fees MUST be included with entry. Make check payable to: **Terrapin Swim Team** and mail with entries to:

**Terrapin Meet Entries  
5330 Mojave Way  
Antioch, CA 94531**

\*If sending via Express/Overnight Delivery....**WAIVE THE SIGNATURE**

**ENTRY OPTIONS:**

**Option 1: Online Meet Entries:** The Deadline is 11:59 pm, **Wednesday, July 03, 2013.** Enter online at: <http://ome.swimconnection.com/pc/tera20130712> to receive immediate confirmation of acceptance by email. **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the

entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **"No Entry Times" will not be accepted.**

**Option 2: Surface Mail Entries:** Entry forms must be completely filled out, including the conforming long course meter (JO time) or non-conforming short course yard (JO time) or short course meter time (JO time) for each event. All entry times shall be noted by LCM, SCY and SCM to the right of the entry time. Bonus events must be entered at your best long course standard and circled. Entries (individual & relay) and fees must be postmarked by midnight **Monday, July 1, 2013**. Entries (individual and relay) that are hand delivered or sent via an overnight delivery service will be accepted if they are received with appropriate fees no later than Wednesday, July 3, 2013 by 6:00 pm. **No late entries via mail, fax, email or phone will be accepted.** No refunds will be made.

**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.

**Preliminary Events:** Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck who have checked in for that event, 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 an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure to compete was caused by illness, injury, or other circumstances beyond the control of the swimmer. **This rule does not apply to Timed Final events.**

**Final Events:** A swimmer shall be barred from competing for the remainder of the meet if he/she fails to compete in the final event that he/she originally qualified for, unless properly scratched. This rule includes a \$25 fine when the missed final is the swimmer's last race of the meet.

| <b>SCORING:</b> | 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> |
|-----------------|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
|                 | Individual events | 9               | 7               | 6               | 5               | 4               | 3               | 2               | 1               |
|                 | Relay events      | 18              | 14              | 12              | 10              | 8               | 6               | 4               | 2               |

|                |                        |  |
|----------------|------------------------|--|
| <b>AWARDS:</b> | Individual Events:     | Medals 1 <sup>st</sup> – 8 <sup>th</sup>   |
|                | Relay Events:          | Medals 1 <sup>st</sup> – 8 <sup>th</sup> (15/18 relays awarded as one age group) |
|                | Team Awards:           | Distinctive Awards 1 <sup>st</sup> – 3 <sup>rd</sup>                             |
|                | Individual High Point: | Distinctive Award for each age group   |

**Awards must be picked up by the end of the meet on Sunday. Awards will not be mailed.**

**HOSPITALITY:** Lunch, dinner and refreshments will be provided for working officials and coaches. Snacks & beverages will be provided for timers throughout the meet.

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

**ADMISSION:** Admission is free. A three-day program will be available at a reasonable cost (includes finals sheets).

**MISCELLANEOUS:**

**COACHES:** Coaches will be allowed to set up canopies along the north side of the pool. Due to limited space, we ask that teams share their canopies with other coaches.

**TEAM/INDIVIDUAL SET-UP:** Camping/set-up in the posted/designated areas only. There will be no camping/set-up, chairs, tents, blankets allowed anywhere on the concrete within the pool facility. Bleachers will be provided for spectator viewing. **Absolutely no set-up will be allowed prior to 7:00 am on Friday, July 12<sup>th</sup>.**

**PARKING:** Public parking is very limited. Carpooling is encouraged. Do not park on side streets, in driveways and red zones. Cars will be ticketed and/or towed for illegal parking. **Limited, reserved parking for Coaches and working Officials will be available. Overnight and/or day use RV parking is not allowed!**

**HOTEL INFORMATION:** Posted on the Pacific Swimming Website under Meet Updates

**PACIFIC SWIMMING JUNIOR LEADERSHIP CAMP: Camp Selection** - Sixty swimmers will be selected to attend Pacific Swimming's Junior Leadership Camp. Applications are available online at the Pacific Swimming web site and must be mailed and postmarked by July 21st, 2013 with payment. Participants must be 13-18 years old as of the final day of competition at the selection meet. To apply, an athlete must compete in an individual event at the selection meet. Additional details are available at [www.pacswim.org](http://www.pacswim.org) under the camps tab.

**2013 Pacific Swimming LC Junior Olympics Event List**

| Friday, July 12th |                               |              | Saturday, July 13th |                               |              | Sunday, July 14th |                               |              |
|-------------------|-------------------------------|--------------|---------------------|-------------------------------|--------------|-------------------|-------------------------------|--------------|
| Girls Event #     | Event Age Group & Description | Boys Event # | Girls Event #       | Event Age Group & Description | Boys Event # | Girls Event #     | Event Age Group & Description | Boys Event # |
| 1                 | 15-18 200 IM                  | 2            | 41                  | 11-12 200 Free                | 42           | 83                | 11-12 200 IM                  | 84           |
| 3                 | 10-Un 100 Free                | 4            | 43                  | 10-Un 200 Free                | 44           | 85                | 10-Un 200 IM                  | 86           |
| 5                 | 13-14 200 Free                | 6            | 45                  | 13-14 200 IM                  | 46           | 87                | 15-18 200 Free                | 88           |
| 7                 | 11-12 200 Fly                 | 8            | 47                  | 15-18 200 Fly                 | 48           | 89                | 11-12 100 Free                | 90           |
| 9                 | 15-18 100 Free                | 10           | 49                  | 11-12 100 Fly                 | 50           | 91                | 13-14 200 Fly                 | 92           |
| 11                | 10-Un 100 Fly                 | 12           | 51                  | 13-14 100 Free                | 52           | 93                | 15-18 100 Fly                 | 94           |
| 13                | 13-14 100 Fly                 | 14           | 53                  | 10-Un 50 Fly                  | 54           | 95                | 10-Un 100 Breast              | 96           |
| 15                | 11-12 100 Breast              | 16           | 55                  | 15-18 50 Free                 | 56           | 97                | 11-12 200 Breast              | 98           |
| 17                | 15-18 100 Breast              | 18           | 57                  | 11-12 50 Breast               | 58           | 99                | 13-14 100 Breast              | 100          |
| 19                | 10-Un 50 Back                 | 20           | 59                  | 10-Un 50 Breast               | 60           | 101               | 15-18 100 Back                | 102          |
| 21                | 11-12 50 Free                 | 22           | 61                  | 13-14 200 Breast              | 62           | 103               | 11-12 50 Back                 | 104          |
| 23                | 13-14 200 Back                | 24           | 63                  | 15-18 200 Breast              | 64           | 105               | 13-14 50 Free                 | 106          |
| 25                | 15-18 200 Back                | 26           | 65                  | 11-12 100 Back                | 66           | 107               | 10-Un 50 Free                 | 108          |
| 27                | 11-12 200 Back                | 28           | 67                  | 13-14 100 Back                | 68           | 109               | 11-12 50 Fly                  | 110          |
| 29                | 10-Un 400 Free                | 30           | 69                  | 10-Un 100 Back                | 70           | 111               | 15-18 400 IM                  | 112          |
| 31                | 13-14 400 Free                | 32           | 71                  | 11-12 400 IM                  | 72           | 113               | 13-14 400 IM                  | 114          |
| 33                | 11-12 400 Free                | 34           | 73                  | 15-18 400 Free                | 74           | 203               | <b>*11-14 800 Free</b>        |              |
| 201               | <b>*15-18 800 Free</b>        | 202          |                     | <b>*11-14 800 Free</b>        | 204          |                   | <b>*11-18 1500 Free</b>       | 206          |
| 35                | 11-12 400 Free Relay          | 36           | 205                 | <b>**11-18 1500 Free</b>      |              |                   | <b>*11-18 1500 Free</b>       |              |
| 37                | 13-14 400 Free Relay          | 38           | 75                  | 10-Un 200 Medley Relay        | 76           | 115               | 10 & Un 200 Free Relay        | 116          |
| 39                | 15-18 400 Free Relay          | 40           | 77                  | 11-12 200 Medley Relay        | 78           | 117               | 11-12 200 Free Relay          | 118          |
|                   |                               |              | 79                  | 13-14 200 Medley Relay        | 80           | 119               | 13-14 200 Free Relay          | 120          |
|                   |                               |              | 81                  | 15-18 200 Medley Relay        | 82           |                   |                               |              |

See Special Rules for Distance Events

\*Combined age group event

\*\* Event 204 11-14 Boys 800 Freestyle will swim before event 205 11-18 Girls 1500 Freestyle

All Relays will swim at the conclusion of finals

Time standards are located on the Pacific Swimming Website: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2013 Pacific Swimming LC Junior Olympics – North Meet**  
**July 12-14, 2013**

To be accepted, all entry information must be completely filled out

|                    |                 |                                 |                             |  |
|--------------------|-----------------|---------------------------------|-----------------------------|--|
| Last Name          |                 | First Name                      |                             | MI   |
| LSC CODE<br>(PC)   | Club Abbr:      |                                 | Club Name:                  |  |
| Age                | Age Group       | Gender<br>M F                   | Date of Birth:              | USA-S Registration Number  |
| Event #            | Distance/Stroke |                                 | Entry Time<br>LCM, SCY, SCM | <p><b>*PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2.</p> <p>Swimmer must have met the <u>listed</u> Junior Olympic - Pacific Swimming time standard in any course for each event entered.</p> <p>All entry times will be verified against the USA Swimming SWIMS database. If the 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.</p> <p>Mark all entry times as LCM (long course meters), SCY (short course yards) or SCM (short course meters) to the right of your entry time.</p> <p>Enter Bonus events at your best LC time. Circle bonus event entry times.</p> |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
|                    |                 |                                 |                             |  |
| Swimmer's Coach:   |                 | Total Entries                   |                             | x \$5.50 \$  |
| Swimmer's Address: |                 | Participation Fee:              |                             | \$10.00  |
| Email Contact:     |                 | Total:                          |                             | \$   |
| Phone Contact:     |                 | Checks Payable to Terrapin Swim |                             |  |

Mailed entries must be postmarked by Mon. July 1<sup>st</sup>, 2013. Hand Entries must be delivered to the Meet Director by 6:00 pm on Wed. July 3, 2013.

Terrapin Meet Director  
5330 Mojave Way  
Antioch, CA 94531

Late Entries will not be accepted. No faxed entries. Entry Check must be enclosed.

**2013 Pacific Swimming LC Junior Olympics North Team Relay Entry Form**

|                            |                  |            |  |
|----------------------------|------------------|------------|--|
| Team Name:                 |                  | Team Abbr: |  |
| Coach:                     | Phone:           | Email:     |  |
| # of Relays entered: _____ | X \$20 per relay | Total: \$  |  |

**Friday, July 12**

| Event # | Event                      | Team Entry Time |   |   |
|---------|----------------------------|-----------------|---|---|
|         |                            | A               | B | C |
| 35      | 11-12 Girls 400 Free Relay |                 |   |   |
| 36      | 11-12 Boys 400 Free Relay  |                 |   |   |
| 37      | 13-14 Girls 400 Free Relay |                 |   |   |
| 38      | 13-14 Boys 400 Free Relay  |                 |   |   |
| 39      | 15-18 Girls 400 Free Relay |                 |   |   |
| 40      | 15-18 Boys 400 Free Relay  |                 |   |   |

**Saturday, July 13**

| Event # | Event                        | Team Entry Time |   |   |
|---------|------------------------------|-----------------|---|---|
|         |                              | A               | B | C |
| 73      | 10&un Girls 200 Medley Relay |                 |   |   |
| 74      | 10&un Boys 200 Medley Relay  |                 |   |   |
| 75      | 11-12 Girls 200 Medley Relay |                 |   |   |
| 76      | 11-12 Boys 200 Medley Relay  |                 |   |   |
| 77      | 13-14 Girls 200 Medley Relay |                 |   |   |
| 78      | 13-14 Boys 200 Medley Relay  |                 |   |   |
| 79      | 15-18 Girls 200 Medley Relay |                 |   |   |
| 80      | 15-18 Boys 200 Medley Relay  |                 |   |   |

**Sunday, July 14**

| Event # | Event                      | Team Entry Time |   |   |
|---------|----------------------------|-----------------|---|---|
|         |                            | A               | B | C |
| 113     | 10&un Girls 200 Free Relay |                 |   |   |
| 114     | 10&un Boys 200 Free Relay  |                 |   |   |
| 115     | 11-12 Girls 200 Free Relay |                 |   |   |
| 116     | 11-12 Boys 200 Free Relay  |                 |   |   |
| 117     | 13-14 Girls 200 Free Relay |                 |   |   |
| 118     | 13-14 Boys 200 Free Relay  |                 |   |   |
| 119     | 15-18 Girls 200 Free Relay |                 |   |   |
| 120     | 15-18 Boys 200 Free Relay  |                 |   |   |

All Relay Entry times must be in Long Course Meters (LCM)  
 Late entries will not be accepted. No faxed entries. Team Check must be enclosed.

**2013 Pacific Swimming LC Junior Olympics North Team Relay Only Swimmer Pre-Entry Form**

|                   |               |                   |
|-------------------|---------------|-------------------|
| <b>Team Name:</b> |               | <b>Team Abbr:</b> |
| <b>Coach:</b>     | <b>Phone:</b> | <b>Email:</b>     |

| Age | Name (Last, First, MI) | Gender | USA-S Swimming Registration Number* (required on this form) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----|------------------------|--------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|     |                        | M F    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Relays and Relay Only Swimmers may be entered using Swim Connection**  
 Online entries are due by 11:59pm on Wed. July 3, 2013.

**Mailed entries** must be postmarked by Mon. July 1st, 2013. Hand Entries must be delivered to the Meet Director by 6:00 pm on Wed. July 3, 2013.

**Terrapin Meet Director  
 5330 Mojave Way  
 Antioch, CA 94531**