

## SPEEDO SHORT COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by Pleasanton Seahawks

co-sponsored by Pacific Swimming

March 30, 2017 – April 2, 2017

Enter Online: <http://usaswimming.org/ome>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-008**

*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 Meet Mobile.**

**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: Mike Davis</i>	<i>Head Starter: Phil Harter</i>
<i>Meet Marshal: Lucy Jhong</i>	<i>Admin Official: Mary Ruddell</i>
<i>Meet Director: Huy Quach (<a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a>)</i>	

**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 Preliminaries and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. 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.

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS: From Northbound or Southbound Highway 680:** Exit Stoneridge Drive and go East (away from hills). Go ½ mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 ½ miles down on left.  
**From Eastbound or Westbound Highway 580:** Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. Pool is on the right.

**PARKING: Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and Coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

**COURSE:** Outdoor 25 yard pool with up to 16 lanes available for competition. A separate pool 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 4 feet at the start end and 4 feet 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:** Meet will begin at 9 AM each day with warm-ups from 7:30AM to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:00AM to 8:45AM. Championship Finals start at 4PM (per P&P VIIA3d).

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All preliminary events will swim fast to slow, with the fastest 3 heats circle seeded.

- All events with the exception of the 1000/800 and 1650/1500 Freestyles will be Preliminaries and Finals (Championship Final Only).
- Athletes may compete in three (3) events per day, and a maximum of seven (7) individual events, plus relays for the entire meet.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches can provide proof of certification with Deck Pass and be given a meet badge to be worn each day of meet.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA-Swimming-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 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 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 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 propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**ELIGIBILITY:**

- Athletes must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. 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.
- Athletes must have met the "FW" time standard in every event entered. Entries with "NO TIME" will 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete 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 athletes 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 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 **September 30, 2015** and prior to the closing date of entries for

the meet **Monday, March 20, 2017 at 11:59 PM PST**. If the time cannot be proven prior to the meet, the athlete will be 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 athletes who have not proven their entry time. No refunds will be given if a time cannot be proven.

**ENTRY FEES:** \$10.00 per individual event, \$8.00 participation fee per athlete. \$20.00 per relay. **\*\*Note: Relay Only Athletes ARE NOT** required to pay the participation fee. All entry fees **MUST** be included with entry.

**ONLINE ENTRIES:** Online entry will be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries will be accepted until **11:59PM PST on Monday, March 20, 2017**. **If paying via check**, full payment must be postmarked within 48 hours of entry submission and mailed or hand-delivered to the below listed address.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:  
A. Late entries shall be submitted through the Online Meet Entry system (OME);  
B. These entries shall be received no later than 11:59 p.m. **Pacific Time on Wednesday, March 22, 2017**.  
C. 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 hytek entry file provided. Entry files are due no later than **Monday, March 20, 2017** at 11:59pm Pacific Time. Email entry files to [meetdirector@pleasantonseahawks.org](mailto:meetdirector@pleasantonseahawks.org). You must mail a hard copy recap of your entries along with your entry fee check. Hard copies and checks **MUST** arrive no later than **Monday, March 20, 2017**. **If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":**

**Make check payable to:** Pleasanton Seahawks  
**Mail/Hand deliver check to:** Far Western Championships Swim Meet Entries  
c/o Anna Umansky  
1558 Trimmingham Drive  
Pleasanton, CA 94566

\* ALL foreign teams must have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available at <http://www.usaswimming.org>. This invite can be mailed with entries or scanned and emailed to: [meetdirector@pleasantonseahawks.org](mailto:meetdirector@pleasantonseahawks.org).

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-short course meters - USA Swimming rules 207.11.7B.

**CHECK-IN:** The meet will be deck seeded. Athletes must 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.

**SCRATCHES:**

- Pacific Swimming scratch rules will be enforced. A copy will 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-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 must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the Referee that may not intend to compete in finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their 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 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:** Individual Events: Medals 1<sup>st</sup>-10<sup>th</sup>  
 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

**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>	10 <sup>th</sup>
<b>Individual Events</b>	11	9	8	7	6	5	4	3	2	1
<b>Relay Events</b>	22	18	16	14	12	10	8	6	4	2

**ADMISSION:** Free. A 4-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.

**HOTELS:** Please go to [www.pleasantonseahawks.org](http://www.pleasantonseahawks.org) on Far Western 2017 tab for hotel recommendations.

**EVENT SUMMARY:**

<b>Thursday, March 30, 2017</b>				
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 16</b>	<b>17 - 18</b>
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
100 FLY	100 FLY	100 FLY	200 BREAST	200 BREAST
100 BREAST	200 BREAST	200 BREAST	200 BACK	200 BACK
	50 BACK	1650 FREE (GIRLS)	1650 FREE (GIRLS)	1650 FREE (GIRLS)
	1650 FREE (GIRLS)	400 MEDLEY RELAY		
	400 MEDLEY RELAY			
<b>Friday, March 31, 2017</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	400 IM	400 IM
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE
50 BACK	200 BACK	200 BACK	100 FLY	100 FLY
	50 FLY	1650 FREE (BOYS)	1650 FREE (BOYS)	1650 FREE (BOYS)
	1650 FREE (BOYS)	400 FREE RELAY		
	400 FREE RELAY			
<b>Saturday, April 1, 2017</b>				
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 16</b>	<b>17 - 18</b>
500 FREE	500 FREE	500 FREE	200 FLY	200 FLY
100 BACK	100 IM	100 BACK	100 BACK	100 BACK
50 BREAST	100 BACK	100 BREAST	100 BREAST	100 BREAST
200 MEDLEY RELAY	50 BREAST	1000 FREE (GIRLS)	1000 FREE (GIRLS)	1000 FREE (GIRLS)
	1000 FREE (GIRLS)	200 MEDLEY RELAY		
	200 MEDLEY RELAY	200 FREE RELAY		
<b>Sunday, April 2, 2017</b>				
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 16</b>	<b>17 - 18</b>
100 IM	400 IM	400 IM	500 FREE	500 FREE
50 FLY	50 FREE	50 FREE	200 IM	200 IM
50 FREE	100 BREAST	200 FLY	50 FREE	50 FREE
200 FREE RELAY	200 FLY	1000 FREE (BOYS)	1000 FREE (BOYS)	1000 FREE (BOYS)
	1000 FREE (BOYS)	800 FREE RELAY		
	200 FREE RELAY			

**ORDER OF EVENTS**

Thursday, March 30, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
1	17-18	200 Freestyle	2
	15-16	200 Freestyle	
3	11-12	200 Freestyle	4
5	13-14	200 Freestyle	6
7	10 & U	200 Freestyle	8
9	17-18	200 Breaststroke	10
	15-16	200 Breaststroke	
11	11-12	100 Butterfly	12
13	13-14	100 Butterfly	14
15	10 & U	100 Butterfly	16
17	17-18	200 Backstroke	18
	15-16	200 Backstroke	
19	11-12	200 Breaststroke	20
21	13-14	200 Breaststroke	22
23	10 & U	100 Breaststroke	24
25	11-12	50 Backstroke	26
201++	11-12	1650 Freestyle *	
	13-14		
	15-16		
	17-18		
27	13-14	400 Medley Relay **	28
29	11-12	400 Medley Relay **	30

\* Will swim between trials and finals, immediately following event 26 on Thursday and 56 on Friday.

\*\* Will swim at the conclusion of finals.

++ The 11-18 Girls (#201) and Boys (#202) 1650 Freestyle will swim as combined events but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>

## ORDER OF EVENTS

Friday, March 31, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
31	17-18	400 IM	32
	15-16	400 IM	
33	11-12	200 IM	34
35	13-14	200 IM	36
37	10 & U	200 IM	38
39	17-18	100 Freestyle	40
	15-16	100 Freestyle	
41	11-12	100 Freestyle	42
43	13-14	100 Freestyle	44
45	10 & U	100 Freestyle	46
47	17-18	100 Butterfly	48
	15-16	100 Butterfly	
49	11-12	200 Backstroke	50
51	13-14	200 Backstroke	52
53	10 & U	50 Backstroke	54
55	11-12	50 Butterfly	56
	11-12	1650 Freestyle*	202++
	13-14		
	15-16		
	17-18		
57	13-14	400 Freestyle Relay **	58
59	11-12	400 Freestyle Relay **	60

\* Will swim between trials and finals, immediately following event 26 on Thursday and 56 on Friday.

\*\* Will swim at the conclusion of finals.

++ The 11-18 Girls (#201) and Boys (#202) 1650 Freestyle will swim as combined events but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>

## ORDER OF EVENTS

Saturday, April 1, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
61	17-18	200 Butterfly	62
	15-16	200 Butterfly	
63	11-12	500 Freestyle	64
65	13-14	500 Freestyle	66
67	10 & U	500 Freestyle	68
69	11-12	100 IM	70
71	17-18	100 Backstroke	72
	15-16	100 Backstroke	
73	11-12	100 Backstroke	74
75	13-14	100 Backstroke	76
77	10 & U	100 Backstroke	78
79	17-18	100 Breaststroke	80
	15-16	100 Breaststroke	
81	11-12	50 Breaststroke	82
83	13-14	100 Breaststroke	84
85	10 & U	50 Breaststroke	86
203++	11-12	1000 Freestyle *	
	13-14		
	15-16		
	17-18		
87	13-14	200 Medley Relay **	88
89	11-12	200 Medley Relay **	90
91	10 & U	200 Medley Relay ***	92
93	13-14	200 Freestyle Relay ***	94

\* Will swim between trials and finals, immediately following event 86.

\*\* Will swim at the start of finals.

\*\*\* Will swim at the conclusion of finals.

++ The 11-18 Girls (#203) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>



## ORDER OF EVENTS

Sunday, April 2, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
95	17-18	500 Freestyle	96
	15-16	500 Freestyle	
97	11-12	400 IM	98
99	13-14	400 IM	100
101	10 & U	100 IM	102
103	17-18	200 IM	104
	15-16	200 IM	
105	11-12	50 Freestyle	106
107	13-14	50 Freestyle	108
109	10 & U	50 Butterfly	110
111	11-12	100 Breaststroke	112
113	17-18	50 Freestyle	114
	15-16	50 Freestyle	
115	13-14	200 Butterfly	116
117	11-12	200 Butterfly	118
119	10 & U	50 Freestyle	120
	11-12	1000 Freestyle *	204++
	13-14		
	15-16		
	17-18		
121	13-14	800 Freestyle Relay ***	122
123	11-12	200 Freestyle Relay ***	124
125	10 & U	200 Freestyle Relay ***	126

\* Will swim between trials and finals, immediately following event 120.

\*\*\* Will swim at the conclusion of finals.

++ The 11-18 Boys (#204) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>