

**PACIFIC SWIMMING SHORT COURSE FAR WESTERN CHAMPIONSHIPS**  
**HOSTED BY PLEASANTON SEAHAWKS**  
**APRIL 2-5, 2020**  
Enter Online: <http://usaswimming.org/ome>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-010**

*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 <http://www.fastlanetek.com>**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

<b>Meet Referee:</b> Mike Tramack	<b>Head Starter:</b> William Chong
<b>Meet Marshal:</b> Christopher Lillie	<b>Admin Referee:</b> Debbi Tucker
<b>Meet Director:</b> Jason Zhang and Rozel Tupaz	<a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a>

**CERTIFICATION MEET:** Officials wishing to be evaluated shall apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing shall occur one hour before the start of both Preliminaries and Finals. Officials dress for Finals is white polo shirts, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it shall be done over 4 sessions in the position. N2 evaluation shall be done over 3 sessions in the position. Re-certification evaluations shall each be done over two sessions; however, the official shall work at least 4 sessions at the meet for advancement or re-certification evaluation(s) to be valid. The application form can be obtained 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. The 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" SHALL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and Coaches shall be available in the parking lot behind the pool. Officials and Coaches using the lot shall be prepared to show valid USA Swimming credentials to gain access. No overnight parking or R.V. parking is allowed.

**COURSE:** Outdoor 25 yard pool with up to 18 lanes available for competition. An additional pool available for warm-up/cool down throughout the Preliminaries. A minimum of 5 lanes for warm-up/cool down will be available during Finals. 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 shall begin at 9:00 AM each day with warm-ups from 7:00 AM to 8:45 AM. A special warm-up time for 8 and under athletes only shall be held from 8:00 to 8:45 AM. (Lanes TBD at Meet) Warm-ups for Finals shall start one hour prior to the start of Finals. Championship and Consolation Finals shall start no sooner than 1 hour after the finish of the preliminary session including distance timed finals.

**RULES:** • Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Protection Policy (MAAPP), and warm-up procedures shall govern the meet. A copy of these warm-up procedures shall be posted at the Clerk-of-Course.

- All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded.
- All events will be Preliminaries and Finals, except for the 1000 and 1650 Freestyles.
- Finals will be comprised of 10 athletes in the Championship Final and 8 athletes in the 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.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- **All coaches and deck officials shall wear their Deck Credentials in a visible manner.**
- All Relay events, except for the 13-14 200 Free Relays shall swim at the conclusion of Finals. The 13-14 200 Free Relays shall swim at the start of Finals on Saturday.
- Athletes shall provide their own timers and lap counters for the 1000 and 1650 Freestyle.
- Athletes shall provide lap counters for the 500 Freestyle.
- Athletes can qualify for the 1650 Freestyle with a 1000 yard/800 meter qualifying time. Athletes can qualify for the 1000 Freestyle with a 1650 yard/1500 meter qualifying time. The 1650 Freestyle will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, 800 SCM. The 1000 Freestyle will be seeded in the following order: 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, 1500 SCM.
- Athletes entered in the meet shall receive a deck pass as part of the entry fee. Should an Athlete lose their deck pass, the Athlete's Coach can purchase a replacement deck pass for \$10.
- **This is a closed deck meet. Only Athletes, Coaches, Officials and Volunteers with a deck credentials will be allowed on the deck.**
- No Refunds shall be given (other than mandatory scratch downs).
- Pacific Swimming does not currently have a No-Tech Suit policy for 12 & under Athletes.

**ATTENTION HIGH SCHOOL ATHLETES:** High school athletes in season need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. Athletes 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 shall be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages 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.
- Only specified areas outside the venue will be allowed Ez-ups. Ez-ups must be taken down daily and not left overnight. Please do not block any pathways of the park. Any items left outside the venue in the park will be at your own risk.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All animals except working service animals are prohibited from all areas of the competition venue.

- Except for Coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area. All athlete and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.

**ELIGIBILITY:** • Athletes shall be current members of USA Swimming, and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall check all athlete registrations against the SWIMS database, and if not found to be registered, the Administrative Referee 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. Entries with "NO TIME" shall be rejected.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 and Over may compete in Preliminaries and Timed Final events. They shall not be eligible to compete in Finals. Such athletes shall have met standards for the 15-18 age group.
- The athlete's age shall 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. All-Star Teams shall not be in contention for team awards. All-Star relays can win medals but shall not score points.

**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. Entry times shall have been achieved after **October 1, 2018** and prior to the closing date of entries for the meet **Monday, March 23, 2020 at 11:59 PM PST (Pacific Standard Time)**. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

**ENTRY FEES:** \$10.00 per individual event, \$8.00 participation fee per athlete and \$20.00 per relay. \*\*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:** \$10.00 per coach. All Coaches must be USA Swimming coach members with current certifications (verified via OME or Deck Pass) or coaches of teams with approved foreign invitations. The credential shall be worn at all times during the meet. Coaches with credentials shall, in addition to having access to the deck, receive a program, Finals sheets, access to parking, and hospitality. Coach Credentials can be purchased in USA Swimming's OME system, at check in during the meet and/or with the Hy-Tek entry file. Should an Athlete or Coach lose their deck credential, a replacement can be purchased for \$10.

**ONLINE ENTRIES:** Online entry shall be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries shall be accepted until **Monday, March 23, 2020 at 11:59 PM PST**.

**HY-TEK ENTRIES:** Hy-Tek entries shall be accepted. Teams may submit a Hy-Tek electronic entry file to Pacific Swimming at: [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). Entries shall be accepted through **Monday, March 23, 2020 at 11:59 PM PST**. The team shall receive an entry confirmation from Pacific Swimming. Each Hy-Tek entry file is subject to a surcharge based on the number of athletes.

1-10 athletes	\$50
11-25 athletes	\$100
26-50 athletes	\$150
50+ athletes	\$200

Hy-Tek entries shall require a team check made out to Pacific Swimming for the amount of the entry fees plus the service charges. The payment shall be postmarked within 48 hours of entry submission and mailed (or hand-delivered) to:

**PACIFIC SWIMMING, 1320 WILLOWPASS RD, 6<sup>TH</sup> FLOOR, #665, CONCORD, CA 94520**

A late fee of 20% shall be charged to the team 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 the Online Meet Entry system (OME)
- These entries shall be received no later than **Wednesday, March 25, 2020 at 11:59 PM PST**.

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 Hy-Tek entry file provided. Hy-tek entry surcharges apply. Entry files are due no later than **Monday, March 23, 2020 at 11:59 PM PST**. Email the entry file to [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). 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 **Monday, March 23, 2020 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:** Pacific Swimming

**Mail or Deliver by hand check to:** PACIFIC SWIMMING, 1320 WILLOWPASS RD, 6<sup>TH</sup> FLOOR, #665, CONCORD, CA 94520

\* 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 <http://www.pacswim.org/userfiles/cms/documents/1288/foreign-athleteteam-invitation.pdf>. This invite can be mailed with entries or scanned and emailed to Annie Stein at [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org).

**SEEDING:** Event seeding shall be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.11.7B.

**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 remaining 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.**

**DISTANCE:** Distance events are timed Finals seeded fastest to slowest. Athletes in the 1000 and 1650 Freestyle events may check in from the 1<sup>st</sup> day of the meet until 11:00 AM on the day of the event. All Distance events shall swim between Preliminaries and Finals. The distance may swim on both courses after the Preliminaries on both courses are complete. Distance events shall swim as a combined event but shall be awarded separately by age group. Athletes shall provide their own timers and lap counters for the 1000 and 1650 Freestyle. Athletes shall provide their own lap-counters for the 500 Freestyle.

**RELAYS:** All relay entries, including relay only athletes, must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted at the meet.

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for Finals or Consolation 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 or Consolation 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. 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>-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>
Individual Events	11	9	8	7	6	5	4	3	2	1
Relay Events	22	18	16	14	12	10	8	6	4	2

**ADMISSION:** Free.

**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. Drinks and snacks will be provided for Timers, and Volunteers

**MISCELLANEOUS:** No overnight parking is allowed. No noise makers allowed in the pool venue

### Event Summary

<b>Thursday, April 2, 2020</b>			
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 18</b>
200 FREE	200 FREE	200 FREE	200 FREE
100 FLY	100 FLY	100 FLY	200 BREAST
100 BREAST	200 BREAST	200 BREAST	200 BACK
	50 BACK	1650 FREE (GIRLS)	1650 FREE (GIRLS)
	1650 FREE (GIRLS)	400 MEDLEY RELAY	
	400 MEDLEY RELAY		
<b>Friday, April 3, 2020</b>			
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 18</b>
200 IM	200 IM	200 IM	400 IM
100 FREE	100 FREE	100 FREE	100 FREE
50 BACK	200 BACK	200 BACK	100 FLY
	50 FLY	1650 FREE (BOYS)	1650 FREE (BOYS)
	1650 FREE (BOYS)	400 FREE RELAY	
	400 FREE RELAY		
<b>Saturday, April 4, 2020</b>			
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 18</b>
500 FREE	500 FREE	500 FREE	200 FLY
100 BACK	100 IM	100 BACK	100 BACK
50 BREAST	100 BACK	100 BREAST	100 BREAST
200 MEDLEY RELAY	50 BREAST	1000 FREE (GIRLS)	1000 FREE (GIRLS)
	1000 FREE (GIRLS)	200 MEDLEY RELAY	
	200 MEDLEY RELAY	200 FREE RELAY	
<b>Sunday, April 5, 2020</b>			
<b>10 &amp; UNDER</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 - 18</b>
100 IM	400 IM	400 IM	500 FREE
50 FLY	50 FREE	50 FREE	200 IM
50 FREE	100 BREAST	200 FLY	50 FREE
200 FREE RELAY	200 FLY	1000 FREE (BOYS)	1000 FREE (BOYS)
	1000 FREE (BOYS)	800 FREE RELAY	
	200 FREE RELAY		

Distance Events shall swim between Preliminaries and Finals.  
Relays shall swim at the conclusion of Finals except relay events 87-88, which shall swim at the beginning of Finals on Saturday.  
The 11-18 distance freestyle events shall swim as combined events but shall be awarded separately by age group.

ALL TIME STANDARDS available at:

<http://www.pacswim.org/userfiles/cms/documents/859/fw-time-std.---spring-2020-rev-11.20.19.pdf>

## ORDER OF EVENTS

Thursday, April 2, 2020			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
1	15-18	200 Freestyle	2
3	11-12	200 Freestyle	4
5	13-14	200 Freestyle	6
7	10 & U	200 Freestyle	8
9	15-18	200 Breaststroke	10
11	11-12	100 Butterfly	12
13	13-14	100 Butterfly	14
15	10 & U	100 Butterfly	16
17	15-18	200 Backstroke	18
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		
	15-18		
27	13-14	400 Medley Relay	28
29	11-12	400 Medley Relay	30

Friday, April 3, 2020			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
31	15-18	400 IM	32
33	11-12	200 IM	34
35	13-14	200 IM	36
37	10 & U	200 IM	38
39	15-18	100 Freestyle	40
41	11-12	100 Freestyle	42
43	13-14	100 Freestyle	44
45	10 & U	100 Freestyle	46
47	15-18	100 Butterfly	48
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		
	15-18		
57	13-14	400 Freestyle Relay	58
59	11-12	400 Freestyle Relay	60

Saturday, April 4, 2020			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
61	15-18	200 Butterfly	62
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	15-18	100 Backstroke	72
73	11-12	100 Backstroke	74
75	13-14	100 Backstroke	76
77	10 & U	100 Backstroke	78
79	15-18	100 Breaststroke	80
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		
	15-18		
87	13-14	200 Freestyle Relay	88
89	11-12	200 Medley Relay	90
91	10 & U	200 Medley Relay	92
93	13-14	200 Medley Relay	94

Sunday, April 5, 2020			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
95	15-18	500 Freestyle	96
97	11-12	400 IM	98
99	13-14	400 IM	100
101	10 & U	100 IM	102
103	15-18	200 IM	104
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	15-18	50 Freestyle	114
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		
	15-18		
121	11-12	200 Freestyle Relay	122
123	10 & U	200 Freestyle Relay	124
125	13-14	800 Freestyle Relay	126