

SPEEDO LONG COURSE FAR WESTERN CHAMPIONSHIPS

Co-sponsored by Pacific Swimming

Hosted by West Coast Aquatics

July 29 – August 2, 2015

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

PACIFIC
SWIMMING



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-086**

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> and on 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:</i> Mike Davis	<i>Head Starter:</i> Don Bautista
<i>Meet Marshal:</i> Son Diep	<i>Admin Official:</i> Mike Piccardo
<i>Meet Director:</i> Guiselle Morrone – teammanager@westcoastaquatics.org	

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 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 found on the [Pacific Swimming Website](http://www.pacificswimming.com).

LOCATION: Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133.

DIRECTIONS: From Interstate-680, exit McKee Road and head west, away from the foothills. Turn right at the first light, which is Jackson Avenue. Turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east, toward the foothills. Go down McKee to the 7th traffic light which will be Jackson Avenue. Turn left on Jackson and at the second light turn left into the pool parking lot.

COURSE: 50 meter by 25 yard outdoor, heated pool with up to 8 lanes available for competition. An additional 7 lanes 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 4'5" at the start end and 7' 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 9:00 AM each day with warm-ups from 7:00 to 8:45 AM each day. Finals will begin no earlier than 1 hour after the conclusion of prelims. The exact time will be determined by the Head Referee and it will be announced soon after.

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 800 and 1500 Freestyles will be Trials and Finals (Championship Final Only).
- Swimmers may compete in three (3) events per day, and a maximum of nine (9) 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.**

SPECIAL RULES: • The 800 & 1500 Freestyles will be swum fastest to slowest.

- All swimmers in the 800 & 1500 Freestyles must provide their own lap counters and timers.
- The 800 & 1500 Freestyles will be swum in combined age groups of 11-18 years old. These events will be scored and awarded by age groups (11-12, 13-14, 15-16, 17-18).
- At the discretion of the Meet Referee, the 800 & 1500 Freestyle events may be swum with two swimmers per lane starting at opposite ends.
- Swimmers in the 800 & 1500 Freestyles may check in from the first day of the meet until 60 minutes prior to the start of their event.
- The 400 IM will be swum as a combined 11-18 age group during the preliminary session but will be swum, scored, and awarded as separate age groups (11-12, 13-14, 15-16, 17-18) in Finals.
- The 400 Freestyle will be swum as combined age groups (12 & Under and 13-18) during the preliminary session but will be swum, scored, and awarded as separate age groups in Finals (10 & U, 11-12, 13-14, 15-16, 17-18).
- All swimmers in the 400 Freestyle and 400 IM must provide their own timers.

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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S 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, on standing areas and in all areas used by swimmers, 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.
- **Animals are prohibited on the pool deck area at all times, with the exception of assistance animals for the disabled. No canopies, chairs, tents, or camping are allowed on the competition deck area.**
- **There will NO parents allowed on the pool deck area, only coaches, officials working the meet, volunteers wearing a volunteer name tag and meet personnel.**

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 their 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 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.
- Swimmer must have met the "FW" time standard in every 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and older may not compete in the meet.
- 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 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 **February 1, 2014** and prior to the closing date of entries for the meet (**Monday, July 20, 2015 at 11:59 PM PST**). If the time cannot be proven prior to the meet, the swimmer 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 swimmers 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, \$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 ENTRIES: Online entry will be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries will be accepted until **Monday, July 20, 2015**.

Team HY-TEK Entries: Team Entries may be submitted via Hytek File to teammanager@westcoastaquatics.org by 11:59 PM, **Monday, July 20, 2015**. No late entries will be accepted. Full payment for Hy-Tek entries must be postmarked within 48 hours of entry submission and mailed or hand-delivered to the below listed address.

Make check payable to: West Coast Aquatics

Mail/Hand Deliver Check to: West Coast Aquatics, C/O Guiselle Morrone 6317 Grand Oak Way, San Jose, CA 95135

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 207.11.7B. **See Special Rules for distance events seeding.**

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 a preliminary individual event in a Trials and Finals meet that is seeded on the deck that 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 in a preliminary event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first.
- Any swimmer 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 swimmer qualifying for a final race in an individual event who fails to show up prior to calling the alternate shall be barred from the remainder of any final events 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 \$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 event Finalists will be awarded, 1st through 8th places medals. Relay events will be awarded medals for 1st to 3rd place and Rosettes for 4th through 8th. 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 events 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. Awards will not be mailed.

SCORING:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

ADMISSION: Free. A 5-day meet program will be available for a fee.

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

HOSPITALITY: Lunch and hospitality will be available to all working officials and coaches. Refreshments and snacks will be provided to timers.

MISCELLANEOUS: Seating: WEST will be providing tables, chairs and canopies for all coaches around the pool deck. WEST will allow set up for the visiting teams out in the courtyard area located to the right of the pool facility behind the big Gym. Items left in that area overnight will not be guarded. Any items left inside and outside of the pool gates overnight will not be guarded. Seating in front of emergency doors, walkways, areas that have been specifically marked, near exit signs and other marked buildings will be **PROHIBITED**. WEST marshals and other meet staff will have the authority to remove the tents, canopies, chairs and other set up equipment that is blocking the areas mentioned above without notice. There will be **NO** set up on Tuesday afternoon or evening. There will be no set up in front of or around the School Administration buildings located at the front of the pool venue. There will be **NO** parents allowed on pool deck area, only meet personnel, officials working the meet, coaches, and volunteers wearing a volunteer name tag.

HOTEL INFORMATION: For hotel information, please visit our website at <http://www.westcoastaquatics.org> and click on the tab 2015 LC Far Western Championship.

EVENT SUMMARY:

Wednesday, July 29, 2015				
10 & Under	11-12	13-14	15-16	17-18
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
	50 Breaststroke	400 IM (F)	400 IM (F)	400 IM (F)
	400 IM (F)	1500 Freestyle (M)	1500 Freestyle (M)	1500 Freestyle (M)
	1500 Freestyle (M)	400 Free Relay	400 Free Relay	400 Free Relay
Thursday, July 30, 2015				
10 & Under	11-12	13-14	15-16	17-18
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 (F)	800 Free (F)	800 Free (F)
	800 Free (F)	400 Medley Relay	400 Medley Relay	400 Medley Relay
	400 Medley Relay			
Friday, July 31, 2015				
10 & Under	11-12	13-14	15-16	17-18
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 (F)	1500 Freestyle (F)	1500 Freestyle (F)	1500 Freestyle (F)
	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
Saturday, August 1, 2015				
10 & under	11-12	13-14	15-16	17-18
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
Sunday, August 2, 2015				
10 & under	11-12	13-14	15-16	17-18
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 (F)	400 Freestyle (F)	400 Freestyle (F)
400 Freestyle (W)	400 Freestyle (F)	200 Medley Relay	200 Medley Relay	200 Medley Relay
200 Medley Relay	200 Medley Relay			

(M) = Event being swum by Men only
(F) = Event being swum by Female only

ORDER OF EVENTS:

WEDNESDAY, July 29, 2015		
Girl's Events	Event Age Group & Description	Boy's Events
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 (F)	
203+	13-14 400 IM (F)	
205+	15-16 400 IM (F)	
207+	17-18 400 IM (F)	
	11-12 1500 Freestyle (M)	202++
	13-14 1500 Freestyle (M)	204++
	15-16 1500 Freestyle (M)	206++
	17-18 1500 Freestyle (M)	208++
19	13-14 400 Freestyle Relay	20
21	15-18 400 Freestyle Relay	22

+ Preliminary Events 201, 203, 205, and 207 will swim together (Finals will be separate).

++ Timed Final Events 202, 204, 206, and 208 will swim together but will be scored/awarded separately.

THURSDAY, July 30, 2015		
Girl's Event	Event Age Group & Description	Boy's Event
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)	210*
	13-14 400 IM (M)	212*
	15-16 400 IM (M)	214*
	17-18 400 IM (M)	216*
209**	11-12 800 Freestyle (F)	
211**	13-14 800 Freestyle (F)	
213**	15-16 800 Freestyle (F)	
215**	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

***Preliminary Events 210, 212, 214, and 216 will swim together (Finals will be separate).**

**** Events 209, 211, 213, and 215 will swim together but will be scored/awarded separately.**

FRIDAY, July 31, 2015		
Girl's Events	Event Age Group & Description	Boy's Events
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)	218 #
	11-12 400 Freestyle (M)	220 #
	13-14 400 Freestyle (M)	222 ##
	15-16 400 Freestyle (M)	224 ##
	17-18 400 Freestyle (M)	226 ##
217 +++	11-12 1500 Freestyle (F)	
219 +++	13-14 1500 Freestyle (F)	
221 +++	15-16 1500 Freestyle (F)	
223 +++	17-18 1500 Freestyle (F)	
73	11-12 200 Free Relay	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78

Preliminary Events 218 and 220 will swim together (Finals will be separate).

##Preliminary Events 222, 224, and 226 will swim together (Finals will be separate).

+++ Events 217, 219, 221, and 223 will swim together but will be scored/awarded separately.

SATURDAY, August 1, 2015		
Girl's Events	Event Age Group & Description	Boy's Events
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)	228***
	13-14 800 Freestyle (M)	230***
	15-16 800 Freestyle (M)	232***
	17-18 800 Freestyle (M)	234***
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

*****Events 228, 230, 232, and 234 will swim together but will be scored/awarded separately.**

SUNDAY, August 2, 2015		
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
225 ###	10 & Under 400 Freestyle (F)	
227 ###	11-12 400 Freestyle (F)	
229 @	13-14 400 Freestyle (F)	
231 @	15-16 400 Freestyle (F)	
233 @	17-18 400 Freestyle (F)	
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

Preliminary Events 225 and 227 will swim together (Finals will be separate).
@ Preliminary Events 229, 231, and 233 will swim together (Finals will be separate).

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(F) = Event being swum by Female only

Time Standards available at: <http://www.pacswim.org/userfiles/cms/documents/859/fw-qualifying-lcm-revas.pdf>