

Pacific Swimming and the Pleasanton Seahawks Present  
Far Western Short Course Championship Meet

Dolores Bengtson Aquatic Center, Pleasanton, California

March 29 – April 1, 2007

Enter this meet online at: <http://swimconnection.com/pc/meet/plsfw>

**SANCTION:** Held under USA Swimming/Pacific Swimming sanction number: **0017**

**LOCATION:** [PLEASANTON SEAHAWKS](#)

Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton California.

**From I580** take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right.

**From I680** take Bernal exit east to Valley Ave, go left on Valley Ave about two miles to Santa Rita Rd., turn right on Santa Rita about ½ mile to Black Ave, turn right on Black Ave. Pool is on the right.

**PLEASE DO NOT PARK AT THE CHURCH, PAC BELL OR POST OFFICE PARKING LOTS ACROSS THE STREET. YOU WILL BE TOWED.**

**COURSE:** 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes available. A separate 8 lane, 25-meter warm-up area will be available during the meet. Locker rooms with showers are available.

**TIME:** The competition pool and adjacent warm-up pool will be available for pre-meet warm-ups on Thursday, March 29 through Sunday, April 1 from 7:30 AM to 8:45 AM. The competition pool will be cleared at 8:45 AM each day. Trials will start at 9:00 AM. Finals will begin no sooner than one and one-half hours after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day. See special rules below for the 1000 and 1650 Freestyle Events and Relays. Relays will be swum at the conclusion of Finals on Thursday, Friday and Sunday. On Saturday, Events 105 and 106 will be swum at the beginning of Finals. The remaining relays on Saturday will be swum at the conclusion of Finals.

**RULES :** Current U.S.A. 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-Course. All events are trial and finals except the 1000 and 1650 Freestyle events and all relay events. Swimmers may enter as many events as they have met or exceeded the listed time standards. **However, they may only compete in a maximum of seven (7) events.** This means that if a swimmer enters more than seven events, he or she must scratch down to the seven-event limit and no refunds will be given. **Swimmers are further restricted to swimming no more than three- (3) events in any single day of competition, including distance events.** Relay events do not count against these limits. All swimmers in the 500, 1000 and 1650 freestyle must provide their own timers and lap counters. See special rules for distance events and relays below. Preliminary Events (Trials) will be swum slowest to fastest starting with non-conforming long course meter "Q" time (LCM), non-conforming short course meter "Q" time (SCM), then conforming short course yard "Q" times (SCY), except where noted for distance events. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.** Coach and deck official packets will be given only to those displaying their cards.

**PROOF OF TIME:** Proof of time will be REQUIRED in advance for all swimmers for this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations.

1. All entry times will be verified against the USA Swimming SWIMS database. Entry times must have been achieved prior to the closing date for entries to the meet (March 21, 2007). If a time can not 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. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Swimmers from foreign swim federations MUST prove all their times before being allowed to check-in.
2. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters, and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event in this meet.
3. When possible, coaches will be notified of their swimmers who have not proven their entry time .

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by 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 propane containers, other than provided for the snack bar, are allowed in any areas of the meet venue. No glass containers allowed on deck.
- Except for coaches' seating next to the pool (which will be provided by the Seahawks), no chairs, canopies, tents, or "camping" in the competition pool area. All chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.
- All cement walkways and pads are to be left open for emergency vehicle access and/or traffic flow.

**ELIGIBILITY:**

- Swimmers 18 years of age or younger are eligible to enter this meet.
- All swimmers must have a current USA Swimming registration card and must enter the number on their entry cards. Swimmers who enter as "Pending" or "Applied for" must be prepared to present their current card or register before being allowed to check in, unless the Meet Director determines that they are validly pending.
- Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the registration fee.
- Swimmers must have met the listed qualifying time standards.
- Swimmers not part of Pacific Swimming MUST bring copy of their US Swimming Registration card to the meet to avoid questions about registration.
- Swimmers who enter an event but do not enter a time which meets or exceeds the listed time standard will not be permitted to swim that event unless they provide written proof that they have met or exceeded the listed time standard.
- **"NO TIME" entries WILL NOT be accepted. No refunds will be made.**
- Relay swimmers must be either entered in an individual event or must be on the "Relay Only Swimmers Pre Entry Form" (page 15) or will not be allowed to compete.
- Swimmers must have met the Pacific Swimming Far Westerns conforming short course yards (Q time) or non-conforming short course meters (Q time) or long course meters time standard (Q time) for each event entered.

**RELAYS:**

All relay entries must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time. Relays must check in by 12:00 Noon each day. Teams not checked in will not be seeded and will not be allowed to compete in the event. Each swimmer's complete name and actual age must be entered on the card at the time of check-in. Order of swim must be declared prior to the start of the heat. All relays are swum as timed finals. No late, telephone, or FAXED entries will be accepted. No refunds will be made.

**DISTANCE:**

The 1650 and 1000 yard Freestyle events are timed finals and will be scored. The Meet Referee and Meet Director will determine the course(s) to be used based on the number of swimmers checked-in for these events. Swimmers need to provide their own lap counters and a timer. Check in for the 1000 and 1650 Freestyle events (Events 201-204) will be open from the start of the meet until 11:00 AM on the day of the event. The 1000 and 1650 Freestyle events will be swum fastest to slowest, either alternating women and men or on separate courses. The Meet Referee and Meet Director may decide to swim two swimmers per lane.

**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 30 minutes before the *estimated* time of the start of the first heat of the event. Swimmers must check in for the 1000 and 1650 Freestyle events by 11:00 AM on the day of the event. Check in for the 1000 and 1650 Freestyle events (Events 201-204) will be open from the start of the meet until 11:00 AM on the day of the event. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. Any swimmer who has checked-in for an individual event trial and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances that were beyond the control of the swimmer. **A swimmer shall be barred from competing for the remainder of the meet if he or she fails to compete in the final that he or she originally qualified for, unless properly scratched.** This rule includes a fine of \$25 for any swimmer originally qualifying for a final but failing to compete in that final if the final is the swimmer's last competition of the meet.

**ENTRIES:** You may enter this meet online or by mail.

**Option 1: Online Meet Entries:**

Enter at: <http://swimconnection.com/pc/meet/plsfw> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). 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. Online entries must be entered through the online entry system and will close at **midnight, PST, Wednesday, March 21, 2007**. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. "NO TIME" entries **will not** be accepted.

**Option 2: Postal System Mailed Entries**

Entries must be on attached form. Team relay entries should be submitted by the team on the attached form. Entry forms must be completely filled out, including best conforming short course yard (Q time) or non-conforming short course meter (Q time) or non-conforming long course meter time (Q time) for each event and accompanied by a check for the correct amount. All entry times shall be noted by (SCY), (LCM), (SCM), to the right of the entry time. [SCY = short course yards; LCM = long course meters SCM = short course meters]. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS!** "NO TIME" entries **will not** be accepted. Swimmers who submit a No-Time entry will not be entered in that event. Any swimmer who has been judged to have submitted a falsified time will be referred to his or her local Swimming Committee. All non-Pacific swimmers should include a photocopy of their USA Swimming registration card. Entries **must** be postmarked by **midnight, PST, Wednesday, March 21, 2007**.

**ENTRY DEADLINE:** Entries can also be hand delivered to the address below **by midnight, PST, Wednesday, March 21, 2007**. No late entries, no telephone entries, and no FAXED entries will be accepted.

**ENTRY FEES:** \$4.50 per individual event, \$16.00 per relay event, plus \$5.00 participation fee per swimmer to help cover meet expenses.

Make checks payable to "Pleasanton Seahawks" and mail with entries to:

Far Western Entries  
C/O K Narum  
7749 Palmdale Ct.  
Pleasanton, CA 94588

**Directions:** From Southbound on 680, exit Stoneridge Dr. turn right at the stoplight onto Stoneridge Dr. turn left onto Springdale Dr. and go until it dead ends. Turn right onto Muirwood Dr. second left onto Hillcrest Dr. first right onto Palmdale Ct. From northbound on 680 exit Stoneridge Dr. turn left at the stoplight onto Stoneridge Dr. follow the direction listed above.

To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status. Do NOT leave entries in the mail box.

**OFFICIALS:** Head Referee: Owen Melroy  
 Head Starter: Rick Beebe  
 Head Marshal: Gary Knowles  
 Meet Director: Mani Nair (925) 922-4467 (please do not call after 8:00 PM PST)  
[mani\\_nair\\_2001@yahoo.com](mailto:mani_nair_2001@yahoo.com)

**AWARDS:** Individual events, relay events, distance events: First through eighth place.  
 Team awards: First through eighth place.  
 High point: Unique award for high point female and male in each age group.  
 Awards must be picked up by the end of the meet; awards will not be mailed.

**SCORING:**

	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
Relays	18	14	12	10	8	6	4	2

Visiting “All Star” teams are welcome. "All Star" teams are defined as teams officially representing an LSC or a federation out of United States. Individual swimmers can score points towards high point awards, but such teams will not be in contention for team awards. “All Star” relays can win awards but will not score points. Team points will be awarded only for places actually achieved.

**CERTIFICATION MEET:** This meet is designated as a USA Swimming National Certification Meet. Dress for officials shall be blue pants or skirts (no jeans) and white shirts. Shorts are not permitted for finals. **This is an Officials Qualifying Meet (N2/N3).** For evaluation, officials must submit an application to the Head Referee for consideration prior to the meet. The application form can be obtained by contacting Head Referee Owen Melroy: [MeetRef@gmail.com](mailto:MeetRef@gmail.com) . All officials should plan to attend the pre-meet meetings held one-hour prior to the start of each session. Applicants must attend a minimum of three (3) sessions for an N2 evaluation and four sessions for an N3 evaluation.

**GENERAL:** Admission is free. A four-day program will be available for a reasonable cost. Hospitality will be provided for timers/recorders, coaches, and meet officials. A complete snack bar will be available throughout the meet.

**PARKING:** **Carpooling is suggested.** Parking for Officials and Coaches will be available in the parking lot behind the pool. Please be prepared to show your US Swimming credentials. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. On Saturday and Sunday ONLY, there will be additional parking at the Alisal Elementary School parking lot on Santa Rita Road and at the Gingerbread Preschool parking lot on Black Ave. NO OVERNIGHT OR RV PARKING IS PERMITTED. Please note signs and avoid parking in restricted areas. PARKING AT THE CHURCH, PAC BELL, AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT POSTED AS NO UNAUTHORIZED PARKING WILL RESULT IN CITATIONS AND POSSIBLE TOWING.

**HOTELS:** The Pleasanton Seahawks have secured group rates at the following hotels. Call by March 1, 2007 and ask for the Far Westerns Swim Meet group rate.

List of participating hotels:

<p><b>Amerisuites</b>          4950 Hacienda Rd          Dublin, CA          Reservations: 925-828-9006          Far Westerns Rate: \$107 per night plus tax includes breakfast</p>	<p><b>Courtyard By Marriott</b>          5059 Hopyard Road          Pleasanton, CA 94588          Reservations: 925-463-1414          Far Westerns Rate: \$89.00</p>	<p><b>Crowne Plaza</b>          11950 Dublin Canyon Rd          Pleasanton, CA          Reservations: 925-847-6000 (9 to 5 Pacific Time)          Far Westerns Rate: \$74 per night plus tax</p>
<p><b>Four Points by Sheraton</b>          5115 Hopyard Rd          Pleasanton, CA          Reservations: 925-460-8800          Far Westerns Rate: \$85 to \$105 per night plus tax</p>	<p><b>Pleasanton Hilton at the Club</b>          7050 Johnson Drive          Pleasanton, CA 94588          Reservations: 925-463-8000          Far Westerns Rate: \$99.00</p>	<p><b>Summerfield Suites</b>          4545 Chabot Drive          Pleasanton, CA 94588          Reservations: 925-730-0070          Far Westerns Rate: One Bedroom \$99.00,          Two Bedroom \$129.00</p>
<p><b>Wyndham Garden Hotel</b>          (Soon to Be Sheraton Hotel)          5990 Stoneridge Mall Road          Pleasanton, CA 94588          Reservations: 925-251-6199          Far Westerns Rate: \$99.00 Includes Breakfast</p>		

### Summary of Events by Age Group

<b>Thursday, March 29, 2007</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	1650 Free	1650 Free
	1650 Free	400 M.R.		
	400 M.R.			

<b>Friday, March 30, 2007</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 I.M.	200 I.M.	200 I.M.	400 I.M.	400 I.M.
100 Free	100 Free	100 Free	100 Free	100 Free
50 Back	200 Back	200 Back	100 Fly	100 Fly
	50 Fly	1650 Free	1650 Free	1650 Free
	1650 Free	400 F.R.		
	400 F.R.			

<b>Saturday, March 31, 2007</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 I.M.	100 Back	100 Back	100 Back
50 Breast	100 Back	100 Breast	100 Breast	100 Breast
200 M.R.	50 Breast	1000 Free	1000 Free	1000 Free
	1000 Free	200 M.R.		
	200 M.R.	200 F.R.		

<b>Sunday, April 1, 2007</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 I.M.	400 I.M.	400 I.M.	500 Free	500 Free
50 Fly	50 Free	50 Free	200 I.M.	200 I.M.
50 Free	100 Breast	200 Fly	50 Free	50 Free
200 F.R.	200 Fly	1000 Free	1000 Free	1000 Free
	1000 Free	800 F.R.		
	200 F.R.			

You may enter this meet online at <http://swimconnection.com/pc/meet/plsfw>

## Order of Events

Thursday, March 29, 2007

### 2007 SHORT COURSE FAR WESTERN TIME STANDARDS (Pages 11 - 13)

Girls	Description		Boys
Event #	Age Group	Event	Event #
1	17-18	200 Free	2
3	15-16	200 Free	4
5	11-12	200 Free	6
7	13-14	200 Free	8
9	10&UN	200 Free	10
11	17-18	200 Breast	12
13	15-16	200 Breast	14
15	11-12	100 Fly	16
17	13-14	100 Fly	18
19	10&UN	100 Fly	20
21	17-18	200 Back	22
23	15-16	200 Back	24
25	11-12	200 Breast	26
27	13-14	200 Breast	28
29	10&UN	100 Breast	30
31	11-12	50 Back	32
201	11-12	1650 Free	
201	13-14	1650 Free	
201	15-16	1650 Free	
201	17-18	1650 Free	
33	13-14	400 M.R.	34
35	11-12	400 M.R.	36

NOTE: Event 201 will be swum between trials and finals, immediately after Event 32. Event 201 may be swum 2 per lane. All of the day's relays (Events 33-36) will be swum at the conclusion of finals.

**T-SHIRTS!!**  
**“FAR WESTERNS 2007”**  
 T-shirts  
 and  
 Sweatshirts  
 with optional team rosters will be available at the meet  
**NO PRE-ORDERS WILL BE TAKEN**

## Order of Events (continued)

Friday, March 30, 2007

### 2007 SHORT COURSE FAR WESTERN TIME STANDARDS (Pages 11 - 13)

Girls	Description		Boys
Event #	Age Group	Event	Event #
37	17-18	400 I.M.	38
39	15-16	400 I.M.	40
41	11-12	200 I.M.	42
43	13-14	200 I.M.	44
45	10&UN	200 I.M.	46
47	17-18	100 Free	48
49	15-16	100 Free	50
51	11-12	100 Free	52
53	13-14	100 Free	54
55	10&UN	100 Free	56
57	17-18	100 Fly	58
59	15-16	100 Fly	60
61	11-12	200 Back	62
63	13-14	200 Back	64
65	10&UN	50 Back	66
67	11-12	50 Fly	68
	11-12	1650 Free	202
	13-14	1650 Free	202
	15-16	1650 Free	202
	17-18	1650 Free	202
69	13-14	400 F.R.	70
71	11-12	400 F.R.	72

NOTE: Event 202 will be swum between trials and finals, immediately after Event 68. Event 202 may be swum 2 per lane. All of the day's relays (Events 69-72) will be swum at the conclusion of finals.

### FAR WESTERN – 2007 SPIRIT ADVERTISEMENTS

Support your team or swimmer by purchasing a "Spirit Ad" to appear in a special section of the Far Western Program.

Individuals or teams may purchase these ads.

All ads must be copy ready, preferably in black and white, which reproduces better than gray tones or color.

Send your copy ready advertisement and a separate check made out to Pleasanton Seahawks along with your meet entry. All ads must be received by the meet entry deadline.

Prices: Quarter Page	Half Page	Full Page
\$25	\$50	\$100

Questions about Spirit Ads - Contact Cindy Benes at [cbenes@tdl.com](mailto:cbenes@tdl.com)

## Order of Events (continued)

Saturday, March 31, 2007

### **2007 SHORT COURSE FAR WESTERN TIME STANDARDS (Pages 11 - 13)**

Girls	Description		Boys
Event #	Age Group	Event	Event #
73	17-18	200 Fly	74
75	15-16	200 Fly	76
77	11-12	500 Free	78
79	13-14	500 Free	80
81	10&UN	500 Free	82
83	11-12	100 I.M.	84
85	17-18	100 Back	86
87	15-16	100 Back	88
89	11-12	100 Back	90
91	13-14	100 Back	92
93	10&UN	100 Back	94
95	17-18	100 Breast	96
97	15-16	100 Breast	98
99	11-12	50 Breast	100
101	13-14	100 Breast	102
103	10&UN	50 Breast	104
203	11-12	1000 Free	
203	13-14	1000 Free	
203	15-16	1000 Free	
203	17-18	1000 Free	
105	13-14	200 M.R.	106
107	11-12	200 M.R.	108
109	10&UN	200 M.R.	110
111	13-14	200 F.R.	112

NOTE: Event 203 will be swum between trials and finals, immediately after Event 104. Event 203 may be swum 2 per lane. The 13-14 Medley Relay (Events 105 and 106) will be swum at the beginning of finals. All of the day's remaining relays (Events 107-112) will be swum at the conclusion of finals.

### **Digital Sports Photography**

Will be available at the meet.  
Orders ready the same day.

## Order of Events (continued)

Sunday, April 1, 2007

### 2007 SHORT COURSE FAR WESTERN TIME STANDARDS (Pages 11 - 13)

Girls	Description		Boys
Event #	Age Group	Event	Event #
113	17-18	500 Free	114
115	15-16	500 Free	116
117	11-12	400 I.M.	118
119	13-14	400 I.M.	120
121	10&UN	100 I.M.	122
123	17-18	200 I.M.	124
125	15-16	200 I.M.	126
127	11-12	50 Free	128
129	13-14	50 Free	130
131	10&UN	50 Fly	132
133	11-12	100 Breast	134
135	17-18	50 Free	136
137	15-16	50 Free	138
139	13-14	200 Fly	140
141	11-12	200 Fly	142
143	10&UN	50 Free	144
	11-12	1000 Free	204
	13-14	1000 Free	204
	15-16	1000 Free	204
	17-18	1000 Free	204
145	13-14	800 F.R.	146
147	11-12	200 F.R.	148
149	10&UN	200 F.R.	150

NOTE: Event 204 will be swum between trials and finals, immediately after Event 144. Event 204 may be swum 2 per lane. All of the day's relays (Events 145-150) will be swum at the conclusion of finals.

## 2007 FAR WESTERN TIME STANDARDS

GIRLS			BOYS			
SCY	SCM	LCM		LCM	SCM	SCY
<b>10/Under</b>						
30.19	33.59	34.39	50 Free	35.39	34.59	30.29
1:06.99	1:14.59	1:16.19	100 Free	1:16.29	1:14.69	1:06.99
2:27.99	2:43.69	2:46.89	200 Free	2:46.29	2:43.09	2:26.99
6:20.99	5:32.49	5:38.89	400/500 Free	5:36.29	5:29.89	6:10.89
35.99	39.99	40.59	50 Back	41.59	40.99	35.99
1:16.99	1:27.09	1:28.29	100 Back	1:28.69	1:27.49	1:18.99
40.59	44.69	45.69	50 Breast	46.29	45.29	40.59
1:27.99	1:37.99	1:39.99	100 Breast	1:41.79	1:39.79	1:28.99
34.49	38.29	38.99	50 Fly	39.39	38.69	34.09
1:18.99	1:29.19	1:30.59	100 Fly	1:30.79	1:29.39	1:20.99
1:16.99	1:25.59	--	100 I.M.	--	1:25.59	1:16.99
2:46.99	3:06.79	3:09.99	200 I.M.	3:12.29	3:09.09	2:48.29
2:06.59	2:20.09	2:23.29	200 FR	2:23.29	2:20.09	2:06.99
2:23.99	2:39.19	2:42.39	200 MR	2:42.39	2:39.19	2:27.99
<b>11/12</b>						
27.19	30.19	30.99	50 Free	30.69	29.89	26.99
59.19	1:05.99	1:07.59	100 Free	1:06.99	1:05.39	58.49
2:09.29	2:23.79	2:26.99	200 Free	2:27.29	2:24.09	2:10.19
5:47.09	5:03.29	5:09.69	400/500 Free	5:12.99	5:06.59	5:46.59
11:54.99	10:21.19	10:33.99	800/1000 Free	10:24.89	10:12.09	11:44.99
19:45.39	19:55.99	20:19.99	1500/1650 Free	20:11.99	19:47.99	20:23.49
31.99	35.59	36.19	50 Back	36.79	36.19	31.99
1:08.99	1:17.19	1:18.39	100 Back	1:19.49	1:18.29	1:08.99
2:28.99	2:45.79	2:48.19	200 Back	2:47.89	2:45.49	2:23.99
35.99	39.59	40.59	50 Breast	40.59	39.59	34.99
1:17.59	1:26.19	1:28.19	100 Breast	1:27.29	1:25.29	1:16.99
2:47.89	3:04.89	3:08.89	200 Breast	3:06.39	3:02.39	2:41.69
30.29	33.29	33.99	50 Fly	34.09	33.39	29.99
1:08.39	1:16.29	1:17.69	100 Fly	1:17.99	1:16.59	1:08.49
2:30.99	2:49.39	2:52.19	200 Fly	2:50.69	2:47.89	2:29.99
1:08.49	1:16.09	--	100 I.M.	--	1:14.59	1:07.09
2:27.99	2:43.79	2:46.99	200 I.M.	2:48.29	2:45.09	2:27.99
5:15.89	5:47.39	5:53.79	400 I.M.	5:56.79	5:50.39	5:15.89
1:54.79	2:02.79	2:05.99	200 FR	2:10.89	2:07.69	1:54.99
4:04.59	4:30.69	4:37.09	400 FR	4:45.19	4:38.79	4:11.99
2:06.19	2:18.99	2:22.19	200 MR	2:25.89	2:22.69	2:07.99
4:39.49	5:09.09	5:15.49	400 MR	5:25.39	5:18.99	4:45.99

## 2007 FAR WESTERN TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
<b>13/14</b>						
26.29	28.69	29.49	50 Free	28.29	27.49	24.59
56.89	1:02.99	1:04.59	100 Free	1:00.69	59.09	53.09
2:03.09	2:14.49	2:17.69	200 Free	2:11.59	2:08.39	1:55.99
5:25.99	4:44.19	4:50.59	400/500 Free	4:42.59	4:36.19	5:11.99
11:09.99	9:54.39	10:07.19	800/1000 Free	9:47.99	9:35.19	10:49.99
18:31.19	18:44.59	19:08.59	1500/1650 Free	18:15.99	17:51.99	19:09.99
1:04.99	1:12.39	1:13.59	100 Back	1:10.99	1:09.79	1:01.99
2:20.89	2:36.69	2:39.09	200 Back	2:33.29	2:30.89	2:14.99
1:12.89	1:21.29	1:23.29	100 Breast	1:19.59	1:17.59	1:08.99
2:39.99	2:55.99	2:59.99	200 Breast	2:52.79	2:48.79	2:32.09
1:04.29	1:10.19	1:11.59	100 Fly	1:08.79	1:07.39	1:00.49
2:24.99	2:39.19	2:41.99	200 Fly	2:36.09	2:33.29	2:17.99
2:19.49	2:33.29	2:36.49	200 I.M.	2:30.19	2:26.99	2:11.99
4:58.19	5:31.59	5:37.79	400 I.M.	5:25.99	5:19.59	4:46.99
1:48.99	2:00.69	2:03.89	200 FR	1:58.39	1:55.19	1:43.99
3:51.99	4:16.79	4:23.19	400 FR	4:17.49	4:11.09	3:46.79
8:26.99	9:20.89	9:33.69	800 FR	9:14.39	9:01.59	8:09.19
2:01.59	2:18.09	2:21.29	200 MR	2:10.29	2:07.09	1:54.79
4:21.99	4:49.79	4:56.19	400 MR	4:48.69	4:42.29	4:16.39
<b>15/16</b>						
25.99	28.49	29.29	50 Free	26.49	25.69	23.19
56.49	1:01.19	1:02.79	100 Free	57.39	55.79	50.89
2:01.99	2:13.49	2:16.69	200 Free	2:05.09	2:01.89	1:50.99
5:21.99	4:44.99	4:51.39	400/500 Free	4:27.79	4:21.39	5:06.19
11:09.99	9:50.79	10:03.59	800/1000 Free	9:39.19	9:26.39	10:39.99
18:39.99	18:50.99	19:14.99	1500/1650 Free	18:15.99	17:51.99	17:59.99
1:05.99	1:11.79	1:12.99	100 Back	1:07.19	1:05.99	59.99
2:20.99	2:35.09	2:37.49	200 Back	2:23.79	2:21.39	2:09.99
1:13.99	1:20.79	1:22.79	100 Breast	1:14.99	1:12.99	1:05.99
2:38.99	2:54.99	2:58.99	200 Breast	2:45.69	2:41.69	2:26.99
1:02.69	1:09.59	1:10.99	100 Fly	1:03.69	1:02.29	56.39
2:21.49	2:35.79	2:38.59	200 Fly	2:26.99	2:24.19	2:10.99
2:17.99	2:32.59	2:35.79	200 I.M.	2:23.29	2:20.09	2:06.59
4:55.99	5:27.59	5:33.99	400 I.M.	5:08.19	5:01.79	4:38.99

## 2007 FAR WESTERN TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
<b>15/18 RELAYS</b>						
1:50.99	2:02.89	2:06.09	200 FR	1:50.69	1:47.49	1:36.99
3:59.99	4:25.59	4:31.99	400 FR	4:07.49	4:01.09	3:37.69
8:29.99	9:23.19	9:35.99	800 FR	8:38.49	8:25.69	7:36.89
2:05.99	2:19.39	2:22.59	200 MR	2:04.59	2:01.39	1:49.59
4:29.99	4:58.59	5:04.99	400 MR	4:36.39	4:29.99	4:03.99
<b>17/18</b>						
26.69	28.69	29.49	50 Free	25.99	25.19	23.19
57.19	1:02.09	1:03.69	100 Free	57.29	55.69	50.29
2:05.69	2:16.79	2:19.99	200 Free	2:04.19	2:00.99	1:50.99
5:34.99	4:56.39	5:02.79	400/500 Free	4:28.99	4:22.59	5:06.19
11:39.99	10:13.19	10:25.99	800/1000 Free	9:39.19	9:26.39	10:39.99
19:19.99	18:55.99	19:19.99	1500/1650 Free	18:25.99	18:01.99	17:59.99
1:09.09	1:16.79	1:17.99	100 Back	1:08.49	1:07.29	1:00.39
2:31.99	2:42.49	2:44.89	200 Back	2:35.39	2:32.99	2:17.59
1:17.99	1:23.39	1:25.39	100 Breast	1:15.69	1:13.69	1:06.99
2:46.99	3:03.69	3:07.69	200 Breast	2:48.99	2:44.99	2:29.99
1:03.99	1:10.99	1:12.39	100 Fly	1:04.19	1:02.79	56.99
2:28.99	2:45.09	2:47.89	200 Fly	2:31.39	2:28.59	2:13.99
2:23.49	2:35.59	2:38.79	200 I.M.	2:23.69	2:20.49	2:06.99
5:12.99	5:45.89	5:52.29	400 I.M.	5:20.39	5:13.99	4:43.99

## Far Western 2007 Short Course Relay Entry Form

CLUB NAME	LSC	CLUB ABBR.

To enter one or more relay teams, write entry time(s) in box(es) below.

M/F	Age Group	Event	Event #	A Team	B Team	C Team
F	10&U	200 Free Relay	149			
F	10&U	200 Medley Relay	109			
M	10&U	200 Free Relay	150			
M	10&U	200 Medley Relay	110			
F	11-12	400 Medley Relay	35			
F	11-12	200 Free Relay	147			
F	11-12	400 Free Relay	71			
F	11-12	200 Medley Relay	107			
M	11-12	400 Medley Relay	36			
M	11-12	200 Free Relay	148			
M	11-12	400 Free Relay	72			
M	11-12	200 Medley Relay	108			
F	13-14	400 Medley Relay	33			
F	13-14	200 Free Relay	111			
F	13-14	400 Free Relay	69			
F	13-14	200 Medley Relay	105			
F	13-14	800 Free Relay	145			
M	13-14	400 Medley Relay	34			
M	13-14	200 Free Relay	112			
M	13-14	400 Free Relay	70			
M	13-14	200 Medley Relay	106			
M	13-14	800 Free Relay	146			
COACH					# Events	
COACH'S EMAIL						
ADDRESS					X \$16.00	
PHONE (       )					TOTAL DUE:	

Relay entries and a check payable to PLS Seahawks are due by the entry deadline, postmarked by **midnight, PST, Wednesday, March 21, 2007** or hand delivered by **midnight, PST, Wednesday, March 21, 2007**.

**No relays will be "Deck Entered".**



**Far Western 2007 Short Course Individual Entry Form**  
**March 29 – April 1, 2007**

To be accepted, all entry information must be completely filled out **including proof of entry time**. Please print!

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

Last Name		First Name			Init.
LSC	Club Abbr.	Club Name (If entering unattached also enter club name and abbreviation.)			
Age	Age Group	USA Swimming Registration Number – <i>Bring your card if not Pacific Swimming registered swimmer</i>	Gender M F	Date of Birth	
Event Number	Distance / Stroke	Entry Time	SCY / SCM / LCM	Proof of Time – List Meet & Date at which Time was achieved.	
Swimmer's Address:			Total Entries _____ X \$ 4.50 (US Dollars) ==>		\$
Swimmer's Phone # (      )			\$5.00 US Dollars Participation Fee ==>		\$ 5.00
Contact (Swimmer/Parent) email:			-----		-----
Swimmer's Coach:			Total Due- make check payable to Pleasanton Seahawks ==>		\$ (US DOLLARS)

NO ENTRY TIME will be automatically disqualified from the event, no refunds.

You may enter this meet online at <http://swimconnection.com/pc/meet/plsfw>

If you enter online, you will submit entries with payment and receive acceptance confirmation at the time of registration.

Postmark deadline is midnight PST, Wednesday, March 21, 2007.

Online entries close at midnight PST, Wednesday, March 21, 2007.

Hand delivered deadline is midnight, PST, Wednesday, March 21, 2007.

No late entries, no telephone entries, and no FAXED entries will be accepted.