



**2010 Far Western Short Course Championship**  
**April 8 - 11**  
**Morgan Hill Aquatic Center**

**OFFICIAL EVENT INFORMATION**



**PACIFIC  
SWIMMING**



# 2010 Far Western Short Course Championship

## Event Information

Morgan Hill Aquatic Center  
Hosted by Almaden Swim & Racquet Club  
April 8-11, 2010

<http://ome.swimconnection.com/pc/almaf20100408>

**PLEASE NOTE CHANGES TO THE SCRATCH RULE MADE ON 3/22/10**

### MEET SHEET



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**SANCTION:** Held under USA Swimming/Pacific Swimming sanction number: 10-001

**LOCATION:** Morgan Hill Aquatic Center is located at 16200 Condit Rd, Morgan Hill, CA 95037-9598.

**COURSE:** 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes will be available. The minimum water depth of 6' 6" at the start and turn ends of this pool complies with article 103.2.3. Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

A separate 6 lane, 25 yard warm-up / cool-down pool will be available during the meet. Locker rooms with showers are available.

**TIME:** The competition pool and warm-up pool will be available for pre-meet warm-ups on Thursday, April 8 through Sunday, April 11 from 7:00 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 1½ hours after trials. The exact time will be determined by the referee and announced early 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.

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in season, you need to be unattached from this meet. It is the swimmers responsibility to be unattached from this meet. You can unattached at the meet if necessary. This does not apply to Pacific Swimming Zone 4 swimmers.



## MEET SHEET



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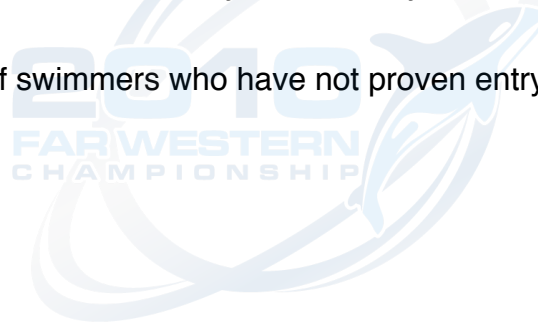
### RULES:

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-the-Course. All events are trials 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 in the entire meet. This means that if a swimmer enters more than seven events, he or she must scratch down to the 7 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. Swimmers must provide their own lap counters and timers for the 500, 1000 and 1650 freestyle events and their own timers for the 1000 and 1650 freestyle events. 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 "FW" times (LCM), non-conforming short course meter "FW" times (SCM), then conforming short course yard "FW" 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 according to 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. Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

### 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 before the closing date, March 31, 2010, for entries. If a time cannot be proven before the meet, the swimmer will 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, approved or observed 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 swimmers who have not proven entry times.



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**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 drinks 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. Use of cell phones or other recording devices are prohibited in the locker rooms. No animals are allowed on the premises. Overnight parking is prohibited within the aquatic center grounds.

Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" in the competition pool area is allowed. All chairs, canopies, tents, or other setups must be on the lawn and other designated setup areas only.

All cement walkways and pads are to be left open for emergency vehicle access and 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 along with 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" or will not be allowed to compete.

Swimmers must have met the Pacific Swimming Far Westerns conforming short course yard (FW time) or non-conforming short course meters (FW time) or long course meters time standard (FW 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 before 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.

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**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 timers. 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.

**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. 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. 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 fails to compete in that final if the final is the swimmer's last competition of the meet.





**ENTRIES:**

**TWO OPTIONS FOR MEET ENTRY**

**Option 1: Online Meet Entries:**

Enter at: <http://ome.swimconnection.com/pc/almaw20100408> to receive immediate confirmation of acceptance by email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be entered through the online entry system and will close at Midnight PST, Wednesday, March 31, 2010. 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 the attached form. Team relay entries should be submitted by the team on the attached form. Entry forms must be filled out completely, including best conforming short course yard (FW time) or non-conforming short course meters (FW time) or non-conforming long course meters time standard (FW time) each event, and accompanied by a check for the correct amount. All entry times shall be noted (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, Monday, March 29, 2010. 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 mailbox.

**ENTRY DEADLINE:** Entries can also be hand delivered to the address below by 5:00PM PST, Wednesday, March 31, 2010. No late entries, no telephone, fax or email entries will be accepted. Check <http://ome.swimconnection.com/pc/almaw20100408> for session open or closed status.

Notice: This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

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**ENTRY FEES:**

\$5.50 per individual event, \$20.00 per relay event, plus \$5.00 participation fee per swimmer to help cover meet expenses.

**Checks payable to:** Almaden Swim & Racquet Club

**Mail Entries to:** Far Western Entries  
Almaden Swim & Racquet Club  
6604 Northridge Drive  
San Jose, CA 95120

**DIRECTIONS:**

**From the North:**

Exit Highway 101 at Tennant Avenue and turn left onto Tennant. Continue .3 miles to Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right.

**From the South:**

Exit Highway 101 at Tennant Avenue and turn right onto Tennant. Continue .1 miles to Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right.

**OFFICIALS:**

HEAD REFEREE: **FRANK SUCHOMEL**

HEAD STARTER: **STEVE KUMPAN**

HEAD MEET MARSHAL: **MIKE McCOMBS & LISA RICK**

MEET DIRECTOR: **MARK SCANNELL** EMAIL: [2010fwmeetchief@gmail.com](mailto:2010fwmeetchief@gmail.com)

**AWARDS:**

INDIVIDUAL & RELAY MEDALS: First - Eighth Place.

INDIVIDUAL HIGH POINT AWARDS: First - Fifth female & male in each age group.

OVERALL TEAM AWARDS: First - Eighth Place.

**Award ceremony for Thursday, Friday and Saturday individual event winners will take place approximately 1.5 hours before the start of finals the following day. Awards must be picked up by the end of the meet; awards will not be mailed.**

Visiting "All Star" teams are welcome. "All Star" teams are defined as teams officially representing an LSC, or a federation out of the 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.





MEET SHEET

SCORING:

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH
INDIVIDUAL	9	7	6	5	4	3	2	1
RELAY	18	14	12	10	8	6	4	2

CERTIFICATION:

This is a National Officials Qualifying 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 Trials and Finals. Shorts are not permitted for Finals. 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 any evaluation(s) to be valid. The application form can be downloaded from the 2010 Meet Schedule page on the Pacific Swimming web site <http://www.pacswim.org/>.

GENERAL:

Admission is free. A four-day program will be available for a reasonable cost. Hospitality will be provided for coaches and meet officials. A complete snack bar will be available throughout the meet.

PARKING:

Carpooling is suggested. Parking for Officials will be available NO OVERNIGHT OR RV PARKING IS PERMITTED on the aquatic center property.

CAMP SELECTION:

Forty-eight swimmers will be selected at the Pacific Swimming Short Course Far Westerns Championship Meet on April 8 thru 11 in Morgan Hill, California to attend the Adam Szmidt Memorial Camp for 10 & Under swimmers. Participants must be no more than 10 years old as of the final day of competition at the meet. The camp will be held in Sunnyvale, California on April 25. To apply, the athlete must compete at Short Course Far Westerns.



**EVENT SUMMARY DAY / AGE**



**PACIFIC SWIMMING**

**THURSDAY, APRIL 8, 2010**

10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
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			

**FRIDAY, APRIL 9, 2010**

10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
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			

**SATURDAY, APRIL 10, 2010**

10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
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		

**SUNDAY, APRIL 11, 2010**

10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
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			



THURSDAY, APRIL 8

FRIDAY, APRIL 9

GIRLS		DESCRIPTION		BOYS	
#	AGE	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 & U	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 & U	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 & U	100 BREAST	30		
31	11 - 12	50 BACK	32		
201	11 - 12	1650 FREE (GIRLS)			
	13 - 14	1650 FREE (GIRLS)			
	15 - 16	1650 FREE (GIRLS)			
	17 - 18	1650 FREE (GIRLS)			
33	13 - 14	400 MR	34		
35	11 - 12	400 MR	36		

GIRLS		DESCRIPTION		BOYS	
#	AGE	EVENT	#		
37	17 - 18	400 IM	38		
39	15 - 16	400 IM	40		
41	11 - 12	200 IM	42		
43	13 - 14	200 IM	44		
45	10 & U	200 IM	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 & U	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 & U	50 BACK	66		
67	11 - 12	50 FLY	68		
	11 - 12	1650 FREE (BOYS)	202		
	13 - 14	1650 FREE (BOYS)			
	15 - 16	1650 FREE (BOYS)			
	17 - 18	1650 FREE (BOYS)			
69	13 - 14	400 FR	70		
71	11 - 12	400 FR	72		

IMPORTANT NOTES

Event 201 will be swum between trials and finals, immediately after Event 32  
 Relays (Events 33-36) will be swum at the conclusion of finals.

IMPORTANT NOTES

Event 202 will be swum between trials and finals, immediately after Event 68  
 Relays (Events 69-72) will be swum at the conclusion of finals.



## SATURDAY, APRIL 10

GIRLS	DESCRIPTION		BOYS
#	AGE	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 & U	500 FREE	82
83	11 - 12	100 IM	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 & U	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 & U	50 BREAST	104
203	11 - 12	1000 FREE (GIRLS)	
	13 - 14	1000 FREE (GIRLS)	
	15 - 16	1000 FREE (GIRLS)	
	17 - 18	1000 FREE (GIRLS)	
105	13 - 14	200 MR	106
107	11 - 12	200 MR	108
109	10 & U	200 MR	110
111	13 - 14	200 FR	112

## IMPORTANT NOTES

*Event 203 will be swum between trials and finals, immediately after Event 104.*

*Relay Events 105 & 106 will be swum at the beginning of finals.*

*Relays Events 107-112 will be swum at the conclusion of finals.*

## SUNDAY, APRIL 11

GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
113	17 - 18	500 FREE	114
115	15 - 16	500 FREE	116
117	11 - 12	400 IM	118
119	13 - 14	400 IM	120
121	10 & U	100 IM	122
123	17 - 18	200 IM	124
125	15 - 16	200 IM	126
127	11 - 12	50 FREE	128
129	13 - 14	50 FREE	130
131	10 & U	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 & U	50 FREE	144
	11 - 12	1000 FREE (BOYS)	204
	13 - 14	1000 FREE (BOYS)	
	15 - 16	1000 FREE (BOYS)	
	17 - 18	1000 FREE (BOYS)	
145	13 - 14	800 FR	146
147	11 - 12	200 FR	148
149	10 & U	200 FR	150

## IMPORTANT NOTES

*Event 204 will be swum between trials and finals, immediately after Event 144.*

*Relays Events 145-150 will be swum at the conclusion of finals.*

FAR WESTERN TIME STANDARDS



PACIFIC SWIMMING

GIRLS			USA SWIMMING PACIFIC SWIMMING	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
<b>10 &amp; UNDER</b>						
30.19	33.29	34.39	50 FREE	30.29	33.39	35.39
1:06.99	1:13.69	1:16.19	100 FREE	1:06.99	1:13.69	1:16.29
2:27.99	2:42.79	2:46.89	200 FREE	2:26.99	2:41.69	2:46.29
6:20.99	5:32.99	5:38.89	400 / 500 FREE	6:10.89	5:29.89	5:36.29
35.99	39.59	40.59	50 BACK	35.99	39.59	41.59
1:16.99	1:24.69	1:28.29	100 BACK	1:18.99	1:26.89	1:28.69
40.59	44.69	45.69	50 BREAST	40.59	44.69	46.29
1:27.99	1:36.79	1:39.99	100 BREAST	1:28.99	1:37.89	1:41.79
34.49	37.99	38.99	50 FLY	34.09	37.49	39.39
1:18.99	1:26.89	1:30.59	100 FLY	1:20.99	1:29.09	1:30.79
1:16.99	1:24.69	--	100 IM	1:16.99	1:24.69	--
2:46.99	3:03.69	3:09.99	200 IM	2:48.29	3:05.19	3:12.29
2:06.59	2:19.29	2:23.29	200 FREE RELAY	2:06.99	2:19.69	2:23.29
2:23.99	2:38.39	2:42.39	200 MEDLEY RELAY	2:27.99	2:42.79	2:42.39
<b>11 - 12</b>						
27.19	29.99	30.99	50 FREE	26.99	29.69	30.69
59.19	1:05.19	1:07.59	100 FREE	58.49	1:04.39	1:06.99
2:09.29	2:22.29	2:26.99	200 FREE	2:10.19	2:23.29	2:27.29
5:47.09	5:03.29	5:09.69	400 / 500 FREE	5:46.59	5:08.59	5:12.99
11:54.99	10:21.29	10:33.99	800 / 1000 FREE	11:44.99	10:12.09	10:24.89
19:45.39	16:55.99	20:19.99	1500 / 1650 FREE	20:23.49	19:47.99	20:11.99
31.99	35.19	36.19	50 BACK	31.99	35.19	36.79
1:08.99	1:15.89	1:18.39	100 BACK	1:08.99	1:15.89	1:19.49
2:26.49	2:43.89	2:46.49	200 BACK	2:23.99	2:38.39	2:47.89
35.99	39.59	40.59	50 BREAST	34.99	38.49	40.59
1:17.59	1:25.39	1:28.19	100 BREAST	1:16.99	1:24.69	1:27.29
2:47.89	3:04.69	3:08.89	200 BREAST	2:41.69	2:57.89	3:06.39
30.29	33.39	33.99	50 FLY	29.99	32.99	34.09
1:08.39	1:15.29	1:17.69	100 FLY	1:08.49	1:15.39	1:17.99
2:30.99	2:46.09	2:52.19	200 FLY	2:29.99	2:44.99	2:50.69
1:08.49	1:15.39	--	100 IM	1:07.09	1:13.79	--
2:27.99	2:42.79	2:46.99	200 IM	2:27.99	2:42.79	2:48.29
5:15.89	5:47.49	5:53.79	400 IM	5:15.89	5:47.49	5:56.79
1:54.79	2:06.29	2:05.99	200 FREE RELAY	1:54.99	2:06.49	2:10.89
4:04.59	4:29.09	4:37.09	400 FREE RELAY	4:11.99	4:37.19	4:45.19
2:06.19	2:18.89	2:22.19	200 MEDLEY RELAY	2:07.99	2:20.79	2:25.89
4:39.49	5:07.49	5:15.49	400 MEDLEY RELAY	04:45.99	5:14.59	5:25.39

FAR WESTERN TIME STANDARDS



PACIFIC SWIMMING

GIRLS			USA SWIMMING	PACIFIC SWIMMING	BOYS		
SCY	SCM	LCM			SCY	SCM	LCM
<b>13 - 14</b>							
26.29	28.99	29.49	50 FREE	24.59	27.09	28.19	
56.89	1:02.59	1:04.59	100 FREE	53.09	58.39	1:00.69	
2:01.99	2:14.19	2:17.69	200 FREE	1:55.99	2:07.59	2:11.59	
5:24.99	4:44.19	4:50.59	400 / 500 FREE	5:11.99	4:36.19	4:42.59	
11:09.99	9:54.39	10:07.19	800 / 1000 FREE	10:49.99	9:36.19	9:47.99	
18:31.19	18:44.59	19:08.59	1500 / 1650 FREE	19:09.99	17:51.99	18:15.99	
1:04.99	1:11.49	1:13.59	100 BACK	1:01.99	1:08.19	1:10.99	
2:19.79	2:43.79	2:39.09	200 BACK	2:14.99	2:28.49	2:33.29	
1:12.89	1:20.19	1:23.29	100 BREAST	1:08.99	1:15.89	1:19.59	
2:39.89	2:55.89	3:08.99	200 BREAST	2:32.09	2:47.29	2:52.79	
1:04.29	1:10.79	1:11.59	100 FLY	1:00.49	1:06.59	1:08.79	
2:23.49	2:37.89	2:41.99	200 FLY	2:17.99	2:31.79	2:36.09	
2:19.09	2:42.99	2:36.49	200 IM	2:11.99	2:25.19	2:29.89	
4:58.19	5:31.39	5:37.79	400 IM	4:46.99	5:15.69	5:22.49	
1:48.99	1:59.89	2:03.89	200 FREE RELAY	1:43.99	1:54.39	1:58.39	
3:51.99	4:15.19	4:23.19	400 FREE RELAY	3:46.79	4:09.49	4:17.49	
8:26.99	9:17.69	9:33.69	800 FREE RELAY	8:09.19	8:58.19	9:14.39	
2:01.59	2:13.79	2:21.29	200 MEDLEY RELAY	1:54.79	2:06.29	2:10.29	
4:21.99	4:48.19	4:56.19	400 MEDLEY RELAY	4:16.39	4:42.09	4:48.69	
<b>15 - 16</b>							
25.99	28.59	29.29	50 FREE	23.19	25.59	26.49	
56.49	1:02.19	1:02.79	100 FREE	50.89	55.99	57.39	
2:01.99	2:14.19	2:16.69	200 FREE	1:50.99	2:02.09	2:05.09	
5:21.99	4:44.99	4:51.39	400 / 500 FREE	5:06.19	4:21.39	4:27.79	
11:09.99	9:50.79	10:03.59	800 / 1000 FREE	10:39.99	9:26.39	9:39.19	
18:39.99	18:50.99	19:14.99	1500 / 1650 FREE	17:59.99	17:51.99	18:15.99	
1:05.99	1:12.59	1:12.99	100 BACK	59.99	1:05.99	1:07.19	
2:20.99	2:35.09	2:37.49	200 BACK	2:09.99	2:22.99	2:23.79	
1:13.99	1:21.39	1:22.79	100 BREAST	1:05.99	1:12.59	1:14.99	
2:38.99	2:54.89	2:58.99	200 BREAST	2:26.99	2:41.69	2:45.69	
1:02.69	1:08.99	1:10.99	100 FLY	56.39	1:02.09	1:03.69	
2:21.49	2:35.69	2:38.59	200 FLY	2:10.99	2:24.09	2:26.99	
2:17.99	2:31.79	2:35.79	200 IM	2:06.59	2:19.29	2:23.29	
4:55.99	5:25.59	5:33.99	400 IM	4:38.99	5:06.89	5:08.19	
<b>17 - 18</b>							
26.69	29.39	29.49	50 FREE	23.19	25.59	25.99	
57.19	1:02.09	1:03.69	100 FREE	50.29	55.39	57.29	
2:05.69	2:18.29	2:19.99	200 FREE	1:50.99	2:02.09	2:04.19	
5:34.99	4:56.39	5:02.79	400 / 500 FREE	5:06.19	4:22.59	4:28.99	
11:39.99	10:13.19	10:25.99	800 / 1000 FREE	10:39.99	9:26.39	9:39.19	
19:19.99	18:55.99	19:19.99	1500 / 1650 FREE	17:59.99	18:01.99	18:25.99	
1:09.09	1:15.99	1:17.99	100 BACK	1:00.39	1:06.49	1:08.49	
2:31.99	2:47.19	2:44.89	200 BACK	2:17.59	2:31.39	2:35.39	
1:17.99	1:25.79	1:25.39	100 BREAST	1:06.99	1:13.69	1:15.69	
2:46.99	3:03.69	3:07.69	200 BREAST	2:29.99	2:44.99	2:48.99	
1:03.99	1:10.39	1:12.39	100 FLY	56.99	1:02.69	1:04.19	
2:28.99	2:43.89	2:47.89	200 FLY	2:13.99	2:27.39	2:31.39	
2:23.49	2:37.89	2:38.79	200 IM	2:06.99	2:19.69	2:23.69	
5:12.99	5:44.29	5:52.29	400 IM	4:43.99	5:12.39	5:20.39	

# RELAY ENTRY FORM



PACIFIC SWIMMING

CLUB NAME	LSC	CLUB ABBREVIATION

## THURSDAY, APRIL 8

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	400 MEDLEY RELAY	33				
M	13 - 14	400 MEDLEY RELAY	34				
F	11 - 12	400 MEDLEY RELAY	35				
M	11 - 12	400 MEDLEY RELAY	36				

## FRIDAY, APRIL 9

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	400 FREE RELAY	69				
M	13 - 14	400 FREE RELAY	70				
F	11 - 12	400 FREE RELAY	71				
M	11 - 12	400 FREE RELAY	72				

## SATURDAY, APRIL 9

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	200 MEDLEY RELAY	105				
M	13 - 14	200 MEDLEY RELAY	106				
F	11 - 12	200 MEDLEY RELAY	107				
M	11 - 12	200 MEDLEY RELAY	108				
F	10 & U	200 MEDLEY RELAY	109				
M	10 & U	200 MEDLEY RELAY	110				
F	13 - 14	200 FREE RELAY	111				
M	13 - 14	200 FREE RELAY	112				

## SUNDAY, APRIL 11

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	800 FREE RELAY	145				
M	13 - 14	800 FREE RELAY	146				
F	11 - 12	200 FREE RELAY	147				
M	11 - 12	200 FREE RELAY	148				
F	10 & U	200 FREE RELAY	149				
M	10 & U	200 FREE RELAY	150				

**COACH:**

**EMAIL:**

# RELAYS

RELAY FEE

x \$20 EACH

**TOTAL: \$**

Relay entries and a check payable to "Almaden Swim & Racquet Club" are due by the entry deadline, postmarked by midnight PST, Monday, March 29, 2010 or hand delivered by 5:00PM PST, Wednesday, March 31, 2010.

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







Almaden Swim & Racquet Club and Marriott Hotels would like to assist you with your hotel accommodations for the 2010 Far Western Short Course Championship. We have established a special group rate and room block for those attending the meet this year in Morgan Hill, California.

## 4-DAY ROOM BLOCK

ARRIVE: THU, APR 7, 2010

DEPART: SUN APR 11, 2010

### ASK FOR THE "FAR WESTERN SWIM MEET" SPECIAL RATE

18620 Madrone Parkway  
Morgan Hill, CA 95037  
408-782-8311

18610 Madrone Parkway  
Morgan Hill, CA 95037  
408-782-6034



*One Bedroom Suite* - Queen Bed & sofa sleeper & full kitchen  
\$149.00

*Bedroom* w/2 Queen Beds & Complimentary Breakfast  
\$139.00

*Studio* - King Bed & sofa sleeper in living room & full kitchen  
\$149.00

*Two Bedroom Suite* - 2 bedrooms each with Queen Bed,  
2 Bathrooms, sofa in living room area & full kitchen  
\$169.00

# OFFICIAL SPONSOR

## 2010 FAR WESTERN SHORT COURSE CHAMPIONSHIP



Almaden Swim & Racquet Club has worked with the following hotels to assist you with your hotel accommodations for the 2010 Far Western Short Course Championship. We have establish a special group rate and room block for those attending the meet this year in Morgan Hill, California.

### 4-DAY ROOM BLOCK

ARRIVE: THU, APR 7, 2010

DEPART: SUN APR 11, 2010

**ASK FOR THE "FAR WESTERN SWIM MEET" SPECIAL RATE**  
 LIMITED NUMBER OF ROOMS AVAILABLE AT THESE RATES



2 Queen Beds  
 \$139.00 + tax  
 (408) 776-7676



2 Queen Beds  
 \$139.00 + tax  
 (408) 779-0447



2 Queen Beds  
 \$99.00 + tax  
 (408) 779-7666



2 Queen Beds  
 \$89.00 + tax  
 (877) 361-2512



2 Queen Beds  
 \$149.00 + tax



2 Queen Beds  
 \$78.00 + tax  
 (408) 779-9660

<http://maps.google.com/maps/ms?hl=en&ie=UTF8&msa=0&msid=112057312711393189760.00044f86300c82f155e5b&t=h&z=14>

