

Adam Szmidt Memorial PACIFIC SWIMMING LONG COURSE JUNIOR OLYMPICS

JO Trials and Finals * Hosted by West Coast Aquatics - July 13-16, 2006

You can enter online at: www.swimconnection.com/meet/westjo

SANCTION Held under USA Swimming/Pacific **Sanction # 6124**

LOCATION Frank Fiscalini International Swim Center, Independence High School, 1776 Educational Park Drive, San Jose. From Hwy 680 Take the McKee WEST exit. Right turn at first street (Jackson). Left turn into parking lot after football field. From Hwy 101 Take the McKee EAST exit. Left turn at Jackson. Left turn into parking lot after football field.

COURSE: Outdoor, heated pool – eight (8) 50-meter lanes available for competition. A seven (7) lane, 25-yard pool will be available for warm-up and warm-down throughout the course of the meet. Eight(8) lanes will be used for finals.

TIME: Meet Begins at 9:00 a.m. each day. The competition course will be open for **warm-ups** from **7:30 a.m. until 8:45 am.** Only those swimmers entered in the meet may use the pool for warm-ups. Coaches, parents, siblings, and officials may not use the pool. Swimmers will not be allowed to use any devices that pose a safety hazard to other swimmers while warming up or warming down. **FINALS:** Finals will begin no sooner than one hour after the conclusion of trials. The exact time will be determined by the referee and announced as early as practical each day.

RULES Current USA Swimming 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 will be Trials and Finals except the 1500 and 800 Freestyle and relay events. Check-in for the *800 and 1500 meter freestyle events will close at an announced time on the day of each event. The 800 and 1500 freestyles will be swum fastest to slowest. The 1500 will be swum alternating heats of women and men. All swimmers in the 800 and 1500 meter freestyles must provide timers and lap counters.* **The 800 and 1500 meter freestyles will be swum in combined age groups 11-18 and may swim with two swimmers per lane starting at opposing ends, or some heats may be swum following finals at the discretion of the Head Referee and dependent upon the number of entries and the estimated timeline.** Swimmers may compete in up to three (3) **individual events** per day plus relays and up to seven (7) **individual events** total. This means if a swimmer enters more than seven individual events he/she must scratch down to the seven event limit and no refunds will be given. All 15-18 events will be seeded together for trials, but seeded and swum separately for finals. Coaches must present their membership card to receive their coach's packet. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

RESTRICTIONS Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in the spectator seating or standing areas, and in all areas used by the swimmers during the meet and warm-up periods. Sale and the use of alcoholic beverages is prohibited in all areas of the meet venue. Glass containers are not allowed anywhere inside the meet venue. **Tents and other shade covers or awnings are not allowed in front of bleacher areas. On Thursday, July 13 and Friday, July 14 participants are not allowed in any of the Independence campus areas south or west of the pool facility before 2:00 P.M. This includes all lawn areas and walkways. This is per a request from the Independence High School Administration as Summer School will be in session. Tents and other shade covers or awnings are not allowed in any of these areas.**

ELIGIBILITY: The Meet is open to swimmers who are members of the Pacific Swimming LSC only. All swimmers must have a current USA 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. Pacific Swimming has mandated a \$10 surcharge in addition to the regular registration fee for those swimmers who must register at the meet. Swimmers must have the Junior Olympic Pacific Swimming time standard for each event entered. Swimmers over the age of 18 may enter any event in which they meet the 17/18 time standards and seeding will be in the 15-18 age group, but they are not eligible to swim finals. **Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seedings per Pacific Swimming Policy.**

PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming rule Section 4.A. 2 : For swimmers achieving their JO times from meets sanctioned by Pacific Swimming these official times will be in our database. As a courtesy, we run all entries against our database to produce an exception report of non-verified times. Swimmers will be informed of the discrepancies via email (it is important to include a current e-mail address on the entry form) prior to the meet so that they will only need to produce the proposed proof of time information upon check-in for these events.

CHECK-IN: The meet will be deck seeded. *Swimmers must check-in with the Clerk-of-the-Course.* Events will be closed no earlier than 30 minutes before the estimated start of each event except for the 800 and 1500 meter freestyle events. Swimmers who do not check-in will not be allowed to compete in the event. All Swimmers must be prepared to provide proof of registration by showing his / her 2006 registration card or register at the meet. There is a mandatory \$10.00 surcharge if swimmers register at the meet.

RELAY ENTRIES: All relay team entries must be postmarked by the closing date for individual entries and include a team check covering the relay entry fee for each team listed. **There will be no deck entry for relay teams.** There will be no refund for relays not swum. Write the entry time in the appropriate box of the consolidated relay entry form for each relay team you wish to enter. Do not list the swimmer's names at this time. **No deck entered relay swimmers. Any relay swimmer who is not entered in an individual event or was not entered on the "Relay Only Swimmer Entry List" is not in the meet.** **All relays are swum as Timed Finals during the finals session.** Relay cards will be generated by the computer operator and distributed to each team on the day the event is scheduled. Relay Check-in is accomplished by returning the relay cards with each swimmer's complete name and actual age to the Clerk of the Course by **NOON** each day. Cards will be checked for completeness and then seeded. Order of swim must be listed on the relay card prior to the start of the heat.

SCRATCHES: Pacific Swimming scratch rules will be enforced. These rules include a provision that any swimmer originally qualifying for a final who fails to compete in that final will be barred from the remainder of the meet, if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. Exceptions to these fines are made only under the conditions stated in the Pacific Swimming Scratch Rule. A copy of the Pacific Swimming Scratch Rule will be posted at the Scratch Desk

ENTRIES – Option 1: Online Meet Entries:

1. Families entering & coaches making team entries follow the same online entry method.
2. Using your browser go to :<http://swimconnection.com/pc/meet/westjo>.
3. Follow entry instructions:
 - a. Enter all swimmers in your family (or coaches may enter their complete team) at the same time.
 - b. Make online credit card payment for meet entries at our secure site.
 - c. **You will receive confirmation of acceptance into the meet at the time of payment.** This confirmation should be brought to the meet as proof of entry.
 - d. **Online entries will close MIDNIGHT, Thursday, July 6, 2006.**

Note: Swim Connection charges an internet processing fee of \$1 per swimmer + 5% of the total Entry Fees. Online entry fees are paid to Swim Connection, LLC. Entry via the online system is not required..

Option 2 Surface mailed Entries:

1. Fill out provided Consolidated Entry Form completely for each of your swimmers.
2. Mail entry forms and correct payment to the address below.
3. Confirmation by self-addressed, stamped envelope enclosed with entry.

Entry forms must be completely filled out, including best conforming long course meter (JO Time) or non-conforming short course meter (JO Time) or non conforming short course yard time (JO Time) for each event. All entry times shall be noted by (LCM), (SCY), or (SCM) to the right of the entry time. LCM –long course meters; SCY- short course yards; SCM-short course meters.

DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.

Entries (individual & relay) and fees (US Dollars) must be postmarked and mailed by midnight Pacific Daylight Time **Monday, July 3, 2006. Entries (individual & relay) that are hand delivered or sent via an overnight delivery service* will be accepted if they are received with appropriate fees no later than MIDNIGHT Pacific Daylight Time on Thursday, July 6, 2006, to the address below.** No late entries will be accepted. If you would like to confirm entry, please include a self addressed stamped envelope or post card or use email.

ENTRY FEES \$ 5.00 *US Dollars* per swimmer participation fee. \$ 4.00 *US Dollars* per individual event \$12.00 *US Dollars* per relay entry. Relay swimmers only **DO NOT** pay the \$5.00 participation fee. Entry fees **MUST** be included with entry. If mailing entries make check (*Checks or Money Orders Only. No Cash.*) Payable to: **West Coast Aquatics** and mail with entries to:

Sue McAllister, 839 Cape Town Place, San Jose, CA 95133.

*** If sending via Express/Overnight Delivery..... WAIVE THE SIGNATURE**

For questions regarding entries: (meetvenue@aol.com) (408-259-4522)

Hand Delivery Directions (839 Cape Town Place, San Jose, CA 95133):

Berryessa Road exit from 680 head WEST, left at Jackson, Right at Commodore. Left at Puget Sound. Right at Cape Hatteras. Left at Cape Town. 2nd house on right.

SCORING: Individual events - 9,7,6,5,4,3,2,1 Relay events - 18 ,14,12,10,8,6,4,2

OFFICIALS: **Head Referee: Owen Melroy;** **Administrative Coordinator: Jeff Wells**
Head Starter: Frank Suchomel; **Meet Director: Sue McAllister (408) 259-4522**
Head Meet Marshall: Veronica Hernandez meetvenue@aol.com

This meet is a National Certification meet. All Officials should plan to attend the pre-meet meetings held one hour prior to the start of each session of the meet.

AWARDS:	Individual Events:	Medals 1st – 3rd, Rosette Ribbons 4th – 8th
<i>All awards must be picked up at meet]</i>	Team Awards:	Distinctive Awards 1st – 3 rd
	Relay Events:	Ribbons 1st – 3rd
	Individual High Point:	Distinctive Award for each age group

HOSPITALITY: Lunches and refreshments will be provided for working officials, coaches and timers.

SNACK BAR: A snack bar will be available during trials, finals and the break in between.

ADMISSION: Admission is free. A four-day program will be available at a reasonable cost.

PARKING: All vehicles must remain in the designated parking lot. Limited Reserved parking for working officials.

EVENT SUMMARY

		Thursday			
		11-12	13-14	15-16	17-18
10 & under		11-12	13-14	15-16	17-18
100 Breast		100 Breast	100 Breast	100 Breast	100 Breast
100 Free		400 IM	400 IM	400 IM	400 IM
		100 Free	100 Free	100 Free	100 Free
		1500 Free	1500 Free	1500 Free	1500 Free
			800 Free Relay	800 Free Relay	800 Free Relay

		EVENT SUMMARY			
		Friday			
		11-12	13-14	15-16	17-18
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	100 Fly	100 Fly
50 Back		200 Breast	200 Breast	200 Breast	200 Breast
		50 Back			
		800 Free (Women)	800 Free (Women)	800 Free (Women)	800 Free (Women)
200 Free Relay		400 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay

		EVENT SUMMARY			
		Saturday			
		11-12	13-14	15-16	17-18
10 & under		11-12	13-14	15-16	17-18
400 Free		200 Back	200 Back	200 Back	200 Back
50 Breast		50 Breast	200 Fly	200 Fly	200 Fly
50 Free		200 Fly	50 Free	50 Free	50 Free
		50 Free			
		800 Free (Men)	800 Free (Men)	800 Free (Men)	800 Free (Men)
200 Medley Relay		400 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay

		EVENT SUMMARY			
		Sunday			
		11-12	13-14	15-16	17-18
10 & under		11-12	13-14	15-16	17-18
100 Back		100 Back	100 Back	100 Back	100 Back
200 IM		400 Free	400 Free	400 Free	400 Free
50 Fly		200 IM	200 IM	200 IM	200 IM
		50 Fly			
		200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
		200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

Thursday, July 13								
Girls' SCY	Girls' SCM	Girls' Jo' Time Standard	Girl Event Number	Event Age Group and Description	Boy Event Number	Boys' Jo' Time Standard	Boys' SCM	Boys' SCY
1:22.99	1:32.09	1:34.09	1	11/12 – 100 Breast	2	1:31.29	1:29.29	1:20.39
1:17.99	1:26.59	1:28.59	3	13/14 – 100 Breast	4	1:23.49	1:21.49	1:13.39
1:17.99	1:26.59	1:28.59	5	15/16 – 100 Breast	6	1:18.69	1:16.69	1:09.09
1:20.39	1:29.19	1:31.19		17/18 – 100 Breast		1:19.49	1:17.49	1:09.79
1:35.29	1:45.79	1:47.79	7	10&UN – 100 Breast	8	1:46.69	1:44.69	1:34.29
5:27.89	6:03.99	6:10.39	9	11/12 – 400 IM	10	6:10.89	6:04.49	5:28.39
5:13.59	5:48.09	5:54.49	11	13/14 – 400 IM	12	5:42.99	5:36.59	5:03.19
5:05.19	5:38.79	5:45.19	13	15/16 – 400 IM	14	5:30.29	5:23.89	4:51.79
5:27.19	6:03.19	6:09.59		17/18 – 400 IM		5:36.09	5:29.69	4:56.99
1:03.09	1:10.09	1:11.69	15	11/12 – 100 Free	16	1:11.59	1:09.99	1:03.09
59.59	1:06.19	1:07.79	17	13/14 – 100 Free	18	1:03.69	1:02.09	55.89
59.29	1:05.79	1:07.39	19	15/16 – 100 Free	20	1:00.79	59.19	53.29
59.89	1:06.49	1:08.09		17/18 – 100 Free		1:00.19	58.59	52.79
1:12.39	1:20.39	1:21.99	21	10&UN – 100 Free	22	1:20.09	1:18.49	1:10.69
20:55.89	20:56.99	21:20.99	201	11/12 – 1500 Free***	202	21:15.99	20:51.99	20:50.99
19:42.29	19:41.99	20:05.99		13/14 – 1500 Free***		19:29.99	19:05.99	19:06.99
19:58.49	19:58.49	20:22.49		15/16 – 1500 Free***		19:23.99	18:59.99	19:01.19
20:23.39	20:23.89	20:47.89		17/18 – 1500 Free***		19:23.99	18:59.99	19:01.19
			23	13/14 – 800 Free Relay	24			
			25	15/16 – 800 Free Relay	26			
			27	17/18 – 800 Free Relay	28			

***SCY = 1650 YDS

You can enter this meet online at: www.swimconnection.com/meet/westjo

Friday, July 14

Girls' SCY	Girls' SCM	Girls' Jo' Time Standard	Girl Event Number	Event Age Group and Description	Boy Event Number	Boys' Jo' Time Standard	Boys' SCM	Boys' SCY
2:15.99	2:30.99	2:34.19	29	11/12 – 200 Free	30	2:34.39	2:31.19	2:16.19
2:09.39	2:23.59	2:26.79	31	13/14 – 200 Free	32	2:17.99	2:14.79	2:01.39
2:07.59	2:21.69	2:24.89	33	15/16 – 200 Free	34	2:12.29	2:09.09	1:56.29
2:11.59	2:26.09	2:29.29		17/18 – 200 Free		2:12:29	2:09.09	1:56.29
2:35.79	2:52.99	2:56.19	35	10&UN – 200 Free	36	2:55.79	2:52.59	2:35.49
1:12.39	1:20.39	1:21.79	37	11/12 – 100 Fly	38	1:22.79	1:21.39	1:13.29
1:07.59	1:14.99	1:16.39	39	13/14 – 100 Fly	40	1:12.09	1:10.69	1:03.69
1:06.19	1:13.49	1:14.89	41	15/16 – 100 Fly	42	1:07.19	1:05.79	59.29
1:07.19	1:14.59	1:15.99		17/18 – 100 Fly		1:07.89	1:06.49	59.89
1:26.39	1:35.89	1:37.29	43	10&UN – 100 Fly	44	1:35.89	1:34.49	1:25.09
2:57.09	3:16.59	3:20.59	45	11/12 – 200 Breast	46	3:17.49	3:13.49	2:54.29
2:49.69	3:08.39	3:12.39	47	13/14 – 200 Breast	48	3:01.89	2:57.89	2:40.29
2:50.29	3:08.99	3:12.99	49	15/16 – 200 Breast	50	2:53.89	2:49.89	2:33.09
2:53.89	3:12.99	3:16.99		17/18 – 200 Breast		2:57.29	2:53.29	2:36.09
39.49	43.89	44:49	51	10&UN – 50 Back	52	44:39	43.79	39.49
34.69	38.49	39:09	53	11/12 – 50 Back	54	38:69	38.09	34.29
12:31.79	10:58.19	11:10.99	203	11/12-800 Free/Women**				
12:01.99	10:31.59	10:44.39		13/14-800 Free/Woman**				
11:51.59	10:22.29	10:35.09		15/16-800 Free/Woman**				
12:23.49	10:50.79	11:03.59		17/18-800 Free/Woman**				
			55	17/18-400 Free Relay	56			
			57	15/16-400 Free Relay	58			
			59	13/14-400 Free Relay	60			
			61	11/12-400 Free Relay	62			
			63	10&UN 200 Free Relay	64			

**** SCY = 1000 YDS**

You can enter this meet online at: www.swimconnection.com/meet/westjo

Saturday, July 15

Girls' SCY	Girls' SCM	Girls' Jo' Time Standard	Girl Event Number	Event Age Group and Description	Boy Event Number	Boys' Jo' Time Standard	Boys' SCM	Boys' SCY
6:34.79	5:45.99	5:52.39	65	10&UN – 400 Free*	66	5:59.99	5:53.59	6:43.39
2:36.29	2:53.49	2:55.89	67	11/12 – 200 Back	68	2:57.09	2:54.69	2:37.39
2:28.29	2:44.59	2:46.99	69	13/14 – 200 Back	70	2:45.69	2:43.29	2:27.09
2:29.29	2:45.69	2:48.09	71	15/16 – 200 Back	72	2:36.49	2:34.09	2:18.79
2:39.59	2:57.19	2:59.59		17/18 – 200 Back		2:42.99	2:40.59	2:24.69
42.69	47.39	48.39	73	10&UN-50 Breast	74	48.69	47.69	42.99
37.49	41.59	42.59	75	11/12 – 50 Breast	76	43.09	42.09	37.89
2:32.09	2:48.79	2:51.59	77	13/14 – 200 Fly	78	2:43.69	2:40.89	2:24.89
2:28.39	2:44.69	2:47.49	79	15/16 – 200 Fly	80	2:32.59	2:29.79	2:14.89
2:36.19	2:53.39	2:56.19		17/18 – 200 Fly		2:38.79	2:35.99	2:20.49
2:39.59	2:57.19	2:59.99	81	11/12 – 200 Fly	82	2:59.99	2:57.19	2:39.59
32.19	35.69	36.49	83	10&UN – 50 Free	84	37.09	36.29	32.69
27.59	30.69	31.49	85	13/14 – 50 Free	86	29.69	28.89	25.99
27.29	30.29	31.09	87	15/16 – 50 Free	88	27.89	27.09	24.39
27.99	31.09	31.89		17/18 – 50 Free		27.89	27.09	24.39
28.79	31.99	32.79	89	11/12 – 50 Free	90	32.59	31.79	28.59
				11/12-800 Free/Men**	204	10:58.49	10:45.69	12:17.79
				13/14-800 Free/Men**		10:16.59	10:03.79	11:30.89
				15/16-800 Free Men**		10:07.39	9:54.59	11:20.49
				17/18-800 Free Men**		10:07.39	9:54.59	11:20.49
				91	17/18-400 Medley Relay	92		
				93	15/16-400 Medley Relay	94		
				95	13/14-400 Medley Relay	96		
				97	11/12-400 Medley Relay	98		
				99	10&UN-200 Medley Relay	100		

*SCY = 500 YDS **SCY =1000 YDS You can enter this meet online at: www.swimconnection.com/meet/westjo

Sunday, July 16

Girls' SCY	Girls' SCM	Girls' Jo' Time Standard	Girl Event Number	Event Age Group and Description	Boy Event Number	Boys' Jo' Time Standard	Boys' SCM	Boys' SCY
			101	11/12-200 Medley Relay	102			
			103	13/14-200 Medley Relay	104			
			105	15/16-200 Medley Relay	106			
			107	17/18-200 Medley Relay	108			
1:14.99	1:23.29	1:24.49	109	11/12 – 100 Back	110	1:23.39	1:22.19	1:13.99
1:09.49	1:17.09	1:18.29	111	13/14 – 100 Back	112	1:16.19	1:14.99	1:07.59
1:09.99	1:17.69	1:18.89	113	15/16 – 100 Back	114	1:12.09	1:10.89	1:03.89
1:12.69	1:20.69	1:21.89		17/18 – 100 Back		1:11.89	1:10.69	1:03.69
1:25.39	1:34.79	1:35.99	115	10&UN-100 Back	116	1:32.99	1:31.79	1:22.69
6:09.29	5:23.19	5:29.59	117	11/12 – 400 Free*	118	5:29.59	5:23.19	6:09.29
5:46.49	5:02.89	5:09.29	119	13/14 – 400 Free*	120	4:56.29	4:49.89	5:31.99
5:42.39	4:59.19	5:05.59	121	15/16 – 400 Free*	122	4:45.19	4:38.79	5:19.49
5:55.79	5:11.19	5:17.59		17/18 – 400 Free*		4:50.99	4:44.59	5:25.99
2:57.59	3:17.19	3:20.39	123	10&UN – 200 IM	124	3:21.59	3:18.39	2:58.69
2:36.19	2:53.39	2:56.59	125	11/12 – 200 IM	126	2:56.59	2:53.39	2:36.19
2:27.49	2:43.69	2:46.89	127	13/14 – 200 IM	128	2:38.49	2:35.29	2:19.89
2:24.49	2:40.19	2:43.39	129	15/16 – 200 IM	130	2:30.29	2:27.09	2:12.49
2:30.19	2:46.69	2:49.89		17/18 – 200 IM		2:30.79	2:27.59	2:12.99
36.39	40.39	41.09	131	10&UN – 50 Fly	132	41.29	40.59	36.59
32.09	35.59	36.29	133	11/12 – 50 Fly	134	36.49	35.79	32.19
			135	17/18-200 Free Relay	136			
			137	15/16-200 Free Relay	138			
			139	13/14-200 Free Relay	140			
			141	11/12-200 Free Relay	142			

***SCY = 500 YDS**

You can enter this meet online at: www.swimconnection.com/meet/westjo

INDIVIDUAL CONSOLIDATED ENTRY FORM 2006 Pacific Swimming Long Course Junior Olympics July 13-16, 2006

Relay entries must be submitted on Relay Team Entry Form and be accompanied by team check

To be accepted, all entry information must be completely filled out. Please print.

Bring your USA Swimming Registration Card.

Last Name		First Name		MI
Club Abbr		Club Name		
Age	Age Group /	Gender M F	USA-S Registration Number	Date of Birth
Event	Distance/Stroke	Entry Time LCM, SCY, SCM*	Description	
Number		Entry Time		
Swimmer's Coach		Total Entries _____ x \$4.00		
Swimmer's Address		Swimmer's Email address		
Swimmer's Phone ()		Total Due – make checks payable to: WEST COAST AQUATICS		

*** Entry Time : MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards), OR "SCM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.**

Events	Total Due
Entered	Includes swimmer participation fee
1	\$9.00
2	\$13.00
3	\$17.00
4	\$21.00
5	\$25.00
6	\$29.00
7	\$33.00

You can enter this meet online at: www.swimconnection.com/meet/westjo
 If you enter online, you will submit entries with payment and receive acceptance confirmation at the time of registration. For entry questions, please email: meetvenue@aol.com

Team Relay Entry Form - To be submitted by Team - Page 1 of 2
 2006 Pacific Swimming Long Course Junior Olympics July 13-16, 2006

Team Name		LSC	Team Abbr
Coach	Contact Phone and Email		Amount Enclosed
	_____		\$

10 & Under Age Group Relays				
Event #	Relay Description	Team Entry Time LCM, SCY, SCM*		
		A	B	C
63	Girls 200 Free			
64	Boys 200 Free			
99	Girls 200 Medley			
100	Boys 200 Medley			

11-12 Age Group Relays				
Event #	Relay Description	Team Entry Time LCM, SCY, SCM*		
		A	B	C
61	Girls 400 Free			
62	Boys 400 Free			
97	Girls 400 Medley			
98	Boys 400 Medley			
101	Girls 200 Medley			
102	Boys 200 Medley			
141	Girls 200 Free			
142	Boys 200 Free			

13-14 Age Group Relays				
Event #	Relay Description	Team Entry Time LCM, SCY, SCM*		
		A	B	C
23	Girls 800 Free			
24	Boys 800 Free			
59	Girls 400 Free			
60	Boys 400 Free			
95	Girls 400 Medley			
96	Boys 400 Medley			
103	Girls 200 Medley			
104	Boys 200 Medley			
139	Girls 200 Free			
140	Boys 200 Free			
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* Entry Time : MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards), OR "SM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.

15-16 Age Group Relays				
Event #	Relay Description	Team Entry Time LCM, SCY, SCM*		
		A	B	C
25	Girls 800 Free			
26	Boys 800 Free			
57	Girls 400 Free			
58	Boys 400 Free			
93	Girls 400 Medley			
94	Boys 400 Medley			
105	Girls 200 Medley			
106	Boys 200 Medley			
137	Girls 200 Free			
138	Boys 200 Free			

17-18 Age Group Relays				
Event #	Relay Description	Team Entry Time LCM, SCY, SCM*		
		A	B	C
27	Girls 800 Free			
28	Boys 800 Free			
55	Girls 400 Free			
56	Boys 400 Free			
91	Girls 400 Medley			
92	Boys 400 Medley			
107	Girls 200 Medley			
108	Boys 200 Medley			
135	Girls 200 Free			
136	Boys 200 Free			

Relays are \$12.00 per Relay Team entered.

_____ of Relays x \$12 = \$ _____

Please enclose team check payable to **"WEST COAST AQUATICS"** and send to
Sue McAllister; 839 Cape Town; San Jose, CA 95133

Any questions: meetvenue@aol.com

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*** Entry Time : MARK ALL ENTRY TIMES WITH "LCM" (long course meters), "SCY" (short course yards), OR "SM" (short course meters) TO THE RIGHT OF YOUR ENTRY TIME.**