

Pacific Swimming and West Coast Aquatics Present
Far Western Age Group Long Course Championship Meet
Frank Fiscalini International Swim Center
Independence High School, San Jose, CA
July 29, 30, 31 August 1, 2, 2009

SANCTION: Held under USA/Pacific Swimming Sanction Number: **0029**

ON LINE ENTRIES: Enter this meet online at: <http://swimconnection.com/pc/meet/westfw>

LOCATION: Frank Fiscalini International Swim Center, Independence High School, 627 North Jackson Ave, San Jose, CA 95133 From HWY 680 Take McKee WEST exit. Right turn at 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 – Up to eight (8) 50-meter lanes available for competition. A seven (7) lane, 25-yd 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: Wednesday, July 29 meet begins at 2:30 p.m. Warm-ups from 1:00 p.m.-2:15 p.m. Thursday through Sunday, July 30-August 2 the meet will begin at 9:00 a.m. The competition course will open for **warm-ups** from 7:00 a.m. to 8:45 a.m. **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. See **Distance Events Special Rules** for 800 Freestyle and 1500 Freestyle events. Only those swimmers entered in the meet may use the pool for warm-ups. Coaches, parents, siblings and officials may not use the pool.

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 conducted in a Trials and Finals manner except the 1500m and 800m Freestyle and relay events. **See Distance Events Special Rules** below . Swimmers may compete in up to **(3) individual events** per day plus relays, with a **maximum of (9) individual events** plus relays for the whole meet. Coaches must present their membership card to receive their coach's packet. All coaches and deck officials must be current in their certification and registration as required by USA Swimming and must wear their USA Swimming membership cards in a visible manner in the entire campus of Independence High School. Coaches will be asked to provide a local phone number in case of notification during the meet.

RESTRICTIONS: Glass containers of all kinds, sales and use of tobacco and alcoholic products are prohibited on the entire campus of Independence High School including but not limited to the on the pool deck, in the locker rooms, in the spectator seating or standing areas and in all the areas used by the swimmers during the meet and warm-up periods. Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. Only coach and vendor canopies approved by the Head Referee, Meet Director and Head Marshal are allowed on the competition deck. No family or swim team canopies are allowed on the competition deck.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and Registration Number on the 2009 Consolidated Entry Form attached for your convenience 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 must check all swimmers 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. **Swimmers must have met the Pacific Swimming Far Westerns conforming long course meters (Q time) or nonconforming short course yards (Q time) or nonconforming short course meters time standard (Q time) for each event entered.** Swimmers must be 18 years of age or younger. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

DISTANCE EVENTS SPECIAL RULES: Check-in for the 1500m freestyle will open at 12:45 p.m. on Wednesday, July 29, 2009. Check in for the 1500m freestyle will close at 2:00 p.m. on Wednesday. Check in for the 800m freestyle will close at 11:00 a.m. on the day of the event. The 800m and 1500m freestyle events will be swum fastest to slowest. The 800m and 1500m freestyle will be swum alternating heats of women and men. All swimmers in the 800m and 1500m freestyle events must provide timers and lap counters. The 1500m freestyle will be swum in combined age groups 11-18 and the 800m freestyle will be swum in combined age groups 13-18. These events will be scored and awarded by age group. These events may have 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. There will be a 15-minute break between the end of the trials session and the beginning of the 800m freestyle.

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. Entry times must be achieved prior to the closing date of entries for the meet (July 22, 2009). If this time cannot be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. When possible the coaches will be notified of their swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven. Swimmers from foreign swim federations must prove all their times before being allowed to check-in. Converted times are not to be used.

SEEDING: Non-conforming short course yard (Q times) will be seeded first followed by non-conforming (Q times) short course meters, then conforming long course meter (Q times). Preliminary events (Trials) will be swum slowest-fastest starting with SCY, SCM, and LCM. For 800m and 1500m freestyle see **Distance Events Special Rules**

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, or if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. Exceptions to the No Show penalty 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.

RELAYS: All relays entries and the "Relay Only Swimmer Pre-Entry Form" must be received by the entry deadline (Wednesday, July 22, 2009) with the entry time listed and a team check covering the relay entry fee. **Relays may NOT be entered online.** There will be no refund for relays not swum. Any relay swimmer who is not entered in an individual event or is not listed on the "Relay Only Swimmer Pre-Entry Form" will not be allowed to swim in a relay. Relay swimmers must swim in their appropriate age group. (No "swimming up"). **No deck entered relays or relay swimmers.** All relays will be swum as Timed Finals during the finals session. **Please note: There are no 15/16, 17/18 relays offered at this meet. 15/18 relays are offered and will be awarded as one age group.**

ENTRIES: Option 1: Online Meet Entries:

1. Swimmers & coaches making team entries follow the same online entry method
2. Using your browser go to: <http://swimconnection.com/pc/meet/westfw>
3. Follow entry instructions:
 - a. Enter all swimmers (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 time of payment.

This confirmation should be brought to the meet as proof of entry.

d. Online entries will close Wednesday, July 22, 2009 at Midnight PDT

Note: Swim Connection charges an Internet processing fee of \$1.00 per swimmer +5% of the total entry fee. Online entry fee 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 made out to **West Coast Aquatics** to address below.
3. **Mail deadline**-Entries (individual & relay) and fees (US Dollar only) must be postmarked by Midnight PDT **Monday, July 20, 2009.**
4. **Delivered Deadline:** Entries (individual and relay) that are hand delivered or sent via overnight delivery service will be accepted if they are received with appropriate fees no later than midnight PDT on **Wednesday, July 22, 2009** to:

**Far Western Entries :
C/O Sue McAllister
839 Cape Town Place,
San Jose, CA 95133**

Entry forms must be completely filled out, including best conforming long course meter (Q time) or nonconforming short course (Q time) or short course meter (Q time) for each event. All entry times shall be noted by LCM, SCY, and SCM to the right of the entry time.

DO NOT CONVERT TIMES. No late entries, via mail, fax, email, or telephone, will be accepted.

No refunds will be made. No fax 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: \$5.50 per individual event, \$5.00 participation fee per swimmer, and \$20.00 per Relay.

Relay only swimmers DO NOT pay the \$5.00 participation fee.

Entry Fees MUST be included with entry. If mailing entries, make check payable to: **West Coast Aquatics** and mail with entries to above address.

For questions regarding entries: meetvenue@aol.com

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of the Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the heat of the event. See Distance Events Special Rules for the 800m and 1500m freestyle events. Swimmers who do not check-in will not be allowed to swim in the event.

OFFICIALS:

Head Referee: Kent Yoshiwara
Head Starter: Frank Suchomel
Head Meet Marshal: John Rasmussen
Meet Director: Sue McAllister meetvenue@aol.com

CERTIFICATION MEET: This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee prior to the meet via 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 the recertification evaluation(s) to be valid. The application form can be downloaded from the 2009 Meet Schedule page on the Pacific Swimming web site (see below).
http://www.pacswim.org/page/member_officials.html.

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

All Star Teams: 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. Team points will be awarded only for places actually achieved.

AWARDS: Individual Events: Distinctive Medals 1st to 8th.
 Team Awards: Distinctive Awards 1st-3rd
 Relay Events: Distinctive Pins 1st-8th
 (15/18 relays are awarded as one age group)
 Individual High Point Distinctive Award for each age group and gender.

All awards must be picked up by the end of the meet on Sunday. Awards will not be mailed.

HOSPITALITY: Meals and refreshments will be provided for working officials & coaches. Refreshments will be provided for timers.

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

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

PARKING: All vehicles must remain in the designated parking lot. There will be limited reserved parking for working officials.

2009 PACIFIC SWIMMING FAR WESTERN AGE GROUP LONG COURSE CHAMPIONSHIP

MEET EVENT SUMMARY

Wednesday, July 29, 2009				
10 & under	11-12	13-14	15-16	17-18
xxxxxxxxxxxxxxxxxx	1500 Freestyle**	1500 Freestyle**	1500 Freestyle**	1500 Freestyle**

Thursday, July 30, 2009				
10 & under	11-12	13-14	15-16	17-18
100 Freestyle	100 Freestyle	400 Ind Medley	400 Ind Medley	400 Ind Medley
50 Butterfly	100 Backstroke	100 Butterfly	100 Butterfly	100 Butterfly
200 Ind Medley	200 Ind Medley	200 Freestyle	200 Freestyle	200 Freestyle
xxxxxxxxxxxxxxxxxx	(W/M) 800 Free**	xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx
200 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay

Friday, July 31, 2009				
10 & under	11-12	13-14	15-16	17-18
200 Freestyle	400 Freestyle	200 Butterfly	200 Butterfly	200 Butterfly
50 Backstroke	50 Backstroke	200 Ind Medley	200 Ind Medley	200 Ind Medley
100 Breaststroke	100 Breaststroke	50 Freestyle	50 Freestyle	50 Freestyle
xxxxxxxxxxxxxxxxxx	200 Butterfly	(W) 800 Free**	(W) 800 Free**	(W) 800 Free**
xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx	200 Medley Relay	200 Medley Relay	200 Medley Relay

Saturday, August 1, 2009				
10 & under	11-12	13-14	15-16	17-18
400 Freestyle	200 Freestyle	200 Backstroke	200 Backstroke	200 Backstroke
100 Butterfly	200 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
xxxxxxxxxxxxxxxxxx	50 Butterfly	100 Freestyle	100 Freestyle	100 Freestyle
xxxxxxxxxxxxxxxxxx	400 Ind Medley	(M) 800 Free**	(M) 800 Free**	(M) 800 Free**
200 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay

Sunday, August 2, 2009				
10 & under	11-12	13-14	15-16	17-18
50 Breaststroke	100 Butterfly	200 Breaststroke	200 Breaststroke	200 Breaststroke
100 Backstroke	200 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
50 Freestyle	50 Freestyle	400 Freestyle	400 Freestyle	400 Freestyle
xxxxxxxxxxxxxxxxxx	50 Breaststroke	xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx	xxxxxxxxxx xxxx
xxxxxxxxxxxxxxxxxx	200 Medley Relay	xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxxxxxx	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
xxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxx	800 Free Relay	800 Free Relay	800 Free Relay

**See Distance Events Special Rules regarding 800 and 1500 Freestyle events
Relay events are swum during the finals session only

Enter individual events for this meeting online at: <http://swimconnection.com/pc/meet/westfw>

WEDNESDAY JULY 29, 2009	Schedule of Events	TIME STANDARDS (on next pages)
Girl Event Number	Event Age Group and Description	Boy Event Number
201	11/12 1500m Freestyle**	202
201	13/14 1500m Freestyle**	202
201	15/16 1500m Freestyle**	202
201	17/18 1500m Freestyle**	202

**See Distance Events Special Rules regarding 1500 Freestyle

THURSDAY, JULY 30, 2009**Schedule of Events****TIME STANDARDS (on next pages)**

Girl Event Number	Event Age Group and Description	Boy Event Number
1	11/12 100 m Freestyle	2
3	13/14 400m I.M.	4
5	15/16 400m I.M.	6
7	17/18 400m I.M.	8
9	10 & Un 100m Freestyle	10
11	11/12 100m Backstroke	12
13	13/14 100m Butterfly	14
15	15/16 100m Butterfly	16
17	17/18 100m Butterfly	18
19	10 & Un 50m Butterfly	20
21	11/12 200m I.M.	22
23	13/14 200m Freestyle	24
25	15/16 200m Freestyle	26
27	17/18 200m Freestyle	28
29	10 & Un 200m I.M.	30
203	11/12 800m Freestyle	204
31	15/18 400m Free Relay ***	32
33	13/14 400m Free Relay ***	34
35	10 & Un 200m Free Relay ***	36
37	11/12 400m Free Relay ***	38

***Relay events are swum during the finals session only.

FRIDAY, JULY 31, 2009**Schedule of Events****TIME STANDARDS (on next pages)**

Girl Event Number	Event Age Group and Description	Boy Event Number
39	11/12 400m Freestyle	40
41	13/14 200m Butterfly	42
43	15/16 200m Butterfly	44
45	17/18 200m Butterfly	46
47	10 & Un 200m Freestyle	48
49	11/12 50m Backstroke	50
51	13/14 200m I.M.	52
53	15/16 200m I.M.	54
55	17/18 200m I.M.	56
57	10 & Un 50m Backstroke	58
59	11/12 100m Breaststroke	60
61	13/14 50m Freestyle	62
63	15/16 50m Freestyle	64
65	17/18 50m Freestyle	66
67	10 & Un 100m Breaststroke	68
69	11/12 200m Butterfly	70
205	13/14 800m Freestyle (W) **	
205	15/16 800m Freestyle (W) **	
205	17/18 800m Freestyle (W) **	
71	15/18 200m Medley Relay ***	72
73	13/14 200m Medley Relay ***	74

See Distance Events Special Rules regarding 1500 Freestyle *Relay events are swum during the finals session only.

AUGUST 1, 2009**Schedule of Events****TIME STANDARDS (on next pages)**

Girl Event Number	Event Age Group and Description	Boy Event Number
75	11/12 200m Freestyle	76
77	13/14 200m Backstroke	78
79	15/16 200m Backstroke	80
81	17/18 200m Backstroke	82
83	10 & Un 400m Freestyle	84
85	11/12 200m Breaststroke	86
87	13/14 100m Breaststroke	88
89	15/16 100m Breaststroke	90
91	17/18 100m Breaststroke	92
93	11/12 50m Butterfly	94
95	13/14 100m Freestyle	96
97	15/16 100m Freestyle	98
99	17/18 100m Freestyle	100
101	10 & Un 100m Butterfly	102
103	11/12 400m I.M.	104
	13/14 800m Free (M)**	206
	15/16 800m Free (M)**	206
	17/18 800m Free (M)**	206
105	15/18 400m Medley Relay***	106
107	13/14 400m Medley Relay***	108
109	10 & Un 200m Medley Relay***	110
111	11/12 400 Medley Relay***	112

****See Distance Events Special Rules regarding 1500 Freestyle ***Relay events are swum during the finals session only.**

Sunday, AUGUST 2, 2009**Schedule of Events****TIME STANDARDS (on next pages)**

Girl Event Number	Event Age Group and Description	Boy Event Number
113	11/12 100m Butterfly	114
115	13/14 200m Breaststroke	116
117	15/16 200m Breaststroke	118
119	17/18 200m Breaststroke	120
121	10 & Un 50m Breaststroke	122
123	11/12 200m Backstroke	124
125	13/14 100m Backstroke	126
127	15/16 100m Backstroke	128
129	17/18 100m Backstroke	130
131	10 & Un 100m Backstroke	132
133	11/12 50m Freestyle	134
135	13/14 400m Freestyle	136
137	15/16 400m Freestyle	138
139	17/18 400m Freestyle	140
141	10 & Un 50m Freestyle	142
143	11/12 50m Breaststroke	144
145	15/18 200m Free Relay***	146
147	13/14 200m Free Relay***	148
149	11/12 200m Medley Relay***	150
151	15/18 800m Free Relay***	152
153	13/14 800m Free Relay***	154
155	11/12 200m Free Relay***	156

2009 FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
10/Under						
30.19	33.29	34.39	50 Free	35.39	33.39	30.29
1:06.99	1:13.69	1:16.19	100 Free	1:16.29	1:13.69	1:06.99
2:27.99	2:42.79	2:46.89	200 Free	2:46.29	2:41.69	2:26.99
6:20.99	5:32.99	5:38.89	400/500 Free	5:36.29	5:29.89	6:10.89
35.99	39.59	40.59	50 Back	41.59	39.59	35.99
1:16.99	1:24.69	1:28.29	100 Back	1:28.69	1:26.89	1:18.99
40.59	44.69	45.69	50 Breast	46.29	44.69	40.59
1:27.99	1:36.79	1:39.99	100 Breast	1:41.79	1:37.89	1:28.99
34.49	37.99	38.99	50 Fly	39.39	37.49	34.09
1:18.99	1:26.89	1:30.59	100 Fly	1:30.79	1:29.09	1:20.99
1:16.99	1:24.69	--	100 I.M.	--	1:24.69	1:16.99
2:46.99	3:03.69	3:09.99	200 I.M.	3:12.29	3:05.19	2:48.29
2:06.59	2:19.29	2:23.29	200 FR	2:23.29	2:19.69	2:06.99
2:23.99	2:38.39	2:42.39	200 MR	2:42.39	2:42.79	2:27.99
11/12						
27.19	29.99	30.99	50 Free	30.69	29.69	26.99
59.19	1:05.19	1:07.59	100 Free	1:06.99	1:04.39	58.49
2:09.29	2:22.29	2:26.99	200 Free	2:27.29	2:23.29	2:10.19
5:47.09	5:03.29	5:09.69	400/500 Free	5:12.99	5:08.59	5:46.59
11:54.99	10:21.29	10:33.99	800/1000 Free	10:24.89	10:12.09	11:44.99
19:45.39	16:55.99	20:19.99	1500/1650 Free	20:11.99	19:47.99	20:23.49
31.99	35.19	36.19	50 Back	36.79	35.19	31.99
1:08.99	1:15.89	1:18.39	100 Back	1:19.49	1:15.89	1:08.99
2:26.49	2:43.89	2:46.49	200 Back	2:47.89	2:38.39	2:23.99
35.99	39.59	40.59	50 Breast	40.59	38.49	34.99
1:17.59	1:25.39	1:28.19	100 Breast	1:27.29	1:24.69	1:16.99
2:47.89	3:04.69	3:08.89	200 Breast	3:06.39	2:57.89	2:41.69
30.29	33.39	33.99	50 Fly	34.09	32.99	29.99
1:08.39	1:15.29	1:17.69	100 Fly	1:17.99	1:15.39	1:08.49
2:30.99	2:46.09	2:52.19	200 Fly	2:50.69	2:44.99	2:29.99
1:08.49	1:15.39	--	100 I.M.	--	1:13.79	1:07.09
2:27.99	2:42.79	2:46.99	200 I.M.	2:48.29	2:42.79	2:27.99
5:15.89	5:47.49	5:53.79	400 I.M.	5:56.79	5:47.49	5:15.89
1:54.79	2:06.29	2:05.99	200 FR	2:10.89	2:06.49	1:54.99
4:04.59	4:29.09	4:37.09	400 FR	4:45.19	4:37.19	4:11.99
2:06.19	2:18.89	2:22.19	200 MR	2:25.89	2:20.79	2:07.99
4:39.49	5:07.49	5:15.49	400 MR	5:25.39	5:14.59	4:45.99
13/14						
26.29	28.99	29.49	50 Free	28.19	27.09	24.59
56.89	1:02.59	1:04.59	100 Free	1:00.69	58.39	53.09
2:01.99	2:14.19	2:17.69	200 Free	2:11.59	2:07.59	1:55.99
5:24.99	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	9:36.19	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	1:11.49	1:13.59	100 Back	1:10.99	1:08.19	1:01.99
2:19.79	2:43.79	2:39.09	200 Back	2:33.29	2:28.49	2:14.99
1:12.89	1:20.19	1:23.29	100 Breast	1:19.59	1:15.89	1:08.99
2:39.89	2:55.89	3:08.99	200 Breast	2:52.79	2:47.29	2:32.09
1:04.29	1:10.79	1:11.59	100 Fly	1:08.79	1:06.59	1:00.49
2:23.49	2:37.89	2:41.99	200 Fly	2:36.09	2:31.79	2:17.99
2:19.09	2:42.99	2:36.49	200 I.M.	2:29.89	2:25.19	2:11.99
4:58.19	5:31.39	5:37.79	400 I.M.	5:22.49	5:15.69	4:46.99
1:48.99	1:59.89	2:03.89	200 FR	1:58.39	1:54.39	1:43.99
3:51.99	4:15.19	4:23.19	400 FR	4:17.49	4:09.49	3:46.79
8:26.99	9:17.69	9:33.69	800 FR	9:14.39	8:58.19	8:09.19
2:01.59	2:13.79	2:21.29	200 MR	2:10.29	2:06.29	1:54.79
4:21.99	4:48.19	4:56.19	400 MR	4:48.69	4:42.09	4:16.39

2009 FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
15/16						
25.99	28.59	29.29	50 Free	26.49	25.59	23.19
56.49	1:02.19	1:02.79	100 Free	57.39	55.99	50.89
2:01.99	2:14.19	2:16.69	200 Free	2:05.09	2:02.09	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	1:12.59	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	2:22.99	2:09.99
1:13.99	1:21.39	1:22.79	100 Breast	1:14.99	1:12.59	1:05.99
2:38.99	2:54.89	2:58.99	200 Breast	2:45.69	2:41.69	2:26.99
1:02.69	1:08.99	1:10.99	100 Fly	1:03.69	1:02.09	56.39
2:21.49	2:35.69	2:38.59	200 Fly	2:26.99	2:24.09	2:10.99
2:17.99	2:31.79	2:35.79	200 I.M.	2:23.29	2:19.29	2:06.59
4:55.99	5:25.59	5:33.99	400 I.M.	5:08.19	5:06.89	4:38.99
15/18 RELAYS						
1:50.99	2:02.09	2:06.09	200 FR	1:50.69	1:46.69	1:36.99
3:59.99	4:23.99	4:31.99	400 FR	4:07.49	3:59.49	3:37.69
8:29.99	9:20.99	9:35.99	800 FR	8:38.49	8:22.59	7:36.89
2:05.99	2:18.59	2:22.59	200 MR	2:04.59	2:00.59	1:49.59
4:29.99	4:56.99	5:04.99	400 MR	4:36.39	4:28.39	4:03.99
17/18						
26.69	29.39	29.49	50 Free	25.99	25.59	23.19
57.19	1:02.99	1:03.69	100 Free	57.29	55.39	50.29
2:05.69	2:18.29	2:19.99	200 Free	2:04.19	2:02.09	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	1:15.99	1:17.99	100 Back	1:08.49	1:06.49	1:00.39
2:31.99	2:47.19	2:44.89	200 Back	2:35.39	2:31.39	2:17.59
1:17.99	1:25.79	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	1:10.39	1:12.39	100 Fly	1:04.19	1:02.69	56.99
2:28.99	2:43.89	2:47.89	200 Fly	2:31.39	2:27.39	2:13.99
2:23.49	2:37.89	2:38.79	200 I.M.	2:23.69	2:19.69	2:06.99
5:12.99	5:44.29	5:52.29	400 I.M.	5:20.39	5:12.39	4:43.99

**Far Western
Championships
July 29 – August 2, 2009**

Ask for “Far Western” rate at these participating hotels:

**Holiday Inn Express
Airport**
1350 N. Fourth Street
San Jose, CA 95112
Front Desk: 1-408-467-1789
\$109 Includes Breakfast

San Jose Marriott
301 South Market Street
San Jose, CA 95113
Front Desk: 408-280-1300
Hotel Fax: 1-408-278-4444
\$109/Night \$10/Night Parking

Holiday Inn – SAN JOSE
1740 North First Street
San Jose, CA 95112
Front Desk: 1-408-793-3300
Hotel Fax: 1-408-453-0259
\$99/Night

Courtyard by Marriott
1480 Falcon Drive
Milpitas, CA 95035
Front Desk: 1-408-719-1966
Hotel Fax: 1-408-719-1962
\$94/Night \$104/Night w/breakfast

Double Tree – SAN JOSE
www.doubletree.com
2050 Gateway Place
San Jose, CA 95110
Front Desk: 1-408-453-4000
\$109/Night \$10 Parking

Sheraton Hotel
1801 Barber Lane
Milpitas, CA 95035
Front Desk: 1-408-943-0600
\$99/Night

Santa Clara Marriott
2700 Mission College Boulevard,
Santa Clara, CA, 95054,
(408) 988-1500
\$99/night
\$4/night Parking

INDIVIDUAL CONSOLIDATED ENTRY FORM

2009 Pacific Swimming Far Western Long Course July 29-30-31-Aug 1-2, 2009

To be accepted, all entry information must be completely filled out

Last Name			First Name			MI		
LSC CODE (PC, SN)		Club Abbr		Club Name				
Age	Age Group	Gender M F		Date of Birth	USA-S Registration Number			
Event #	Distance/Stroke	Entry Time	Course ** LCM, SCY or SCM		*PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. ** MARK ALL ENTRIES WITH LCM (Long Course Meters), SCY (Short Course Yards), or SCM (Short Course Meters) in the "COURSE" Column. Swimmer must have met the listed Far Western Pacific Swimming time standard in any course for each event entered. All entry times will be verified against the USA Swimming SWIMS database. If the time can not be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. Swimmers from foreign swim federations must prove ALL their times before being allowed to check-in.			
Swimmer's Coach		Total Entries _____ x \$5.50			\$			
Swimmer's Address			Swimmer's Email Address			\$ 5.00		
						(Participation fee)		
Swimmer's Phone			Total Due -			\$		
Checks Payable to WEST COAST AQUATICS								

MAIL ENTRIES TO: Sue McAllister
 Far Western Entries
 839 Cape Town Place
 San Jose, CA 95133

LATE ENTRIES WILL NOT BE ACCEPTED

Entry [questions: meetvenue@aol.com](mailto:meetvenue@aol.com)

Mail deadline: **Monday, July 20, 2009, Midnight PDT.**
 Hand delivered/overnight mail: **Wed. July 22, 2009 Midnight PDT.**
 Online entry: **Wednesday, July 22, 2009 at Midnight PDT.**

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

Events Entered	Total Due \$5.00 Fee Included
1	\$10.50
2	\$16.00
3	\$21.50
4	\$27.00
5	\$32.50
6	\$38.00
7	\$43.50
8	\$41.00
9	\$54.50
10	\$60.00
11	\$65.50

Team Relay Entry From*

2009 Pacific Swimming Far Western Long Course – July 29-31 & Aug 1-2, 2009

*To be submitted by Team

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

10 & Under Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
35	Girls 200m Free			
36	Boys 200m Free			
109	Girls 200m Medley			
110	Boys 200m Medley			
11-12 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
37	Girls 400m Free			
38	Boys 400m Free			
111	Girls 400m Medley			
112	Boys 400m Medley			
149	Girls 200m Medley			
150	Boys 200m Medley			
155	Girls 200m Free			
156	Boys 200m Free			
13-14 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
33	Girls 400m Free			
34	Boys 400m Free			
73	Girls 200m Medley			
74	Boys 200m Medley			
107	Girls 400m Medley			
108	Boys 400m Medley			
147	Girls 200m Free			
148	Boys 200m Free			
153	Girls 800m Free			
154	Boys 800m Free			

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. **RELAYS MAY NOT BE ENTERED ONLINE.** Mail deadline: Monday, July 20, 2009, Midnight PDT. Hand delivered/overnight mail: Wednesday July 22, 2009 Midnight PDT. Page 1 of 2 of Team Relay Entry Form

Please note: There are no 15-16, 17-18 relays offered at this meet. 15-18 relays are offered and will be awarded as one age group.

15-18 Age Group Relays				
Event #	Event	Team Entry Time		
		A	B	C
31	Girls 400m Free			
32	Boys 400m Free			
71	Girls 200m Medley			
72	Boys 200m Medley			
105	Girls 400m Medley			
106	Boys 400m Medley			
145	Girls 200m Free			
146	Boys 200m Free			
151	Girls 800m Free			
152	Boys 800m Free			

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. Relay swimmers must swim in their appropriate age group (no “swimming up”).

Relays are \$20.00 per Relay Team entered.

RELAYS MAY NOT BE ENTERED ONLINE

Must be mailed or hand delivered

Mail deadline: Monday, July 20, 2009, Midnight PDT.

Hand delivered/overnight mail: Wednesday, July 22, 2009 Midnight PDT.

No late entries will be accepted. No fax entries will be accepted.

Please enclose team check and send to:

Sue McAllister

Far Western Entries

839 Cape Town Pl

San Jose, CA 95133

Any questions: meetvenue@aol.com (408) 251-8983

Page 2 of 2 of Team Relay Entry Form