

2008 Pacific Swimming Long Course All-Stars -- Selection Process General Rules

1. Pacific Swimming will select two Pacific Swimming Long Course All-Star Teams. Swimmers need to indicate which team they are applying for on the top of the application, the North American Challenge Cup (NACC) or the Western Zone (WZ) Championship Team. **Swimmers may apply to both teams.** The NACC is the faster of the two, but 11-12s will not swim 50 meter events and therefore more difficult to qualify. Travel dates are the day before and the day after the meet dates.
2. The co-pay for the WZ Team is **\$525**. The co-pay for the NACC is **\$525**.
3. Qualifying times must be swum between March 1, 2008 and July 20, 2008.
4. Forms may be submitted as follows:
 - a. Mailed or hand delivered to **Darwin Takaki at 6535 Leyland Park Dr., San Jose, CA 95120**. (408) 268-7154, dtld@comcast.net. They must be **received by 12:00 noon, Monday, July 21, 2008**.
 - b. Hand delivered to the All-Star Selection Desk at the Adam Szmidt Memorial JO Championships hosted by the Terrapins at Concord, CA **before finals on Sunday, July 13, 2008**.

a **NO** late co-pays or forms will be accepted. Make check payable to **Pacific Swimming**.

5. These forms will be available on the Pacific Swimming Web site, available by email from **Darwin Takaki** (dtld@comcast.net), and available at the Adam Szmidt Memorial JO Championships.
6. If you turn in your forms early, you do not need to update your best time. We will have access to meet results of all Pacific sanctioned meets up through July 20th. However, if you have achieved your best time at an out of Pacific swim meet this long course season, you should include a copy of the official results with your entry form (see paragraph 8 below).
7. The burden of proof for any out of LSC meets rests with the swimmer. Submitted results must be either:
 - a. Complete official results of the meet
 - b. Times of the swimmer signed by the meet referee
8. Selection will be made by the evening of July 21, 2008. Coaches will notify selected swimmers starting on Tuesday, July 22, 2008.
9. Deposited co-pay for those swimmers not selected will be returned by mail within 10 days.
10. Swimmers who have ever competed in an individual event at the USA Swimming Senior National Championships are ineligible for the 2008 Pacific Swimming All-Stars.

12/20/07

Pacific Swimming North American Challenge Cup Selection Process

2008 NACC, Aug. 7-9, 2008

Edmonton, Alberta, Canada

- 1) A maximum of 80 swimmers will be selected to the team. Age groups 11-12, 13-14, 15-16, and 17-18.
- 2) Swimmers must have a completed entry packet mailed and received or hand delivered to: **Darwin Takaki, 6535 Leyland Park Dr., San Jose, CA 95120, (408) 268-7154, dtdl@comcast.net** by **12 noon, Monday, July 21, 2008** to be eligible for the team. An entry packet includes: **letter of intent, medical form, honor code, parent/coach form, co-pay of \$525**. All forms must be signed and completed by the deadline above for the swimmer to be eligible.
- 3) Unlike the Western Zone Team, the North American Challenge Cup **will allow** swimmers who have competed at USAS Junior Nationals. Swimmers may have up to **two** USAS Junior National qualifying times and can still compete. Swimmers who have US Open or Senior National qualifying times are not eligible. If you have not achieved a US Open or Senior National qualifying time or competed at the US Open or Senior National Championships within 18 months of the start of the 2008 NACC, you *are* eligible.
- 4) Beginning May 1, 2008, swimmers will be ranked periodically until the deadline based on times swum from May 1, 2007 according to item (5). The top 10 during these ranking periods will be invited to apply to participate in the 2008 NACC. All swimmers who have received an NACC invitation must fill out an application and submit the co-pay to be eligible for the NACC even if they have filled out an application for the 2008 Western Zone Team.
- 5) Swimmers will be selected based on their best 2008 Pacific Swimming Long Course All-Star Consideration Times (LCCT) achieved from March 1st, 2008 thru July 20th, 2008 in all events swum. Points will be awarded as follows:

Scoring:	1st	2nd	3rd	4th	5th	6th	Place
	11	8	5	3	2	1	Point(s)

In the event of a tie for the final place, the following tiebreakers will be used:

 - a. Points earned in the highest placed event.
 - b. Potential for the swimmer to improve Pacific's relay placing.
- 6) Once all invited swimmers have been considered and there are at least 4 swimmers per age group, and all the strokes have been considered, if the coaching staff believes that there are no other swimmers with the potential to make finals or help the team's relays, then no other swimmers will be placed on the team, even if it is less than 80 swimmers.
- 7) **All swimmers will need to have a passport or other recommended documents to return from across the Canadian border.**
- 8) Parents will need to fill out the **Travel Acknowledgement** section of the application and have it notarized with **both** parents signatures. *(The last page of this application.)*

GIRLS 2008 PACIFIC SWIMMING LONG COURSE ALL-STAR CONSIDERATION TIMES				
Event	11-12	13-14	15-16	17-18
50 Free	29.29	28.09	28.79	29.09
100 Free	1:03.49	1:00.79	1:02.19	1:03.59
200 Free	2:17.29	2:10.29	2:13.29	2:17.09
400 Free	4:49.19	4:32.49	4:38.79	4:47.59
800 Free	█	9:28.99	9:37.39	9:59.39
1500 Free	█	18:00.79	18:19.69	19:25.09
100 Back	1:12.69	1:10.39	1:11.49	1:14.49
200 Back	2:45.69	2:27.99	2:31.79	2:37.49
100 Breast	1:21.09	1:18.09	1:19.19	1:22.39
200 Breast	3:06.69	2:49.09	2:53.39	2:56.99
100 Fly	1:10.69	1:06.99	1:08.89	1:10.39
200 Fly	2:47.39	2:29.89	2:34.39	2:41.69
200 I.M	2:35.59	2:30.49	2:34.69	2:37.09
400 I.M	█	5:13.99	5:22.69	5:32.39

BOYS 2008 PACIFIC SWIMMING LONG COURSE ALL-STAR CONSIDERATION TIMES				
Event	11-12	13-14	15-16	17-18
50 Free	28.79	26.59	25.99	25.99
100 Free	1:02.29	57.89	56.49	56.69
200 Free	2:14.79	2:05.39	2:03.29	2:04.89
400 Free	4:44.59	4:23.69	4:20.89	4:27.19
800 Free	█	9:10.49	9:02.39	9:29.09
1500 Free	█	17:22.59	17:21.09	18:07.69
100 Back	1:12.49	1:07.19	1:05.39	1:06.69
200 Back	2:45.29	2:22.59	2:20.79	2:24.19
100 Breast	1:21.49	1:13.89	1:12.89	1:13.69
200 Breast	3:04.49	2:42.69	2:39.09	2:41.49
100 Fly	1:09.69	1:03.79	1:01.99	1:02.69
200 Fly	2:45.79	2:22.39	2:20.09	2:26.69
200 I.M	2:34.39	2:23.49	2:20.69	2:22.69
400 I.M	█	5:03.09	4:58.69	5:05.69

PACIFIC SWIMMING
Letter of Intent

Competition: 2008 Western Zone Championships, Gresham, OR August 5-9, 2008
(Circle one or both) 2008 North American Challenge Cup, Edmonton, Alberta, Canada August 7-9, 2008

This signed Letter of Intent, a signed Honor Code, a signed Parent/Coach Guidelines, a completed Medical Release Form, Travel Authorization for Canada, and the non-refundable co-payment of **\$525** must be on file with the All-Star Team Director: Darwin Takaki, 6535 Leyland Park Dr., San Jose, CA 95120 **by finals, Sunday, July 13, 2008 at the Adam Szmidt Memorial JO Championships.**

We request the named swimmer be considered for selection to Pacific's All-Star Team.

Swimmer's Name: _____ Birth Date: _____ Age on 8/5/08: _____

USAS Reg. # _____ Sex: **F M** Swimmer e-mail address _____

Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

Home Phone #: (_____) _____ e-mail address _____

Father's Work # _____ Cell # _____

Mother's Work # _____ Cell # _____

Club: _____

Coach: _____ Coach's Phone #: (_____) _____

Secondary Contact in Case of Emergency:

Name: _____ Relationship: _____

HomePhone #: (_____) _____ Work # (_____) _____ Cell# (_____) _____

Additional Information:

Shirt Size: YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___ Short Size: YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___

Lunch Choice: Ham / Turkey / Roast Beef / Vegetarian (Circle one)

Snack Choice: (EX. Teddy Grahms, Animal Crackers, Granola, Fruit, Cereal, etc.) _____

Have you competed in an individual event at: U.S. Open /Junior or Senior National Championships? **Y / N**
If so, when? _____ (Circle One)

Swimmer has passport or proper documents to return from Canada? **Y / N** Passport # _____

AGREEMENT

If selected we agree to participate, to abide by the rules and regulations of the coaching staff, team managers, Pacific's Honor Code and Parent/Coaches Guidelines, and furthermore understand and agree that failure to participate may result in our liability and obligation to reimburse Pacific for expenses incurred on behalf of the swimmer. If not selected, the co-pay will be returned by mail.

Signature of Swimmer

Signature of Parent/Guardian



Check here if applying as swimmer with disabilities

PACIFIC SWIMMING ALL STAR TRIPS
FAMILY AND U.S.A.S. HOME COACH PARTICIPATION GUIDELINES

Congratulations to you as a major supporter of your swimmer, who is rightfully proud and excited to be applying for a place on this years' Western Zone team. We as the team coaches and managers are looking forward to the coming competition, and are expecting a high level of cooperation and performance from all the athletes on the team. We know you share these aspirations with us.

This is an All-Star Team trip, where our first priority is to promote the best interest of the individual athlete in particular and of the team as a whole. This priority includes safety, fairness of competition for all athletes and the personal growth of each individual in contributing to the team.

You, as a parent and /or coach, have already contributed enormously to the success of your athlete. In order to help and encourage you to continue this support while your athlete is with the Western Zone team we offer you the following guidelines and ask that you sign them. If you have questions please speak to a manager or the Head Coach.

1. Please, if you can, travel to the meet as an official, timer, or spectator. Your personal presence and support is important to the team.
2. All team-housing areas are restricted to trip athletes and staff. Request for access to an athlete's area must be made in writing to the head coach.
3. During the trip family members are asked not to visit with the athletes. The athletes are on the trip to perform to the best of their ability and to become a cohesive team. Team functions are designed with this in mind. Since the schedule must remain flexible the athletes must stay in the team designated areas.
4. Arrangements for telephone calls between the athlete and family/coach should be set up ahead of time, initiated by the athlete and limited to no more than five minutes per call. If you need to get in touch with your athlete please contact a staff member to relay a message (they will be glad to help).
5. The "team area" during competition is restricted to swimmers and staff members. **Parents and home coaches may not be involved with the swimmers on the pool deck.**
7. Any concerns that may arise during the course of the competition need to be referred immediately to the appropriate staff member. They are in place to help the athletes.

I have read and understand the guidelines set for me as a parent/coach.

SIGNATURE _____ **DATE** _____

Authorization to Consent to Emergency Treatment of Minor

I/we, the undersigned parent(s) of _____ USA Swimming Registration # _____, a minor, do hereby authorize Pacific swimming as agent for the undersigned to consent to any emergency, x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable, and is to be rendered under the general supervision of any licensed physician and surgeon when parent or guardian cannot be immediately contacted.

(Parent/Legal Guardian signature)

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of the agent to give specific consent to any and all such emergency diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable.

For Patient's Protection

Allergies and sensitivities: Is there a history of skin or other untoward reaction or sickness following injection or oral administration of:

Penicillin	yes	no
Morphine, codeine, demerol or other narcotics?	yes	no
Novocain or other anesthetics?	yes	no
Aspirin, emperin or other pain remedies?	yes	no
Sulfa drugs?	yes	no
Tetanus, antioxin or other serums?	yes	no
Adhesive tape?	yes	no
Iodine or methiolate?	yes	no

Any other drug or medication? (describe) _____

Any foods such as egg, milk, chocolate? (describe) _____

to insect bites, bee stings, other? (describe) _____

Allergy

Date of last Tetanus booster? _____

Drugs Taken Recently: Within the past 6 months has swimmer taken

Cortisone?	yes	no
ACTH?	yes	no
Anticoagulants?	yes	no
Tranquilizers?	yes	no
Hypotensives (high blood pressure medicines?)	yes	no

Has swimmer ever received treatment for (if yes, circle condition) Asthma? Rheumatism? Rheumatic Fever?	yes	no
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Other physical conditions of which we should be aware?	yes	no
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LIST: _____

Emergency Information

Swimmer' Name: _____

IN CASE OF EMERGENCY, WHOM SHALL WE CONTACT:

NAME: _____

EMERGENCY CONTACT PHONE #: () _____

Home-work-cell # (circle one)

Physician: _____ Phone # _____

Dentist: _____ Phone # _____

Medical Insurance: _____ Policy Number: _____

Patient ID# _____

Phone # of insurance company to obtain authorization for emergency treatment (usually an 800 number):

_____ Date: _____

Parental/Guardian Signature

NOTE: Please have swimmer attach their medical card or a copy of their card.

INDIVIDUAL BEST LONG COURSE TIMES

Note: You only need to fill in times achieved out of LSC as we will have a record of your best time in our database if it is achieved in a Pacific sanctioned meet.

Swimmer: _____ Age Group: _____ Club: _____

Address: _____

Home Phone #: (_____) _____

Record best times for all events swum by your age group.

Distance and Stroke	Time	Location	Date	Year
50 Free	_____	_____	_____	_____
100 Free	_____	_____	_____	_____
200 Free	_____	_____	_____	_____
400 Free	_____	_____	_____	_____
800 Free	_____	_____	_____	_____
1500 Free	_____	_____	_____	_____
50 Back	_____	_____	_____	_____
100 Back	_____	_____	_____	_____
200 Back	_____	_____	_____	_____
50 Breast	_____	_____	_____	_____
100 Breast	_____	_____	_____	_____
200 Breast	_____	_____	_____	_____
50 Fly	_____	_____	_____	_____
100 Fly	_____	_____	_____	_____
200 Fly	_____	_____	_____	_____
200 IM	_____	_____	_____	_____
400 IM	_____	_____	_____	_____

Circle your favorite events.



**PACIFIC
SWIMMING**

If you would like your child's participation on the Pacific Swimming All-Stars Teams to be made public prior to the event, please fill out the following information:

I, _____, grant permission for Pacific Swimming to use my
(Print Name)

minor child's name, _____, in conjunction with
(Print Child's Name)

information about the upcoming swim meet, including the date and time of the meet. I will not hold Pacific Swimming liable for any circumstances that may occur as a result of this information being made public prior to the event.

(Parent's Signature)

(Date)

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International Travel Information and Acknowledgement

Information from CBP.gov

Adults traveling in or out of the U.S. with children under the age of 18 should be aware of the following: because of increasing incidents of child abductions in disputed custody cases and as possible victims of child pornography, Customs and Border Protection strongly recommends that unless the child is accompanied by both parents, the adult have a note from the child's other parent (or, in the case of a child traveling with grandparents, uncles or aunts, sisters or brothers, or friends, a note signed by both parents) stating "I acknowledge that my wife/husband/etc. is traveling out of the country with my son/daughter. He/She/They has my permission to do so."

CBP also suggests that this note be notarized. While CBP may not ask to see this documentation, if we do ask, and you do not have it, you may be detained until the circumstances of the child traveling without both parents can be fully assessed.

If there is no second parent with legal claims to the child (deceased, sole custody, etc.) any other relevant paperwork, such as a court decision, birth certificate naming only one parent, death certificate, etc., would be useful.

Adults traveling with children should also be aware that, while the U.S. does not require this documentation, many other countries do, and failure to produce notarized permission letters and/or birth certificates could result in travelers being refused entry. (Canada has very strict requirements in this regard.)

Important Note: The Western Hemisphere Travel Initiative will soon require all travelers to and from the Americas, the Caribbean, and Bermuda to have a passport or other accepted form of documentation to enter or reenter the United States. The program will be rolled out in phases. The proposed timeline is as follows:

• **December 31, 2006:** Requirement applied to all air and sea travel to or from Canada, Mexico, Central and South America, the Caribbean, and Bermuda.

Travelers Checklist

Do I have:

- ? Passport and other recommended ID? (Carry it; do not pack it)
- ? Green Card or document for Lawful Permanent Residents? (Advance Parole if LPR status is pending)
- ? Notarized travel permission letters for minors traveling without BOTH of their parents? (Both parents should please fill out and have notarized the attached Pacific Swimming travel acknowledgement form.)
- ? Entry documentation for the country I will be visiting? (Visa may be required for those not US citizens.)
- ? Only the medication that I need for my trip and in its original container?
- ? Receipts or registration paperwork (CBP Form 4457) for any new electronics, such as a camera or laptop, that I'm taking with me? (Only suggested if traveling with recently purchased goods. Not necessary for goods more than six months old.)

For more information, please visit www.cbp.gov



Travel Acknowledgement for Pacific Swimming

I acknowledge that chaperones from Pacific Swimming are traveling out of the United States of America with my son/daughter (circle one). They have my permission to do so. My child, _____, has my permission to travel to Edmonton, Alberta, Canada with Pacific Swimming to participate in a swim meet and related activities. My child will stay in Edmonton beginning August 6, 2008 and return to the San Francisco Bay Area on August 10, 2008. During this time, I may be reached as follows:

Name(s): _____

Home Address: _____

City, State, Zip: _____

Cell Phone: _____

Home Phone: _____

Work Phone: _____

Signature: _____ date: _____

Notarization: _____ date: _____