

## 2013 SPEEDO FAR WESTERN LONG COURSE CHAMPIONSHIP

Hosted by West Coast Aquatics

Co-sponsored by Pacific Swimming

July 31-August 4, 2013

Enter Online: <http://ome.swimconnection.com/pc/west20130731>



PACIFIC  
SWIMMING

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **13-098**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

- Meet Referee:** Frank Suchomel
- Head Starter:** Mike Davis
- Meet Marshal:** Son Diep/Phillip Nguyen
- Meet Director:** Guiselle Morrone [teammanager@westcoastaquatics.org](mailto:teammanager@westcoastaquatics.org)

**CERTIFICATION MEET: This is a National Officials Qualifying Meet.** Officials wishing to be evaluated must apply to the Lead Evaluator 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. Officials dress for finals is a white polo shirts/blouse, navy blue long pants or skirts, and closed white athletic shoes. For a N2 evaluation to be valid it must be done over 3 sessions in the position; N3 evaluations must be done over 4 sessions in the position. Recertification evaluations must each be done over 2 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 obtained found on the Pacific Swimming Website.

**LOCATION:** Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133. From Interstate-680, exit Mckee Road and head west, away from the foothills. Turn right at the first light, which is Jackson Avenue. Turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east, toward the foothills. Go down Mckee to the 7<sup>th</sup> traffic light which will be Jackson Avenue. Turn left on Jackson and at the second light turn left into the pool parking lot.

**COURSE:** 25 yard by 50 meter outdoor, heated pool with up to 8 lanes available for competition. A separate 25 yard, 7 lane diving well for warm up and warm down will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'5" at the start end and 7' at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:00 to 8:45 AM each day. Finals will begin no earlier than one hour after the conclusion of prelims. The exact time will be determined by the Head Referee and it will be announced soon after.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- Swimmers may compete in (3) events per day, and a maximum of (9) individual events, plus relays for the entire meet.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- The 800 & 1500 freestyles will be swum fastest to slowest.
- All swimmers in the 800 and 1500 meter Freestyle, must provide their own timers and turn counters.
- The 400 IM, 400, 800 & 1500 freestyle will be swum in combined age groups of 11-18 year olds. These events will be scored and awarded by age group.
- The 800 & 1500 freestyle events may be swum with two swimmers per lane starting at opposite ends. This will be left up to the discretion of the Head Referee.
- The 800 and 1500 swimmers may check in from the first day of the meet until 60 minutes prior to the start of their event.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

**RACING STARTS:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue, which includes the entire campus of Independence High School
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured to the deck.
- **Animals are prohibited on the pool deck area at all times, with the exception of assistance animals for the disabled. No canopies, chairs, tents, or camping is allowed on the competition deck area. All canopies, chairs, tents or other setups, must be in the designated areas only.**

**ELIGIBILITY:**

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on the Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host will 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 \$10.00 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Swimmers must have met the Pacific Swimming Far Western conforming long course meters, or non-conforming short course meters, or yards time standard for each event entered.
- Entries with "**NO TIME**" will be rejected.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and older may participate in events for the 17-18 age group provided they have met the time standard for that age group. They will not be eligible to swim in finals or receive awards.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual swimmers can score points towards high point awards. Teams will not be in contention for team awards. All-Star relays can win medals but will not score points.

**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 and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved after February 1, 2012 and prior to the closing date of entries for the meet: **(Wednesday, July 24, 2013 at 11:59 PM PST)**. If the time cannot be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be provided.

**SEEDING:** Seeding will be in the following order: Conforming Long Course Meters, non-conforming Short Course Meters, and non-conforming Short Course Yards in accordance with USA-S rule 207.12.7B. Preliminary heats will be swum slowest to fastest, with the exception of individual events of distances 400 and greater.

**RELAYS:** All relay entries must be received by the deadline (Wednesday, July 24, 2013) with entry times listed and a check for relay entry fees included. There will be no refunds for relays not swum. Any relay swimmer not entered in an individual event or not listed on the "Relay Only Swimmers Entry List" 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 sessions. **RELAY ONLY SWIMMERS DO NOT NEED TO PAY THE \$10.00 PARTICIPATION FEE.**

**ENTRY FEES:** \$5.50 per individual event, \$10.00 participation fee per swimmer. \$20.00 per relay. \*\*Note, relay only swimmers ARE NOT required to pay the participation fee. All entry fees MUST be included with entry.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/west20130731> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, July 24, 2013.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, July 22, 2013 or hand delivered by 6:30 p.m. Wednesday, July 24, 2013. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** West Coast Aquatics  
**Mail/Hand deliver entries to:** Guiselle Morrone  
6317 Grand Oak Way  
San Jose, CA 95135

**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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the Head Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Any swimmer qualifying for a final race in an individual event, who fails to show in said final race, prior to calling the alternate, shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.

**AWARDS:** Individual event Finalists will be awarded 1<sup>st</sup> through 8<sup>th</sup> places medals. Relay events will be awarded medals for 1<sup>st</sup> to 3<sup>rd</sup> place and Rosettes for 4<sup>th</sup> through 8<sup>th</sup>. Individual High Point awards will be given to each age group and gender. Team trophies will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams. Events that contain multiple age group participants will be awarded separately, unless it is a 10 & under event. 10 & under groups will be awarded as one age group. A team representative must pick their swim team awards at the conclusion of the meet at the awards desk. Awards will not be handed to individuals, unless they are unattached.

**SCORING:**

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

**ADMISSION:** Free. A 5-day meet program will be available for a fee.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Lunch and hospitality will be available to all working officials and coaches. Refreshments and snacks will be provided for timers.

**MISCELLANEOUS:** Seating: West will be providing tables, chairs and canopies for all coaches around the pool deck. Set-up elsewhere outside of the pool facility is allowed, but at the individual owners risk. Any items left outside of the pool gates overnight will not be guarded. Seating in front of doors and other buildings will be moved by the marshal and other meet staff.

For Hotel information, please visit our website at [www.westcoastaquatics.org](http://www.westcoastaquatics.org).

**MEET EVENT SUMMARY:**

<b>Wednesday July 31, 2013</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
	50 Breaststroke	400 IM (W)	400 IM (W)	400 IM (W)
	400 IM (W)	1500 Freestyle (M)	1500 Freestyle (M)	1500 Freestyle (M)
	1500 Freestyle (M)	400 Free Relay	400 Free Relay	

<b>Thursday August 1, 2013</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
50 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
100 Freestyle	50 Butterfly	400 IM (M)	400 IM (M)	400 IM (M)
	400 IM (M)	800 Free (W)	800 Free (W)	800 Free (W)
	800 Free (W)	400 Medley Relay	400 Medley Relay	
	400 Medley Relay			

<b>Friday August 2, 2013</b>				
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 IM	200 IM	200 IM	200 IM	200 IM
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)	400 Freestyle (M)
	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)	1500 Freestyle (W)
	200 Free Relay	200 Free Relay	200 Free Relay	

<b>Saturday August 3rd, 2013</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
50 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
	(M) 800 Free	(M) 800 Free	(M) 800 Free	(M) 800 Free
200 Free Relay	400 Free Relay	800 Free Relay	800 Free Relay	

<b>Sunday August 4th, 2013</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
50 Backstroke	50 Backstroke	100 Butterfly	100 Butterfly	100 Butterfly
100 Butterfly	100 Butterfly	400 Freestyle (W)	400 Freestyle (W)	400 Freestyle (W)
400 Freestyle (W)	400 Freestyle (W)	200 Medley Relay	200 Medley Relay	
200 Medley Relay	200 Medley Relay			

(M) = Event being swum by Men only

(W) = Event being swum by Women only

**2013 FAR WESTERN DAILY ORDER OF EVENTS**

<b>WEDNESDAY, July 31st, 2013</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
1	11-12 200 Backstroke	2
3	13-14 200 Backstroke	4
5	15-16 200 Backstroke	6
7	17-18 200 Backstroke	8
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	15-16 100 Freestyle	14
15	17-18 100 Freestyle	16
17	11-12 50 Breaststroke	18
201	11-12 400 IM (W)	
	13-14 400 IM (W)	
	15-16 400 IM (W)	
	17-18 400 IM (W)	
	11-12 1500 Freestyle (M)	204
	13-14 1500 Freestyle (M)	
	15-16 1500 Freestyle (M)	
	17-18 1500 Freestyle (M)	
19	13-14 400 Freestyle Relay	20
21	15-18 400 Freestyle Relay	22
<b>THURSDAY, August 1st, 2013</b>		
<b>Girl's Event</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Event</b>
23	10 & Under 100 Backstroke	24
25	11-12 100 Backstroke	26
27	13-14 100 Backstroke	28
29	15-16 100 Backstroke	30
31	17-18 100 Backstroke	32
33	10 & Under 50 Breaststroke	34
35	11-12 200 Breaststroke	36
37	13-14 200 Breaststroke	38
39	15-16 200 Breaststroke	40
41	17-18 200 Breaststroke	42
43	11-12 50 Butterfly	44
45	10 & Under 100 Freestyle	46
	11-12 400 IM (M)	206
	13-14 400 IM (M)	
	15-16 400 IM (M)	
	17-18 400 IM (M)	
207	11-12 800 Freestyle (F)	
	13-14 800 Freestyle (F)	
	15-16 800 Freestyle (F)	
	17-18 800 Freestyle (F)	
47	11-12 400 Medley Relay	48
49	13-14 400 Medley Relay	50
51	15-18 400 Medley Relay	52

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

<b>FRIDAY, August 2nd, 2013</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
53	10 & Under 200 IM	54
55	11-12 200 IM	56
57	13-14 200 IM	58
59	15-16 200 IM	60
61	17-18 200 IM	62
63	10 & Under 50 Freestyle	64
65	11-12 50 Freestyle	66
67	13-14 50 Freestyle	68
69	15-16 50 Freestyle	70
71	17-18 50 Freestyle	72
	10 & Under 400 Freestyle (M) 11-12 400 Freestyle (M)	210
	13-14 400 Freestyle (M) 15-16 400 Freestyle (M) 17-18 400 Freestyle (M)	212
213	11-12 1500 Freestyle (W) 13-14 1500 Freestyle (W) 15-16 1500 Freestyle (W) 17-18 1500 Freestyle (W)	
73	11-12 200 Free Relay	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78
<b>SATURDAY, August 3rd, 2013</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
79	10 & Under 200 Freestyle	80
81	11-12 200 Freestyle	82
83	13-14 200 Freestyle	84
85	15-16 200 Freestyle	86
87	17-18 200 Freestyle	88
89	10 & Under 50 Butterfly	90
91	11-12 200 Butterfly	92
93	13-14 200 Butterfly	94
95	15-16 200 Butterfly	96
97	17-18 200 Butterfly	98
	11-12 800 Freestyle (M) 13-14 800 Freestyle (M) 15-16 800 Freestyle (M) 17-18 800 Freestyle (M)	216
99	10 & Under 200 Free Relay	100
101	11-12 400 Free Relay	102
103	13-14 800 Free Relay	104
105	15-18 800 Free Relay	106

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

<b>SUNDAY, August 4th, 2013</b>		
<b>Girl's Events</b>	<b>Event Age Group &amp; Description</b>	<b>Boy's Events</b>
107	10 & Under 100 Breaststroke	108
109	11-12 100 Breaststroke	110
111	13-14 100 Breaststroke	112
113	15-16 100 Breaststroke	114
115	17-18 100 Breaststroke	116
117	10 & Under 50 Backstroke	118
119	11-12 50 Backstroke	120
121	13-14 100 Butterfly	122
123	15-16 100 Butterfly	124
125	17-18 100 Butterfly	126
127	10 & Under 100 Butterfly	128
129	11-12 100 Butterfly	130
217	10 & Under 400 Freestyle (W) 11-12 400 Freestyle (W)	
219	13-14 400 Freestyle (W) 15-16 400 Freestyle (W) 17-18 400 Freestyle (W)	
131	10 & Under 200 Medley Relay	132
133	11-12 200 Medley Relay	134
135	13-14 200 Medley Relay	136
137	15-18 200 Medley Relay	138

Relay Events are swum at the end of finals.

(M) = Event being swum by Men only

(W) = Event being swum by Women only

#### 2013 SPEEDO FAR WESTERN

INDIVIDUAL TIME STANDARDS available at: [http://www.pacswim.org/13\\_FW\\_TIME\\_STANDARDS.pdf](http://www.pacswim.org/13_FW_TIME_STANDARDS.pdf)

RELAY TIME STANDARDS available at: [http://www.pacswim.org/13\\_FW\\_relay.pdf](http://www.pacswim.org/13_FW_relay.pdf)



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**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.

### INDIVIDUAL CONSOLIDATED ENTRY FORM

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

Last Name			First Name			MI
LSC CODE		Club Abbreviation	Club Name			
Age	Age Group	Gender M / F	Date of Birth / /		<b>USA-S Registration Number</b>	
Event #	Distance/Stroke			Enter Time and Course  Qualifying Entry Time LCM, SCY or SCM	<b>*PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2.  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 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. 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			Participation Fee	\$10.00		
Swimmer's Email Address			<b>Total Due</b>	\$		
Swimmer's Phone (    )			Checks Payable to: <b>West Coast Aquatics</b>			

**MAIL ENTRIES TO:**  
 WEST Meet Director  
 6317 Grand Oak Way  
 San José, CA 95135

**LATE ENTRIES WILL NOT BE ACCEPTED**  
 Online Entry: <http://ome.swimconnection.com/pc/west20130731>

**Entry questions:** teammanager@westcoastaquatics.org  
 Mail deadline postmarked: .....**Mon., July 22, 2013 Midnight PST**  
 Hand delivered/overnight received by: .....**Wed., July 24, 2013 6:30pm PST**  
 Online entry:.....**Wed., July 24, 2013 11:59pm PST**





**Team Relay Entry Form (To be submitted by Team)**

<b>Team Name</b>		<b>LSC</b>		<b>Team Abbr</b>
<b>Coach</b>		<b>Contact Phone and Email</b>		<b>Amount Enclosed</b>
				# of Relays _____ Total \$ _____
<b>10 &amp; Under Age Group Relays</b>				
Event #	Event	Team Entry Time		
		A	B	C
99	Girls 200 Free			
100	Boys 200 Free			
131	Girls 200 Medley			
132	Boys 200 Medley			
<b>11-12 Age Group Relays</b>				
Event #	Event	Team Entry Time		
		A	B	C
47	Girls 400 Medley			
48	Boys 400 Medley			
73	Girls 200 Free			
74	Boys 200 Free			
101	Girls 400 Free			
102	Boys 400 Free			
133	Girls 200 Medley			
134	Boys 200 Medley			
<b>13-14 Age Group Relays</b>				
Event #	Event	Team Entry Time		
		A	B	C
19	Girls 400 Free			
20	Boys 400 Free			
49	Girls 400 Medley			
50	Boys 400 Medley			
75	Girls 200 Free			
76	Boys 200 Free			
103	Girls 800 Free			
104	Boys 800 Free			
135	Girls 200 Medley			
136	Boys 200 Medley			
<b>15-18 Age Group Relays</b>				
Event #	Event	Team Entry Time		
		A	B	C
21	Girls 400 Free			
22	Boys 400 Free			
51	Girls 400 Medley			
52	Boys 400 Medley			
77	Girls 200 Free			
78	Boys 200 Free			
105	Girls 800 Free			
106	Boys 800 Free			
137	Girls 200 Medley			
138	Boys 200 Medley			

MARK ALL ENTRY TIMES WITH "LCM," "SCY" OR "SCM" TO THE RIGHT OF YOUR ENTRY TIME.

Relays are \$20.00 per relay team entered.

**RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE:** <http://ome.swimconnection.com/pc/west20130731>

Online entries are due by 11:59pm on Wed, July 24, 2013.