D. Short Course Far Westerns Meet

1. Meet Description: The Short Course Far Westerns Championship Meet should reach a proportionate number of the top age group swimmers in Pacific Swimming, and the surrounding LSC’s in the following age groups: 10&Under, 11-12, 13-14, 15-18.

2. This meet shall be conducted at one site in short course yards.

3. Target Date: The meet shall be held on the first weekend in April. In the event that Easter falls on that Sunday, the meet shall be moved one weekend earlier.

4. Days of Competition: 4

5. Daily Timeline:

1. Prelims shall start at 9:00 a.m. and finish no later than 1:30 p.m. (including distance timed finals).

b. Finals shall start at 4:00 p.m. There will only be a championship final.

6. Scoring: The meet shall be scored to 8 places.

7. Awards:

1. Individual Awards: Distinctive medals shall be award for individual events 1st through 8th place, and for relay events 1st through 3rd place.
2. Team Awards: Distinctive plaques for team places 1st through 3rd place.

c. High Point Awards: Distinctive plaques for individual high point awards for each age group and gender.

8. Time Standards: Time Standards shall be set to control meet size based on the daily timeline, and accommodate a proportional number of swimmers for each age group and gender based on a five year rolling average of year round athletes registered in Pacific Swimming. These time standards shall be published in September each year.

9. Annual Review: The meet should be reviewed via coach and club survey conducted by Pacific Swimming immediately following the meet.

10. The event order will be determined by the Age Group Committee, with input from the host club.

E. Long Course Far Westerns Meet

1. Meet Description: The Long Course Far Westerns Championship Meet should reach a proportionate number of the top age group swimmers in Pacific Swimming, and the surrounding LSC’s in the following age groups: 10&Under, 11-12, 13-14, 15-18.

2. This meet shall be conducted at one site in long course meters.

3. Target Date: The meet shall be held on the last weekend in July.

4. Days of Competition: 4

5. Daily Timeline:

1. Prelims shall start at 9:00 a.m. and finish no later than 2:30 p.m. (including distance timed finals).

b. Finals shall start at 5:00 p.m. There will only be a championship final.

6. Scoring: The meet shall be scored to 8 places.

7. Awards:

1. Individual Awards: Distinctive medals shall be award for individual events 1st through 8th place, and for relay events 1st through 3rd place.
2. Team Awards: Distinctive plaques for team places 1st through 3rd place.

c. High Point Awards: Distinctive plaques for individual high point awards for each age group and gender.

8. Time Standards: Time Standards shall be set to control meet size based on the daily timeline, and accommodate a proportional number of swimmers for each age group and gender based on a five year rolling average of year round athletes registered in Pacific Swimming. These time standards shall be published in September each year.

9. Annual Review: The meet should be reviewed via coach and club survey conducted by Pacific Swimming immediately following the meet.

10. The event order will be determined by the Age Group Committee, with input from the host club.

E. Junior Olympics Meets

1. Meet Description: The Junior Olympic Meets should reach a proportionate number of the top age group swimmers in Pacific Swimming, in the following age groups: 10&Under, 11, 12, 13, 14.

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| --- | --- | --- | --- | --- | --- | --- |
| **Meet** | **# of Sites** | **# of Days** | **Prelims** | **Finals** | **Finals Format** | **Target Date** |
| December | 2 | 2.5 or 3 | 9:00a to 1:30p | 4:00p | 2 heats with traditional age group relays | 2 Saturdays after Thanksgiving |
| March | 2 | 2.5 or 3 | 9:00a to 1:30p | 4:00p | 2 heats with traditional age group relays | 3 Saturdays prior to SCFW |
| July | 2 | 3 | 9:00a to 1:30p | 4:00p | 2 heats with traditional age group relays | 3 Saturdays prior to LCFW |

6. Scoring: The meet shall be scored to 16 places.

7. Awards:

1. Individual Awards: Distinctive medals shall be award for individual events 1st through 8th place, and for relay events 1st through 3rd place.
2. Team Awards: Distinctive plaques for team places 1st through 3rd place.

c. High Point Awards: Distinctive plaques for individual high point awards for each age group and gender.

8. Time Standards: Time Standards shall be set to control each meet size based on the daily timeline, and accommodate a proportional number of swimmers in each age group based on a five year rolling average of year round athletes registered in Pacific Swimming. These time standards shall be published in September each year.

9. Annual Review: Each meet should be reviewed via coach and club survey conducted by Pacific Swimming immediately following the meet.

10. The event order will be determined by the Age Group Committee, with input from the host clubs.