

SPEEDO LONG COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by Orinda Aquatics

co-sponsored by Pacific Swimming

July 26-29, 2018

Enter Online: <http://usaswimming.org/ome>



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-079**

In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless 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. **The results of this meet may be posted in real time on the Internet at <http://results.teamunify.com/oapb/index.html>.**

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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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: Mike Tramack	Head Starter: Jimmy Hong
Meet Marshal: Kristin Thompson	Admin Referee: Debbi Tucker
Meet Director: Renee Owyong, r.owyong@att.net	

CERTIFICATION MEET: Officials wishing to be evaluated shall apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing shall occur one hour before the start of both Preliminaries and Finals. Officials dress for Finals is white polo shirts, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it shall be done over 4 sessions in the position. N2 evaluation shall be done over 3 sessions in the position. Recertification evaluations shall each be done over two sessions, however, the official shall work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained on the Pacific Swimming Website.

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, CA

DIRECTIONS: **Highway 24 West**, take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**, take Orinda exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind the high school. Parking lot is located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 50 meter pool with up to 8 lanes available for competition with the possibility of chase starts from both ends of the pool. Up to 14 additional short course yards lanes shall be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10' at the primary end and 7' at the secondary start 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 shall begin at 9:00 AM each day with warm-ups from 7:00 AM to 8:45 AM. A special warm-up time for 8 and under athletes only shall be held from 8:45 to 8:55 AM. Championships finals shall start no sooner than one hour after the finish of preliminary session including distance timed finals.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course. Further warm-up instructions may be distributed and required at the discretion of the Meet Referee.
- All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded.
- All individual events with the exception of the 800 and 1500 Freestyles shall be Preliminaries and a Championship Final.
- The top 8 athletes will qualify for the Championship Final. There is no Consolation Final.

- Athletes may compete in **three (3)** events per day, and a maximum of **seven (7)** individual events, plus relays for the entire meet.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All coaches and deck officials shall wear their Deck Credentials in a visible manner. Coaches can provide proof of certification with Deck Pass.
- All Relay events, with the exception of the 200 Medley Relays shall swim at the conclusion of Finals. The 200 Medley Relays shall swim at the start of Finals on Friday.
- Athletes shall provide their own timers and lap counters for the 800 and 1500 Freestyle.
- Athletes shall provide their own timers for the 400 Freestyle and 400 Individual Medley.
- Athletes entered in the meet shall receive a deck credential as part of the entry fee. Should an Athlete lose their deck pass, the Athlete's Coach can purchase a replacement deck credential for \$10.
- No Refunds shall be given (other than mandatory scratch downs).
- Pacific Swimming does not currently have a No-Tech Suit policy for 12 & under Athletes.
- **This is a closed deck meet. Only Athletes, Coaches, Officials and Volunteers with a deck credentials will be allowed on the inner deck.**

UNACCOMPANIED ATHLETES: Any USA Swimming member competing at the meet shall 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete 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 Swimming Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall start the race in the water. It is the responsibility of the athlete or the athlete'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 athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters shall be properly secured. Tarps will not be allowed on the grass overnight.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All animals except working service animals are prohibited from all areas of the competition venue.
- Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" in the competition pool area. All athlete and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the softball field only. No set of any type in other areas of the school campus.
- **Only Athletes registered in the Meet are allowed in any of the swimming pools.**

ELIGIBILITY:

- Athletes shall be current members of USA Swimming, and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall check all athlete registrations against the SWIMS database, and if not found to be registered, the Administrative Referee shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes shall have met the "Summer 2018 FW" time standard in every event entered. Entries with "NO TIME" shall be rejected.

- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 and Over may compete in Preliminaries and shall not be eligible for awards and scoring. Such athletes shall have met standards for the 17-18 age group.
- All Relay Athletes must be entered in individual events or as a relay-only athlete.
- The athlete's age shall be the age of the athlete 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 athletes can score points towards high point awards. All-Star teams shall not be in contention for team awards. All-Star relays can win medals, but shall not score points.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming Rules and Regulations Section 4.A.2. All entry times shall be verified against the USA Swimming SWIMS database, and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times shall have been achieved after January 1, 2017 and prior to the closing date of entries for the meet Monday, July 16 at 11:59 PM PST (Pacific Standard Time). If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

ENTRY FEES: \$10.00 per individual event, \$10.00 participation fee per athlete and \$20.00 per relay. **Note, relay only athletes ARE NOT required to pay the participation fee. All entry fees SHALL be included with entry, or entries shall not be accepted.

COACH CREDENTIALS: Coach Credentials are \$10.00 per coach. The credential shall be worn at all times during the meet. Coaches with credentials shall receive a program and Finals sheets, as well as access to hospitality. Coach Credentials can be purchased in USA Swimming's OME system or submitted with the Hy-Tek entry file.

ONLINE ENTRIES: Online entry shall be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries shall be accepted until **Monday, July 16, 2018 at 11:59PM PST.**

HY-TEK ENTRIES: Hy-Tek entries shall be accepted. Teams may submit a Hy-Tek electronic entry file to Pacific Swimming at: FarWesternEntry@PacSwim.org. Entries shall be accepted until **Monday, July 16, 2018 at 11:59 PM PST.** The team shall receive an entry confirmation from Pacific Swimming. Each Hy-Tek entry file is subject to a surcharge based on the number of athletes.

1-10 athletes	\$50
11-25 athletes	\$100
26-50 athletes	\$150
50+ athletes	\$200

Hy-Tek entries shall require a team check made out to Pacific Swimming for the amount of the entry fees plus the service charges. The payment shall be postmarked within 48 hours of entry submission and mailed (or hand-delivered) to:

Annie Stein, 1080 S. De Anza Blvd. San Jose, CA 95129

A late fee of 20% shall be charged to the club if the post mark on the team check is over 7 days from electronic submission.

LATE ENTRIES: Any club or athlete missing the entry deadline shall be permitted to enter late, subject to the following requirements:

- Late entries shall be submitted through the Online Meet Entry system (OME);
- These entries shall be received no later than **Wednesday, July 18, 2018 at 11:59 PM PST.**
- The club or athlete shall pay a one-time processing fee of \$75.00, and pay entry fees of \$20 per individual and \$40 per relay event.

FOREIGN TEAM* ENTRIES: Foreign teams may enter using the Hy-Tek entry file provided. Entry files are due no later than **Monday, July 16 at 11:59 PM PST.** Email the entry file to FarWesternEntry@PacSwim.org. Mail a hard copy of the Individual Meet Entry Report, along with the entry fee check to the address listed below. Hard copies and checks SHALL arrive no later than **Tuesday, July 17, 2018 at 11:59 PM PST.** unless prior arrangements have been made. **If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":**

Make check payable to: Pacific Swimming

Mail or Hand deliver check to: Annie Stein 1080 S. De Anza Blvd., San Jose, CA 95129.

* ALL foreign clubs shall have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available at the end of this meet sheet or at https://www.teamunify.com/SubTabGeneric.jsp?team=oapb&_stabid_=183130
This invite can be mailed with entries or scanned and emailed to Annie Stein at FarWesternEntry@pacswim.org

SEEDING: Event seeding shall be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM) and non-conforming short course yards (SCY). - USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. **Athletes who do not check-in shall not be allowed to compete in the event.**

SCRATCHES:

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for Finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for Finals in an individual event who fails to report to the blocks in said final race prior to the calling of the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they shall be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

AWARDS:

Individual Events:	Medals 1 st - 8 th
Relay Events:	Medals 1 st - 3 rd
Team:	Distinctive Awards 1 st -3 rd
Individual High Point:	Distinctive awards for high male and female for each age group

SCORING:

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

ADMISSION: Free. A 4-day meet program will be available for \$10.00.

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

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

TIME STANDARDS: <http://www.pacswim.org/userfiles/cms/documents/858/2018-summer-fw-time-std.--final-rev-9.29.17.pdf>

EVENT SUMMARY:

Thursday, July 26, 2018				
10 & Under	11 -12	13-14	15-16	17-18
	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
	400 IM (G)	400 IM (G)	400 IM (G)	400 IM (G)
400 Freestyle	400 Freestyle (B)	400 Freestyle (B)	400 Freestyle (B)	400 Freestyle (B)
	1500 Freestyle (G)	1500 Freestyle (G)	1500 Freestyle (G)	1500 Freestyle (G)
	400 Free Relay	400 Free Relay	400 Free Relay	400 Free Relay
Friday, July 27, 2018				
10 & Under	11 -12	13-14	15-16	17-18
200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
	200 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
50 Backstroke	50 Backstroke			
100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
	800 Free (B)	800 Free (B)	800 Free (B)	800 Free (B)
	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
Saturday, July 28, 2018				
10 & Under	11 -12	13-14	15-16	17-18
200 IM	200 IM	200 IM	200 IM	200 IM
50 Butterfly	50 Butterfly			
100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
	800 Freestyle (G)	800 Freestyle (G)	800 Freestyle (G)	800 Freestyle (G)
200 Free Relay		800 Free Relay	800 Free Relay	800 Free Relay
Sunday, July 29, 2018				
10 & Under	11 -12	13-14	15-16	17-18
	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
50 Breaststroke	50 Breaststroke			
100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly	100 Butterfly
	400 IM (B)	400 IM (B)	400 IM (B)	400 IM (B)
	400 Freestyle (G)	400 Freestyle (G)	400 Freestyle (G)	400 Freestyle (G)
	1500 Freestyle (B)	1500 Freestyle (B)	1500 Freestyle (B)	1500 Freestyle (B)
	400 Medley Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay

(G) = Event being swum by Girls only

(B) = Event being swum by Boys only

ORDER OF EVENTS:

Thursday, July 26, 2018

Girls #	Event Description	Boys #
1	17 - 18 200 Breaststroke	2
3	15 - 16 200 Breaststroke	4
5	13 - 14 200 Breaststroke	6
7	11 - 12 200 Breaststroke	8
9	17 - 18 50 Freestyle	10
11	15 - 16 50 Freestyle	12
13	13 - 14 50 Freestyle	14
15	11 - 12 50 Freestyle	16
17	10 & Under 50 Freestyle	18
19	11 - 18 400 IM	
	11 - 18 400 Freestyle	20
21	10 & Under 400 Freestyle	22
201	11 - 18 1500 Freestyle	
23	15 - 18 400 Free Relay	24
25	13 - 14 400 Free Relay	26
27	11 - 12 400 Free Relay	28

Friday, July 27, 2018

Girls #	Event Description	Boys #
29	15 - 18 200 Medley Relay	30
31	13 - 14 200 Medley Relay	32
33	11 - 12 200 Medley Relay	34
35	10 & Under 200 Medley Relay	36
37	17 - 18 200 Butterfly	38
39	15 - 16 200 Butterfly	40
41	13 - 14 200 Butterfly	42
43	11 - 12 200 Butterfly	44
45	11 - 12 50 Backstroke	46
47	10 & Under 50 Backstroke	48
49	17 - 18 100 Freestyle	50
51	15 - 16 100 Freestyle	52
53	13 - 14 100 Freestyle	54
55	11 - 12 100 Freestyle	56
57	10 & Under 100 Freestyle	58
59	17 - 18 100 Breaststroke	60
61	15 - 16 100 Breaststroke	62
63	13 - 14 100 Breaststroke	64
65	11 - 12 100 Breaststroke	66
67	10 & Under 100 Breaststroke	68
	11 - 18 800 Freestyle	202
69	15 - 18 200 Free Relay	70
71	13 - 14 200 Free Relay	72
73	11 - 12 200 Free Relay	74

Saturday, July 28, 2018

Girls #	Event Description	Boys #
75	17 - 18 200 IM	76
77	15 - 16 200 IM	78
79	13 - 14 200 IM	80
81	11 - 12 200 IM	82
83	10 & Under 200 IM	84
85	11 - 12 50 Butterfly	86
87	10 & Under 50 Butterfly	88
89	17 - 18 100 Backstroke	90
91	15 - 16 100 Backstroke	92
93	13 - 14 100 Backstroke	94
95	11 - 12 100 Backstroke	96
97	10 & Under 100 Backstroke	98
99	17 - 18 200 Freestyle	100
101	15 - 16 200 Freestyle	102
103	13 - 14 200 Freestyle	104
105	11 - 12 200 Freestyle	106
107	10 & Under 200 Free	108
203	11 - 18 800 Freestyle	
109	15 - 18 800 Freestyle Relay	110
111	13 - 14 800 Freestyle Relay	112
113	10 & U 200 Freestyle Relay	114

Sunday, July 29, 2018

Girls #	Event Description	Boys #
115	17 - 18 200 Backstroke	116
117	15 - 16 200 Backstroke	118
119	13 - 14 200 Backstroke	120
121	11 - 12 200 Backstroke	122
123	11 - 12 50 Breaststroke	124
125	10 & Under 50 Breaststroke	126
127	17 - 18 100 Butterfly	128
129	15 - 16 100 Butterfly	130
131	13 - 14 100 Butterfly	132
133	11 - 12 100 Butterfly	134
135	10 & Under 100 Butterfly	136
	11 - 18 400 IM	138
137	11 - 18 400 Freestyle	
	11 - 18 1500 Freestyle	204
139	15 - 18 400 Medley Relay	140
141	13 - 14 400 Medley Relay	142
143	11 - 12 400 Medley Relay	144

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