SPEEDO SHORT COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by Pleasanton Seahawks co-sponsored by Pacific Swimming March 31, 2016 – April 3, 2016

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





SANCTION: Held under USA/Pacific Swimming Sanction No. **16-006**

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. The results of this meet will be posted in real time on the internet at Meet Mobile.

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 Davis Head Starter: Mike Tramack

Meet Marshal: Lucy Jhong Admin Official: Debbie Tucker

Meet Director: Rani Mukkamala (meetdirector@pleasantonseahawks.org)

CERTIFICATION MEET: Officials wishing to be evaluated must apply to the Meet Referee 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 both Trials and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. 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 advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go ½ mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1½ miles down on left.

From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. Pool is on the right.

PARKING: Carpooling is suggested. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. A separate pool will 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 4 feet at the start end and 4 feet 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 9AM each day with warm-ups from 7:30AM to 8:45 AM each day. (A special warm-up time for 8 and under swimmers only will be held from 8:00AM to 8:45AM in designated lanes announced during warmups.) Finals will begin no sooner than one hour after completion of the last preliminary event. The exact time will be determined by the Meet Referee and announced as early as possible.

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.

- All trials events will swim fastest to slowest, with the fastest three heats circle seeded.
- Swimmers may compete in three (3) events per day, seven (7) individual events in total. There is no cap on the number of relay events a swimmer can compete in.
- The 15-16 and 17-18 age groups will swim as a combined age group (15-18) in preliminary heats, but swim as separate age groups in final heats.
- All individual events are trials and finals (Championship Final only), except the 1000 and 1650 yard freestyle events which are timed finals.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

SPECIAL RULES: The 1000 and 1650 freestyle events are timed finals and will swim as combined age group events (11-18), but will be scored separately as 11-12, 13-14, 15-16, and 17-18. Swimmers must provide their own lap counter and timers. Check in for these events (Events 201-204) will be open from the start of the meet until 11:00AM the day of the event. These events will swim fastest to slowest.

RELAYS: All relay entries, including relay only swimmers, must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted at the meet.

ATTENTION HIGH SCHOOL SWIMMERS (February through May): If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmer's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar/meet operations.
- All shelters must be properly secured. No EZ ups allowed on deck.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets/animals are allowed inside the areas of the meet venue. Service dogs are exempt. Please see the Meet Director upon arrival.
- 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.
- No overnight parking is allowed. Facilities will not be provided after meet hours.

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 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 will check all swimmer 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.

• Swimmer must have met the "FW" time standard in every 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- 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 **September 21, 2014** and prior to the closing date of entries for the meet **Monday, March 21, 2016 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 proven.

ENTRY FEES: \$10.00 per individual event, \$8.00 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: Online entry will be available via USA Swimming's OME system (http://usaswimming.org/ome). Entries will be accepted until **11:59PM PST on Monday, March 21, 2016**.

FOREIGN TEAM ENTRIES: Team Entries for Foreign Teams **ONLY** may be submitted via Hytek File to fwchamps2016@gmail.com by 11:59 PM PST, Monday, March 21, 2016. No late entries will be accepted.

Make check payable to: Pleasanton Seahawks

Mail/hand deliver check to: PLS Swim Meet Entries

c/o Anna Umansky 1558 Trimingham Drive Pleasanton, CA 94566

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

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of the 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. 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 the Course.

- Swimmers entered in a preliminary 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 in an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first.
- Any swimmer qualifying for finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any swimmer qualifying for a final race in an individual event who fails to show up in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.
- If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meeting, and no other individual event penalty is applicable, the swimmer shall then be fined \$100.00. The fine will 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 1st-10th

Relay Events: Medals 1st- 3rd, Distinctive Ribbons 4th – 8th

Team: Distinctive Awards 1st-3rd

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	9 th	10 th
Individual Events	11	9	8	7	6	5	4	3	2	1
Relay Events	22	18	16	14	12	10	8	6	4	2

ADMISSION: Free. A 4-day meet program will be available for a fee.

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.

MISCELLANEOUS: 10/UNDER CAMP: Forty eight (48) swimmers will be selected at the Speedo Short Course Far Western Championships in Pleasanton, CA to attend the Adam Szmidt Memorial Camp for 10/Under swimmers. Participants must be no more than 10 years old as of the final day of competition at the meet and must be members of Pacific Swimming. The camp will be held in April 2016 at Saratoga High School. To apply, the athlete must compete at the 2016 Speedo Short Course Far Western Championships. Applications will be available for download online in February 2016, and at the Far Western Championships at the Camp Desk. Applications may be turned into the Camp Desk by the conclusion of Sunday's preliminary session.

EVENT SUMMARY:

	•	Γhursday, March 31, 2016	5	
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
100 FLY	100 FLY	100 FLY	200 BREAST	200 BREAST
100 BREAST	200 BREAST	200 BREAST	200 BACK	200 BACK
	50 BACK	1650 FREE (GIRLS)	1650 FREE (GIRLS)	1650 FREE (GIRLS)
	1650 FREE (GIRLS)	400 MEDLEY RELAY		
	400 MEDLEY RELAY			
		Friday, April 1, 2016		
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
200 IM	200 IM	200 IM	400 IM	400 IM
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE
50 BACK	200 BACK	200 BACK	100 FLY	100 FLY
	50 FLY	1650 FREE (BOYS)	1650 FREE (BOYS)	1650 FREE (BOYS)
	1650 FREE (BOYS)	400 FREE RELAY		
	400 FREE RELAY			
		Saturday, April 2, 2016		
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
500 FREE	500 FREE	500 FREE	200 FLY	200 FLY
100 BACK	100 IM	100 BACK	100 BACK	100 BACK
50 BREAST	100 BACK	100 BREAST	100 BREAST	100 BREAST
200 MEDLEY RELAY	50 BREAST	1000 FREE (GIRLS)	1000 FREE (GIRLS)	1000 FREE (GIRLS)
	1000 FREE (GIRLS)	200 MEDLEY RELAY		
	200 MEDLEY RELAY	200 FREE RELAY		
		Sunday, April 3, 2016		
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
100 IM	100 IM 400 IM		00 IM 500 FREE	
50 FLY			200 IM	200 IM
50 FREE	100 BREAST	200 FLY	50 FREE	50 FREE
200 FREE RELAY	200 FLY	1000 FREE (BOYS)	1000 FREE (BOYS)	1000 FREE (BOYS)
	1000 FREE (BOYS)	800 FREE RELAY		
	200 FREE RELAY			

ORDER OF EVENTS

Thursday, March 31, 2016 GIRLS DESCRIPTION BOYS						
GIRLS		BOYS				
#	AGE	EVENT	#			
1	17-18	200 Freestyle	2			
	15-16	200 Freestyle	2			
3	11-12					
5	13-14	200 Freestyle	6			
7	10 & U	200 Freestyle	8			
9	17-18	200 Breaststroke	10			
9	15-16	200 Breaststroke	10			
11	11-12	100 Butterfly	12			
13	13-14	100 Butterfly	14			
15	10 & U	100 Butterfly	16			
17	17-18	200 Backstroke	18			
17	15-16	200 Backstroke	10			
19	11-12	200 Breaststroke	20			
21	13-14	200 Breaststroke	22			
23	10 & U	100 Breaststroke	24			
25	11-12	50 Backstroke	26			
	11-12					
201++	13-14	1650 Freestyle *				
201++	15-16	Toso Freestyle				
	17-18					
27	13-14	400 Medley Relay **	28			
29	11-12	400 Medley Relay **				
Friday, April 1, 2016						
		Friday, April 1, 2016				
GIRLS		DESCRIPTION	BOYS			
GIRLS #	AGE	DESCRIPTION EVENT	BOYS #			
#	17-18	DESCRIPTION EVENT 400 IM	#			
# 31	17-18 15-16	DESCRIPTION EVENT 400 IM 400 IM	32			
# 31 33	17-18 15-16 11-12	### DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM	# 32 34			
# 31 33 35	17-18 15-16 11-12 13-14	### DESCRIPTION EVENT 400 IM 400 IM 200	# 32 34 36			
# 31 33	17-18 15-16 11-12 13-14 10 & U	### DESCRIPTION EVENT 400 IM 400 IM 200	# 32 34			
# 31 33 35 37	17-18 15-16 11-12 13-14 10 & U 17-18	DESCRIPTION	# 32 34 36 38			
# 31 33 35 37 39	17-18 15-16 11-12 13-14 10 & U 17-18 15-16	## DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle	# 32 34 36 38 40			
# 31 33 35 37 39 41	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle	# 32 34 36 38 40 42			
# 31 33 35 37 39 41 43	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle	# 32 34 36 38 40 42 44			
# 31 33 35 37 39 41	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 200 IM 100 Freestyle	# 32 34 36 38 40 42			
# 31 33 35 37 39 41 43 45	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle	# 32 34 36 38 40 42 44 46			
# 31 33 35 37 39 41 43 45	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle	# 32 34 36 38 40 42 44 46 48			
# 31 33 35 37 39 41 43 45 47	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 200 Butterfly 200 Backstroke	# 32 34 36 38 40 42 44 46 48 50			
# 31 33 35 37 39 41 43 45 47 49 51	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 200 Backstroke	# 32 34 36 38 40 42 44 46 48 50 52			
# 31 33 35 37 39 41 43 45 47 49 51 53	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14	## DESCRIPTION EVENT 400 IM 400 IM 200 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Butterfly 200 Backstroke 200 Backstroke 50 Backstr	# 32 34 36 38 40 42 44 46 48 50 52 54			
# 31 33 35 37 39 41 43 45 47 49 51	17-18 15-16 11-12 13-14 10 & U 11-12	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 200 Backstroke	# 32 34 36 38 40 42 44 46 48 50 52			
# 31 33 35 37 39 41 43 45 47 49 51 53	17-18 15-16 11-12 13-14 10 & U 11-12	## DESCRIPTION EVENT 400 IM 400 IM 200 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Butterfly 200 Backstroke 200 Backstroke 50 Backstr	# 32 34 36 38 40 42 44 46 48 50 52 54			
# 31 33 35 37 39 41 43 45 47 49 51 53	17-18 15-16 11-12 13-14 10 & U 11-12 13-14	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 200 Backstroke 50 Backstroke 50 Butterfly	# 32 34 36 38 40 42 44 46 48 50 52 54 56			
# 31 33 35 37 39 41 43 45 47 49 51 53	17-18 15-16 11-12 13-14 10 & U 11-12 13-14 10 & U 11-15 11-16	## DESCRIPTION EVENT 400 IM 400 IM 200 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Butterfly 200 Backstroke 200 Backstroke 50 Backstr	# 32 34 36 38 40 42 44 46 48 50 52 54			
# 31 33 35 37 39 41 43 45 47 49 51 53 55	17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 17-18 15-16 11-12 13-14 10 & U 11-12 13-14 10 & U 11-12 13-14 10 & U 11-12 11-12 11-12 11-12 11-12	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 200 Backstroke 50 Backstroke 50 Butterfly	# 32 34 36 38 40 42 44 46 48 50 52 54 56			
# 31 33 35 37 39 41 43 45 47 49 51 53	17-18 15-16 11-12 13-14 10 & U 11-12 13-14 10 & U 11-15 11-16	DESCRIPTION EVENT 400 IM 400 IM 200 IM 200 IM 200 IM 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 100 Freestyle 200 Backstroke 50 Backstroke 50 Butterfly	# 32 34 36 38 40 42 44 46 48 50 52 54 56			

 $[\]hbox{* Will swim between trials and finals, immediately following event 26 on Thursday and 56 on Friday.}\\$

++ The 11-18 Girls (#201) and Boys (#202) 1650 Freestyle will swim as combined events but will be awarded separately by age group.

ALL TIME STANDARDS available at: http://www.pacswim.org/userfiles/cms/documents/858/fw-qualifying-spring-16.pdf

^{**} Will swim at the conclusion of finals.

Saturday, April 2, 2016				
GIRLS		DESCRIPTION	BOYS	
#	AGE	EVENT	#	
61	17-18	200 Butterfly	62	
	15-16	200 Butterfly	62	
63	11-12	500 Freestyle	64	
65	13-14	500 Freestyle	66	
67	10 & U	500 Freestyle	68	
69	11-12	100 IM	70	
71	17-18	100 Backstroke	72	
71	15-16	100 Backstroke	72	
73	11-12	100 Backstroke	74	
75	13-14	100 Backstroke	76	
77	10 & U	100 Backstroke	78	
70	17-18	100 Breaststroke	00	
79	15-16	100 Breaststroke	80	
81	11-12	50 Breaststroke	82	
83	13-14	100 Breaststroke	84	
85	10 & U	50 Breaststroke	86	
	11-12			
202	13-14	1000 Francisco *		
203++	15-16	1000 Freestyle *		
	17-18			
87	13-14	200 Medley Relay **	88	
89	11-12	200 Medley Relay **	90	
91	10 & U	200 Medley Relay ***	92	
93	13-14	200 Freestyle Relay ***	94	

^{*} Will swim between trials and finals, immediately following event 86.

ALL TIME STANDARDS available at: http://www.pacswim.org/userfiles/cms/documents/858/fw-qualifying-spring-16.pdf

^{**} Will swim at the start of finals.

^{***} Will swim at the conclusion of finals.

⁺⁺ The 11-18 Girls (#203) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.

Sunday, April 3, 2016				
GIRLS		BOYS		
#	AGE	EVENT	#	
95	17-18	500 Freestyle	96	
	15-16	500 Freestyle	96	
97	11-12	400 IM	98	
99	13-14	400 IM	100	
101	10 & U	100 IM	102	
103	17-18	200 IM	104	
103	15-16	200 IM	104	
105	11-12	50 Freestyle	106	
107	13-14	50 Freestyle	108	
109	10 & U	50 Butterfly	110	
111	11-12	100 Breaststroke	112	
112	17-18	50 Freestyle	114	
113	15-16	50 Freestyle	114	
115	13-14	200 Butterfly	116	
117	11-12	200 Butterfly	118	
119	10 & U	50 Freestyle	120	
	11-12			
	13-14	1000 Franchila *	204	
	15-16	1000 Freestyle *	204++	
	17-18			
121	13-14	800 Freestyle Relay ***	122	
123	11-12	200 Freestyle Relay ***	124	
125	10 & U	200 Freestyle Relay ***	126	

^{*} Will swim between trials and finals, immediately following event 120.

ALL TIME STANDARDS available at: http://www.pacswim.org/userfiles/cms/documents/858/fw-qualifying-spring-16.pdf

^{**} Will swim at the start of finals.

^{***} Will swim at the conclusion of finals.

⁺⁺ The 11-18 Boys (#204) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.



2016 Far Western Swim Meet Dolores Bengston Aquatic Center March 31-April 3, 2016 Pleasanton, CA



**All hotels booked under group room blocks at properties listed will include COMPLIMENTARY Hot Breakfast for all people in room and COMPLIMENTARY In Room Wi-Fi and Self-Parking unless otherwise listed.



HEADQUARTER HOTEL

Doubletree by Hilton Pleasanton at the Club

Distance to Aquatic Center- 4.1 miles

Discounted Group Rate-\$110-\$140 (Single-Quad Occupancy) per night (Limited rooms available on Wed, 3/30)

Additional Amenities- Complimentary daily access to Club Sport Gym (connected to hotel)

www.clubsports.com/pleasanton/aquatics

For Reservations: 1-800-HILTONS (Group Code "PSH" or group name of "Pleasanton Seahawks FAR WESTERN SWIM MEET 2016")

Or Book Online, Click: http://doubletree.hilton.com/en/dt/groups/personalized/P/PLEPCDT-PSH-20160330/index.jhtml



HEADQUARTER HOTEL

Marriott-Pleasanton

Distance to Aquatic Center- 4.9 miles

Discounted Group Rate-\$159- (Wed, 3/30), \$118- (Thurs-Sun, 3/31-4/3) SAME RATE FOR UP TO 4 PER ROOM

For Reservations: 925-847-6000. Ask for Far Western Swim

Or Book Online, Click: Book your group rate for Far Western Swim Meet 2016 (Wednesday) Book your group rate for Far Western

Swim Meet 2016 (Thursday - Sunday)

Four Points by Sheraton-Pleasanton **BREAKFAST NOT INCLUDED IN RATE (\$14 per person/per day)

Distance to Aquatic Center-3.2 miles

Discounted Group Rate-\$204- (Wed, 3/30), \$124-(Garden View Room)-\$134- (Pool View Room w/Microwave and Fridge) (Thurs-Sun, 3/31-4/3)

For Reservations: 925-460-8800. Ask for Far Western Swim

Or Book Online, Click: Far Western Swim Meet 2016

Residence Inn by Marriott-Pleasanton

Distance to Aquatic Center- 4.9 miles

Discounted Group Rate- \$209- Studio/\$219- One Bedroom Suite (Wed, 3/30), \$124-/\$134- (Thurs-Sun, 3/31-4/3)

For Reservations: 1 (800) 331-3131 or (925) 227-0500. Group Codes are PSLPSLA (Studio Wed)/PSLPSLB (One Bedroom Suite Wed.) and PSLPSLS (Studio Thur.-

 $Sun)/PSLPSLO\ (One-Bedroom\ Suite\ Thur.-Sun).$

Or Book Online, Click: Far Western Swim Meet 2016

Sheraton-Pleasanton **(2) COMP BREAKFAST PER ROOM INCLUDED IN RATE

Distance to Aquatic Center- 4.3 miles

Discounted Group Rate- \$189-\$209/Single-Quad Occupancy (Wed, 3/30), \$119-\$139 (Thurs-Sun, 3/31-4/3)

For Reservations: 1-800-325-3535 *and ask for the 2016 Far Western Swim Meet* Or Book Online, Click: <u>Far Western Swim (Wed) Far Western Swim (Thurs-Sun)</u>

Holiday Inn Express and Suites-Livermore

Distance to Aquatic Center- 5.6 miles

Discounted Group Rate- \$139- King Bed/\$149- (2) Queen Bed/\$169- (2) Queen Bed Suite (Wed), \$119-\$149- (Thurs), \$109-\$139- (Fri-Sun)

For Reservations: (925) 961-9600 or 1-800-891-2718 and ask for the 2016 Far Western Swim Meet

Or Book Online, Click: Holiday Inn Express-Livermore and add group code "SEA" in reservation request.

Hyatt House-Pleasanton

Distance to Aquatic Center- 2.8 miles

Discounted Group Rate-\$226- One Bedroom Suite w/King Bed, Sofa bed, Living Room and Full Kitchen (Wed, 3/30), \$156- (Thurs-Sun, 3/31-4/3)

For Reservations: 1-866-974-9288 and $\it ask\, for\, Far\, Western\, Swim\, Meet\, group\, rate$

Or Book Online, Click: Far Western Swim Meet 2016

Larkspur Landing-Pleasanton

Distance to Aquatic Center- 3.1 Miles

Discounted Group Rate-\$215- King/Sofa bed, \$225- (2) Beds (Wed, 3/30), \$135-\$145 (Thurs-Sun, 3-31-4/3)

For Reservations: 925-463-1212 and ask for Far Western Swim Meet group rate

Or Book Online, Click: <u>Larkspur Landing-Pleasanton</u> *GROUP CODE:061217*