PACIFIC SWIMMING SHORT COURSE FAR WESTERN CHAMPIONSHIPS
Hosted by Pleasanton Seahawks
April 4-7, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-021**
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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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 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:*** **Jeanette Soe**
Meet Marshal: **Chris Lillie** — ***Admin Referee:*** **Mary Ruddell**
Meet Director: **Nan Wang (meetdirector@pleasantonseahawks.org)**

CERTIFICATION MEET: Officials wishing to be evaluated must apply to Michael Davis (mekidadad1@yahoo.com) before the meet by email or when they first arrive at the meet and attend pre-session meetings. Please send in your application prior to the meet by email. We may not be able to accommodate applications submitted at the meet due to resource limitations. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials' dress for Finals is white polo shirts/blouse, blue long pants or skirts, and closed-toed white athletic shoes. Shirts must be tucked in. For an N3 evaluation to be valid, it must be done over 4 sessions in the position. N2 evaluations 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. All officials should be certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate. The application form can be found on the Pacific Swimming website.

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

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 1⁄2 mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 1⁄2 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. The pool is on the right.

COURSE: Outdoor 25-yard pool with up to 16 lanes available for competition. An additional 8 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 4 feet at the start end and 4 feet at the turn end. The Meet Host shall ensure required course dimensions.

TIME: Meet shall begin at 9:00AM each day with warm-ups from 7:15 to 8:45 AM each day. Special Warm-up time/lanes for 8 & Under athletes may be provided at the discretion of the Meet Referee TBA at the General Meeting. At the discretion of the Meet Director & Meet Referee, a separate warm-up pool may open at 8:00 AM each morning. Warmups for Finals shall start one hour prior to the start of Finals. Championship Finals will tentatively begin at 4PM each day, but will start no sooner than one hour after the conclusion of the preliminary session including distance events.

PERSONAL RESPONSIBILITY: Each Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made during the meet.

GENERAL MEETING: There will be a General Meeting on Tuesday, April 2nd at 7:00 PM PT. This will be held via Zoom and chaired by the Meet Referee. The purpose of the meeting is to review the Meet Announcement and answer any questions. The Zoom link will be provided prior to the meeting. This meeting is in lieu of an on-deck meeting on the first day of the meet. All Clubs should have a representative attend this meeting.

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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All preliminary events 200 yards and shorter shall swim fast to slow, with the fastest 3 heats circle seeded.
- The 500 Free and 400 IM shall swim fast to slow, with the fastest 2 heats circle seeded.
- All events with the exception of the 1000 and 1650 Freestyles shall be Preliminaries and Finals (Championship and Consolation Final)
- The top 8 athletes will qualify for the Championship Final. The next 8 athletes will qualify for the Consolation Final, run sequentially, Consolation Finals followed by the Championship Finals.
- 15-16 and 17-18 age groups will swim in both Prelims **AND** Finals as a COMBINED 15-18 Age Group.
- Athletes may compete in three (3) individual events per day, and a maximum of **seven 7** individual events (including bonus events), plus relays for the entire meet. Relays do not count against the three/seven swim maximum.
- 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 Officials shall wear their USA Swimming membership cards in a visible manner. The USA-Swimming App may be used as proof of current certification.**
- Athletes shall provide their own timers for the 1000 Free, and 1650 Free. Athletes shall provide their own lap counters for the 500 Free, 1000 Free, and 1650 Free.
- All "swim offs" shall be resolved prior to the completion of the Timed Final Distance events each day.
- Medical Supervision to participants/spectators shall be provided by lifeguards. Further medical support available via 911. AED is available at the venue.

BONUS EVENTS: Qualified athletes age 14 and younger may enter up to two (2) bonus events (not exceeding 7 total events for the meet). Bonus events are limited to events 200 yards and shorter. Athletes must meet the 2024 Far Western Bonus Time Standard in each bonus event entered. Athletes age 15 and older are not eligible to enter bonus events.

DISTANCE RULES: • Distance events are timed finals seeded fastest to slowest alternating Girls and Boys.

- Athletes can qualify for the 1650 Freestyle with a 1000 yard/800 meter qualifying time. Athletes can qualify for the 1000 Freestyle with a 1650 yard/1500 meter qualifying time. The 1650 Freestyle will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, 800 SCM. The 1000 Freestyle will be seeded in the following order: 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, 1500 SCM.
- All distance events shall swim between preliminaries and finals
- Athletes in the 1000 and 1650 Freestyle events may check in from the 1st day of the meet until 11:00 AM on the day of the event.
- The 1000 and 1650 Freestyle events shall swim in combined age groups, but shall be scored/awarded separately.
- Athletes shall provide their own timers and counters for the 1000 and 1650 Freestyle. Athletes shall provide their own counters for the 500 Freestyle.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-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 are 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.
- Deck Changes are 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.
- There shall be no equipment allowed in any of the competition or warm-up pools.
- No overnight parking is allowed. Facilities will not be provided after hours.

ELIGIBILITY: • Athletes must be current members of USA Swimming 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 Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes shall have met the "FW" time standard in every event entered. Athletes entered in Bonus Events shall have met the "FW-Bonus" time standard in every bonus event entered. Entries with "NO TIME" shall be rejected.
- Athletes with a disability 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 years of age and over may compete in prelims for time only. Such Athletes shall have met standards for the 17-18 age group.
- 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. 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 Policies and Procedures Section X.G. 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 prior to the closing date of entries for the meet **Wednesday, March 27th, 2024 11:59 PM PST.** 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: $12.00 per individual event, **$**10.00 participation fee per Athlete. $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.

ONLINE ENTRIES: To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of Athletes. 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 an Athlete by Pacific Swimming. Online entries will be accepted through Wednesday, March 27, 2024.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, **Monday, March 25, 2024** or hand delivered by 6:30 p.m**. Wednesday, March 27, 2024**. **No late entries will be accepted.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: PLEASANTON SEAHAWKS
Mail entries to: Lan Wang
5253 Pembroke Way
San Ramon, CA 94582

FOREIGN TEAM* ENTRIES: Foreign teams may enter using the Hy-Tek entry file provided. Entry files are due no later than Monday, March 25, 2024 at 11:59pm Pacific Time. Email the entry file to meetdirector@pleasantonseahawks.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 Monday, March 25, 2024 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: PLEASANTON SEAHAWKS
Mail entries to: Lan Wang
5253 Pembroke Way
San Ramon, CA 94582

* ALL foreign teams shall have filled out a "foreign team invite" as required by USA Swimming prior to entries being accepted. This invite is available at the following link: FOREIGN TEAM INVITE FORM This invite can be mailed with entries or scanned and emailed to FarWesternEntry@pacswim.org

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, non-conforming short course meters, Bonus short course yards, Bonus long course meters, and Bonus short course meters - USA Swimming rules 207.11.7B. **See Distance 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 remaining 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.

DISTANCE CHECK-IN: Athletes in the 1000 and 1650 Freestyle events may check in from the 1st day of the meet until 11:00 AM on the day of the event.

RELAYS: All relay entries, including relay only Athletes, must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted at the meet. Relay positive check-in/scratches shall be due by 11:00AM for each day's Relays. Relay only Athletes must be entered in the meet, by the entry deadline (Wednesday, March 27th) either online or via Relay-Only Athlete form **email form to:** meetdirector@pleasantonseahawks.org

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 a Championship or Consolation Final 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 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 individual preliminary event.
- Any Athlete qualifying for a Championship or Consolation Final 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 1st – 8th
Relay Events: Medals 1st – 3rd
Individual High Point – Distinctive awards for high male and female scorer for each age group

SCORING:

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH
INDIVIDUAL EVENTS	9	7	6	5	4	3	2	1
RELAY EVENTS	18	14	12	10	8	6	4	2

ADMISSION: Free.

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

HOSPITALITY: Lunch, Dinner and limited hospitality will be available to all working Officials and Coaches.

MISCELLANEOUS: HOTEL ACCOMODATIONS

Hotel Blocks have been made at the following locations. Additional information on www.pleasantonseahawks.org Tab – Far Western 2024 that includes links to hotels.

Pleasanton Marriott 925-847-6000
DoubleTree by Hilton Pleasanton at The Club – 925-463-8000
Four Points by Sheraton Pleasanton – 925-460-8800
Hyatt Place Dublin/Pleasanton – 1-888-591-1234 – Code – G-FWSM

EVENT SUMMARY

Thursday, April 4, 2024			
10 & UNDER	**11 – 12**	**13 - 14**	**15 - 18**
200 FREE	200 FREE	200 FREE	200 FREE
100 FLY	100 FLY	100 FLY	200 BREAST
100 BREAST	200 BREAST	200 BREAST	200 BACK
	50 BACK	1650 FREE (GIRLS)	1650 FREE (GIRLS)
	1650 FREE (GIRLS)	400 MEDLEY RELAY	
	400 MEDLEY RELAY		
Friday, April 5, 2024			
10 & UNDER	**11 – 12**	**13 – 14**	**15 - 18**
200 IM	200 IM	200 IM	400 IM
100 FREE	100 FREE	100 FREE	100 FREE
50 BACK	200 BACK	200 BACK	100 FLY
	50 FLY	1650 FREE (BOYS)	1650 FREE (BOYS)
	1650 FREE (BOYS)	400 FREE RELAY	
	400 FREE RELAY		
Saturday, April 6, 2024			
10 & UNDER	**11 – 12**	**13 – 14**	**15 - 18**
500 FREE	500 FREE	500 FREE	200 FLY
100 BACK	100 IM	100 BACK	100 BACK
50 BREAST	100 BACK	100 BREAST	100 BREAST
200 MEDLEY RELAY	50 BREAST	1000 FREE (GIRLS)	1000 FREE (GIRLS)
	1000 FREE (GIRLS)	200 MEDLEY RELAY	
	200 MEDLEY RELAY	200 FREE RELAY	
Sunday, April 7, 2024			
10 & UNDER	**11 – 12**	**13 – 14**	**15 - 18**
100 IM	400 IM	400 IM	500 FREE
50 FLY	50 FREE	50 FREE	200 IM
50 FREE	100 BREAST	200 FLY	50 FREE
200 FREE RELAY	200 FLY	1000 FREE (BOYS)	1000 FREE (BOYS)
	1000 FREE (BOYS)	800 FREE RELAY	
	200 FREE RELAY		

Distance Events shall swim between Preliminaries and Finals.
Relays shall swim at the conclusion of Finals except relay events 87-88, which shall swim at the beginning of Finals on Saturday.
The 11-18 distance freestyle events shall swim as combined events but shall be awarded separately by age group.

Athletes in the 1000/1650 Free shall provide their own timers and lap counters. Athletes in the 500 Free shall provide their own lap counters.

ALL TIME STANDARDS available at:
http://www.pacswim.org/swim-meet-times/standards

ORDER OF EVENTS

Thursday, April 4, 2024			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
1	15-18	200 Freestyle	2
3	11-12	200 Freestyle	4
5	13-14	200 Freestyle	6
7	10 & U	200 Freestyle	8
9	15-18	200 Breaststroke	10
11	11-12	100 Butterfly	12
13	13-14	100 Butterfly	14
15	10 & U	100 Butterfly	16
17	15-18	200 Backstroke	18
19	11-12	200 Breaststroke	20
21	13-14	200 Breaststroke	22
23	10 & U	100 Breaststroke	24
25	11-12	50 Backstroke	26
201	11-12	1650 Freestyle	
	13-14		
	15-18		
27	13-14	400 Medley Relay	28
29	11-12	400 Medley Relay	30

Friday, April 5, 2024			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
31	15-18	400 IM	32
33	11-12	200 IM	34
35	13-14	200 IM	36
37	10 & U	200 IM	38
39	15-18	100 Freestyle	40
41	11-12	100 Freestyle	42
43	13-14	100 Freestyle	44
45	10 & U	100 Freestyle	46
47	15-18	100 Butterfly	48
49	11-12	200 Backstroke	50
51	13-14	200 Backstroke	52
53	10 & U	50 Backstroke	54
55	11-12	50 Butterfly	56
	11-12	1650 Freestyle	202
	13-14		
	15-18		
57	13-14	400 Freestyle Relay	58
59	11-12	400 Freestyle Relay	60

Saturday, April 6, 2024			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
61	15-18	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	15-18	100 Backstroke	72
73	11-12	100 Backstroke	74
75	13-14	100 Backstroke	76
77	10 & U	100 Backstroke	78
79	15-18	100 Breaststroke	80
81	11-12	50 Breaststroke	82
83	13-14	100 Breaststroke	84
85	10 & U	50 Breaststroke	86
203	11-12	1000 Freestyle	
	13-14		
	15-18		
87	13-14	200 Freestyle Relay	88
89	11-12	200 Medley Relay	90
91	10 & U	200 Medley Relay	92
93	13-14	200 Medley Relay	94

Sunday, April 7, 2024			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
95	15-18	500 Freestyle	96
97	11-12	400 IM	98
99	13-14	400 IM	100
101	10 & U	100 IM	102
103	15-18	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
113	15-18	50 Freestyle	114
115	13-14	200 Butterfly	116
117	11-12	200 Butterfly	118
119	10 & U	50 Freestyle	120
	11-12	1000 Freestyle	204
	13-14		
	15-18		
121	11-12	200 Freestyle Relay	122
123	10 & U	200 Freestyle Relay	124
125	13-14	800 Freestyle Relay	126

Pacific Swimming – Hosted by Pleasanton Seahawks
SHORT COURSE FAR WESTERN CHAMPIONSHIPS
April 4-7, 2024
Consolidated Entry Form

Name: Last	First	Middle

Club Abbr.	UNATT TEAM ABBR	Club Name

Age	Date of Birth	Sex M F	LSC – (PC, SN)

USA-#														

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $12.00 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email

RELAY ENTRY FORM

CLUB	LSC	CLUB ABBREVIATION

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM

COACH NAME		# RELAYS	
		RELAY FEE	X $20.00 EA.
COACH EMAIL		TOTAL	$

RELAY ONLY ATHLETES

CLUB NAME	LSC	CLUB ABBREVIATION

AGE	NAME (LAST, FIRST, MI)	GENDER	USA-S REGISTRATION NUMBER
		M F	
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