PACIFIC SWIMMING LONG COURSE FAR WESTERN CHAMPIONSHIPS
HOSTED BY SANTA CLARA SWIM CLUB
JULY 25-28, 2024
Enter Online: www.ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-068**
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 will be posted in real time on the Internet on 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***: Phil Grant, pgrant@pacswim.org ***Head Starter***: Charlie Gonzales
Meet Marshal*:** Joe Javernick ***Admin Official: Amy Gonzales, chgaag@yahoo.com
Meet Director: Julie Corrigan, jcorrigan@santaclaraswimclub.org

LOCATION: Morgan Hill Aquatics Center, 16200 Condit Road, Morgan Hill, CA 95037

DIRECTIONS: From Southbound Highway 101: take Dunne Avenue exit, go left and cross over 101, go right at the first street (traffic light), Condit Road. Pool is on left, about 1⁄4 mile. From Northbound Highway 101: take Tennant Avenue exit, go right and make immediate left onto Condit Road. Pool is on right.
Parking: Park in the main paved lot of the facility, the EAST side of Conduit Road, and the main large lot on the south side of the facility (side with the solar panels). Do not park at the House of Thunder Harley Davidson Dealership or Patio World. Those lots are for their patrons only and vehicles will be towed at your expense. Please secure vehicles and contents as the City of Morgan Hill, the Morgan Hill Aquatics Center, or Pacific Swimming will not take **ANY** responsibility for damage to or theft of any vehicles or personal belongings.

COURSE: Outdoor 50-meter pool with up to eight (8) lanes available for competition. Up to 6 short course yard lanes will be available for warm-up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 7' at the start end and 13'0"at the turn end. The Meet Host shall ensure the required course dimensions. No paddles, snorkels or other breathing devices, boards, or fins allowed, and the use of any other practice equipment is prohibited in the competition course and in the warmup pool.

TIME: Meet shall begin at 9:00 AM each day with warm-ups from 6:45 to 8:50 AM each day. Championship Finals shall not start before 4:00 PM. Prelims start time may be adjusted earlier if prelims timeline warrants.

PERSONAL RESPONSIBILITY: Each Coach is responsible for understanding the scratch rules, check-in procedures, swim-off

procedures, and for being familiar with the contents of this Meet Announcement and any announcements made during the general meeting.

GENERAL MEETING: There will be a General Meeting on Tuesday, July 23, 2024, 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 in mid-July. This meeting is in lieu of an on-deck meeting on the first day of the meet. All coaches are strongly urged to attend. A recorded link from the general meeting will be placed on the SCSC and Pacific Swimming website under the Far Westerns.

OFFICIALS: Certified Stroke and Turn Officials are encouraged to apply for the meet at (https://forms.gle/X35nfFYpubCEMcag8). Official's briefing will commence one (1) hour prior to the start of each session. The Officials' dress code for preliminary sessions is, white polo type shirt or blouse, navy blue shorts, pants, or skirt, white athletic shoes, and white sox. For all final sessions, the dress code is white polo type shirt or blouse, navy blue pants or skirt, white athletic shoes.

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. This includes all athletes age 18 and older.
- All preliminary events 200 meters and shorter shall swim fast to slow, with the fastest 3 heats circle seeded.
- The 400 Free/400 IM shall swim fast to slow with the fastest 2 heats circle seeded.
- All events with the exception of the 800 and 1500 Freestyles shall be Preliminaries and Finals (Championship Final Only).
- The top (8) athletes will qualify for the Championship Final. There is no Consolation Final.
- 15-16 and 17-18 age groups will swim in combined heats in Preliminaries. In Finals there will be a 15-16 Final followed by a 17-18 Final.
- Athletes may compete in three (3) events per day, and a maximum of **seven (7)** individual events, plus relays for the entire meet. Athletes may enter more events but must scratch down if necessary to the 7 event max for competition.
- 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.**
- Athletes shall provide their own timers for the 800 Free, and 1500 Free.
- No Refunds shall be given (other than mandatory scratch downs).
- **USA Swimming has a No-Tech Suit Policy for ALL 12 & Under athletes.**
- Parking, canopy set-up, facility rules and access and other critical meet information will be posted on the SCSC website under the "2024 Far Westerns" button.

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

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 11:00 AM each day.
- Mixed age group relays are allowed but will swim as exhibition only and are not eligible for team scoring or awards. These relays must be designated at the time of entry and will be seeded as a last priority in the slowest seeded heat.

Mixed relays must be comprised of Athletes from no more than two adjacent age groups. The age of the oldest Athlete in the relay will dictate what age group the relay swims in. As an example, relays with two 11-12 Athletes and two 13-14 Athletes are eligible to enter but a mixed age group relay of one 10-under, two 11-12's and one 13-14 is not eligible for entry.

• Relay-Only athletes must be entered in the meet, by the entry deadline (Monday, July 15th) either online at **http://ome.fastswims.com** OR via Relay-Only Athlete form. **Email form to: jcorrigan@santaclaraswimclub.org**

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.

• No set-up before Wednesday, July 24 at 2:30 PM. Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with facility site regulations and fire code. There will be covered coaches seating along the 50m side of the pool. Coaches seating is first come first serve and not subject to "reserving space" in advance. Coaches are expected to share this space.

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. **International athletes must be members in good standing in their home federations.**

• 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. Converted times 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.

• All Relay Athletes must be entered in individual events or as a relay-only athlete. **Relay-only athletes must be entered in the meet prior to the late entry deadline through www.ome.fastswims.com.**

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 Monday July 15 at 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: $12.00 per individual event, **$**14.00 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: Online entries will be accepted beginning Wednesday, April 17, 2024 through Monday, July 15 by 11:59 PM. 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 service 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 service 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 Monday, July 15 by 11:59 PM.

COACH CREDENTIALS: Purchase of coach credentials is REQUIRED by all attending coaches. Coach credentials must be purchased at **http://ome.fastswims.com** prior to the start of the meet. Coach credentials are $25.00 each. Proof of current registration is required at the time of purchase or at the meet if coach certification lapses between the entry deadline and date of the meet. Coaches will be required to check in at the meet to obtain their coach credential ID tag. **Coach credentials will not be sold at the meet.**

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. Mailed entries must be postmarked by midnight, Monday, July 15. **No late entries will be accepted**. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Santa Clara Swim Club**

Mail entries to: **Santa Clara Swim Club**
1025 Lanini Dr.
Hollister, CA 95023

FOREIGN TEAM* ENTRIES AND CLUBS USING HYTEK ENTRY FILES: Foreign and domestic teams may enter using the Hy-Tek entry file provided on SCSC website OR enter a roster of athletes on **http://ome.fastswims.com** OR athletes may enter individually on **http://ome.fastswims.com**. Entry files are due no later than Monday, July 15 at 11:59 PM PDT. Submit the entry file to **http://ome.fastswims.com**. Teams may pay via credit card or ACH directly on FastSwims. Any adjustments and changes should be made on FastSwims directly.

* 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 on the SCSC website and is due no later than Monday, July 15. This invite can be mailed with entries or scanned and emailed to **FarWesternEntry@pacswim.org**

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

- Late entries shall be submitted through **http://ome.fastswims.com**
- Late entries shall be received no later than **Friday, July 19 at 5:59 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. **Any late entries must adhere to the same "entry qualifying time period" as regular entries. Qualifying Times must be achieved prior to Monday, July 15 at 11:59 PM.**

SEEDING: Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - 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 each day. 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 800 and 1500 Freestyle events may check in from the 1st day of the meet until 11:00 AM on the day of 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. An Athlete may also declare a false start with a Referee prior to the closing of their heat. Failure to compete in an event or to declare a false start 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 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. No athlete may declare a false start in finals.
- 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 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

Clubs may enter as many relays as they wish but only the top TWO placing relays are eligible for team points.

ADMISSION: Free. A 4-day meet program will be available for purchase through **http://ome.fastswims.com**. There will be NO printed program sales at the meet.

SNACK BAR: A snack bar/food truck may be available during the meet.

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

EVENT SUMMARY

Thursday, July 25, 2024				
10 & Under	**11 -12**	**13-14**	**15-16**	**17-18**
100 Butterfly	100 Butterfly	100 Butterfly	200 Butterfly	200 Butterfly
100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
	50 Butterfly			
200 IM	200 IM	200 IM	400 IM	400 IM
	1500 Freestyle	1500 Freestyle		
	200 Medley Relay	200 Medley Relay	15-18 200 Medley Relay	
		800 Free Relay		

Friday, July 26, 2024				
10 & Under	**11 -12**	**13-14**	**15-16**	**17-18**
100 Backstroke	200 Backstroke	200 Backstroke	100 Backstroke	100 Backstroke
50 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke	100 Breaststroke
	50 Backstroke			
400 Freestyle	400 Freestyle	400 Freestyle	200 Freestyle	200 Freestyle
			1500 Freestyle	1500 Freestyle
	200 Free Relay	200 Free Relay	15-18 200 Free Relay	
			15-18 800 Free Relay	

Saturday, July 27, 2024				
10 & Under	**11 -12**	**13-14**	**15-16**	**17-18**
100 Breaststroke	200 Freestyle	200 Freestyle	200 Breaststroke	200 Breaststroke
50 Butterfly	200 Butterfly	200 Butterfly	100 Butterfly	100 Butterfly
	50 Breaststroke			
	400 IM	400 IM	200 IM	200 IM
			800 Freestyle	800 Freestyle
200 Medley Relay	400 Medley Relay	400 Medley Relay	15-18 400 Medley Relay	

Sunday, July 28, 2024				
10 & Under	**11 -12**	**13-14**	**15-16**	**17-18**
200 Freestyle	200 Breaststroke	200 Breaststroke	200 Backstroke	200 Backstroke
50 Backstroke	100 Backstroke	100 Backstroke		
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
	800 Freestyle	800 Freestyle	400 Freestyle	400 Freestyle
200 Free Relay	400 Free Relay	400 Free Relay	15-18 400 Free Relay	

Athletes shall provide their own timers and lap counters for 800 and 1500 Freestyle events

ORDER OF EVENTS:

Thursday, July 25, 2024

Girls #	Event Description	Boys #
1	11–12 100 Butterfly	2
3	13-14 100 Butterfly	4
5	10 & Under 100 Butterfly	6
7	15-18 200 Butterfly	8
9	11-12 100 Freestyle	10
11	13–14 100 Freestyle	12
13	10 & Under 100 Freestyle	14
15	15-18 100 Freestyle	16
17	11-12 50 Butterfly	18
19	10 & Under 200 IM	20
21	13-14 200 IM	22
23	11-12 200 IM	24
25	15-18 400 IM	26
201*	11-12 1500 Freestyle 13-14 1500 Freestyle	202*
27	13-14 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	15-18 200 Medley Relay	32
33	13-14 800 Free Relay	34

Friday, July 26, 2024

Girls #	**Event Description**	**Boys #**
35	11-12 200 Backstroke	36
37	13-14 200 Backstroke	38
39	15-18 100 Backstroke	40
41	10 & Under 100 Backstroke	42
43	11-12 100 Breaststroke	44
45	13-14 100 Breaststroke	46
47	15-18 100 Breaststroke	48
49	10 & Under 50 Breaststroke	50
51	11 - 12 50 Backstroke	52
53	15-18 200 Freestyle	54
55	10 & Under 400 Freestyle	56
57	11-12 400 Freestyle	58
59	13-14 400 Freestyle	60
203*	15-16 1500 Freestyle 17-18 1500 Freestyle	204*
61	15-18 200 Free Relay	62
63	11-12 200 Free Relay	64
65	13-14 200 Free Relay	66
67	15-18 800 Free Relay	68

Saturday, July 27, 2024

Girls #	Event Description	Boys #
69	11-12 200 Freestyle	70
71	13-14 200 Freestyle	72
73	15-18 200 Breaststroke	74
75	10 & Under 100 Breaststroke	76
77	11-12 200 Butterfly	78
79	13-14 200 Butterfly	80
81	15-18 100 Butterfly	82
83	10 & Under 50 Butterfly	84
85	11 - 12 50 Breaststroke	86
87	15-18 200 IM	88
89	11-12 400 IM	90
91	13-14 400 IM	92
205*	15-16 800 Freestyle 17-18 800 Freestyle	206*
93	10 & Under 200 Medley Relay	94
95	15-18 400 Medley Relay	96
97	11-12 400 Medley Relay	98
99	13-14 400 Medley Relay	100

Sunday, July 28, 2024

Girls #	**Event Description**	**Boys #**
101	11-12 200 Breaststroke	102
103	13-14 200 Breaststroke	104
105	10 & Under 200 Freestyle	106
107	15-18 200 Backstroke	108
109	11-12 100 Backstroke	110
111	13-14 100 Backstroke	112
113	10 & Under 50 Backstroke	114
115	15-18 50 Freestyle	116
117	11-12 50 Freestyle	118
119	13-14 50 Freestyle	120
121	10 & Under 50 Freestyle	122
123	15-18 400 Freestyle	124
207*	11-12 800 Freestyle 13-14 800 Freestyle	208*
125	10 & Under 200 Free Relay	126
127	11-12 400 Free Relay	128
129	13-14 400 Free Relay	130
131	15-18 400 Free Relay	132

***Distance events shall swim as a combined event but shall be awarded separately by age group.**
Distance events shall swim fastest to slowest alternating Girls and Boys.

Pacific Swimming – Hosted by Santa Clara Swim Club
2024 LONG COURSE FAR WESTERN CHAMPIONSHIPS
July 25-28, 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 $ 14.00
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)	BIRTHDATE	GENDER	USA-S REGISTRATION NUMBER
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