

**PACIFIC SWIMMING LONG COURSE FAR WESTERN CHAMPIONSHIPS**

Hosted by TERRAPINS SWIM TEAM

JULY 30 – AUGUST 2, 2026

Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-079**

*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 may 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, restrooms 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.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Debbi Tucker	<b>Head Starter:</b> Phil Grant
<b>Meet Marshal:</b> Oleg Litvanov	<b>Admin Official:</b> Angela Cardenas
<b>Meet Director:</b> Kirsten Whittlinger <a href="mailto:klwhittlinger@yahoo.com">klwhittlinger@yahoo.com</a>	

**LOCATION:** Concord Community Pool, 3501 Cowell Road, Concord, CA

**DIRECTIONS:** Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highway 680 South – take Treat Boulevard/Geary Road exit, turn left at end of ramp, left at light on to Treat, left on Cowell Road.

**COURSE:** Outdoor 50 meter pool with up to 9 lanes available for competition with the possibility of chase starts from both ends of the pool. An additional 6 short course lanes shall be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow turn end is 5', measured in accordance with Article 103.2.3 and 13' at the start end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet shall begin at 9:00 AM each day with warm-ups from 6:45 AM to 8:50 AM each day. Championship Finals will begin no earlier than 4:00 PM and will be at least one (1) hour after the conclusion of prelims. Finals start time may be adjusted if prelims timeline warrants.

	Prelim Warm-Up	Prelim Start	Distance Start	Finals Warm-Up	Finals Start
<b>Thursday 7/30</b>	6:45 – 8:50 AM	9:00 AM	TBA	No earlier than 3:00 PM	No earlier than 4:00 PM.
<b>Friday 7/31</b>	6:45 – 8:50 AM	9:00 AM	N/A	No earlier than 3:00 PM	No earlier than 4:00 PM
<b>Saturday 8/1</b>	6:45 – 8:50 AM	9:00 AM	N/A	No earlier than 3:00 PM	No earlier than 4:00 PM
<b>Sunday 8/2</b>	6:45 – 8:50 AM	9:00 AM	TBA	No earlier than 3:00 PM	No earlier than 4:00 PM.

**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 28<sup>th</sup> at 7:30 PM. 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 Terrapins website and the Pacific Swimming website under the Far Westerns tab.

**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 meters and shorter shall swim fast to slow, with the fastest 3 heats circle seeded.
- The 400 Free and 400 IM shall swim fast to slow, with the fastest 2 heats circle seeded.
- All events with the exception of the 800 and 1500 Freestyle shall be Preliminaries and Finals.
- The top 9 athletes will qualify for the Championship Final.
- 15-16 and 17-18 Age Groups will swim COMBINED in prelims and will swim as separate age groups in finals.
- 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, 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 on deck shall be certified and in good standing.
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.
- Athletes entered in the 400 IM and 400 Free shall provide their own timers.
- Athletes entered in the 800 Free and 1500 Free shall provide their own timers and lap counters.
- No Refunds shall be given (other than mandatory scratch downs).
- Parking, canopy set-up, facility rules and access and other critical meet information will be posted on the Terrapins website under the “2026 Far Westerns Meet Info” link.

**BONUS EVENTS:** Qualified athletes aged 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 2025-26 Far Western Bonus Time Standard in each bonus event entered. Athletes aged 15 and older are not eligible to enter bonus events.

**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 cards positive check-in/scratches shall be due by 10:00 AM day of the event.
- Relay only Athletes must be entered in the meet by Wednesday July 22, 2026, either online or via the Relay-Only Athlete form.
- Clubs may enter a maximum of 2 relay teams per event.
- All relays shall be timed finals. The 11-12 and 10 & Under 200 Medley Relays on Sunday August 2 will swim at the conclusion of the preliminary session. All other relays shall swim in Finals.

**DISTANCE RULES:**

- Distance events are timed finals seeded fastest to slowest alternating Girls and Boys.
- Athletes may qualify for the 1500 Freestyle with an 800 Meter/1000 Yard qualifying time.
- Athletes may qualify for the 800 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.
- The 800 and 1500 Freestyle events shall swim in combined age groups but shall be scored/awarded separately.
- The 800 and 1500 Freestyle events are **DIGITAL POSITIVE CHECK-IN**. Athletes in the 1500 must positively check-in by 4:00 PM Wednesday July 29. Athletes in the 800 must positively check-in by Saturday, August 1st no later than 30 minutes following the start of finals.
- **800/1500 AFTERNOON/EVENING OPTION:**  
When completing positive check-in for the 800 & 1500 freestyle, athletes must also declare *Afternoon* or *Evening* as their preference. Selecting afternoon indicates the athlete will compete at the conclusion of the preliminary session with the majority of heats. Selecting evening/finals indicates the athlete would like to compete in the finals session. The fastest 9, ages 11-18 of each gender, to declare evening, will be seeded in the evening/finals session. All those who declare afternoon, and those not amongst the fastest 9 to declare evening/finals, will be seeded in the afternoon at the conclusion of the preliminary session.
- Athletes shall provide their own timers and counters for the 800 and 1500 Freestyle.

**SCRATCH DEADLINES:** Athletes, Coaches, and Parents/Guardians who wish to scratch event(s) must complete the digital scratch form using the following link: <https://sites.google.com/view/terafarwesternlc/home>

<b>Thursday's preliminary session</b> and positive check-in for the 1500 Freestyle	Wednesday, July 29 5:00 PM.
<b>Friday's preliminary session</b>	Thursday, July 30 30 minutes after the start of finals.
<b>Saturday's preliminary session</b>	Friday, July 31 30 minutes after the start of finals.
<b>Sunday's preliminary session</b> and positive check-in for the 800 Freestyle	Saturday, August 1st 30 minutes after the start of finals.

**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 Thursday, July 30 at 6:30 am. 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 north 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.
- **FACILITY WILL OPEN AT 6:30AM EACH MORNING WARM UP BEGINS AT 6:45AM**

**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 aged 15-18 entering the 50 Fly, 50 Back, and/or 50 Breast must have met the "FW" time standard in the 50 OR 100 distance of that stroke. Far Western and Far Western Bonus Standards are available at the following link: <https://www.pacswim.org/swim-meet-times/standards>
- 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 rule Section 4.C.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 prior to the closing date of entries for the meet, Wednesday July 22 2026 at 11:59 PM. 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 and a \$20.00 facility surcharge per athlete. \$20.00 per relay.

\*\*Note, relay only Athletes ARE NOT required to pay the participation or facility fee. All entry fees SHALL be included with entry, or entries shall not be accepted.

**MEFAP ENTRY FEES:** \$14.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:

<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202025%20rev%2011.13.25.pdf>

**ONLINE ENTRIES:** Online entries will be accepted through Wednesday July 22, 2026. 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 service 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.

**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 <https://ome.fastswims.com>.
- These entries shall be received no later than Friday, July 24 at 5:59 PM PDT.
- The club or athlete shall pay a one-time processing fee of \$75.00 and pay entry fees of \$20 per individual + \$20 Facility surcharge and \$40 per relay event. Any late entries must adhere to the same "entry qualifying time period" as regular entries. Times must be achieved prior to Wednesday, July 22 at 11:59 PM.

**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 July 20 2026 or hand delivered by 6:30 PM Wednesday July 22, 2026. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Terrapins Swim Team**

**Mail entries to: Terrapins Swim Team**

**P.O. Box 21127  
Concord, CA 94521**

**Hand deliver entries to: TERA Coaches on Deck**

**Concord Community Pool  
3501 Cowell Rd, Concord, CA 94518**

**FOREIGN TEAM\* ENTRIES AND TEAMS USING HYTEK ENTRY FILES:** Foreign and domestic teams may enter using the Hy-Tek entry file provided on the Terrapins website **OR** enter a roster of swimmers on [www.fastswims.com](http://www.fastswims.com) **OR** swimmers may enter individually on [www.fastswims.com](http://www.fastswims.com). Entry files are due no later than Monday July 20 at 11:59 PM PDT. Submit the entry file to [www.fastswims.com](http://www.fastswims.com). Teams may pay via credit card or ACH directly on FastSwims. Any adjustments and changes should be made on FastSwims directly. Email a hard copy of the HYTEK entry fee report by the entry deadline to: [rayterra@att.net](mailto:rayterra@att.net)

**If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY": Ray Mitchell, 3942 Cowell Rd, Concord, CA 94518 Phone – 925-680-8372**

**Make check payable to: Terrapins Swim Team**

\* 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 [Terrapins Website](#) under “2026 Far Western Info” This invite can be mailed with entries or scanned and emailed to [FarWesternEntry@pacswim.org](mailto:FarWesternEntry@pacswim.org)

**Coach Credentials:** Coach credentials **must** be purchased through FastSwims for \$25 prior to the close of the meet, Wednesday July 22, 2026. Coach credentials will **not** be sold at the meet. This is used to help support hospitality.

**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.**

**SCRATCHES:** Pacific Swimming Scratch Rules shall be enforced. A copy shall be posted at the clerk-of-course. Athletes, Coaches, and Parents/Guardians who wish to scratch event(s) must complete the digital scratch form using the following link:

<https://sites.google.com/view/terafarwesternlc/home>. A QR code will also be posted at the facility. The link can also be used for distance positive check-in. An optional confirmation email can be sent if an email address is provided. **All scratches for Finals are to be completed on Deck (In Person) only.** On deck finals scratch desk is located near the center office.

**The scratch deadline for Thursday’s preliminary session and positive check-in for the 1500 Freestyle is Wednesday at 5:00pm**

**The scratch deadline for Friday’s preliminary session is Thursday no later than 30 minutes after the start of finals.**

**The scratch deadline for Saturday’s preliminary session is Friday no later than 30 minutes after the start of finals.**

**The scratch deadline for Sunday’s preliminary session and positive check-in for the 800 Freestyle is Saturday no later than 30 minutes after the start of finals.**

- Athletes may compete in 3 individual events per day and a total of 7 individual events for the competition. Any Athlete who fails to scratch down to meet these parameters will be automatically scratched from their later events to comply. Athletes must scratch, “No-Shows” and “Declared False Starts” will be counted toward an Athletes event total for the day/competition.
- Failure to compete in a preliminary event or to declare a false start shall result in being barred from their next preliminary individual event not including distance. There shall be no penalty for missing a “Timed Final” event. “No-Shows” and “Declared False Starts” in a timed final event will count toward an Athlete’s event total for the day/competition.
- 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 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 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<sup>st</sup> – 9<sup>th</sup> place

Relay Events: Medals 1<sup>st</sup> – 3<sup>rd</sup>

Individual High Point – Distinctive awards for high male and female scorer for each age group

#### SCORING:

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup>	7 <sup>TH</sup>	8 <sup>TH</sup>	9 <sup>TH</sup>
<b>INDIVIDUAL</b>	10	8	7	6	5	4	3	2	1
<b>RELAY</b>	20	16	14	12	10	8	6	4	2

**ADMISSION:** Free. A meet program will be available on the Terrapins website by July 25th.

**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:** Important meet information will be updated and posted on the Terrapins website [terrapinsswim.com](http://terrapinsswim.com) under the 2026 Far Western meet info tab. Please check this site weekly for updates leading into the meet

## ORDER OF EVENTS

Far Western and Far Western Bonus Time Standards: <https://www.pacswim.org/swim-meet-times/standards>

Thursday, July 30 2026 PRELIMS				
GIRLS	DESCRIPTION		BOYS	
#	AGE	EVENT	#	
1	17-18	100 Free	2	
	15-16			
3	13-14		4	
5	11-12		6	
7	10&U		8	
9	17-18		200 IM	10
	15-16			
11	13-14			12
13	11-12	14		
15	10&U	16		
201	17-18	1500 Free (Fastest Heat swims in Finals Session)		202
	15-16			
	13-14			
	11-12			

Thursday, July 30 2026 FINALS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
301	13-14	200 Med Relay	302
303	15-18	200 Med Relay	304
201	11-18	1500 Free - Fastest Heat	
1	17-18	100 Free	2
	15-16		
3	13-14		4
5	11-12		6
7	10&U		8
	11-18		1500 Free- Fastest Heat
9	17-18	200 IM	10
	15-16		
11	13-14		12
13	11-12		14
15	10&U		16
10 Min Break			
305	14 & U	800 Free Relay	306
307	15-18	800 Free Relay	308

Friday, July 31 2026 PRELIMS				
GIRLS	DESCRIPTION		BOYS	
#	AGE	EVENT	#	
17	17-18	200 Free	18	
	15-16			
19	13-14		20	
21	11-12		22	
23	10&U		24	
25	17-18		50 Breast	26
	15-16			
27	13-14			28
29	11-12	30		
31	10&U	32		
33	17-18	200 Fly		34
	15-16			
35	13-14		36	
37	11-12		38	
39	17-18	100 Back	40	
	15-16			
41	13-14		42	
43	11-12		44	
45	10&U		46	
47	17-18		400 IM	48
	15-16			
49	13-14	50		
51	11-12	52		

Friday, July 31 2026 FINALS				
GIRLS	DESCRIPTION		BOYS	
#	AGE	EVENT	#	
17	17-18	200 Free	18	
	15-16			
19	13-14		20	
21	11-12		22	
23	10&U		24	
25	17-18		50 Breast	26
	15-16			
27	13-14			28
29	11-12	30		
31	10&U	32		
33	17-18	200 Fly		34
	15-16			
35	13-14		36	
37	11-12		38	
39	17-18	100 Back	40	
	15-16			
41	13-14		42	
43	11-12		44	
45	10&U		46	
47	17-18		400 IM	48
	15-16			
49	13-14	50		
51	11-12	52		
309	15-18	200 Free Relay		310
311	13-14	200 Free Relay	312	
313	11-12	200 Free Relay	314	

Saturday, August 1 2026 PRELIMS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
53	17-18	50 Free	54
	15-16		
55	13-14		56
57	11-12		58
59	10&U		60
61	17-18	100 Breast	62
	15-16		
63	13-14		64
65	11-12		66
67	10&U		68
69	17-18	200 Back	70
	15-16		
71	13-14		72
73	11-12		74
75	17-18		50 Fly
	15-16		
77	13-14	78	
79	11-12	80	
81	10&U	82	
83	17-18	400 Free	84
	15-16		
85	13-14		86
87	11-12		88
89	10&U		90

Saturday, August 1 2026 FINALS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
53	17-18	50 Free	54
	15-16		
55	13-14		56
57	11-12		58
59	10&U		60
61	17-18	100 Breast	62
	15-16		
63	13-14		64
65	11-12		66
67	10&U		68
69	17-18	200 Back	70
	15-16		
71	13-14		72
73	11-12		74
75	17-18		50 Fly
	15-16		
77	13-14	78	
79	11-12	80	
81	10&U	82	
83	17-18	400 Free	84
	15-16		
85	13-14		86
87	11-12		88
89	10&U		90
315	15-18	400 Free Relay	316
317	13-14	400 Free Relay	318
319	11-12	400 Free Relay	320
321	9-10	200 Free Relay	322

Sunday, August 2 2026 PRELIMS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
91	17-18	50 Back	92
	15-16		
93	13-14		94
95	11-12		96
97	10&U		98
99	17-18	200 Breast	100
	15-16		
101	13-14		102
103	11-12		104
105	17-18		100 Fly
	15-16		
107	13-14	108	
109	11-12	110	
111	10&U	112	
323*	11-12	200 Medley Relay	324*
325*	10 & U	200 Medley Relay	326*
*10&U and 11-12 200 Medley Relays will swim (timed finals) at the conclusion of the Sunday PRELIM session.			
203**	17-18	800 Free (Fastest Heat swims in Finals Session)	204**
	15-16		
	13-14		
	11-12		

Sunday, August 2 2026 FINALS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
203**	11-18	800 Free-Fastest Heat	204**
91	17-18	50 Back	92
	15-16		
93	13-14		94
95	11-12		96
97	10&U		98
99	17-18	200 Breast	100
	15-16		
101	13-14		102
103	11-12		104
105	17-18		100 Fly
	15-16		
107	13-14	108	
109	11-12	110	
111	10&U	112	
327	15-18	400 Medley Relay	328
329	13-14	400 Medley Relay	330
331	11-12	400 Medley Relay	332

Pacific Swimming – Hosted by Terrapins Swim Team LONG COURSE FAR WESTERN CHAMPIONSHIPS JULY 30-AUGUST 2 2026 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$12.00 = \$ _____ Participation Fee      \$ 14.00 Facility Surcharge      \$ 20.00 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	\$	

