



PACIFIC
SWIMMING

Almaden

Swim & Racquet Club



2011 Far Western Short Course Championship
March 31 - April 3
Morgan Hill Aquatic Center

OFFICIAL EVENT INFORMATION



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2011 Far Western Short Course Championship

Event Information

Morgan Hill Aquatic Center
Hosted by Almaden Swim & Racquet Club
March 31 - April 3, 2010

<http://ome.swimconnection.com/pc/alfaw20110331>

MEET SHEET



PACIFIC
SWIMMING



- SANCTION:** Held under USA Swimming/Pacific Swimming sanction number: 11-006
In granting this sanction it is understood 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. Subject to the terms and conditions of the policies issued, the USA Swimming Insurance Program provides for Excess Accident Medical Insurance and General Liability Insurance under policies which are issued by Mutual of Omaha Insurance Company and Lexington Insurance Company, respectively.
- LOCATION:** Morgan Hill Aquatic Center is located at 16200 Condit Rd, Morgan Hill, CA 95037-9598.
- COURSE:** 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes will be available. The minimum water depth of 6' 6" at the start and turn ends of this pool complies with article 103.2.3. 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.
A separate 6 lane, 25 yard warm-up / cool-down pool will be available during the meet. Locker rooms with showers are available.
Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- TIME:** The competition pool and warm-up pool will be available for pre-meet warm-ups on Thursday, March 31 through Sunday, April 3 from 7:00 AM to 8:45 AM. The competition pool will be cleared at 8:45 AM each day. Trials will start at 9:00 AM. Finals will begin no sooner than 1½ hours after trials. The exact time will be determined by the referee and announced early each day. See special rules below for the 1000 and 1650 Freestyle Events and Relays. Relays will be swum at the conclusion of Finals on Thursday, Friday and Sunday. On Saturday, Events 105 and 106 will be swum at the beginning of Finals. The remaining relays on Saturday will be swum at the conclusion of Finals.
- GENERAL:** Admission is free. A four-day program will be available for a reasonable cost. Hospitality will be provided for coaches and meet officials. A complete snack bar will be available throughout the meet.
- PARKING:** Carpooling is suggested. Parking for Officials will be available NO OVERNIGHT OR RV PARKING IS PERMITTED on the aquatic center property.

Notice: This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**RULES:**

Current U.S.A. and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-the-Course. All events are trials and finals except the 1000 and 1650 Freestyle events and all relay events. Swimmers may enter as many events as they have met or exceeded the listed time standards. However, they may only compete in a maximum of seven (7) events in the entire meet. This means that if a swimmer enters more than seven events, he or she must scratch down to the 7 event limit and no refunds will be given. Swimmers are further restricted to swimming no more than three (3) events in any single day of competition, including distance events. Relay events do not count against these limits. Swimmers must provide their own lap counters for the 500 free events. For the 1,000 and 1,650 free events, swimmers must provide their own lap counters and timers. See special rules for distance events and relays below. Preliminary events (Trials) will be swum slowest to fastest starting with non-conforming long course meter "FW" times (LCM), non-conforming short course meter "FW" times (SCM), then conforming short course yard "FW" times (SCY), except where noted for distance events. Entry times submitted for this meet will be checked against a computer database and may be changed according to Pacific Swimming entry Time Verification Procedures. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coach and deck official packets will be given only to those displaying their cards. Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

PROOF OF TIME:

Proof of time will be REQUIRED in advance for all swimmers for this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations.

1. All entry times will be verified against the USA Swimming SWIMS database. Entry times must have been achieved before the closing date, March 23, 2011, for entries. If a time cannot be proven before the meet, the swimmer will be not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned, approved or observed meets may be used to prove times. Swimmers from foreign swim federations MUST prove all their times before being allowed to check in.
2. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters, and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event in this meet.
3. When possible, coaches will be notified of swimmers who have not proven entry times.

RESTRICTIONS:

Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the meet and during warm-up periods. Sale and use of alcoholic drinks is prohibited in all areas of the meet venue. No propane containers, other than provided for the snack bar, are allowed in any areas of the meet venue. No glass containers allowed on deck. Use of cell phones or other recording devices are prohibited in the locker rooms. No animals are allowed on the premises. Overnight parking is prohibited within the aquatic center grounds.

Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" in the competition pool area is allowed. All chairs, canopies, tents, or other setups must be on the lawn and other designated setup areas only.

**ELIGIBILITY:**

Swimmers 18 years of age or younger are eligible to enter this meet. All swimmers must have a current USASwimming registration card and must enter the number on their entry cards. Swimmers who enter as "Pending" or "Applied for" must be prepared to present their current card or register before being allowed to check in, unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge along with the registration fee. Swimmers must have met the listed qualifying time standards. Swimmers not part of Pacific Swimming MUST bring copy of their US Swimming Registration card to the meet to avoid questions about registration. Swimmers who enter an event but do not enter a time which meets or exceeds the listed time standard will not be permitted to swim that event unless they provide written proof that they have met or exceeded the listed time standard. "NO TIME" entries WILL NOT be accepted. No refunds will be made. Relay swimmers must be either entered in an individual event or must be on the "Relay Only Swimmers Pre Entry Form" or will not be allowed to compete. Swimmers must have met the Pacific Swimming Far Westerns conforming short course yard (FW time) or non-conforming short course meters (FW time) or long course meters time standard (FW time) for each event entered.

RELAYS:

All relay entries must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time. Relays must check in by 12:00 Noon each day. Teams not checked in will not be seeded and will not be allowed to compete in the event. Each swimmer's complete name and actual age must be entered on the card at the time of check-in. Order of swim must be declared before the start of the heat. All relays are swum as timed finals. No late, telephone, or FAXED entries will be accepted. No refunds will be made.

DISTANCE:

The 1650 and 1000 yard Freestyle events are timed finals and will be scored. The Meet Referee and Meet Director will determine the course(s) to be used based on the number of swimmers checked-in for these events. Swimmers need to provide their own lap counters and timers. Check in for the 1000 and 1650 Freestyle events (Events 201-204) will be open from the start of the meet until 11:00 AM on the day of the event. The 1000 and 1650 Freestyle events will be swum fastest to slowest.

CHECK-IN:

The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Check in for the 1000 and 1650 Freestyle events (Events 201-204) will be open from the start of the meet until 11:00 AM on the day of the event. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES:

The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course. Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck who 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 an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances that were beyond the control of the swimmer. A swimmer shall be barred from competing for the remainder of the meet if he or she fails to compete in the final that he or she originally qualified for, unless properly scratched. This rule includes a fine of \$25 for any swimmer originally qualifying for a final but fails to compete in that final if the final is the swimmer's last competition of the meet.

CAMP:

Forty-eight swimmers will be selected at the Pacific Swimming Short Course Far Westerns Championship Meet in Morgan Hill, California 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. The camp will be held on Sunday, April 24. To apply, the athlete must compete at Short Course Far Western Championship.



ENTRIES:

TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/almafw20110331> to receive immediate confirmation of acceptance by email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary.

Option 2: Postal System Mailed Entries

Entries must be on the attached form. Team relay entries should be submitted by the team on the attached form. Entry forms must be filled out completely, including best conforming short course yard (FW time) or non-conforming short course meters (FW time) or non-conforming long course meters time standard (FW time) each event, and accompanied by a check for the correct amount. All entry times shall be noted (SCY), (LCM), (SCM), to the right of the entry time. [SCY = short course yards; LCM = long course meters; SCM = short course meters]. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS!** "NO TIME" entries will not be accepted. Any swimmer who has been judged to have submitted a falsified time will be referred to his or her Local Swimming Committee. All non-Pacific swimmers should include a photocopy of their USA Swimming registration card. To confirm entries have been received, please include a self addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status. Do NOT leave entries in the mailbox.

ENTRY DEADLINE:

Entries can also be hand delivered to the address below by 5:00PM PST, Wednesday, March 23, 2011. No late entries, no telephone, fax or email entries will be accepted.

ENTRY FEES:

\$5.50 per individual event, \$20.00 per relay event, plus \$5.00 participation fee per swimmer to help cover meet expenses.

Checks payable to: Almaden Swim & Racquet Club

Mail Entries to: Almaden Swim & Racquet Club (Far Western Entries)
6604 Northridge Drive
San Jose, CA 95120

ATTENTION: High School Swimmers - If you are a high school swimmer, in season, you need to be unattached for 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 Pacific Swimming Zone 4 swimmers.

ATTENTION: Visiting "All Star" teams - All Star teams are defined as teams officially representing an LSC, or a federation out of the United States are welcomed. Individual swimmers can score points towards high point awards, but such teams will not be in contention for team awards. "All Star" relays can win awards but will not score points.

**DIRECTIONS: From the North:**

Exit Highway 101 at Tennant Avenue and turn left onto Tennant. Continue .3 miles to Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right.

From the South:

Exit Highway 101 at Tennant Avenue and turn right onto Tennant. Continue .1 miles to Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right.

AWARDS:

INDIVIDUAL MEDALS: 1st - 8th Place.

RELAY MEDALS: 1st - 8th Place.

INDIVIDUAL HIGH POINT AWARDS: 1st - 3rd female & male / age group.

OVERALL TEAM AWARDS: 1st - 5th Place.

SCORING:

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

Award ceremony for Thursday, Friday and Saturday individual event winners will take place approximately 1.5 hours before the start of finals the following day. Awards must be picked up by the end of the meet; awards will not be mailed.

OFFICIALS:

HEAD REFEREE: FRANK SUCHOMEL

HEAD STARTER: STEVE KUMPAN

HEAD MEET MARSHAL: MIKE MCCOMBS

MEET DIRECTOR: MARK SCANNELL [EMAIL: 2011farwesternmeetdirector@gmail.com](mailto:2011farwesternmeetdirector@gmail.com)

ATTIRE:

TRIALS: White polo shirts over Navy blue pants/slacks or skirt (women). White athletic shoes.

FINALS: Referees, Starters, Administrative Referees, Chief Judges and Assistant Chief Judges will wear white dress-shirt/blouse; red tie (women may wear red scarf); navy blue blazer; white full length pants/slacks women may wear long skirt), white athletic shoes. All other officials: white polo shirt, navy blue full length pants/slacks (women may wear long skirt), and white athletic shoes.

No restrictions on foul weather gear.

CERTIFICATION:

This is a National Officials Qualifying 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 Trials and Finals. Shorts are not permitted for Finals. 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 any evaluation(s) to be valid. The application form can be downloaded from the 2011 Meet Schedule page on the Pacific Swimming web site <http://www.pacswim.org/>.



THURSDAY, MARCH 31, 2011

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, 2011

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, 2011

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, 2011

10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
100 IM	400 IM	400 IM	500 FREE	500 FREE
50 FLY	50 FREE	50 FREE	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			



THURSDAY, MARCH 31

G I R L S		DESCRIPTION		B O Y S	
#	AGE	EVENT	#		
1	17 - 18	200 FREE	2		
3	15 - 16	200 FREE	4		
5	11 - 12	200 FREE	6		
7	13 - 14	200 FREE	8		
9	10 & U	200 FREE	10		
11	17 - 18	200 BREAST	12		
13	15 - 16	200 BREAST	14		
15	11 - 12	100 FLY	16		
17	13 - 14	100 FLY	18		
19	10 & U	100 FLY	20		
21	17 - 18	200 BACK	22		
23	15 - 16	200 BACK	24		
25	11 - 12	200 BREAST	26		
27	13 - 14	200 BREAST	28		
29	10 & U	100 BREAST	30		
31	11 - 12	50 BACK	32		
201	11 - 12	1650 FREE (GIRLS)			
	13 - 14	1650 FREE (GIRLS)			
	15 - 16	1650 FREE (GIRLS)			
	17 - 18	1650 FREE (GIRLS)			
33	13 - 14	400 MR	34		
35	11 - 12	400 MR	36		

IMPORTANT NOTES

*Event 201 will be swum between trials and finals, immediately after Event 32
Relays (Events 33-36) will be swum at the conclusion of finals.*

FRIDAY, APRIL 1

G I R L S		DESCRIPTION		B O Y S	
#	AGE	EVENT	#		
37	17 - 18	400 IM	38		
39	15 - 16	400 IM	40		
41	11 - 12	200 IM	42		
43	13 - 14	200 IM	44		
45	10 & U	200 IM	46		
47	17 - 18	100 FREE	48		
49	15 - 16	100 FREE	50		
51	11 - 12	100 FREE	52		
53	13 - 14	100 FREE	54		
55	10 & U	100 FREE	56		
57	17 - 18	100 FLY	58		
59	15 - 16	100 FLY	60		
61	11 - 12	200 BACK	62		
63	13 - 14	200 BACK	64		
65	10 & U	50 BACK	66		
67	11 - 12	50 FLY	68		
	11 - 12	1650 FREE (BOYS)	202		
	13 - 14	1650 FREE (BOYS)			
	15 - 16	1650 FREE (BOYS)			
	17 - 18	1650 FREE (BOYS)			
69	13 - 14	400 FR	70		
71	11 - 12	400 FR	72		

IMPORTANT NOTES

*Event 202 will be swum between trials and finals, immediately after Event 68
Relays (Events 69-72) will be swum at the conclusion of finals.*



SATURDAY, APRIL 2

G I R L S	DESCRIPTION		B O Y S
#	AGE	EVENT	#
73	17 - 18	200 FLY	74
75	15 - 16	200 FLY	76
77	11 - 12	500 FREE	78
79	13 - 14	500 FREE	80
81	10 & U	500 FREE	82
83	11 - 12	100 IM	84
85	17 - 18	100 BACK	86
87	15 - 16	100 BACK	88
89	11 - 12	100 BACK	90
91	13 - 14	100 BACK	92
93	10 & U	100 BACK	94
95	17 - 18	100 BREAST	96
97	15 - 16	100 BREAST	98
99	11 - 12	50 BREAST	100
101	13 - 14	100 BREAST	102
103	10 & U	50 BREAST	104
203	11 - 12	1000 FREE (GIRLS)	
	13 - 14	1000 FREE (GIRLS)	
	15 - 16	1000 FREE (GIRLS)	
	17 - 18	1000 FREE (GIRLS)	
105	13 - 14	200 MR	106
107	11 - 12	200 MR	108
109	10 & U	200 MR	110
111	13 - 14	200 FR	112

IMPORTANT NOTES

Event 203 will be swum between trials and finals, immediately after Event 104.

Relay Events 105 & 106 will be swum at the beginning of finals.

Relays Events 107-112 will be swum at the conclusion of finals.

SUNDAY, APRIL 3

G I R L S	DESCRIPTION		B O Y S
#	AGE	EVENT	#
113	17 - 18	500 FREE	114
115	15 - 16	500 FREE	116
117	11 - 12	400 IM	118
119	13 - 14	400 IM	120
121	10 & U	100 IM	122
123	17 - 18	200 IM	124
125	15 - 16	200 IM	126
127	11 - 12	50 FREE	128
129	13 - 14	50 FREE	130
131	10 & U	50 FLY	132
133	11 - 12	100 BREAST	134
135	17 - 18	50 FREE	136
137	15 - 16	50 FREE	138
139	13 - 14	200 FLY	140
141	11 - 12	200 FLY	142
143	10 & U	50 FREE	144
	11 - 12	1000 FREE (BOYS)	204
	13 - 14	1000 FREE (BOYS)	
	15 - 16	1000 FREE (BOYS)	
	17 - 18	1000 FREE (BOYS)	
145	13 - 14	800 FR	146
147	11 - 12	200 FR	148
149	10 & U	200 FR	150

IMPORTANT NOTES

Event 204 will be swum between trials and finals, immediately after Event 144.

Relays Events 145-150 will be swum at the conclusion of finals.



G I R L S



B O Y S

SCY	SCM	LCM		SCY	SCM	LCM
10 & UNDER						
30.19	33.29	34.39	50 FREE	30.29	33.39	35.39
1:06.99	1:13.69	1:16.19	100 FREE	1:06.99	1:13.69	1:16.29
2:27.99	2:42.79	2:46.89	200 FREE	2:26.99	2:41.69	2:46.29
6:20.99	5:32.99	5:38.89	400 / 500 FREE	6:10.89	5:29.89	5:36.29
35.99	39.59	40.59	50 BACK	35.99	39.59	41.59
1:16.99	1:24.69	1:28.29	100 BACK	1:18.99	1:26.89	1:28.69
40.59	44.69	45.69	50 BREAST	40.59	44.69	46.29
1:27.99	1:36.79	1:39.99	100 BREAST	1:28.99	1:37.89	1:41.79
34.49	37.99	38.99	50 FLY	34.09	37.49	39.39
1:18.99	1:26.89	1:30.59	100 FLY	1:20.99	1:29.09	1:30.79
1:16.99	1:24.69	--	100 IM	1:16.99	1:24.69	--
2:46.99	3:03.69	3:09.99	200 IM	2:48.29	3:05.19	3:12.29
2:06.59	2:19.29	2:23.29	200 FREE RELAY	2:06.99	2:19.69	2:23.29
2:23.99	2:38.39	2:42.39	200 MEDLEY RELAY	2:27.99	2:42.79	2:42.39
11 - 12						
27.19	29.99	30.99	50 FREE	26.99	29.69	30.69
59.19	1:05.19	1:07.59	100 FREE	58.49	1:04.39	1:06.99
2:09.29	2:22.29	2:26.99	200 FREE	2:10.19	2:23.29	2:27.29
5:47.09	5:03.29	5:09.69	400 / 500 FREE	5:46.59	5:08.59	5:12.99
11:54.99	10:21.29	10:33.99	800 / 1000 FREE	11:44.99	10:12.09	10:24.89
19:45.39	16:55.99	20:19.99	1500 / 1650 FREE	20:23.49	19:47.99	20:11.99
31.99	35.19	36.19	50 BACK	31.99	35.19	36.79
1:08.99	1:15.89	1:18.39	100 BACK	1:08.99	1:15.89	1:19.49
2:26.49	2:43.89	2:46.49	200 BACK	2:23.99	2:38.39	2:47.89
35.99	39.59	40.59	50 BREAST	34.99	38.49	40.59
1:17.59	1:25.39	1:28.19	100 BREAST	1:16.99	1:24.69	1:27.29
2:47.89	3:04.69	3:08.89	200 BREAST	2:41.69	2:57.89	3:06.39
30.29	33.39	33.99	50 FLY	29.99	32.99	34.09
1:08.39	1:15.29	1:17.69	100 FLY	1:08.49	1:15.39	1:17.99
2:30.99	2:46.09	2:52.19	200 FLY	2:29.99	2:44.99	2:50.69
1:08.49	1:15.39	--	100 IM	1:07.09	1:13.79	--
2:27.99	2:42.79	2:46.99	200 IM	2:27.99	2:42.79	2:48.29
5:15.89	5:47.49	5:53.79	400 IM	5:15.89	5:47.49	5:56.79
1:54.79	2:06.29	2:05.99	200 FREE RELAY	1:54.99	2:06.49	2:10.89
4:04.59	4:29.09	4:37.09	400 FREE RELAY	4:11.99	4:37.19	4:45.19
2:06.19	2:18.89	2:22.19	200 MEDLEY RELAY	2:07.99	2:20.79	2:25.89
4:39.49	5:07.49	5:15.49	400 MEDLEY RELAY	04:45.99	5:14.59	5:25.39



G I R L S



B O Y S

SCY	SCM	LCM		SCY	SCM	LCM
13 - 14						
26.29	28.99	29.49	50 FREE	24.59	27.09	28.19
56.89	1:02.59	1:04.59	100 FREE	53.09	58.39	1:00.69
2:01.99	2:14.19	2:17.69	200 FREE	1:55.99	2:07.59	2:11.59
5:24.99	4:44.19	4:50.59	400 / 500 FREE	5:11.99	4:36.19	4:42.59
11:09.99	9:54.39	10:07.19	800 / 1000 FREE	10:49.99	9:36.19	9:47.99
18:31.19	18:44.59	19:08.59	1500 / 1650 FREE	19:09.99	17:51.99	18:15.99
1:04.99	1:11.49	1:13.59	100 BACK	1:01.99	1:08.19	1:10.99
2:19.79	2:43.79	2:39.09	200 BACK	2:14.99	2:28.49	2:33.29
1:12.89	1:20.19	1:23.29	100 BREAST	1:08.99	1:15.89	1:19.59
2:39.89	2:55.89	3:08.99	200 BREAST	2:32.09	2:47.29	2:52.79
1:04.29	1:10.79	1:11.59	100 FLY	1:00.49	1:06.59	1:08.79
2:23.49	2:37.89	2:41.99	200 FLY	2:17.99	2:31.79	2:36.09
2:19.09	2:42.99	2:36.49	200 IM	2:11.99	2:25.19	2:29.89
4:58.19	5:31.39	5:37.79	400 IM	4:46.99	5:15.69	5:22.49
1:48.99	1:59.89	2:03.89	200 FREE RELAY	1:43.99	1:54.39	1:58.39
3:51.99	4:15.19	4:23.19	400 FREE RELAY	3:46.79	4:09.49	4:17.49
8:26.99	9:17.69	9:33.69	800 FREE RELAY	8:09.19	8:58.19	9:14.39
2:01.59	2:13.79	2:21.29	200 MEDLEY RELAY	1:54.79	2:06.29	2:10.29
4:21.99	4:48.19	4:56.19	400 MEDLEY RELAY	4:16.39	4:42.09	4:48.69
15 - 16						
25.99	28.59	29.29	50 FREE	23.19	25.59	26.49
56.49	1:02.19	1:02.79	100 FREE	50.89	55.99	57.39
2:01.99	2:14.19	2:16.69	200 FREE	1:50.99	2:02.09	2:05.09
5:21.99	4:44.99	4:51.39	400 / 500 FREE	5:06.19	4:21.39	4:27.79
11:09.99	9:50.79	10:03.59	800 / 1000 FREE	10:39.99	9:26.39	9:39.19
18:39.99	18:50.99	19:14.99	1500 / 1650 FREE	17:59.99	17:51.99	18:15.99
1:05.99	1:12.59	1:12.99	100 BACK	59.99	1:05.99	1:07.19
2:20.99	2:35.09	2:37.49	200 BACK	2:09.99	2:22.99	2:23.79
1:13.99	1:21.39	1:22.79	100 BREAST	1:05.99	1:12.59	1:14.99
2:38.99	2:54.89	2:58.99	200 BREAST	2:26.99	2:41.69	2:45.69
1:02.69	1:08.99	1:10.99	100 FLY	56.39	1:02.09	1:03.69
2:21.49	2:35.69	2:38.59	200 FLY	2:10.99	2:24.09	2:26.99
2:17.99	2:31.79	2:35.79	200 IM	2:06.59	2:19.29	2:23.29
4:55.99	5:25.59	5:33.99	400 IM	4:38.99	5:06.89	5:08.19
17 - 18						
26.69	29.39	29.49	50 FREE	23.19	25.59	25.99
57.19	1:02.09	1:03.69	100 FREE	50.29	55.39	57.29
2:05.69	2:18.29	2:19.99	200 FREE	1:50.99	2:02.09	2:04.19
5:34.99	4:56.39	5:02.79	400 / 500 FREE	5:06.19	4:22.59	4:28.99
11:39.99	10:13.19	10:25.99	800 / 1000 FREE	10:39.99	9:26.39	9:39.19
19:19.99	18:55.99	19:19.99	1500 / 1650 FREE	17:59.99	18:01.99	18:25.99
1:09.09	1:15.99	1:17.99	100 BACK	1:00.39	1:06.49	1:08.49
2:31.99	2:47.19	2:44.89	200 BACK	2:17.59	2:31.39	2:35.39
1:17.99	1:25.79	1:25.39	100 BREAST	1:06.99	1:13.69	1:15.69
2:46.99	3:03.69	3:07.69	200 BREAST	2:29.99	2:44.99	2:48.99
1:03.99	1:10.39	1:12.39	100 FLY	56.99	1:02.69	1:04.19
2:28.99	2:43.89	2:47.89	200 FLY	2:13.99	2:27.39	2:31.39
2:23.49	2:37.89	2:38.79	200 IM	2:06.99	2:19.69	2:23.69
5:12.99	5:44.29	5:52.29	400 IM	4:43.99	5:12.39	5:20.39

RELAY ENTRY FORM



PACIFIC SWIMMING



CLUB NAME	LSC	CLUB ABBREVIATION

THURSDAY, MARCH 31

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	400 MEDLEY RELAY	33				
M	13 - 14	400 MEDLEY RELAY	34				
F	11 - 12	400 MEDLEY RELAY	35				
M	11 - 12	400 MEDLEY RELAY	36				

FRIDAY, APRIL 1

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	400 FREE RELAY	69				
M	13 - 14	400 FREE RELAY	70				
F	11 - 12	400 FREE RELAY	71				
M	11 - 12	400 FREE RELAY	72				

SATURDAY, APRIL 2

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	200 MEDLEY RELAY	105				
M	13 - 14	200 MEDLEY RELAY	106				
F	11 - 12	200 MEDLEY RELAY	107				
M	11 - 12	200 MEDLEY RELAY	108				
F	10 & U	200 MEDLEY RELAY	109				
M	10 & U	200 MEDLEY RELAY	110				
F	13 - 14	200 FREE RELAY	111				
M	13 - 14	200 FREE RELAY	112				

SUNDAY, APRIL 3

GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
F	13 - 14	800 FREE RELAY	145				
M	13 - 14	800 FREE RELAY	146				
F	11 - 12	200 FREE RELAY	147				
M	11 - 12	200 FREE RELAY	148				
F	10 & U	200 FREE RELAY	149				
M	10 & U	200 FREE RELAY	150				

COACH:

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RELAYS

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RELAY FEE

x \$20 EACH

EMAIL:

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TOTAL

\$

Relay entries and a check payable to "Almaden Swim & Racquet Club" are due by the entry deadline, postmarked by midnight PST, Monday, March 21, 2011 or hand delivered by 5:00PM PST, Wednesday, March 23, 2011.

No relays will be "Deck Entered"

INDIVIDUAL ENTRY FORM



PACIFIC SWIMMING



To be accepted, all entry information must be completely filled out including proof of entry time.

PLEASE PRINT CLEARLY

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

LAST NAME		FIRST NAME			MI	
CLUB NAME				LSC Code	CLUB ABBREVIATION	
DOB	M / F	USA-S Registration Number <i>Attach copy if outside PacSwim LSC</i>			AGE	AGE GROUP
EVENT #	DISTANCE & STROKE	ENTRY TIME			SCY SCM LMC	PROOF OF TIME MEET & DATE
		MIN	SEC	HUND		
						Swimmer must have met the listed FAR WESERN qualifying time standard for each event entered. Entry times will be verified against the USA Swimming SWIMS database. If the time can not be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. MARK ALL ENTRY TIMES WITH LCM(long course meters), SCY(short course yards), OR SCM(short course meters) TO THE RIGHT OF YOUR ENTRY TIME.

SWIMMER NAME		TOTAL # ENTRIES	
CONTACT PHONE () -		\$5.00 USD Participation Fee ==>	+\$5.00
SWIMMER'S COACH	CONTACT EMAIL		
CHECK PAYABLE TO "ALMADEN SWIM & RACQUET CLUB"			TOTAL DUE ==> \$



Almaden Swim & Racquet Club and Marriott Hotels would like to assist you with your hotel accommodations for the 2011 Far Western Short Course Championship. We have establish a special group rate and room block for those attending the meet this year in Morgan Hill, California.

ASK FOR THE “FAR WESTERN SWIM MEET” SPECIAL RATE

16115 Condit Road
Highway 101 and Tennant
Morgan Hill, CA 95037 US



2 Queen Beds
\$99.00 + tax
(408) 779-7666

18620 Madrone Parkway
Morgan Hill, CA 95037
408-782-8311



One Bedroom Suite - Queen Bed & sofa sleeper & full kitchen
\$149.00

Two Bedroom Suite - 2 bedrooms each with Queen Bed,
2 Bathrooms, sofa in living room area & full kitchen
\$169.00

18610 Madrone Parkway
Morgan Hill, CA 95037
408-782-6034



Bedroom w/ 2 Queen Beds & Complimentary Breakfast
\$139.00