

# 2013 SHORT COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by QUICKSILVER SWIMMING

co-sponsored by Pacific Swimming

April 4-7, 2013

Enter online @ Swim Connection: [http://ome.swimconnection.com/pc/qss\\_fw20130404](http://ome.swimconnection.com/pc/qss_fw20130404)



PACIFIC SWIMMING

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **13-010**

*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. By entering the meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VIDEO:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

## **MEET OFFICIALS:**

Head Referee: <b>Brian Malick</b>	Head Starter: <b>Mike Davis</b>
Meet Director: <b>Mark Scanell</b> 2013farwesternmeetdirector@gmail.com	Head Marshal: <b>Mike McCombs</b>

**CERTIFICATION MEET:** Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

**LOCATION:** **Morgan Hill Aquatic Center**, 16200 Condit Road, Morgan Hill, CA

**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, which 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.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:00 to 8:45 a.m. Finals will begin no earlier than 1 hour after the conclusion of Prelims. The exact time will be determined by the Meet Referee and Meet Director and announced as early as practical each day.

**RULES:** Current USA 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 individual events are trials and finals, except for the 1000 & 1650 yard freestyle events. Relays are timed finals. **All Coaches and Deck Officials must display their USA Swimming membership cards in a visible manner.** Swimmers may enter as many individual events as they have qualified for, but may only **compete in up to three (3) events per day and a maximum of seven (7) individual events**, plus relays for the entire meet.

**SPECIAL RULES:** The 1000 and 1650 Freestyle events are timed finals and will be scored. Swimmers must provide their own lap counter 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 the day of the event. These events are swum fastest to slowest. The 15-16 & 17-18 age groups will be run as combined events in Preliminary Heats. Finals will be held separately.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database. Entry times must have been achieved after September 1, 2011 and prior to the closing date of entries for the meet (Wednesday, March 20, 2013, 11:59PM PST). If the time cannot 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. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.12.7B. Preliminary heats will be swum slowest to fastest. **See Special Rules for distance events seeding.**

**UNACCOMPANIED SWIMMERS:** USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet. Glass containers of any kind are not allowed in pool area. No propane containers, other than provided for the snack bar, are allowed in all areas of the meet venue. All pets are prohibited in the pool area with the exception of service dogs. Coaches, parents, siblings and officials may not use the pool. Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" on the competition deck is allowed. All chairs, canopies, tents or other setups must be in designated areas only. No overnight RV parking allowed on Aquatic Center property.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and Registration number on the 2013 Consolidated Entry Form. The meet host will check all swimmer registrations against the SWIMS database, and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Swimmers must have met the Pacific Swimming Far Western (FW) conforming short course yards or non-conforming long course meter or short course meter time standard for each event entered. Swimmers 19 years of age and over may participate in the 17-18 age group provided they have met the time standards for that age group; they will not be eligible to swim in finals, or receive awards. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy. **All times must be achieved between September 1, 2011 and the entry deadline.**

**VISITING FEDERATIONS:** Visiting "All-Star" teams are welcome. "All-Star" teams are defined as teams officially representing a federation outside the United States. Individual swimmers can score points towards high point awards. Teams will not be in contention for team awards. All-Star relays can win medals, but will not score points.

**ENTRY FEES:** \$5.50 per individual event, \$8.00 participation fee per swimmer, and \$20.00 per Relay. \*\*Note, relay only swimmers ARE NOT required to pay the \$8.00 participation fee. All entry fees MUST be included with entry. Make check payable to: Make check payable to: **Quicksilver Swimming** and mail with entries to:

**Far Western Meet Entries  
411 Ninth Street  
Coronado, CA 92118**

\*If sending via Express/Overnight Delivery.... **WAIVE THE SIGNATURE**

**ENTRY OPTIONS:**

**Option 1: Online Meet Entries:** The Deadline is 11:59 pm, **Wednesday, March 20, 2012**. Enter online at: [http://ome.swimconnection.com/pc/qss\\_fw20130404](http://ome.swimconnection.com/pc/qss_fw20130404) 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.

Fees collected by this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **"No Entry Times" will not be accepted.**

**Option 2: Surface Mail Entries:** Entry forms must be completely filled out, including the conforming short course yards (FW time) or non-conforming long course meters (FW time) or short course meter time (FW time) for each event. All entry times shall be noted by LCM, SCY and SCM to the right of the entry time. Entries (individual & relay) and fees must be postmarked by midnight **Monday, March 18, 2013**. Entries (individual and relay) that are hand delivered or sent via an overnight delivery service will be accepted if they are received with appropriate fees no later than Wednesday, March 20, 2013 by 6:00 pm. **No late entries via mail, fax, email or phone will be accepted.** No refunds will be made.

**Option 3: Hy-Tek Entries:** Meet Manager entries will be accepted from coaches for both individual & relay entries. Entries must be emailed to [2013FarWesternMeetDirector@gmail.com](mailto:2013FarWesternMeetDirector@gmail.com) by Wednesday, March 20, 2013 11:59pm PST. A single check payment must be post marked by Monday, March 18, 2013. No cash payments.

**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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-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 Head Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Any swimmer qualifying for a final race in an individual event, who fails to show in said final race, prior to calling the alternate, shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.

<b>SCORING:</b>	Place	1	2	3	4	5	6	7	8	9	10
	Individual events	11	9	8	7	6	5	4	3	2	1
	Relay events	22	18	16	14	12	10	8	6	4	2

<b>AWARDS:</b>	Individual Events:	Medals 1 <sup>st</sup> – 10 <sup>th</sup>
	Relay Events:	Medals 1 <sup>st</sup> – 6 <sup>th</sup>
	Team Awards:	Distinctive Awards 1 <sup>st</sup> – 3 <sup>rd</sup>
	Individual High Point:	Distinctive Award for the champion, runner-up & 3 <sup>rd</sup> place

(1st) through (10th) place medals will be presented to the individual event finalists 1½ hours before the start of the next day finals session at the Awards Ceremony. Sunday individual and relay awards will be available shortly after the completion of each final event. Individual and Team High Point Awards will be presented at the Awards Ceremony at the conclusion of Sunday's finals session.

Awards will not be mailed. All awards need to be picked up by the conclusion of finals on Sunday.

**ADMISSION:** Free. A limited number of five-day programs will be available for purchase at the meet for a reasonable price.

**HOSPITALITY:** Meals and refreshments will be provided for working officials and coaches. Refreshments and snacks will be provided for timers.

**SNACK BAR:** A full snack bar with food and drinks will be available.

**SEATING:** Deck area around the pool is reserved for coaches' canopies only.

**SETUP:** In the designated areas only. Set-up will be allowed on Wednesday, April 3 after 12:00 PM.

**PARKING:** Limited, reserved parking for Coaches and working Officials will be available. Overnight RV parking is not allowed on the Aquatic Center Property.

**10 & UNDER 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 Szmids Memorial Camp for 10 & Under swimmers. Participants must be no more than 10 years old as of the final day of competition at the meet and must be members of Pacific Swimming. The camp will be held Sunday, April 28th at a location to be determined. To apply, the athlete must compete at Short Course Far Western Championship.

**EVENT SUMMARY**

<b>10/UNDER</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
<b>THURSDAY, APRIL 04, 2013</b>				
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			
<b>FRIDAY, APRIL 05, 2013</b>				
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			
<b>SATURDAY, APRIL 06, 2013</b>				
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		
<b>SUNDAY, APRIL 07, 2013</b>				
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			

**EVENTS**

THURSDAY, APRIL 04, 2013			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
1	17-18	200 FR	2
3	15-16	200 FR	4
5	11-12	200 FR	6
7	13-14	200 FR	8
9	10 & U	200 FR	10
11	17-18	200 BR	12
13	15-16	200 BR	14
15	11-12	100 FL	16
17	13-14	100 FL	18
19	10 & U	100 FL	20
21	17-18	200 BK	22
23	15-16	200 BK	24
25	11-12	200 BR	26
27	13-14	200 BR	28
29	10 & U	100 BR	30
31	11-12	50 BK	32
201	11-12	1650 FR*	--
	13-14		
	15-16		
	17-18		
33	13-14	400 M-R**	34
35	11-12	400 M-R**	36

FRIDAY, APRIL 05, 2013			
GIRLS	DESCRIPTION		BOYS
#	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 FR	48
49	15-16	100 FR	50
51	11-12	100 FR	52
53	13-14	100 FR	54
55	10 & U	100 FR	56
57	17-18	100 FL	58
59	15-16	100 FL	60
61	11-12	200 BK	62
63	13-14	200 BK	64
65	10 & U	50 BK	66
67	11-12	50 FL	68
--	11-12	1650 FR*	202
	13-14		
	15-16		
	17-18		
69	13-14	400 FR-R**	70
71	11-12	400 FR-R**	72

Individual time standards available at: [http://www.pacswim.org/13\\_FW.pdf](http://www.pacswim.org/13_FW.pdf)

Relay time standards available at: [http://www.pacswim.org/13\\_FW\\_relay.pdf](http://www.pacswim.org/13_FW_relay.pdf)

\*Will be swum between trials and finals, immediately following event 104

\*\*Will be swum at the conclusion of finals

**EVENTS**

SATURDAY, APRIL 06, 2013			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
73	17-18	200 FL	74
75	15-16	200 FL	76
77	11-12	500 FR	78
79	13-14	500 FR	80
81	10 & U	500 FR	82
83	11-12	100 IM	84
85	17-18	100 BK	86
87	15-16	100 BK	88
89	11-12	100 BK	90
91	13-14	100 BK	92
93	10 & U	100 BK	94
95	17-18	100 BR	96
97	15-16	100 BR	98
99	11-12	50 BR	100
101	13-14	100 BR	102
103	10 & U	50 BR	104
203	11-12	1000 FR*	--
	13-14		
	15-16		
	17-18		
105	13-14	200 M-R+	106
107	11-12	200 M-R+	108
109	10 & U	200 M-R**	110
111	13-14	200 FR-R**	112

SUNDAY, APRIL 07, 2013			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
113	17-18	500 FR	114
115	15-16	500 FR	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 FR	128
129	13-14	50 FR	130
131	10 & U	50 FL	132
133	11-12	100 BR	134
135	17-18	50 FR	136
137	15-16	50 FR	138
139	13-14	200 FL	140
141	11-12	200 FL	142
143	10 & U	50 FR	144
--	11-12	1000 FR*	204
	13-14		
	15-16		
	17-18		
145	13-14	800 FR-R**	146
147	11-12	200 FR-R**	148
149	10 & U	200 FR-R**	150

Individual time standards available at: [http://www.pacswim.org/13\\_FW.pdf](http://www.pacswim.org/13_FW.pdf)

Relay time standards available at: [http://www.pacswim.org/13\\_FW\\_relay.pdf](http://www.pacswim.org/13_FW_relay.pdf)

\* Will be swum between trials and finals, immediately following event 104

+Will be swum at the start of finals \*\*Will be swum at the conclusion of finals

### RELAY EVENTS ENTRY FORM

CLUB NAME		LSC		CLUB ABBREVIATION			
THURSDAY, APRIL 4, 2013							
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 5, 2013							
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 6, 2013							
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 7, 2013							
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 NAME					# OF RELAYS		
					RELAY FEE		X \$20/EACH
COACH EMAIL					TOTAL		\$

Relay entries & a check payable to "Quicksilver Swimming" are due by the entry deadline, postmarked by Monday, March 18, 2013.

RELAY ONLY SWIMMERS

CLUB NAME		LSC	CLUB ABBREVIATION																	
AGE	NAME (LAST, FIRST)	GENDER	USA-S REGISTRATION NUMBER																	
		F M																		
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**CONSOLIDATED ENTRY FORM**

FORM MUST BE FILLED OUT COMPLETELY

PRINT CLEARLY

LAST										FIRST									
SWIM CLUB										LSC					CLUB CODE				
DOB (MM/DD/YY)			GENDER			USA-S #										AGE		AGE-GROUP	
EVENT #		DISTANCE & STROKE										ENTRY TIME			COURSE (SCY/LCM/SCM)				
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SWIMMER'S COACH										ENTRIES X \$5.50			\$						
CONTACT PHONE ( )										PARTICIPATION FEE			<b>\$8.00</b>						
CONTACT EMAIL										TOTAL			\$						

**CHECK PAYABLE TO:**  
**QUICKSILVER SWIMMING**

**MAIL ENTRIES TO:**  
**Far Western Meet Entries**  
**411 Ninth Street**  
**Coronado, CA 92118**

**ENTRY DEADLINE:**  
**Monday, March 18, 2013**

**ENTRY AMOUNTS:**

# EVENTS	/	TOTAL DUE
1	/	\$13.50
2	/	\$19.00
3	/	\$24.50
4	/	\$30.00
5	/	\$35.50
6	/	\$41.00
7	/	\$46.50