

## LONG COURSE FAR WESTERN CHAMPIONSHIPS

Hosted by Orinda Aquatics

co-sponsored by Pacific Swimming

July 25-28, 2019

Enter Online: <http://usaswimming.org/ome>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-081**

*In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless 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.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

**Meet Referee: Mike Tramack**

**Head Starter: Nan McKenna**

**Meet Marshal: Scott Loyet**

**Admin Referee: Debbi Tucker**

**Meet Director: Jane Healy, [janehealy@msn.com](mailto:janehealy@msn.com)**

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

**LOCATION:** Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, CA

**DIRECTIONS:** **Highway 24 West**, take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**, take Orinda exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind the high school. Parking lot is located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50 meter pool with up to 8 lanes available for competition with the possibility of chase starts from both ends of the pool. Up to 14 additional short course yard lanes shall be available for warm-up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 10' at the primary end and 7' at the secondary start end. 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.

**TIME:** Meet shall begin at 9:00 AM each day with warm-ups from 7:00 AM to 8:45 AM. A special warm-up time for 8 and under athletes only shall be held from 8:35 to 8:55 AM. Warm-ups for Finals shall start one hour prior to the start of Finals. Championship Finals shall not start before 4 PM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course. Further warm-up instructions may be distributed and required at the discretion of the Meet Referee.
- All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded.
- All events with the exception of the 800 and 1500 Freestyles shall be Preliminaries and a Championship Final.
- The top 8 athletes will qualify for the Championship Final. There is no Consolation Final.
- Athletes may compete in **three (3)** events per day, and a maximum of **seven (7)** individual events, plus relays for the entire meet.

- 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.
- 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 Deck Officials shall wear their Deck Credentials in a visible manner. Coaches can provide proof of certification with Deck Pass.
- Athletes shall provide their own timers for the 400 Individual Medley and 400 Freestyle.
- Athletes entered in the meet shall receive a deck credential as part of the entry fee. Should an athlete lose their deck pass, the athlete's coach can purchase a replacement deck credential for \$10.
- No Refunds shall be given (other than mandatory scratch downs).
- Pacific Swimming does not currently have a No-Tech Suit policy for 12 & under athletes.
- **This is a closed deck meet. Only Athletes, Coaches, Officials and Volunteers with a deck credentials will be allowed on the inner deck.**

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

- Athletes in the 800 and 1500 freestyle events may check-in from the 1<sup>st</sup> day of the meet until 11:00 AM on the day of the event.
- All distance events shall swim between Preliminaries and Finals.
- Athletes shall provide their own timers and lap counters for the 800 and 1500 Freestyle.
- Athletes can qualify for the 1500 Freestyle with an 800 meter/1000 yard qualifying time. Athletes can 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.

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 member-coach 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 or use of alcoholic beverages is prohibited in all areas of the meet venue and anywhere on school grounds.
- No glass containers are allowed in the meet venue.
- No set-up before Thursday, 7/25, 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 school site regulations and fire code.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters shall be properly secured. Tarps will not be allowed on the grass overnight.
- 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.
- All animals except service animals are prohibited from all areas of the school grounds.
- Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" in the competition pool area. All athlete and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the softball field only. No set of any type in other areas of the school campus.
- **Only Athletes registered in the Meet are allowed in any of the swimming pools.**

**ELIGIBILITY:** • Athletes shall be current members of USA Swimming, and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The Meet Host shall check all athlete registrations against the SWIMS database, and if not found to be registered, the Administrative Referee shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.

- Athletes shall have met the "FW" time standard in every event entered. Entries with "NO TIME" shall be rejected.
- Disabled athletes 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 and Over may compete in Preliminaries and shall not be eligible for awards and scoring. Such athletes shall have met standards for the 17-18 age group. 19 & Over Athletes are not eligible to compete in 15-18 Relay Events.
- All Relay Athletes must be entered in individual events or as a relay-only athlete.
- 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. All-Star 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 Rules and Regulations Section 4.A.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 after January 1, 2018 and prior to the closing date of entries for the meet Monday, July 15, 2019 at 11:59 PM PST (Pacific Standard Time). 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:** \$10.00 per individual event, \$10.00 participation fee per athlete and \$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.

**COACH CREDENTIALS:** A coach credential is for a certified USA Swimming or equivalent FINA Federation certification Coach only. Coach credentials are \$10.00 per coach. The credential shall be worn at all times during the meet. Coaches with credentials shall receive a program and Finals sheets, as well as access to hospitality. Coach credentials can be purchased in USA Swimming's OME system or submitted with the Hy-Tek entry file.

**ONLINE ENTRIES:** Online entry shall be available via USA Swimming's OME system (<http://usaswimming.org/ome>). Entries shall be accepted until **Monday, July 15, 2019 at 11:59PM PST.**

**HY-TEK ENTRIES:** Hy-Tek entries shall be accepted. Teams may submit a Hy-Tek electronic entry file to Pacific Swimming at: [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). Entries shall be accepted until **Monday, July 15, 2019 at 11:59 PM PST.** The team shall receive an entry confirmation from Pacific Swimming. Each Hy-Tek entry file is subject to a surcharge based on the number of athletes.

1-10 athletes	\$50
11-25 athletes	\$100
26-50 athletes	\$150
50+ athletes	\$200

Hy-Tek entries shall require a team check made out to Pacific Swimming for the amount of the entry fees plus the service charges. The payment shall be postmarked within 48 hours of entry submission and mailed (or hand-delivered during business hours) to:

**PACIFIC SWIMMING, 1320 WILLOWPASS RD, 6<sup>TH</sup> FLOOR, #665, CONCORD, CA 94520**

A late fee of 20% shall be charged to the team if the post mark on the team check is over 7 days from electronic submission.

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

- A. Late entries shall be submitted through the Online Meet Entry system (OME);
- B. These entries shall be received no later than **Wednesday, July 17, 2019** at 11:59 PM PST.
- C. The team 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.

**FOREIGN TEAM\* ENTRIES:** Foreign teams may enter using the Hy-Tek entry file provided. Entry files are due no later than **Monday, July 15, 2019** at 11:59 PM PST. Email the entry file to [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org). Mail a hard copy of the Individual Meet Entry Report, along with the entry fee check to the address listed below. Hard copies and checks SHALL arrive no later than **Tuesday,**

July 16, 2019 at 11:59 PM PST. unless prior arrangements have been made. **If using overnight priority mail, please use the following address for delivery and WAIVE THE "SIGNATURE REQUIRED FOR DELIVERY":**

**Make check payable to: Pacific Swimming**

**Mail or Hand deliver check to: PACIFIC SWIMMING, 1320 WILLOWPASS RD, 6<sup>TH</sup> FLOOR, #665, CONCORD, CA 94520**

\* 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 [here](#), or by visiting this site: <http://www.pacswim.org/userfiles/kcfinder/files/foreign-athleteteam-invitation%20OAPB%202019%284%29.pdf>. This invite can be mailed with entries or scanned and emailed to Pacific Swimming at [FarWesternEntry@PacSwim.org](mailto:FarWesternEntry@PacSwim.org).

**SEEDING:** Event seeding shall be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM) and non-conforming short course yards (SCY). - USA Swimming rules 207.11.7B(2). **See Distance Rules for distance events seeding.**

**CHECK-IN:** The meet shall be deck seeded. athletes shall check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all 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.**

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for 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 last individual preliminary event.
- 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 1<sup>st</sup>- 8<sup>th</sup>  
Relay Events: Medals 1<sup>st</sup>- 3<sup>rd</sup>  
Team: Distinctive Awards 1<sup>st</sup>-3<sup>rd</sup>  
Individual High Point: Distinctive awards for high male and female for each age group

**\*AWARDS MUST BE PICKED UP AT THE MEET. AWARDS WILL NOT BE MAILED.\***

**SCORING:**

Place	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>
Individual Events	9	7	6	5	4	3	2	1
Relay Events	18	14	12	10	8	6	4	2

**ADMISSION:** Free. A 4-day meet program will be available for \$10.00.

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

**HOSPITALITY:** Breakfast, lunch and a light dinner will be provided for coaches and working deck officials. Drinks and snacks will be provided to timers.

**TIME STANDARDS:** <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.---summer-2019.pdf>

**EVENT SUMMARY:**

<b>Thursday, July 25, 2019</b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
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		

<b>Friday, July 26, 2019</b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
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	

<b>Saturday, July 27, 2019</b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
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	

<b>Sunday, July 28, 2019</b>				
<b>10 &amp; Under</b>	<b>11 -12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
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 for the 400 Individual Medley and 400 Freestyles events  
Athletes shall provide their own timers and lap counters for 800 and 1500 Freestyle events**

**ORDER OF EVENTS:**

**Thursday, July 25, 2019**

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, 2019**

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, 2019**

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, 2019**

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.**