



PACIFIC
SWIMMING

PACIFIC SWIMMING
Far Western Championship Meet
April 2 – 5, 2009



HOSTED BY: ALMADEN SWIM & RACQUET CLUB

ENTER ONLINE AT: <http://swimconnection.com/pc/meet/almafw>

FAR WESTERN WEBSITE: <http://www.farwesternchamps.com/>

REVISED - Corrected dates for Camp Selection

- SANCTION:** Held under USA Swimming/Pacific Swimming sanction number: 0019
- LOCATION:** Morgan Hill Aquatic Center is located at 16200 Condit Rd, Morgan Hill, CA 95037-9598.
Please do not park on the west side of Condit road as you will be towed.
- COURSE:** 25 yard x 50-meter outdoor, heated pool. Up to 18 competition lanes will be available. A separate 6 lane, 25 meter warm-up / cool-down pool will be available during the meet. Locker rooms with showers are available.
- TIME:** The competition pool and warm-up pool will be available for pre-meet warm-ups on Thursday, April 2 through Sunday, April 5 from 7:30 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 as early as possible 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.
- 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-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, 1000, and 1650 freestyle events and their own timers for the 1000 and 1650 freestyle events. 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 “Q” times (LCM), non-conforming short course meter “Q” times (SCM), then conforming short course yard “Q” 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 in accordance with 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.

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 prior to the closing date, **March 23, 2009**, for entries. If a time cannot be proven prior to 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 beverages 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.
- ◆ 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 set-ups must be on the lawn and other designated set-up areas only.
- ◆ All cement walkways and pads are to be left open for emergency vehicle access and/or traffic flow.

ELIGIBILITY:

- ◆ Swimmers 18 years of age or younger are eligible to enter this meet.
- ◆ All swimmers must have a current USA Swimming 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 in addition to 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 (Q time) or non-conforming short course meters (Q time) or long course meters time standard (Q 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 prior to 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 a timer. 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, either alternating women and men or on separate courses.

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. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. Any swimmer who has checked-in for an individual event trial and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. 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 failing to compete in that final if the final is the swimmer's last competition of the meet.

ENTRIES:

TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

Enter at: <http://swimconnection.com/pc/meet/almafz> to receive immediate confirmation of acceptance via 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 the use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **Online entries must be entered through the online entry system and will close at Midnight PST, Monday, March 23, 2009.** Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. "NO TIME" entries will not be accepted.

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 (Q time) or non-conforming short course meters (Q time) or non-conforming long course meters time standard (Q 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. Swimmers who submit a No-Time entry will not be entered in that event. 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. Entries must be postmarked by Midnight, PST, Friday, March 20, 2009.** 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 mail box.

ENTRY DEADLINE: Entries can also be hand delivered to the address below by **5:00PM PST, Monday, March 23, 2009**. No late entries, no telephone, fax or email entries will be accepted. Check <http://swimconnection.com/pc/meet/almafw> for session open or closed status.

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: Far Western Entries c/o Mark Scannell
Almaden Swim & Racquet Club
6604 Northridge Drive
San Jose, CA 95120

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.

GOOGLE Maps: <http://maps.google.com/maps?hl=en&q=16200+Condit+Road+morgan+hill&ie=UTF8&ll=37.12325,-121.626077&spn=0.009461,0.017338&z=16&iwloc=addr&iwstate1=dir>

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OFFICIALS: Head Referee: **Susi Jackson**
Head Starter: **Steve Braun**
Head Meet Marshal: **Mike McCombs / Lisa Rick**
Meet Director: **Mark Scannell** Email: 2009fwmeetdirector@gmail.com

AWARDS: **Individual & Relay Events:** Medals for 1st - 8th place.
Individual High Point: Unique Award for High Point female and male in each age group.
Overall Team Awards: Unique Award for 1st - 8th place.
Awards must be picked up by the end of the meet; awards will not be mailed.

SCORING:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual Events	9	7	6	5	4	3	2	1
Relay Events	18	14	12	10	8	6	4	2

Visiting "All Star" teams are welcome. "All Star" teams are defined as teams officially representing an LSC, or a federation out of the United States. 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. Team points will be awarded only for places actually achieved.

CERTIFICATION: This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet Referee prior to the meet via 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 2009 Meet Schedule page on the Pacific Swimming web site <http://www.pacswim.org/>.

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.

CAMP SELECTION:

Forty-eight swimmers will be selected at the Pacific Swimming Short Course Far Westerns Championship Meet on April 2 thru 5 in Morgan Hill, California to attend the Adam Szmidt Memorial Camp for 10 & Unders. Participants must be no more than 10 years old as of the final day of competition at the meet. The camp will be held in Sunnyvale, California on April 26. To apply, the athlete must compete at Short Course Far Westerns.

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HOTELS:

Ask for the “*Far Westerns Meet*” group rate, while availability lasts.

Hotel Name	Address / Distance	Phone Number	Website
 Microtel Inn & Suites	16245 Condit Rd., Morgan Hill, CA 0.1 mi SE	(800) 771-7171 (408) 782-5000	microtelinn.com
 Comfort Inn	16225 Condit Rd, Morgan Hill, CA 0.1 mi SE	(408) 778-3400	comfortinnmorganhill.com
 Executive Inn Suites	16505 Condit Rd Morgan Hill, CA 0.2 mi NW	(408) 778-0404	executive-inns-suites.com
 Ramada	16115 Condit Road Morgan Hill, CA 0.2 mi SE	(408) 779-7666	ramadamorganhill.com
 Quality Inn	16525 Condit Road 0.2 mi NW	(408) 779-0447	relevantyellow.com
 Holiday Inn Express	17035 Condit Road 0.9 mi N	(877) 863-4780 (408) 776-7676	hiexpress.com
 Economy Inn	15080 Monterey St 1.3 mi S	(408) 779-5390	economyinn.org
 Marriott Courtyard & Residence Inn Hotels	18610 Madrone Pkwy 18620 Madrone Pkwy 2.7 mi NW 2.8 mi NW	(408) 782-6034 (408) 782-8311	marriott.com

Summary of Events by Age Group

Thursday, April 02, 2009				
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	1650 Free	1650 Free
	1650 Free	400 M.R.		
	400 M.R.			

Friday, April 03, 2009				
10 & Under	11-12	13-14	15-16	17-18
200 I.M.	200 I.M.	200 I.M.	400 I.M.	400 I.M.
100 Free	100 Free	100 Free	100 Free	100 Free
50 Back	200 Back	200 Back	100 Fly	100 Fly
	50 Fly	1650 Free	1650 Free	1650 Free
	1650 Free	400 F.R.		
	400 F.R.			

Saturday, April 04, 2009				
10 & Under	11-12	13-14	15-16	17-18
500 Free	500 Free	500 Free	200 Fly	200 Fly
100 Back	100 I.M.	100 Back	100 Back	100 Back
50 Breast	100 Back	100 Breast	100 Breast	100 Breast
200 M.R.	50 Breast	1000 Free	1000 Free	1000 Free
	1000 Free	200 M.R.		
	200 M.R.	200 F.R.		

Sunday, April 05, 2009				
10 & Under	11-12	13-14	15-16	17-18
100 I.M.	400 I.M.	400 I.M.	500 Free	500 Free
50 Fly	50 Free	50 Free	200 I.M.	200 I.M.
50 Free	100 Breast	200 Fly	50 Free	50 Free
200 F.R.	200 Fly	1000 Free	1000 Free	1000 Free
	1000 Free	800 F.R.		
	200 F.R.			



Order of Events

2009 SHORT COURSE FAR WESTERN TIME STANDARDS ON PAGE 10-12

THURSDAY, APRIL 2 nd				FRIDAY, APRIL 3 rd			
Girls	Description		Boys	Girls	Description		Boys
Event #	Age Group	Event	Event #	Event #	Age Group	Event	Event #
1	17-18	200 Free	2	37	17-18	400 I.M.	38
3	15-16	200 Free	4	39	15-16	400 I.M.	40
5	11-12	200 Free	6	41	11-12	200 I.M.	42
7	13-14	200 Free	8	43	13-14	200 I.M.	44
9	10&UN	200 Free	10	45	10&UN	200 I.M.	46
11	17-18	200 Breast	12	47	17-18	100 Free	48
13	15-16	200 Breast	14	49	15-16	100 Free	50
15	11-12	100 Fly	16	51	11-12	100 Free	52
17	13-14	100 Fly	18	53	13-14	100 Free	54
19	10&UN	100 Fly	20	55	10&UN	100 Free	56
21	17-18	200 Back	22	57	17-18	100 Fly	58
23	15-16	200 Back	24	59	15-16	100 Fly	60
25	11-12	200 Breast	26	61	11-12	200 Back	62
27	13-14	200 Breast	28	63	13-14	200 Back	64
29	10&UN	100 Breast	30	65	10&UN	50 Back	66
31	11-12	50 Back	32	67	11-12	50 Fly	68
201	11-12	1650 Free			11-12	1650 Free	202
201	13-14	1650 Free			13-14	1650 Free	202
201	15-16	1650 Free			15-16	1650 Free	202
201	17-18	1650 Free			17-18	1650 Free	202
33	13-14	400 M.R.	34	69	13-14	400 F.R.	70
35	11-12	400 M.R.	36	71	11-12	400 F.R.	72

NOTE: Event 201 will be swum between trials and finals, immediately after Event 32. All of the day's relays (Events 33-36) will be swum at the conclusion of finals.

NOTE: Event 202 will be swum between trials and finals, immediately after Event 68. All of the day's relays (Events 69-72) will be swum at the conclusion of finals.



Order of Events (continued)

2009 SHORT COURSE FAR WESTERN TIME STANDARDS ON PAGE 10-12

SATURDAY, APRIL 4th

SUNDAY, APRIL 5th

SATURDAY, APRIL 4 th				SUNDAY, APRIL 5 th			
Girls	Description		Boys	Girls	Description		Boys
Event #	Age Group	Event	Event #	Event #	Age Group	Event	Event #
73	17-18	200 Fly	74	113	17-18	500 Free	114
75	15-16	200 Fly	76	115	15-16	500 Free	116
77	11-12	500 Free	78	117	11-12	400 I.M.	118
79	13-14	500 Free	80	119	13-14	400 I.M.	120
81	10&UN	500 Free	82	121	10&UN	100 I.M.	122
83	11-12	100 I.M.	84	123	17-18	200 I.M.	124
85	17-18	100 Back	86	125	15-16	200 I.M.	126
87	15-16	100 Back	88	127	11-12	50 Free	128
89	11-12	100 Back	90	129	13-14	50 Free	130
91	13-14	100 Back	92	131	10&UN	50 Fly	132
93	10&UN	100 Back	94	133	11-12	100 Breast	134
95	17-18	100 Breast	96	135	17-18	50 Free	136
97	15-16	100 Breast	98	137	15-16	50 Free	138
99	11-12	50 Breast	100	139	13-14	200 Fly	140
101	13-14	100 Breast	102	141	11-12	200 Fly	142
103	10&UN	50 Breast	104	143	10&UN	50 Free	144
203	11-12	1000 Free			11-12	1000 Free	204
203	13-14	1000 Free			13-14	1000 Free	204
203	15-16	1000 Free			15-16	1000 Free	204
203	17-18	1000 Free			17-18	1000 Free	204
105	13-14	200 M.R.	106	145	13-14	800 F.R.	146
107	11-12	200 M.R.	108	147	11-12	200 F.R.	148
109	10&UN	200 M.R.	110	149	10&UN	200 F.R.	150
111	13-14	200 F.R.	112				

NOTE: Event 203 will be swum between trials and finals, immediately after Event 104. The 13-14 Medley Relay (Events 105 and 106) will be swum at the beginning of finals. All of the day's remaining relays (Events 107-112) will be swum at the conclusion of finals.

NOTE: Event 204 will be swum between trials and finals, immediately after Event 144. All of the day's relays (Events 145-150) will be swum at the conclusion of finals.

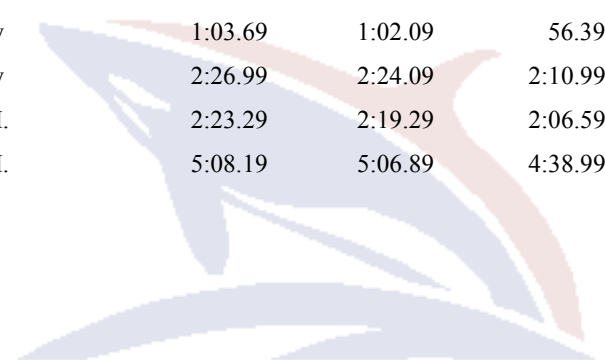


2008 FAR WESTERN TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
10/Under						
30.19	33.29	34.39	50 Free	35.39	33.39	30.29
1:06.99	1:13.69	1:16.19	100 Free	1:16.29	1:13.69	1:06.99
2:27.99	2:42.79	2:46.89	200 Free	2:46.29	2:41.69	2:26.99
6:20.99	5:32.99	5:38.89	400/500 Free	5:36.29	5:29.89	6:10.89
35.99	39.59	40.59	50 Back	41.59	39.59	35.99
1:16.99	1:24.69	1:28.29	100 Back	1:28.69	1:26.89	1:18.99
40.59	44.69	45.69	50 Breast	46.29	44.69	40.59
1:27.99	1:36.79	1:39.99	100 Breast	1:41.79	1:37.89	1:28.99
34.49	37.99	38.99	50 Fly	39.39	37.49	34.09
1:18.99	1:26.89	1:30.59	100 Fly	1:30.79	1:29.09	1:20.99
1:16.99	1:24.69	--	100 I.M.	--	1:24.69	1:16.99
2:46.99	3:03.69	3:09.99	200 I.M.	3:12.29	3:05.19	2:48.29
2:06.59	2:19.29	2:23.29	200 FR	2:23.29	2:19.69	2:06.99
2:23.99	2:38.39	2:42.39	200 MR	2:42.39	2:42.79	2:27.99
11/12						
27.19	29.99	30.99	50 Free	30.69	29.69	26.99
59.19	1:05.19	1:07.59	100 Free	1:06.99	1:04.39	58.49
2:09.29	2:22.99	2:26.99	200 Free	2:27.29	2:23.29	2:10.19
5:47.09	5:03.29	5:09.69	400/500 Free	5:12.99	5:08.59	5:46.59
11:54.99	10:21.29	10:33.99	800/1000 Free	10:24.89	10:12.09	11:44.99
19:45.39	16:55.99	20:19.99	1500/1650 Free	20:11.99	19:47.99	20:23.49
31.99	35.19	36.19	50 Back	36.79	35.19	31.99
1:08.99	1:15.89	1:18.39	100 Back	1:19.49	1:15.89	1:08.99
2:26.49	2:43.89	2:46.49	200 Back	2:47.89	2:38.39	2:23.99
35.99	39.59	40.59	50 Breast	40.59	38.49	34.99
1:17.59	1:25.39	1:28.19	100 Breast	1:27.29	1:24.69	1:16.99
2:47.89	3:04.69	3:08.89	200 Breast	3:06.39	2:57.89	2:41.69
30.29	33.39	33.99	50 Fly	34.09	32.99	29.99
1:08.39	1:15.29	1:17.69	100 Fly	1:17.99	1:15.39	1:08.49
2:30.99	2:46.09	2:52.19	200 Fly	2:50.69	2:44.99	2:29.99
1:08.49	1:15.39	--	100 I.M.	--	1:13.79	1:07.09
2:27.99	2:42.79	2:46.99	200 I.M.	2:48.29	2:42.79	2:27.99
5:15.89	5:47.49	5:53.79	400 I.M.	5:56.79	5:47.49	5:15.89
1:54.79	2:06.29	2:05.99	200 FR	2:10.89	2:06.49	1:54.99
4:04.59	4:29.09	4:37.09	400 FR	4:45.19	4:37.19	4:11.99
2:06.19	2:18.89	2:22.19	200 MR	2:25.89	2:20.79	2:07.99
4:39.49	5:07.49	5:15.49	400 MR	5:25.39	5:14.59	4:45.99

2008 FAR WESTERN TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
13/14						
26.29	28.99	29.49	50 Free	28.19	27.09	24.59
56.89	1:02.59	1:04.59	100 Free	1:00.69	58.39	53.09
2:01.99	2:14.19	2:17.69	200 Free	2:11.59	2:07.59	1:55.99
5:24.99	4:44.19	4:50.59	400/500 Free	4:42.59	4:36.19	5:11.99
11:09.99	9:54.39	10:07.19	800/1000 Free	9:47.99	9:36.19	10:49.99
18:31.19	18:44.59	19:08.59	1500/1650 Free	18:15.99	17:51.99	19:09.99
1:04.99	1:11.49	1:13.59	100 Back	1:10.99	1:08.19	1:01.99
2:19.79	2:43.79	2:39.09	200 Back	2:33.29	2:28.49	2:14.99
1:12.89	1:20.19	1:23.29	100 Breast	1:19.59	1:15.89	1:08.99
2:39.89	2:55.89	3:08.99	200 Breast	2:52.79	2:47.29	2:32.09
1:04.29	1:10.79	1:11.59	100 Fly	1:08.79	1:06.59	1:00.49
2:23.49	2:37.89	2:41.99	200 Fly	2:36.09	2:31.79	2:17.99
2:19.09	2:42.99	2:36.49	200 I.M.	2:29.89	2:25.19	2:11.99
4:58.19	5:31.39	5:37.79	400 I.M.	5:22.49	5:15.69	4:46.99
1:48.99	1:59.89	2:03.89	200 FR	1:58.39	1:54.39	1:43.99
3:51.99	4:15.19	4:23.19	400 FR	4:17.49	4:09.49	3:46.79
8:26.99	9:17.69	9:33.69	800 FR	9:14.39	8:58.19	8:09.19
2:01.59	2:13.79	2:21.29	200 MR	2:10.29	2:06.29	1:54.79
4:21.99	4:48.19	4:56.19	400 MR	4:48.69	4:42.09	4:16.39
15/16						
25.99	28.59	29.29	50 Free	26.49	25.59	23.19
56.49	1:02.19	1:02.79	100 Free	57.39	55.99	50.89
2:01.99	2:14.19	2:16.69	200 Free	2:05.09	2:02.09	1:50.99
5:21.99	4:44.99	4:51.39	400/500 Free	4:27.79	4:21.39	5:06.19
11:09.99	9:50.79	10:03.59	800/1000 Free	9:39.19	9:26.39	10:39.99
18:39.99	18:50.99	19:14.99	1500/1650 Free	18:15.99	17:51.99	17:59.99
1:05.99	1:12.59	1:12.99	100 Back	1:07.19	1:05.99	59.99
2:20.99	2:35.09	2:37.49	200 Back	2:23.79	2:22.99	2:09.99
1:13.99	1:21.39	1:22.79	100 Breast	1:14.99	1:12.59	1:05.99
2:38.99	2:54.89	2:58.99	200 Breast	2:45.69	2:41.69	2:26.99
1:02.69	1:08.99	1:10.99	100 Fly	1:03.69	1:02.09	56.39
2:21.49	2:35.69	2:38.59	200 Fly	2:26.99	2:24.09	2:10.99
2:17.99	2:31.79	2:35.79	200 I.M.	2:23.29	2:19.29	2:06.59
4:55.99	5:25.59	5:33.99	400 I.M.	5:08.19	5:06.89	4:38.99



2008 FAR WESTERN TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
15/18 RELAYS						
1:50.99	2:02.89	2:06.09	200 FR	1:50.69	1:46.69	1:36.99
3:59.99	4:23.99	4:31.99	400 FR	4:07.49	3:59.49	3:37.69
8:29.99	9:20.99	9:35.99	800 FR	8:38.49	8:22.59	7:36.89
2:05.99	2:18.59	2:22.59	200 MR	2:04.59	2:00.59	1:49.59
4:29.99	4:56.99	5:04.99	400 MR	4:36.39	4:28.39	4:03.99
17/18						
26.69	29.39	29.49	50 Free	25.99	25.59	23.19
57.19	1:02.09	1:03.69	100 Free	57.29	55.39	50.29
2:05.69	2:18.29	2:19.99	200 Free	2:04.19	2:02.09	1:50.99
5:34.99	4:56.39	5:02.79	400/500 Free	4:28.99	4:22.59	5:06.19
11:39.99	10:13.19	10:25.99	800/1000 Free	9:39.19	9:26.39	10:39.99
19:19.99	18:55.99	19:19.99	1500/1650 Free	18:25.99	18:01.99	17:59.99
1:09.09	1:15.99	1:17.99	100 Back	1:08.49	1:06.49	1:00.39
2:31.99	2:47.19	2:44.89	200 Back	2:35.39	2:31.39	2:17.59
1:17.99	1:25.79	1:25.39	100 Breast	1:15.69	1:13.69	1:06.99
2:46.99	3:03.69	3:07.69	200 Breast	2:48.99	2:44.99	2:29.99
1:03.99	1:10.39	1:12.39	100 Fly	1:04.19	1:02.69	56.99
2:28.99	2:43.89	2:47.89	200 Fly	2:31.39	2:27.39	2:13.99
2:23.49	2:37.89	2:38.79	200 I.M.	2:23.69	2:19.69	2:06.99
5:12.99	5:44.29	5:52.29	400 I.M.	5:20.39	5:12.39	4:43.99



FAR WESTERN 2009 SHORT COURSE RELAY ENTRY FORM

CLUB NAME	LSC	CLUB ABBR.

To enter one or more relay teams, write entry time(s) in box(es) below.

THURSDAY, APRIL 2 nd						
Gender	Age Group	Event	Event #	A Team	B Team	C 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 3 rd						
Gender	Age Group	Event	Event #	A Team	B Team	C 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 4 th						
Gender	Age Group	Event	Event #	A Team	B Team	C 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 5 th						
Gender	Age Group	Event	Event #	A Team	B Team	C 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						
COACH'S EMAIL				# EVENTS		
ADDRESS				X \$20.00		
PHONE ()				TOTAL DUE:		

Relay entries and a check payable to "Almaden Swim & Racquet Club" are due by the entry deadline, postmarked by **midnight PST, Friday, March 20, 2009** or hand delivered by **5:00PM PST, Monday, March 23, 2009**.

No relays will be "Deck Entered".

SHORT COURSE FAR WESTERNS MEET RECORDS

- GIRLS -				10-Under		- BOYS -			
HALEY CHAMPION	OCST	25.86	93	50 FREE	KRISTOPHER HUMPHRIES	FOXJ	25.19	95	
HALEY CHAMPION	OCST	56.39	93	100 FREE	MATTHEW ELSENHUTH	FST	56.53	85	
STEPHANIE ROSENTHAL	MVN	2:03.52	84	200 FREE	KENT JOHNSON	AH	2:01.67	85	
MADELINE DIRADO	SRN	5:26.63	04	500 FREE	ADAM HINSHAW	DACA	5:17.83	04	
HALEY CHAMPION	OCST	29.66	93	50 BACK	MAX MURPHY	NL	29.95	01	
CYNTHIA TSAY	GST	1:04.76	03	100 BACK	FORREST WHITE	CROW	1:05.10	08	
LAURA DAVIS	TERA	33.32	95	50 BREAST	DUSTIN SPRICK	ECSC	33.01	89	
LAURA DAVIS	TERA	1:10.37	95	100 BREAST	LARRY WEN	SUNN	1:13.15	99	
SARA FALLICO	USC	28.69	88	50 FLY	DAVID CHAN	IWV	28.62	90	
STEPHANIE ROSENTHAL	MVN	1:02.54	84	100 FLY	RANDY HARTLEY	LM	1:02.12	84	
STEPHANIE ROSENTHAL	MVN	1:03.23	84	100 I.M.	BRANDON CONROY	DACA	1:05.66	05	
LAURA DAVIS	TERA	2:17.14	95	200 I.M.	JIM BODINE	CSA	2:20.40	81p	
PALO ALTO STANFORD AQ	PASA	1:53.32	07	200 FREE REL.	ARDEN HILLS SWIM CLUB	AH	1:50.70	84	
MISSION VIEJO	MVN	2:07.16	85	200 MEDLEY REL.	DEANZA CUPERTINO AQ	DACA	2:05.53	04	
- GIRLS -				11-12		- BOYS -			
HALEY KRAKOSKI	SDA	24.41	05	50 FREE	DAVID MORGAN	CROW	22.82	08	
HALEY KRAKOSKI	SDA	52.89	05	100 FREE	JAY MARTIN	TWST	49.48	87	
MARY GAUGLER	CWV	1:53.22	95	200 FREE	JAY MARTIN	TWST	1:48.50	87	
MADELINE DIRADO	SRN	4:59.22	06	500 FREE	JAY MARTIN	TWST	4:48.17	87	
CHLOE SUTTON	CCA	10:12.09	04	1000 FREE	NICK SILVERTHORN	PLS	10:05.26	08	
CHLOE SUTTON	CCA	17:01.40	04	1650 FREE	ADAM HINSHAW	PASA	17:24.08	06	
DIANA MACMANUS	BFST	26.31	99	50 BACK	MATTHEW WEBSTER	UN	26.22	08	
DIANA MACMANUS	BFST	57.61	99	100 BACK	MAX MURPHY	LAC	56.55	03	
KAREN WANG	PLS	2:06.45	05	200 BACK	NICK SILVERTHORN	PLS	1:58.61	08	
FELICIA CASTANEDA	HSA	30.21	99	50 BREAST	DAVID KATZ	SCAL	29.27	89	
LAURA DAVIS	TERA	1:04.54	97	100 BREAST	SEAN MAHONEY	TERA	1:04.14	01	
JESSICA SCHMITT	NCA	2:24.39	03	200 BREAST	JOSHUA CHOI	SMST	2:19.02	05	
LAURA DAVIS	TERA	26.06	97	50 FLY	JAY MARTIN	TWST	24.92	87	
DORIE GREEN	SCSC	57.56	81p	100 FLY	JAY MARTIN	TWST	54.07	87	
HILVY CHEUNG	MSJA	2:07.63	08	200 FLY	KEVIN NIELSEN	CLSS	2:01.98	03	
LAURA DAVIS	TERA	59.03	97	100 I.M.	BRIAN MORRISON	KERN	57.02	81p	
LAURA DAVIS	TERA	2:06.79	97	200 I.M.	JAY MARTIN	TWST	2:03.33	87	
MADELINE DIRADO	SRN	4:30.07	06p	400 I.M.	NICK SILVERTHORN	PLS	4:21.23	08	
PALO ALTO STANFORD AQ	PASA	1:43.68	08	200 FREE REL.	DEANZA CUPERTINO AQ	DACA	1:40.02	04	
SUN DEVIL AQUATICS	SDA	3:42.95	05	400 FREE REL.	NORTHERN LIGHTS AQ	NLA	3:38.98	03	
SUN DEVIL AQUATICS	SDA	1:53.30	05	200 MEDLEY REL.	SAN JOSE AQUATICS	SJA	1:52.16	83	
SUN DEVIL AQUATICS	SDA	4:06.49	05	400 MEDLEY REL.	DEANZA CUPERTINO AQ	DACA	4:05.81	07	

SHORT COURSE FAR WESTERNS MEET RECORDS

- GIRLS -		13-14			- BOYS -			
COLLEEN ECKHARDT	SCSC	23.74	89	50 FREE	SHAYNE FLEMING	DACA	21.53	06
KARLEE BISPO	SOSS	51.70	04	100 FREE	UGUR TANER	C	46.55	89
NATALIE COUGHLIN	TERA	1:50.06	97	200 FREE	JON CANDY	CCA	1:44.30	84
NATALIE COUGHLIN	TERA	4:54.48	96	500 FREE	UGUR TANER	C	4:36.54	89
NATALIE COUGHLIN	TERA	10:07.98	96	1000 FREE	TIMOTHY MARKO	RIO	9:38.33	99
NATALIE COUGHLIN	TERA	16:38.44	97	1650 FREE	MATT BIEL	TERA	15:54.76	01
NATALIE COUGHLIN	TERA	56.27	97	100 BACK	SHAYNE FLEMING	DACA	52.75	06
NATALIE COUGHLIN	TERA	1:59.43	97	200 BACK	EDDIE BRAZO	UNSI	1:53.83	01
CAITLIN LEVERENZ	EDAC	1:04.45	05	100 BREAST	GRAHAM LENTZ	RPSC	58.97	99
AUBRIE SMALLWOOD	LLF	2:17.78	00	200 BREAST	JOSHUA CHOI	SMST	2:06.29	06
CLARA HO	MSJA	56.73	95	100 FLY	UGUR TANER	C	52.00	89
SHANNA DEMICHELE	TERA	2:01.70	97	200 FLY	UGUR TANER	C	1:52.83	89
NATALIE COUGHLIN	TERA	2:04.08	97	200 I.M.	UGUR TANER	C	1:56.07	89
NATALIE COUGHLIN	TERA	4:19.20	97	400 I.M.	UGUR TANER	C	4:07.26	89
PALO ALTO STANFORD AQ	PASA	1:39.69	08	200 FREE REL.	SWIM ATLANTA	SA	1:30.40	82
NOVA OF VA AQUATICS	NOVA	3:35.28	07	400 FREE REL.	TERRAPINS SWIM TEAM	TERA	3:18.43	95
TERRAPINS SWIM TEAM	TERA	7:46.02	97	800 FREE REL.	TERRAPINS SWIM TEAM	TERA	7:12.71	95
CROW CANYON SHARKS	CROW	1:49.87	08	200 MEDLEY REL.	WALNUT CREEK AQUABEARS	WCAB	1:41.94	02
CROW CANYON SHARKS	CROW	3:56.37	08	400 MEDLEY REL.	TERRAPINS SWIM TEAM	TERA	3:41.45	95
- GIRLS -		15-16			- BOYS -			
LISA DORMAN	WCAB	23.73	84	50 FREE	BRIAN RETTERER	RENO	21.22	89
ERIKA MORNINGSTARR	TALB	50.03	05	100 FREE	JOEL GREENSHIELDS	TALB	46.22	05
KARLEE BISPO	SOS	1:49.96	05	200 FREE	TYLER MESSERSCHMIDT	WSF	1:41.62	08
KATE DWELLEY	TERA	4:52.65	04	500 FREE	CHUCK KENNEDY	TERA	4:29.97	97
JAMIE ENGAN	CARS	9:58.86	04	1000 FREE	STEVEN BROWN	RENO	9:18.89	96
LAUREN COSTELLA	CARS	16:38.53	00	1650 FREE	KENT JOHNSON	UN	15:41.91	90
KAREN WANG	UN	56.04	08	100 BACK	DAVID CHAN	UN	51.39	95
HEIDI HENDRICKS	WCAB	2:03.48	96	200 BACK	TYLER MESSERSCHMIDT	WSF	1:50.54	08
LAURA DAVIS	TERA	1:02.43	01	100 BREAST	ETHAN HALL	TERA	58.34	96
LAURA DAVIS	TERA	2:13.81	01	200 BREAST	ETHAN HALL	TERA	2:03.39	96
LAURA DAVIS	TERA	53.70	01	100 FLY	JOEY ROSSETTI	SRN	50.14	88
LAURA DAVIS	TERA	1:58.91p	01	200 FLY	STEVEN BROWN	RENO	1:50.79	96
LAURA DAVIS	TERA	1:59.32	01	200 I.M.	STEVEN BROWN	RENO	1:52.16	96
LAURA DAVIS	TERA	4:15.24	01	400 I.M.	STEVEN BROWN	RENO	3:56.76	96

SHORT COURSE FAR WESTERNS MEET RECORDS

- GIRLS -				17-18		- BOYS -			
KIM KABESH	TALB	23.04	05	50 FREE	SCOTT JETT	UN	21.02	91	
CHARDONNAY BITER-MUNDT	UN	51.86	08	100 FREE	JOHN MIRANDA	WCAB	45.73	84	
JEN RADECKE	UN	1:51.82	02	200 FREE	RAY BETUZZI	TALB	1:39.54	05	
ELIZABETH GRANT	AGST	4:54.98	80	500 FREE	STEVEN BROWN	RENO	4:26.36	97	
AMANDA BELL	TALB	10:14.75	05	1000 FREE	STEVEN BROWN	RENO	9:13.97	97	
JAMIE ENGAN	CARS	16:36.70	05	1650 FREE	STEVEN BROWN	RENO	15:36.70	97	
HALEY COPE	UNSN	56.80	98	100 BACK	PASCAL WOLLACH	TALB	51.06	05	
KATELYN MURDOCH	TALB	2:02.78	05	200 BACK	PASCAL WOLLACH	TALB	1:52.04	05	
LAURA DAVIS	TERA	1:01.69	02	100 BREAST	DAVID SCOTT	RAD	57.71	03	
LIZ HENDRICK	TALB	2:17.24	05	200 BREAST	MATT BROWN	FGD	2:05.37	92	
KIM KABESH	TALB	55.99	05	100 FLY	DOMINIC CATHEY	UNPC	50.22	04	
KASEY HARRIS	TERA	2:01.05	97	200 FLY	STEVEN BROWN	RENO	1:49.45	97	
SARABETH SCHWEITZER	RENO	2:04.57	97	200 I.M.	STEVEN BROWN	RENO	1:51.27	97	
SARABETH SCHWEITZER	RENO	4:23.28	97	400 I.M.	STEVEN BROWN	RENO	3:54.45	97	

Last updated April 13, 2008



FAR WESTERN 2009 SHORT COURSE INDIVIDUAL ENTRY FORM

April 2-5, 2009

To be accepted, all entry information must be completely filled out including proof of entry time. Please print!
Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name		First Name			Init.
LSC	Club Abbr.	Club Name (If entering unattached also enter club name and abbreviation.)			
Age	Age Group	USA Swimming Registration Number – <i>Bring your card if not Pacific Swimming registered swimmer</i>	M F	Date of Birth	
Event Number	Distance / Stroke	Entry Time	SCY / SCM / LCM	Proof of Time – List Meet & Date at which Time was achieved.	
Swimmer's Address:		Total Entries _____ X \$ 5.50 (US Dollars) ==>		\$	
Swimmer's Phone # ()		\$5.00 US Dollars Participation Fee ==>		\$ 5.00	
Contact (Swimmer/Parent) email:					
Swimmer's Coach:		Total Due- make check payable to Almaden Swim & Racquet Club ==>		\$ (US DOLLARS)	

NO ENTRY TIME will be automatically disqualified from the event, no refunds.

You may enter this meet online at <http://swimconnection.com/pc/meet/alfafw>
 If you enter online, you will submit entries with payment and receive acceptance confirmation at the time of registration.

Postmark deadline is midnight PST, Friday, March 20, 2009.
 Online entries close at midnight PST, Monday, March 23, 2009.
 Hand delivered deadline is 5:00PM, PST, Monday, March 23, 2009.
No late entries, no telephone, fax or email entries will be accepted.