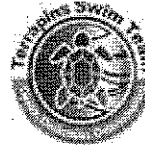




PACIFIC  
SWIMMING



**PACIFIC SWIMMING FAR WESTERN AGE GROUP**  
**LONG COURSE CHAMPIONSHIP MEET**

July 28, 29, 30, 31 & Aug 1, 2010

Wednesday, Thursday, Friday, Saturday and Sunday

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **# 10-002**

**LOCATION:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord. Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell.

**COURSE:** Outdoor heated pool: Up to nine 50 meter competition lanes with electronic touch pad timing system. Separate warm up lanes are available throughout the duration of the meet. 9 lanes will be used for finals. The minimum water depth for the course is 5'-0" at the start and turn ends of the pool, measured in accordance with Article 103.2.3.

**Pool Certification:** 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:** Wednesday through Sunday, **Trials** will begin at 9:00 a.m. The competition course will be open for **warm-ups** from 7:00 to 8:45 a.m. **Finals** will begin no sooner than one hour after the conclusion of trials. The exact time will be determined by the referee 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 800 and 1500 meter freestyle events. Relays are timed finals. See **Special Rules** for 800 and 1500 Freestyle events. Swimmers may compete in up to **three (3) individual events per day and maximum of nine (9) individual events**, plus relays for the entire meet. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**RESTRICTIONS:** Sale and use of alcoholic beverages and smoking and the use of other tobacco products are prohibited in all areas of the meet venue during the meet. Only coach's tents are allowed on the perimeter of the pool deck.

**Coaches, team, or parent canopies are NOT allowed to set up BEFORE 6:00AM on Wednesday July 28<sup>th</sup>.**

**NO Tuesday Night set up.** Coaches, parents, siblings and officials may not use the pool. All shelters must be properly secured. Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area unless certified service dogs.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and Registration number on the 2010 Consolidated Entry Form. The meet host must 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 conforming long course meters or non-conforming short course meter or short course yard time standard for each event entered. Swimmers 19 years of age and over may participate in events for the 17-18 age group provided they have met the time standards for the 17-18 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.

**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 prior to the closing date of entries for the meet (July 21, 2010). If the time can not 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. 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. Swimmers from foreign swim federations must prove all their times before being allowed to check-in.

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

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk of Course each day. 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, **see Special Rules for the 800 and 1500 meter freestyle events**. Swimmers who do not check-in will not be allowed to compete in that event.

**SCRATCHES:** Pacific Swimming rule Section 3.5.b will be enforced. These rules include a provision that any swimmer originally qualifying for a final who fails to compete in that final will be barred from the remainder of the meet, or if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. Exceptions to the No Show penalty are made only under the conditions stated in the Pacific Swimming Scratch Rule. A copy of the Pacific Swimming Scratch Rule will be posted at the Scratch Desk.

**SPECIAL RULES:** Check in for the 1500 & 800 meter freestyle will close at 11:00 a.m. on the day of event. The 800 and 1500 meter freestyles will be swum fastest to slowest as timed finals. **All swimmers in the 800 and 1500 meter freestyle must provide timers and lap counters.** The 1500 (#205/202) and 800 (#203 & 204) freestyle will be swum in combined age groups 11-18. These events will be scored and awarded by age group. These events may be swum with two swimmers per lane starting at opposing ends at the discretion of the Head Referee and dependent upon the number of entries and the estimated timeline.

**ENTRIES:**

**Option 1: Online Meet Entries:**

1. Swimmers & **coaches** making individual or **relay team** entries follow the same online entry method
2. Using your browser go to: **http://ome.swimconnection.com/pc/tera20100728**
3. Follow entry instructions:
  - a. Enter all swimmers (or coaches may enter their complete team) at the same time.
  - b. Make online credit card payment for meet entries at our secure site.
  - c. **You will receive confirmation of acceptance into the meet at time of payment. This will be your only proof of entry and should be brought to the meet.**
  - d. **Online entries will close Wednesday, July 21, 2010 11:59pm PDT**

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee.  
 Online entry fee are paid to Swim Connection, LLC. Entry via the online system is not required.

**Option 2: Mailed Entries:**

1. Fill out provided Consolidated Entry Form completely for each of your swimmers.
2. Mail entry forms and correct payment to address below.
3. **Mail deadline - Monday, July 19, 2010**

Entry forms must be completely filled out, including the conforming long course meter, short course yard or short course meter 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, July 19, 2010 PDT**. 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, July 21, 2010 midnight. **No late entries via mail, fax, email or phone will be accepted.** No refunds will be made.

**RELAYS:** All relay entries may be **entered online at Swim Connection** or **received by the entry deadline (Wednesday July 21, 2010)** with the entry time listed and a check for relay entry fee. There will be no refunds for relays not swum. Any relay swimmer who is not entered in an individual event or is not listed on the "Relay Only Swimmers Entry List" will not be allowed to swim in a relay. Relay swimmers must swim in their appropriate age group (no "swimming up"). **No deck entered relays or relay swimmers.** All relays will be swum as Timed Finals during the Finals session.

**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

**ENTRY FEES:** \$5.50 per individual event, \$5.00 participation fee per swimmer, and \$20.00 per Relay. Relay only swimmers DO NOT pay the \$5.00 participation fee. All entry fees MUST be included with entry.

Make check payable to: **Terrapins Swim Team** and mail with entries to:

**Carol Moreno  
 FW Entries  
 157 N. 5<sup>th</sup> St.  
 Rio Vista, CA 94571**

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

**OFFICIALS:**

Head Referee: Brian Malick  
 Head Starter: Jerry Caetano  
 Head Meet Marshal: Kathy Egan  
 Meet Director: Carol Moreno **terameetdirector@gmail.com** or 925-250-7561

**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>	9 <sup>th</sup>
Individual events	10	8	7	6	5	4	3	2	1
Relay events	20	16	14	12	10	8	6	4	2

**AWARDS:**

Individual Events: Medals 1<sup>st</sup> – 9<sup>th</sup> place  
 Team Awards: Distinctive Awards 1<sup>st</sup> – 3<sup>rd</sup>  
 Relay Events: 1<sup>st</sup> Place Medals, 2<sup>nd</sup> – 9<sup>th</sup> commemorative pins  
 Individual High Point: Distinctive Award for each age group and gender

**All awards must be picked up by the swimmers at the end of the meet on Sunday. Awards will not be mailed.**

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.

**HOSPITALITY:**

Lunch, dinner and refreshments will be provided for working officials and coaches.  
 Snacks & beverages will be provided for timers throughout the meet.

**SNACK BAR:**

A nutritious snack bar will be available during the meet.

**ADMISSION:**

Admission is free. A five-day program will be available at a reasonable cost.

**CERTIFICATION MEET:** This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee 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 the recertification evaluation(s) to be valid. The application form can be downloaded from the 2010 Meet Schedule page on the Pacific Swimming web site.

**PARKING:** Public parking is very limited. Additional parking is available at El Monte Elementary School see map at [www.terrapinswim.com](http://www.terrapinswim.com). Carpooling is encouraged. Do not park on side streets, in driveways and red zones. Cars will be ticketed and/or towed for illegal parking. Limited, reserved parking for Coaches and working Officials will be available. Overnight and/or day use **RV parking is not allowed** in the pool parking lot. Use additional parking at El Monte school for RV parking.

**Hotels:** Ask for the special "Far Western" rate at these participating area hotels:

The Hilton Concord is the Official Host Hotel for the 2010 Pacific Swimming Far Western.  
Hotel website links at [terrapinswim.com](http://terrapinswim.com)



**Hilton**  
**Hilton Concord**

Special rate with breakfast  
800 826-2644



**CROWNE PLAZA**  
CONCORD

THE PLACE TO MEET.  
**Crowne Plaza Concord**  
Special Far Western rate  
877 276-4600 ext. 3777



**Courtyard Pleasant Hill**  
Special Far Western rate  
925 691-1444 or 800 321-2211



**Residence Inn Pleasant Hill Concord**  
Special Far Western rate  
800 321-2211

**PACIFIC SWIMMING FAR WESTERN AGE GROUP  
LONG COURSE CHAMPIONSHIPS 2010**

**MEET EVENT SUMMARY**

<b>Wednesday July 28th , 2010</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
100 Freestyle	400 IM	400 IM	400 IM	400 IM
50 Butterfly	100 Freestyle	100 Freestyle	100 Freestyle	100 Freestyle
200 Medley Relay	1500 Freestyle (M)**	1500 Freestyle (M)**	1500 Freestyle (M)**	1500 Freestyle (M)**
	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
<b>Thursday July 29th, 2010</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 Freestyle	200 Freestyle	200 Freestyle	200 Freestyle
50 Breaststroke	200 Backstroke	200 Backstroke	200 Backstroke	200 Backstroke
	50 Breaststroke	800 Free (W)**	800 Free (W)**	800 Free (W)**
	800 Free (W)**	400 Free Relay	400 Free Relay	400 Free Relay
	400 Free Relay			
<b>Friday July 30th, 2010</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
50 Backstroke	50 Backstroke	400 Freestyle	400 Freestyle	400 Freestyle
50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle	50 Freestyle
200 IM	200 IM	200 IM	200 IM	200 IM
		800 Free Relay	800 Free Relay	800 Free Relay
<b>Saturday July 31st, 2010</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 Butterfly	200 Butterfly	200 Butterfly	200 Butterfly
200 Free Relay	100 Backstroke	100 Backstroke	100 Backstroke	100 Backstroke
	200 Breaststroke	200 Breaststroke	200 Breaststroke	200 Breaststroke
	(M) 800 Free**	(M) 800 Free**	(M) 800 Free**	(M) 800 Free**
	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
<b>Sunday Aug 1st, 2010</b>				
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
400 Freestyle	400 Freestyle	100 Breaststroke	100 Breaststroke	100 Breaststroke
100 Breaststroke	100 Breaststroke	100 Butterfly	100 Butterfly	100 Butterfly
100 Butterfly	100 Butterfly	1500 Freestyle W **	1500 Freestyle W **	1500 Freestyle W **
	1500 Freestyle W **	400 Medley Relay	400 Medley Relay	400 Medley Relay
	400 Medley Relay			

\*\*See Special Rules regarding 800 and 1500 Freestyle events.

\*\*\*Relay events are swum during the finals session only.

**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

Enter this meet online at: <http://ome.swimconnection.com/pc/tera20100728>

<p><b>Notice:</b> 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.</p>
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## 2010 FAR WESTERN ORDER OF EVENTS

<b>WEDNESDAY JULY 28<sup>th</sup>, 2010</b>		
Girl's Events	Event Age Group & Description	Boy's Events
1	11/12 400 IM	2
3	13/14 400 IM	4
5	15/16 400 IM	6
7	17/18 400 IM	8
9	10 & UN 100 Freestyle	10
11	11/12 100 Freestyle	12
13	13/14 100 Freestyle	14
15	15/16 100 Freestyle	16
17	17/18 100 Freestyle	18
19	10 & UN 50 Butterfly	20
21	11/12 50 Butterfly	22
XXXXXX	11/12 1500 Free (M)** 13/14 1500 Free (M)** 15/16 1500 Free (M)** 17/18 1500 Free (M)**	202
23	10 & UN 200 Medley Relay	24
25	11/12 200 Medley Relay	26
27	13/14 200 Medley Relay	28
29	15/18 200 Medley Relay	30

**\*\*See Special Rules regarding 800 and 1500 Freestyle**

<b>THURSDAY JULY 29<sup>th</sup>, 2010</b>		
Girl's Event	Event Age Group & Description	Boy's Event
31	11/12 200 Freestyle	32
33	13/14 200 Freestyle	34
35	15/16 200 Freestyle	36
37	17/18 200 Freestyle	38
39	10 & Un 200 Freestyle	40
41	11/12 200 Backstroke	42
43	13/14 200 Backstroke	44
45	15/16 200 Backstroke	46
47	17/18 200 Backstroke	48
49	11/12 50 Breaststroke	50
51	10 & UN 50 Breaststroke	52
203	11/12 800 Free (W)** 13/14 800 Free (W)** 15/16 800 Free (W)** 17/18 800 Free (W)**	XXXXXX
53	11/12 400 Free Relay	54
55	13/14 400 Free Relay	56
57	15/18 400 Free Relay	58

**Relay events are swum during Finals session only**

<b>FRIDAY JULY 30<sup>th</sup>, 2010</b>		
Girl's Events	Event Age Group & Description	Boy's Events
59	13/14 400 Freestyle	60
61	15/16 400 Freestyle	62
63	17/18 400 Freestyle	64
65	11/12 50 Backstroke	66
67	10 & Un 50 Backstroke	68
69	13/14 50 Freestyle	70
71	15/16 50 Freestyle	72
73	17/18 50 Freestyle	74
75	11/12 50 Freestyle	76
77	10 & Un 50 Freestyle	78
79	13/14 200 IM	80
81	15/16 200 IM	82
83	17/18 200 IM	84
85	11/12 200 IM	86
87	10 & UN 200 IM	88
89	13/14 800 Free Relay	90
91	15/18 800 Free Relay	92

**\*\*\*Relay events are swum during Finals session only**

<b>SATURDAY July 31st, 2010</b>		
Girl's Events	Event Age Group & Description	Boy's Events
93	11/12 200 Butterfly	94
95	13/14 200 Butterfly	96
97	15/16 200 Butterfly	98
99	17/18 200 Butterfly	100
101	10 & Un 100 Backstroke	102
103	11/12 100 Backstroke	104
105	13/14 100 Backstroke	106
107	15/16 100 Backstroke	108
109	17/18 100 Backstroke	110
111	11/12 200 Breaststroke	112
113	13/14 200 Breaststroke	114
115	15/16 200 Breaststroke	116
117	17/18 200 Breaststroke	118
XXXXXX	11/12 800 Free (M)** 13/14 800 Free (M)** 15/16 800 Free (M)** 17/18 800 Free (M)**	204
119	10 & UN 200 Free Relay	120
121	11/12 200 Free Relay	122
123	13/14 200 Free Relay	124
125	15/18 200 Free Relay	126

## 2010 FAR WESTERN ORDER OF EVENTS

**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

<b>SUNDAY AUG 1, 2010</b>		
Girl's Events	Event Age Group & Description	Boy's Events
127	11/12 400 Freestyle	128
129	10 & Un 400 Freestyle	130
131	13/14 100m Breaststroke	132
133	15/16 100m Breaststroke	134
135	17/18 100m Breaststroke	136
137	10 & Un 100m Breaststroke	138
139	11/12 100m Breaststroke	140
141	13/14 100m Butterfly	142
143	15/16 100m Butterfly	144
145	17/18 100m Butterfly	146
147	11/12 100m Butterfly	148
149	10 & UN 100 Butterfly	150
205	11/12 1500 Free (W)** 13/14 1500 Free (W)** 15/16 1500 Free (W)** 17/18 1500 Free (W)**	XXXXXXX
151	11/12 400m Medley Relay	152
153	13/14 400m Medley Relay	154
155	15/18 400m Medley Relay	156

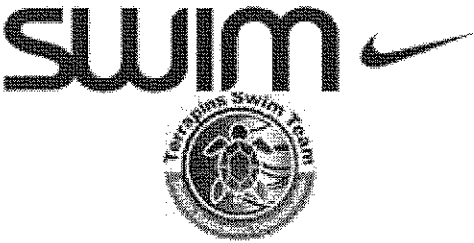
**\*\*See Special Rules regarding 800 and 1500 Freestyle**

**\*\*\*Relay events are swum during Finals session only**

2010 Far Western

Time Standards-

See pages 7 & 8





Hilton

Hilton Concord

Special Far Western Rate

1970 Diamond Blvd. Concord

800-826-2644



Courtyard Pleasant Hill

Special Far Western Rate

925 691-1444

800 321-2121



CROWNE PLAZA

HOTELS & RESORTS

Crowne Plaza Concord

Special Far Western Rate

45 John Glenn Ave. Concord

925 825-7700 x 3777

877-276-4600 x 3777

## 2010 FAR WESTERN TIME STANDARDS

SCY	<u>GIRLS</u> SCM	LCM	LCM	<u>BOYS</u> SCM	SCY
<b>10 &amp; UN</b>					
30.19	33.29	34.39	<b>50 Free</b>	35.39	33.39
1:06.99	1:13.69	1:16.19	<b>100 Free</b>	1:16.29	1:13.69
2:27.99	2:42.79	2:46.89	<b>200 Free</b>	2:46.29	2:41.69
6:20.99	5:32.99	5:38.89	<b>400/500 Free</b>	5:36.29	5:29.89
35.99	39.59	40.59	<b>50 Back</b>	41.59	39.59
1:16.99	1:24.69	1:28.29	<b>100 Back</b>	1:28.69	1:26.89
40.59	44.69	45.69	<b>50 Breast</b>	46.29	44.69
1:27.99	1:36.79	1:39.99	<b>100 Breast</b>	1:41.79	1:37.89
34.49	37.99	38.99	<b>50 Fly</b>	39.39	37.49
1:18.99	1:26.89	1:30.59	<b>100 Fly</b>	1:30.79	1:29.09
1:16.99	1:24.69	---	<b>100 I.M.</b>	---	1:24.69
2:46.99	3:03.69	3:09.99	<b>200 I.M.</b>	3:12.29	3:05.19
2:06.59	2:19.29	2:23.29	<b>200 FR</b>	2:23.29	2:19.69
2:23.99	2:38.39	2:42.39	<b>200 MR</b>	2:42.39	2:42.79
<b>11/12</b>					
27.19	29.99	30.99	<b>50 Free</b>	30.69	29.69
59.19	1:05.19	1:07.59	<b>100 Free</b>	1:06.99	1:04.39
2:09.29	2:22.29	2:26.99	<b>200 Free</b>	2:27.29	2:23.29
5:47.09	5:03.29	5:09.69	<b>400/500 Free</b>	5:12.99	5:08.59
11:54.99	10:21.29	10:33.99	<b>800/1000 Free</b>	10:24.89	10:12.09
19:45.39	16:55.99	20:19.99	<b>1500/1650 Free</b>	20:11.99	19:47.99
31.99	35.19	36.19	<b>50 Back</b>	36.79	35.19
1:08.99	1:15.89	1:18.39	<b>100 Back</b>	1:19.49	1:15.89
2:26.49	2:43.89	2:46.49	<b>200 Back</b>	2:47.89	2:38.39
35.99	39.59	40.59	<b>50 Breast</b>	40.59	38.49
1:17.59	1:25.39	1:28.19	<b>100 Breast</b>	1:27.29	1:24.69
2:47.89	3:04.69	3:08.89	<b>200 Breast</b>	3:06.39	2:57.89
30.29	33.39	33.99	<b>50 Fly</b>	34.09	32.99
1:08.39	1:15.29	1:17.69	<b>100 Fly</b>	1:17.99	1:15.39
2:30.99	2:46.09	2:52.19	<b>200 Fly</b>	2:50.69	2:44.99
1:08.49	1:15.39	---	<b>100 I.M.</b>	---	1:13.79
2:27.99	2:42.79	2:46.99	<b>200 I.M.</b>	2:48.29	2:42.79
5:15.89	5:47.49	5:53.79	<b>400 I.M.</b>	5:56.79	5:47.49
1:54.79	2:06.29	2:05.99	<b>200 FR</b>	2:10.89	2:06.49
4:04.59	4:29.09	4:37.09	<b>400 FR</b>	4:45.19	4:37.19
2:06.19	2:18.89	2:22.19	<b>200 MR</b>	2:25.89	2:20.79
4:39.49	5:07.49	5:15.49	<b>400 MR</b>	5:25.39	5:14.59
<b>13/14</b>					
26.29	28.99	29.49	<b>50 Free</b>	28.19	27.09
56.89	1:02.59	1:04.59	<b>100 Free</b>	1:00.69	58.39
2:01.99	2:14.19	2:17.69	<b>200 Free</b>	2:11.59	2:07.59
5:24.99	4:44.19	4:50.59	<b>400/500 Free</b>	4:42.59	4:36.19
11:09.99	9:54.39	10:07.19	<b>800/1000 Free</b>	9:47.99	9:36.19
18:31.19	18:44.59	19:08.59	<b>1500/1650 Free</b>	18:15.99	17:51.99
1:04.99	1:11.49	1:13.59	<b>100 Back</b>	1:10.99	1:08.19
2:19.79	2:43.79	2:39.09	<b>200 Back</b>	2:33.29	2:28.49
1:12.89	1:20.19	1:23.29	<b>100 Breast</b>	1:19.59	1:15.89
2:39.89	2:55.89	3:08.99	<b>200 Breast</b>	2:52.79	2:47.29
1:04.29	1:10.79	1:11.59	<b>100 Fly</b>	1:08.79	1:06.59
2:23.49	2:37.89	2:41.99	<b>200 Fly</b>	2:36.09	2:31.79
2:19.09	2:42.99	2:36.49	<b>200 I.M.</b>	2:29.89	2:25.19
4:58.19	5:31.39	5:37.79	<b>400 I.M.</b>	5:22.49	5:15.69
1:48.99	1:59.89	2:03.89	<b>200 FR</b>	1:58.39	1:54.39
3:51.99	4:15.19	4:23.19	<b>400 FR</b>	4:17.49	4:09.49
8:26.99	9:17.69	9:33.69	<b>800 FR</b>	9:14.39	8:58.19
2:01.59	2:13.79	2:21.29	<b>200 MR</b>	2:10.29	2:06.29
4:21.99	4:48.19	4:56.19	<b>400 MR</b>	4:48.69	4:42.09

## 2010 FAR WESTERN TIME STANDARDS

SCY	<u>GIRLS</u> SCM	LCM	LCM	<u>BOYS</u> SCM	SCY
<b><u>15/16</u></b>					
25.99	28.59	29.29	<b>50 Free</b>	26.49	25.59 23.19
56.49	1:02.19	1:02.79	<b>100 Free</b>	57.39	55.99 50.89
2:01.99	2:14.19	2:16.69	<b>200 Free</b>	2:05.09	2:02.09 1:50.99
5:21.99	4:44.99	4:51.39	<b>400/500 Free</b>	4:27.79	4:21.39 5:06.19
11:09.99	9:50.79	10:03.59	<b>800/1000 Free</b>	9:39.19	9:26.39 10:39.99
18:39.99	18:50.99	19:14.99	<b>1500/1650 Free</b>	18:15.99	17:51.99 17:59.99
1:05.99	1:12.59	1:12.99	<b>100 Back</b>	1:07.19	1:05.99 59.99
2:20.99	2:35.09	2:37.49	<b>200 Back</b>	2:23.79	2:22.99 2:09.99
1:13.99	1:21.39	1:22.79	<b>100 Breast</b>	1:14.99	1:12.59 1:05.99
2:38.99	2:54.89	2:58.99	<b>200 Breast</b>	2:45.69	2:41.69 2:26.99
1:02.69	1:08.99	1:10.99	<b>100 Fly</b>	1:03.69	1:02.09 56.39
2:21.49	2:35.69	2:38.59	<b>200 Fly</b>	2:26.99	2:24.09 2:10.99
2:17.99	2:31.79	2:35.79	<b>200 I.M.</b>	2:23.29	2:19.29 2:06.59
4:55.99	5:25.59	5:33.99	<b>400 I.M.</b>	5:08.19	5:06.89 4:38.99
<b><u>15/18 RELAYS</u></b>					
1:50.99	2:02.09	2:06.09	<b>200 FR</b>	1:50.69	1:46.69 1:36.99
3:59.99	4:23.99	4:31.99	<b>400 FR</b>	4:07.49	3:59.49 3:37.69
8:29.99	9:20.99	9:35.99	<b>800 FR</b>	8:38.49	8:22.59 7:36.89
2:05.99	2:18.59	2:22.59	<b>200 MR</b>	2:04.59	2:00.59 1:49.59
4:29.99	4:56.99	5:04.99	<b>400 MR</b>	4:36.39	4:28.39 4:03.99

<b><u>17/18</u></b>					
26.69	29.39	29.49	<b>50 Free</b>	25.99	25.59 23.19
57.19	1:02.99	1:03.69	<b>100 Free</b>	57.29	55.39 50.29
2:05.69	2:18.29	2:19.99	<b>200 Free</b>	2:04.19	2:02.09 1:50.99
5:34.99	4:56.39	5:02.79	<b>400/500 Free</b>	4:28.99	4:22.59 5:06.19
11:39.99	10:13.19	10:25.99	<b>800/1000 Free</b>	9:39.19	9:26.39 10:39.99
19:19.99	18:55.99	19:19.99	<b>1500/1650 Free</b>	18:25.99	18:01.99 17:59.99
1:09.09	1:15.99	1:17.99	<b>100 Back</b>	1:08.49	1:06.49 1:00.39
2:31.99	2:47.19	2:44.89	<b>200 Back</b>	2:35.39	2:31.39 2:17.59
1:17.99	1:25.79	1:25.39	<b>100 Breast</b>	1:15.69	1:13.69 1:06.99
2:46.99	3:03.69	3:07.69	<b>200 Breast</b>	2:48.99	2:44.99 2:29.99
1:03.99	1:10.39	1:12.39	<b>100 Fly</b>	1:04.19	1:02.69 56.99
2:28.99	2:43.89	2:47.89	<b>200 Fly</b>	2:31.39	2:27.39 2:13.99
2:23.49	2:37.89	2:38.79	<b>200 I.M.</b>	2:23.69	2:19.69 2:06.99
5:12.99	5:44.29	5:52.29	<b>400 I.M.</b>	5:20.39	5:12.39 4:43.99

**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

\* SCY = 500 YDS \*\*SCY = 1000 YDS \*\*\*SCY = 1650 YDS  
Enter this meet online at: <http://ome.swimconnection.com/pc/tera20100728>

**Entry Deadline: Wednesday July 21 , 2010**

**INDIVIDUAL CONSOLIDATED ENTRY FORM**  
**2010 Pacific Swimming Far Western Long Course Championships**  
**July 28<sup>th</sup> – Aug 1<sup>st</sup>, 2010**

To be accepted, all entry information must be completely filled out

Last Name			First Name			MI
LSC CODE (PC)		Club Abbr	Club Name			
Age	Age Group	Gender M F	Date of Birth	USA-S Registration Number		
Event #	Distance/Stroke		Enter Time and Course		<b>*PROOF OF TIME:</b> Proof of time is required per Pacific Swimming rule Section 4.C.2. Swimmer must have met the listed Far Western Pacific Swimming time standard in any course for each event entered. All 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. Swimmers from foreign swim federations must prove <b>ALL</b> their times before being allowed to check-in.	
			Qualifying Entry Time LCM, SCY or SCM			
Swimmer's Coach			Total Entries _____ x \$5.50		\$	
Swimmer's Address		Swimmer's Email address			\$ 5.00 (Participation fee)	
Swimmer's Phone		Total Due - Checks payable to: Terrapins Swim Team			\$	

**MAIL ENTRIES TO:** Carol Moreno  
 Far Western Meet Entries  
 157 N. 5<sup>th</sup> St.  
 Rio Vista, CA 94571

**LATE ENTRIES WILL NOT BE ACCEPTED**

**Entry questions: [terameetdirector@gmail.com](mailto:terameetdirector@gmail.com)**

Mail deadline postmarked: **Monday, July 19, 2010 Midnight PDT**  
 Hand delivered/overnight received by: **Wed. July 21, 2010 11:59pm**  
 Online entry: **Wednesday, July 21, 2010 11:59pm PDT**

Online Entry: <http://ome.swimconnection.com/pc/tera20100728>

Events Entered	Total Due \$5.00 Fee Included
1	\$10.50
2	\$16.00
3	\$21.50
4	\$27.00
5	\$32.50
6	\$38.00
7	\$43.50
8	\$49.00
9	\$54.50
10	\$60.00
11	\$65.50



**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

**Team Relay Entry Form\***

2010 Pacific Swimming Far Western Long Course Championships

Online Relay Entry: <http://ome.swimconnection.com/pc/tera20100728>

<b>Team Name</b>		<b>LSC</b>	<b>Team Abbr</b>
<b>Coach</b>	<b>Contact Phone and Email</b>		<b>Totals</b>
			# of Relays _____
			Total Fee \$ _____

**10 & Under Age Group Relays**

Event #	Event	Team Entry Time		
		A	B	C
23	Girls 200 Free			
24	Boys 200 Free			
119	Girls 200 Medley			
120	Boys 200 Medley			

**11-12 Age Group Relays**

Event #	Event	Team Entry Time		
		A	B	C
25	Girls 200 Medley			
26	Boys 200 Medley			
53	Girls 400 Free			
54	Boys 400 Free			
121	Girls 200 Free			
122	Boys 200 Free			
149	Girls 400 Medley			
150	Boys 400 Medley			

**13-14 Age Group Relays**

Event #	Event	Team Entry Time		
		A	B	C
27	Girls 200 Medley			
28	Boys 200 Medley			
55	Girls 400 Free			
56	Boys 400 Free			
89	Girls 800 Free			
90	Boys 800 Free			
123	Girls 200 Free			
124	Boys 200 Free			
151	Girls 400 Medley			
152	Boys 400 Medley			

**Please note: There are no 15-16, 17-18 relays offered at this meet. 15-18 relays are offered and will be awarded as one age group.**

<b>15-18 Age Group Relays</b>				
Event #	Event	Team Entry Time		
		A	B	C
<b>29</b>	<b>Girls 200 Medley</b>			
<b>30</b>	<b>Boys 200 Medley</b>			
<b>57</b>	<b>Girls 400 Free</b>			
<b>58</b>	<b>Boys 400 Free</b>			
<b>91</b>	<b>Girls 800 Free</b>			
<b>92</b>	<b>Boys 800 Free</b>			
<b>125</b>	<b>Girls 200 Free</b>			
<b>126</b>	<b>Boys 200 Free</b>			
<b>153</b>	<b>Girls 400 Medley</b>			
<b>154</b>	<b>Boys 400 Medley</b>			

**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.**

Relays are \$20.00 per relay team entered.

Online Relay Entries: **Wednesday July 21, 2010**

Mail deadline: **Monday, July 19, 2010, Midnight PDT.**

Hand delivered/overnight package received by: **Wednesday, July 21, 2010 Midnight PDT.**

Online Relay Entry: <http://ome.swimconnection.com/pc/tera20100728>

**ATTENTION COACHES: RELAYS & RELAY ONLY SWIMMERS MAY BE ENTERED ONLINE**

**No late entries** will be accepted. No fax entries will be accepted.

Please enclose team check and send to:

Carol Moreno  
 Far Western Meet Entries  
 157 N. 5<sup>th</sup> Street  
 Rio Vista, CA 94571

Questions: [terameetdirector@gmail.com](mailto:terameetdirector@gmail.com)