

Speedo Short Course Far Western Championships
March 30, 2017 – April 2, 2017

SANCTION: Held under USA/Pacific Swimming Sanction No. **17-008**

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. A separate pool will be available for warm-up/cool down throughout the competition.

TIME: Meet will begin at 9 AM each day with warm-ups from 7:30AM to 8:45 AM each day. Championship Finals start at 4PM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All preliminary events will swim fast to slow, with the fastest 3 heats circle seeded.
- All events with the exception of the 1000/800 and 1650/1500 Freestyles will be Preliminaries and Finals (Championship Final Only).
- Athletes may compete in three (3) events per day, and a maximum of seven (7) individual events, plus relays for the entire meet.

ELIGIBILITY:

- Athletes must have met the "FW" time standard in every event entered. Entries with "NO TIME" will be rejected.
- The athlete's age will be the age of the athlete on the first day of the meet.

PROOF OF TIME:

Entry times must have been achieved after **September 30, 2015** and prior to the closing date of entries for the meet **Monday, March 20, 2017 at 11:59 PM PST.**

ENTRY FEES:

\$10.00 per individual event,
\$9.00 participation fee per athlete.
\$20.00 per relay.
\$75.00 Coach fee/swimmer.

ENTRY DEADLINE: Due online via ACES Registration by Thursday Mar 16, 2017

CHECK-IN: The meet will be deck seeded. Athletes must 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 will not be allowed to compete in the event.

AWARDS:	Individual Events:	Medals 1 st -10 th
	Relay Events:	Medals 1 st - 3 rd
	Team:	Distinctive Awards 1 st -3 rd
	Individual High Point:	Distinctive awards for high male and female for each age group

ADMISSION: Free. A 4-day meet program will be available for a fee.

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

HOTELS: Please go to www.pleasantonseahawks.org on Far Western 2017 tab for hotel recommendations.

EVENT SUMMARY:

Thursday, March 30, 2017				
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
100 FLY	100 FLY	100 FLY	200 BREAST	200 BREAST
100 BREAST	200 BREAST	200 BREAST	200 BACK	200 BACK
	50 BACK	1650 FREE (GIRLS)	1650 FREE (GIRLS)	1650 FREE (GIRLS)
	1650 FREE (GIRLS)	400 MEDLEY RELAY		
	400 MEDLEY RELAY			
Friday, March 31, 2017				
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
200 IM	200 IM	200 IM	400 IM	400 IM
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE
50 BACK	200 BACK	200 BACK	100 FLY	100 FLY
	50 FLY	1650 FREE (BOYS)	1650 FREE (BOYS)	1650 FREE (BOYS)
	1650 FREE (BOYS)	400 FREE RELAY		
	400 FREE RELAY			
Saturday, April 1, 2017				
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
500 FREE	500 FREE	500 FREE	200 FLY	200 FLY
100 BACK	100 IM	100 BACK	100 BACK	100 BACK
50 BREAST	100 BACK	100 BREAST	100 BREAST	100 BREAST
200 MEDLEY RELAY	50 BREAST	1000 FREE (GIRLS)	1000 FREE (GIRLS)	1000 FREE (GIRLS)
	1000 FREE (GIRLS)	200 MEDLEY RELAY		
	200 MEDLEY RELAY	200 FREE RELAY		
Sunday, April 2, 2017				
10 & UNDER	11 - 12	13 - 14	15 - 16	17 - 18
100 IM	400 IM	400 IM	500 FREE	500 FREE
50 FLY	50 FREE	50 FREE	200 IM	200 IM
50 FREE	100 BREAST	200 FLY	50 FREE	50 FREE
200 FREE RELAY	200 FLY	1000 FREE (BOYS)	1000 FREE (BOYS)	1000 FREE (BOYS)
	1000 FREE (BOYS)	800 FREE RELAY		
	200 FREE RELAY			

ORDER OF EVENTS

Thursday, March 30, 2017			
GIRLS		DESCRIPTION	BOYS
#	AGE	EVENT	#
1	17-18	200 Freestyle	2
	15-16	200 Freestyle	
3	11-12	200 Freestyle	4
5	13-14	200 Freestyle	6
7	10 & U	200 Freestyle	8
9	17-18	200 Breaststroke	10
	15-16	200 Breaststroke	
11	11-12	100 Butterfly	12
13	13-14	100 Butterfly	14
15	10 & U	100 Butterfly	16
17	17-18	200 Backstroke	18
	15-16	200 Backstroke	
19	11-12	200 Breaststroke	20
21	13-14	200 Breaststroke	22
23	10 & U	100 Breaststroke	24
25	11-12	50 Backstroke	26
201++	11-12	1650 Freestyle *	
	13-14		
	15-16		
	17-18		
27	13-14	400 Medley Relay **	28
29	11-12	400 Medley Relay **	30

* Will swim between trials and finals, immediately following event 26 on Thursday and 56 on Friday.

** Will swim at the conclusion of finals.

++ The 11-18 Girls (#201) and Boys (#202) 1650 Freestyle will swim as combined events but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>

ORDER OF EVENTS

Friday, March 31, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
31	17-18	400 IM	32
	15-16	400 IM	
33	11-12	200 IM	34
35	13-14	200 IM	36
37	10 & U	200 IM	38
39	17-18	100 Freestyle	40
	15-16	100 Freestyle	
41	11-12	100 Freestyle	42
43	13-14	100 Freestyle	44
45	10 & U	100 Freestyle	46
47	17-18	100 Butterfly	48
	15-16	100 Butterfly	
49	11-12	200 Backstroke	50
51	13-14	200 Backstroke	52
53	10 & U	50 Backstroke	54
55	11-12	50 Butterfly	56
	11-12	1650 Freestyle*	202++
	13-14		
	15-16		
	17-18		
57	13-14	400 Freestyle Relay **	58
59	11-12	400 Freestyle Relay **	60

* Will swim between trials and finals, immediately following event 26 on Thursday and 56 on Friday.

** Will swim at the conclusion of finals.

++ The 11-18 Girls (#201) and Boys (#202) 1650 Freestyle will swim as combined events but will be awarded separately by age group.

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ORDER OF EVENTS

Saturday, April 1, 2017			
GIRLS		DESCRIPTION	BOYS
#	AGE	EVENT	#
61	17-18	200 Butterfly	62
	15-16	200 Butterfly	
63	11-12	500 Freestyle	64
65	13-14	500 Freestyle	66
67	10 & U	500 Freestyle	68
69	11-12	100 IM	70
71	17-18	100 Backstroke	72
	15-16	100 Backstroke	
73	11-12	100 Backstroke	74
75	13-14	100 Backstroke	76
77	10 & U	100 Backstroke	78
79	17-18	100 Breaststroke	80
	15-16	100 Breaststroke	
81	11-12	50 Breaststroke	82
83	13-14	100 Breaststroke	84
85	10 & U	50 Breaststroke	86
203++	11-12	1000 Freestyle *	
	13-14		
	15-16		
	17-18		
87	13-14	200 Medley Relay **	88
89	11-12	200 Medley Relay **	90
91	10 & U	200 Medley Relay ***	92
93	13-14	200 Freestyle Relay ***	94

* Will swim between trials and finals, immediately following event 86.

** Will swim at the start of finals.

*** Will swim at the conclusion of finals.

++ The 11-18 Girls (#203) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.

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ORDER OF EVENTS

Sunday, April 2, 2017			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
95	17-18	500 Freestyle	96
	15-16	500 Freestyle	
97	11-12	400 IM	98
99	13-14	400 IM	100
101	10 & U	100 IM	102
103	17-18	200 IM	104
	15-16	200 IM	
105	11-12	50 Freestyle	106
107	13-14	50 Freestyle	108
109	10 & U	50 Butterfly	110
111	11-12	100 Breaststroke	112
113	17-18	50 Freestyle	114
	15-16	50 Freestyle	
115	13-14	200 Butterfly	116
117	11-12	200 Butterfly	118
119	10 & U	50 Freestyle	120
	11-12	1000 Freestyle *	204++
	13-14		
	15-16		
	17-18		
121	13-14	800 Freestyle Relay ***	122
123	11-12	200 Freestyle Relay ***	124
125	10 & U	200 Freestyle Relay ***	126

* Will swim between trials and finals, immediately following event 120.

*** Will swim at the conclusion of finals.

++ The 11-18 Boys (#204) 1000 Freestyle will swim as a combined event but will be awarded separately by age group.

ALL TIME STANDARDS available at: <http://www.pacswim.org/userfiles/cms/documents/858/fw-time-std.-2017--final--pac-swim-agc.pdf>