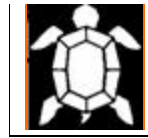




PACIFIC SWIMMING FAR WESTERN AGE GROUP
LONG COURSE CHAMPIONSHIP MEET

August 1, 2, 3, 4, 5, 2007

Hosted by: **Terrapins Swim Team**



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

SANCTION: Held under USA/Pacific Swimming Sanction Number: **0027**

LOCATION: Concord Community Park Pool, 3501 Cowell Rd., Concord. From Highway 680 North, take the Treat Blvd. exit and turn right onto Treat Blvd. (From Highway 680 South, take the Treat/Geary exit, make a left at the end of the ramp and another left onto Treat Blvd.) Continue on Treat Blvd. for about 4 miles. Make a left onto Cowell. Go approximately 1 mile and the pool will be on your right.

COURSE: Outdoor, heated pool: Up to nine 50 meter competition lanes with electronic touch pad timing system. Warm up lanes are available throughout the duration of the meet. 9 lanes will be used for finals.

TIME: Wednesday meet begins at 3:30 p.m. Warm-ups from 2:00-3:15 p.m. Thursday through Sunday, the meet 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 1 hour after the conclusion of trials. The exact time will be determined by the referee and announced as early as practical each day. See **Special Rules** for 800 Freestyle, 1500 Freestyle events. Only those swimmers entered in the meet may use the pool for warm-ups. Coaches, parents, siblings and officials may not use the pool.

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 events are trials and finals, except for the 800 and 1500 meter freestyle events and Relays. See **Special Rules** for 800 Freestyle, 1500 Freestyle events. Swimmers may compete in up to three **(3) individual events per day** plus relays, with a **maximum of (9) individual events** plus relays for the whole 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 is prohibited in all areas of the meet venue during the meet. Glass bottles and containers of any kind are not permitted in the pool area. Tents are not allowed around the pool deck. All shelters must be properly secured. Only host team/authorized persons allowed within pool area during meet set up. No team/swimmer tent set up before 2:00pm on Wednesday Aug. 1. No pets allowed in the pool area.

ELIGIBILITY: Swimmers must be current members of USA -S and enter their name and Registration Number on the 2007 Consolidated Entry Form attached for your convenience as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. 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 Westerns conforming long course meters (Q time) or non-conforming short course yards (Q time) or short course meters time standard (Q time) for each event entered.** Swimmers must be 18 years of age or younger. 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 25, 2007). 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 their 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. Converted times are not to be used.

SEEDING: Non-conforming short course yard (Q times) will be seeded first followed by non-conforming (Q times) short course meters, then conforming long course meter (Q times). Preliminary events (Trials) will be swum slowest-fastest starting with SCY, SCM, LCM. See Special Rules for distance events seeding.

SCRATCHES: Pacific Swimming Scratch Rules 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 meter freestyle event will open at 1:45 p.m. on Wednesday, August 1, 2007. Check-in for the 1500 meter freestyle will close at 3:00 p.m. on Wednesday. Check-in for the 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. The 800 and 1500 meter freestyles will be swum alternating heats of women and men. All swimmers in the 800 and 1500 meter freestyles must provide timers and lap counters. The 1500 meter freestyle will be swum in combined age groups 11-18 and the 800 meter freestyle will be swum in combined age groups 13-18. These events will be scored and awarded by age group. These events may swim with two swimmers per lane starting at opposing ends, or some heats may be swum following finals at the discretion of the Head Referee and dependent upon the number of entries and the estimated timeline. There will be a 15 minute break between the end of the trials session and the beginning of the 800 free.

RELAYS: All relay entries must be received by the entry deadline (Wednesday July 25, 2007) with the entry time listed and a team check covering the relay entry fee. **Relays may NOT be entered Online.** There will be no refund 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.** Relay cards with each swimmers name and age must be completed and returned to the Clerk of the Course by **12:00 Noon each day.** All relays will be swum as Timed Finals during the finals session. **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.**

ENTRIES:

Option 1: Online Meet Entries:

1. Swimmers & coaches making team entries follow the same online entry method
2. Using your browser go to: <http://swimconnection.com/pc/meet/terafw>
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 confirmation should be brought to the meet as proof of entry.
 - d. **Online entries will close Wednesday, July 25, 2007 at Midnight 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: Surface 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 23, 2007, Midnight PDT.**

Entry forms must be completely filled out, including best conforming long course meter (Q time) or non-conforming short course yard (Q time) or short course meter time (Q time) for each event. All entry times shall be noted by LCM, SCY and SCM to the right of the entry time. **DO NOT CONVERT TIMES.** Entries (individual & relay) and fees (US Dollars only) must be postmarked by midnight PDT **Monday, July 23, 2007.** 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 midnight PDT on Wednesday, July 25, 2007, to the address below. **No late entries via mail, fax, email or telephone, will be accepted.** No refunds will be made. No fax entries will be accepted. If you would like to confirm entry, please include a self addressed stamped envelope or post card or use email.

ENTRY FEES: **\$4.50** per individual event, **\$5.00** participation fee per swimmer, and **\$16.00** per Relay. Relay only swimmers DO NOT pay the \$5.00 participation fee. Entry Fees MUST be included with entry. If mailing entries, Make check payable to: **Terrapins Swim Team** and mail with entries to:

Carol Moreno
Far Western Entries
157 N. 5th St.
Rio Vista, CA 94571

For questions regarding entries: morenos4@frontiernet.net
*If sending via Express/Overnight Delivery..... **WAIVE THE SIGNATURE***

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, **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.

OFFICIALS:

| | |
|--------------------|---|
| Head Referee: | Kim Jew |
| Head Starter: | Joe Woo |
| Head Meet Marshal: | Lisa Gendotti |
| Meet Director: | Carol Moreno morenos4@frontiernet.net |
| | 925-250-7561 (please, no calls after 8pm) |

CERTIFICATION MEET: This is a National Certification (N2/ N3) meet. For evaluation, officials must submit an application to the Head Referee for consideration prior to the meet. The application form can be obtained by contacting the Head Referee, Kim Jew at kimjew@comcast.net. All officials should plan to attend the pre-meet meetings held one-hour prior to the start of each session. Applicants must attend a minimum of three (3) sessions for a N2 evaluation and a minimum of four (4) sessions for N3 evaluation.

SCORING:

| Place | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th | 9 th |
|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Individual events | 10 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relay events | 20 | 16 | 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.

AWARDS:

| | |
|-----------------------|--|
| Individual Events: | Medals 1 st – 3 rd , Ribbons 4 th – 9 th |
| Team Awards: | Distinctive Awards 1 st – 3 rd |
| Relay Events: | 1 st – 9 th (15/18 relays are awarded as one age group) |
| Individual High Point | Distinctive Award for each age group |

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

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

SNACK BAR: A snack bar will be available during trials, finals and the break in between.

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

PARKING: Public parking is very limited. Carpooling is encouraged. Parking is available in the limited time zone along Cowell Road, directly in front of the park. 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 working Officials will be in the lot by the tennis courts. Additional parking will be available behind the pool at El Monte Elementary School (maps will be provided). Overnight and/or day use **RV parking will not be available** within the park/pool parking lot.

HOTEL: See page 9 for complete hotel information.

PACIFIC SWIMMING FAR WES TERN AGE GROUP LONG COURSE CHAMPIONSHIP

MEET EVENT SUMMARY

| <i>Wednesday, August 1, 2007</i> | | | | |
|----------------------------------|------------------|--------------------|--------------------|--------------------|
| 10 & under | 11-12 | 13-14 | 15-16 | 17-18 |
| XXXXXXXXXXXXXXXXXX | 1500 Freestyle** | 1500 Freestyle** | 1500 Freestyle** | 1500 Freestyle** |
| <i>Thursday, August 2, 2007</i> | | | | |
| 10 & under | 11-12 | 13-14 | 15-16 | 17-18 |
| 100 Freestyle | 100 Freestyle | 400 Ind Medley | 400 Ind Medley | 400 Ind Medley |
| 50 Butterfly | 100 Backstroke | 100 Butterfly | 100 Butterfly | 100 Butterfly |
| 200 Ind Medley | 200 Ind Medley | 200 Freestyle | 200 Freestyle | 200 Freestyle |
| XXXXXXXXXXXXXXXXXX | (W/M) 800 Free** | XXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXX |
| 200 Free Relay | 400 Free Relay | 400 Free Relay | 400 Free Relay | 400 Free Relay |
| <i>Friday, August 3, 2007</i> | | | | |
| 10 & under | 11-12 | 13-14 | 15-16 | 17-18 |
| 200 Freestyle | 400 Freestyle | 200 Butterfly | 200 Butterfly | 200 Butterfly |
| 50 Backstroke | 50 Backstroke | 200 Ind Medley | 200 Ind Medley | 200 Ind Medley |
| 100 Breaststroke | 100 Breaststroke | 50 Freestyle | 50 Freestyle | 50 Freestyle |
| XXXXXXXXXXXXXXXXXX | 200 Butterfly | (W) 800 Free** | (W) 800 Free** | (W) 800 Free** |
| XXXXXXXXXXXXXXXXXX | XXXXXX XXXXXXXX | 800 Free Relay | 800 Free Relay | 800 Free Relay |
| <i>Saturday, August 4, 2007</i> | | | | |
| 10 & under | 11-12 | 13-14 | 15-16 | 17-18 |
| 400 Freestyle | 200 Freestyle | 200 Backstroke | 200 Backstroke | 200 Backstroke |
| 100 Butterfly | 200 Breaststroke | 100 Breaststroke | 100 Breaststroke | 100 Breaststroke |
| XXXXXXXXXXXXXXXXXX | 50 Butterfly | 100 Freestyle | 100 Freestyle | 100 Freestyle |
| XXXXXXXXXXXXXXXXXX | 400 Ind Medley | (M) 800 Free** | (M) 800 Free** | (M) 800 Free** |
| 200 Medley Relay | 400 Medley Relay | 400 Medley Relay | 400 Medley Relay | 400 Medley Relay |
| <i>Sunday, August 5, 2007</i> | | | | |
| 10 & under | 11-12 | 13-14 | 15-16 | 17-18 |
| 100 Backstroke | 100 Butterfly | 200 Breaststroke | 200 Breaststroke | 200 Breaststroke |
| 50 Freestyle | 200 Backstroke | 100 Backstroke | 100 Backstroke | 100 Backstroke |
| 50 Breaststroke | 50 Freestyle | 400 Freestyle | 400 Freestyle | 400 Freestyle |
| XXXXXXXXXXXXXXXXXX | 50 Breaststroke | XXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXX |
| XXXXXXXXXXXXXXXXXX | 200 Medley Relay | 200 Medley Relay | 200 Medley Relay | 200 Medley Relay |
| | 200 Free Relay | 200 Free Relay | 200 Free Relay | 200 Free Relay |

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

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

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

**SCHEDULE OF EVENTS
WEDNESDAY AUGUST 1, 2007**

**2007 LONG COURSE FAR WESTERNS
TIME STANDARDS (pages 7 & 8)**

| Girl Event Number | Event Age Group and Description | Boy Event Number |
|-------------------|---------------------------------|------------------|
| 201 | 11/12 1500m Freestyle ** | 202 |
| | 13/14 1500m Freestyle ** | |
| | 15/16 1500m Freestyle ** | |
| | 17/18 1500m Freestyle ** | |

****See special rules regarding 1500 Freestyle**

**SCHEDULE OF EVENTS
THURSDAY AUGUST 2, 2007**

**2007 LONG COURSE FAR WESTERNS
TIME STANDARDS (pages 7 & 8)**

| Girl Event Number | Event Age Group and Description | Boy Event Number |
|-------------------|---------------------------------|------------------|
| 1 | 11/12 100m Freestyle | 2 |
| 3 | 13/14 400m I.M. | 4 |
| 5 | 15/16 400m I.M. | 6 |
| 7 | 17/18 400m I.M. | 8 |
| 9 | 10 & Un 100m Freestyle | 10 |
| 11 | 11/12 100m Backstroke | 12 |
| 13 | 13/14 100m Butterfly | 14 |
| 15 | 15/16 100m Butterfly | 16 |
| 17 | 17/18 100m Butterfly | 18 |
| 19 | 10 & Un 50m Butterfly | 20 |
| 21 | 11/12 200m I.M. | 22 |
| 23 | 13/14 200m Freestyle | 24 |
| 25 | 15/16 200m Freestyle | 26 |
| 27 | 17/18 200m Freestyle | 28 |
| 29 | 10 & Un 200m I.M. | 30 |
| 203 | 11/12 800m Freestyle | 204 |
| 31 | 15/18 400m Free Relay | 32 |
| 33 | 13/14 400m Free Relay | 34 |
| 35 | 10 & Un 200m Free Relay | 36 |
| 37 | 11/12 400m Free Relay | 38 |

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

FRIDAY AUGUST 3, 2007

| Girl Event Number | Event Age Group and Description | Boy Event Number |
|-------------------|---------------------------------|------------------|
| 39 | 11/12 400m Freestyle | 40 |
| 41 | 13/14 200m Butterfly | 42 |
| 43 | 15/16 200m Butterfly | 44 |
| 45 | 17/18 200m Butterfly | 46 |
| 47 | 10 & Un 200m Freestyle | 48 |
| 49 | 11/12 50m Backstroke | 50 |
| 51 | 13/14 200m I.M. | 52 |
| 53 | 15/16 200m I.M. | 54 |
| 55 | 17/18 200m I.M. | 56 |
| 57 | 10 & Un 50m Backstroke | 58 |
| 59 | 11/12 100m Breaststroke | 60 |
| 61 | 13/14 50m Freestyle | 62 |
| 63 | 15/16 50m Freestyle | 64 |
| 65 | 17/18 50m Freestyle | 66 |
| 67 | 10 & Un 100m Breaststroke | 68 |
| 69 | 11/12 200m Butterfly | 70 |
| 205 | 13/14 800m Freestyle(W)** | XXXXXXXX |
| | 15/16 800m Freestyle(W)** | |
| | 17/18 800m Freestyle(W)** | |
| 71 | 15/18 800m Free Relay | 72 |
| 73 | 13/14 800m Free Relay | 74 |

**See special rules regarding 800 Freestyle

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

**SCHEDULE OF EVENTS
SATURDAY AUGUST 4, 2007**

**2007 LONG COURSE FAR WESTERNS
TIME STANDARDS (pages 7 & 8)**

| Girl Event Number | Event Age Group and Description | Boy Event Number |
|-------------------|---------------------------------|------------------|
| 75 | 11/12 200m Freestyle | 76 |
| 77 | 13/14 200m Backstroke | 78 |
| 79 | 15/16 200m Backstroke | 80 |
| 81 | 17/18 200m Backstroke | 82 |
| 83 | 10 & Un 400m Freestyle | 84 |
| 85 | 11/12 200m Breaststroke | 86 |
| 87 | 13/14 100m Breaststroke | 88 |
| 89 | 15/16 100m Breaststroke | 90 |
| 91 | 17/18 100m Breaststroke | 92 |
| 93 | 11/12 50m Butterfly | 94 |
| 95 | 13/14 100m Freestyle | 96 |
| 97 | 15/16 100m Freestyle | 98 |
| 99 | 17/18 100m Freestyle | 100 |
| 101 | 10 & Un 100m Butterfly | 102 |
| 103 | 11/12 400m I.M. | 104 |
| XXXXXXXXXXXX | 13/14 800m Free (M) ** | 206 |
| | 15/16 800m Free (M) ** | |
| | 17/18 800m Free (M) ** | |
| 105 | 15/18 400m Medley Relay | 106 |
| 107 | 13/14 400m Medley Relay | 108 |
| 109 | 10 & Un 200m Medley Relay | 110 |
| 111 | 11/12 400m Medley Relay | 112 |

**** See special rules regarding 800 Freestyle**

SUNDAY AUGUST 5, 2007

| Girl Event Number | Event Age Group and Description | Boy Event Number |
|-------------------|---------------------------------|------------------|
| 113 | 11/12 100m Butterfly | 114 |
| 115 | 13/14 200m Breaststroke | 116 |
| 117 | 15/16 200m Breaststroke | 118 |
| 119 | 17/18 200m Breaststroke | 120 |
| 121 | 10 & Un 100m Backstroke | 122 |
| 123 | 11/12 200m Backstroke | 124 |
| 125 | 13/14 100m Backstroke | 126 |
| 127 | 15/16 100m Backstroke | 128 |
| 129 | 17/18 100m Backstroke | 130 |
| 131 | 10 & Un 50m Freestyle | 132 |
| 133 | 11/12 50m Freestyle | 134 |
| 135 | 13/14 400m Freestyle | 136 |
| 137 | 15/16 400m Freestyle | 138 |
| 139 | 17/18 400m Freestyle | 140 |
| 141 | 10 & Un 50m Breaststroke | 142 |
| 143 | 11/12 50m Breaststroke | 144 |
| 145 | 15/18 200m Medley Relay | 146 |
| 147 | 13/14 200m Medley Relay | 148 |
| 149 | 11/12 200m Medley Relay | 150 |
| 151 | 15/18 200m Free Relay | 152 |
| 153 | 13/14 200m Free Relay | 154 |
| 155 | 11/12 200m Free Relay | 156 |

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

2007 FAR WESTERN TIME STANDARDS

| SCY | GIRLS SCM | LCM | | LCM | BOYS SCM | SCY |
|---------|--------------|---------|-------------------|---------|-------------|---------|
| | | | 10/Under | | | |
| 30.19 | 33.59 | 34.39 | 50 Free | 35.39 | 34.59 | 30.29 |
| 1:06.99 | 1:14.59 | 1:16.19 | 100 Free | 1:16.29 | 1:14.69 | 1:06.99 |
| 2:27.99 | 2:43.69 | 2:46.89 | 200 Free | 2:46.29 | 2:43.09 | 2:26.99 |
| 6:20.99 | 5:32.49 | 5:38.89 | *400 Free | 5:36.29 | 5:29.89 | 6:10.89 |
| 35.99 | 39.99 | 40.59 | 50 Back | 41.59 | 40.99 | 35.99 |
| 1:16.99 | 1:27.09 | 1:28.29 | 100 Back | 1:28.69 | 1:27.49 | 1:18.99 |
| 40.59 | 44.69 | 45.69 | 50 Breast | 46.29 | 45.29 | 40.59 |
| 1:27.99 | 1:37.99 | 1:39.99 | 100 Breast | 1:41.79 | 1:39.79 | 1:28.99 |
| 34.49 | 38.29 | 38.99 | 50 Fly | 39.39 | 38.69 | 34.09 |
| 1:18.99 | 1:29.19 | 1:30.59 | 100 Fly | 1:30.79 | 1:29.39 | 1:20.99 |
| 1:16.99 | 1:25.59 | - | 100 I.M. | -- | 1:25.59 | 1:16.99 |
| 2:46.99 | 3:06.79 | 3:09.99 | 200 I.M. | 3:12.29 | 3:09.09 | 2:48.29 |
| 2:06.59 | 2:20.09 | 2:23.29 | 200 FR | 2:23.29 | 2:20.09 | 2:06.99 |
| 2:23.99 | 2:39.19 | 2:42.39 | 200 MR | 2:42.39 | 2:39.19 | 2:27.99 |

| | | | | | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| | | | 11/12 | | | |
| 27.19 | 30.19 | 30.99 | 50 Free | 30.69 | 29.89 | 26.99 |
| 59.19 | 1:05.99 | 1:07.59 | 100 Free | 1:06.99 | 1:05.39 | 58.49 |
| 2:09.29 | 2:23.79 | 2:26.99 | 200 Free | 2:27.29 | 2:24.09 | 2:10.19 |
| 5:47.09 | 5:03.29 | 5:09.69 | *400 Free | 5:12.99 | 5:06.59 | 5:46.59 |
| 11:54.99 | 10:21.19 | 10:33.99 | **800 Free | 10:24.89 | 10:12.09 | 11:44.99 |
| 19:45.39 | 19:55.99 | 20:19.99 | ***1500 Free | 20:11.99 | 19:47.99 | 20:23.49 |
| 31.99 | 35.59 | 36.19 | 50 Back | 36.79 | 36.19 | 31.99 |
| 1:08.99 | 1:17.19 | 1:18.39 | 100 Back | 1:19.49 | 1:18.29 | 1:08.99 |
| 2:28.99 | 2:45.79 | 2:48.19 | 200 Back | 2:47.89 | 2:45.49 | 2:23.99 |
| 35.99 | 39.59 | 40.59 | 50 Breast | 40.59 | 39.59 | 34.99 |
| 1:17.59 | 1:26.19 | 1:28.19 | 100 Breast | 1:27.29 | 1:25.29 | 1:16.99 |
| 2:47.89 | 3:04.89 | 3:08.89 | 200 Breast | 3:06.39 | 3:02.39 | 2:41.69 |
| 30.29 | 33.29 | 33.99 | 50 Fly | 34.09 | 33.39 | 29.99 |
| 1:08.39 | 1:16.29 | 1:17.69 | 100 Fly | 1:17.99 | 1:16.59 | 1:08.49 |
| 2:30.99 | 2:49.39 | 2:52.19 | 200 Fly | 2:50.69 | 2:47.89 | 2:29.99 |
| 2:27.99 | 2:43.79 | 2:46.99 | 200 I.M. | 2:48.29 | 2:45.09 | 2:27.99 |
| 5:15.89 | 5:47.39 | 5:53.79 | 400 I.M. | 5:56.79 | 5:50.39 | 5:15.89 |
| 1:54.79 | 2:02.79 | 2:05.99 | 200 FR | 2:10.89 | 2:07.69 | 1:54.99 |
| 4:04.59 | 4:30.69 | 4:37.09 | 400 FR | 4:45.19 | 4:38.79 | 4:11.99 |
| 2:06.19 | 2:18.99 | 2:22.19 | 200 MR | 2:25.89 | 2:22.69 | 2:07.99 |
| 4:39.49 | 5:09.09 | 5:15.49 | 400 MR | 5:25.39 | 5:18.99 | 4:45.99 |

| | | | | | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| | | | 13/14 | | | |
| 26.29 | 28.69 | 29.49 | 50 Free | 28.29 | 27.49 | 24.59 |
| 56.89 | 1:02.99 | 1:04.59 | 100 Free | 1:00.69 | 59.09 | 53.09 |
| 2:03.09 | 2:14.49 | 2:17.69 | 200 Free | 2:11.59 | 2:08.39 | 1:55.99 |
| 5:25.99 | 4:44.19 | 4:50.59 | *400 Free | 4:42.59 | 4:36.19 | 5:11.99 |
| 11:09.99 | 9:54.39 | 10:07.19 | **800 Free | 9:47.99 | 9:35.19 | 10:49.99 |
| 18:31.19 | 18:44.59 | 19:08.59 | ***1500 Free | 18:15.99 | 17:51.99 | 19:09.99 |
| 1:04.99 | 1:12.39 | 1:13.59 | 100 Back | 1:10.99 | 1:09.79 | 1:01.99 |
| 2:20.89 | 2:36.69 | 2:39.09 | 200 Back | 2:33.29 | 2:30.89 | 2:14.99 |
| 1:12.89 | 1:21.29 | 1:23.29 | 100 Breast | 1:19.59 | 1:17.59 | 1:08.99 |
| 2:39.99 | 2:55.99 | 2:59.99 | 200 Breast | 2:52.79 | 2:48.79 | 2:32.09 |
| 1:04.29 | 1:10.19 | 1:11.59 | 100 Fly | 1:08.79 | 1:07.39 | 1:00.49 |
| 2:24.99 | 2:39.19 | 2:41.99 | 200 Fly | 2:36.09 | 2:33.29 | 2:17.99 |
| 2:19.49 | 2:33.29 | 2:36.49 | 200 I.M. | 2:30.19 | 2:26.99 | 2:11.99 |
| 4:58.19 | 5:31.39 | 5:37.79 | 400 I.M. | 5:25.99 | 5:19.59 | 4:46.99 |
| 1:48.99 | 2:00.69 | 2:03.89 | 200 FR | 1:58.39 | 1:55.19 | 1:43.99 |
| 3:51.99 | 4:16.79 | 4:23.19 | 400 FR | 4:17.49 | 4:11.09 | 3:46.79 |
| 8:26.99 | 9:20.89 | 9:33.69 | 800 FR | 9:14.39 | 9:01.59 | 8:09.19 |
| 2:01.59 | 2:18.09 | 2:21.29 | 200 MR | 2:10.29 | 2:07.09 | 1:54.79 |
| 4:21.99 | 4:49.79 | 4:56.19 | 400 MR | 4:48.69 | 4:42.29 | 4:16.39 |

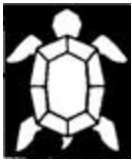
* SCY = 500 YDS **SCY = 1000 YDS ***SCY = 1650 YDS

2007 FAR WESTERN TIME STANDARDS

| GIRLS | | | | BOYS | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| SCY | SCM | LCM | LCM | SCM | SCY | |
| | | | 15/16 | | | |
| 25.59 | 28.49 | 29.29 | 50 Free | 26.49 | 25.69 | 23.19 |
| 56.49 | 1:01.19 | 1:02.79 | 100 Free | 57.39 | 55.79 | 50.89 |
| 2:01.99 | 2:13.49 | 2:16.69 | 200 Free | 2:05.09 | 2:01.89 | 1:50.99 |
| 5:21.99 | 4:44.99 | 4:51.39 | *400 Free | 4:27.79 | 4:21.39 | 5:06.19 |
| 11:09.99 | 9:50.79 | 10:03.59 | **800 Free | 9:39.19 | 9:26.39 | 10:39.99 |
| 18:39.99 | 18:50.99 | 19:14.99 | ***1500 Free | 18:15.99 | 17:51.99 | 17:59.99 |
| 1:05.99 | 1:11.79 | 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 | 2:21.39 | 2:09.99 |
| 1:13.99 | 1:20.79 | 1:22.79 | 100 Breast | 1:14.99 | 1:12.99 | 1:05.99 |
| 2:38.99 | 2:54.99 | 2:58.99 | 200 Breast | 2:45.69 | 2:41.69 | 2:26.99 |
| 1:02.69 | 1:09.59 | 1:10.99 | 100 Fly | 1:03.69 | 1:02.29 | 56.39 |
| 2:21.49 | 2:35.79 | 2:38.59 | 200 Fly | 2:26.99 | 2:24.19 | 2:10.99 |
| 2:17.99 | 2:32.59 | 2:35.79 | 200 I.M. | 2:23.29 | 2:20.09 | 2:06.59 |
| 4:55.99 | 5:27.59 | 5:33.99 | 400 I.M. | 5:08.19 | 5:01.79 | 4:38.99 |
| | | | 15/18 RELAYS | | | |
| 1:50.99 | 2:02.89 | 2:06.09 | 200 FR | 1:50.69 | 1:47.49 | 1:36.99 |
| 3:59.99 | 4:25.59 | 4:31.99 | 400 FR | 4:07.49 | 4:01.09 | 3:37.69 |
| 8:29.99 | 9:23.19 | 9:35.99 | 800 FR | 8:38.49 | 8:25.69 | 7:36.89 |
| 2:05.99 | 2:19.39 | 2:22.59 | 200 MR | 2:04.59 | 2:01.39 | 1:49.59 |
| 4:29.99 | 4:58.59 | 5:04.99 | 400 MR | 4:36.39 | 4:29.99 | 4:03.99 |

| | | | | | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| | | | 17/18 | | | |
| 26.69 | 28.69 | 29.49 | 50 Free | 25.99 | 25.19 | 23.19 |
| 57.19 | 1:02.09 | 1:03.69 | 100 Free | 57.29 | 55.69 | 50.29 |
| 2:05.69 | 2:16.79 | 2:19.99 | 200 Free | 2:04.19 | 2:00.99 | 1:50.99 |
| 5:34.99 | 4:56.39 | 5:02.79 | *400 Free | 4:28.99 | 4:22.59 | 5:06.19 |
| 11:39.99 | 10:13.19 | 10:25.99 | **800 Free | 9:39.19 | 9:26.39 | 10:39.99 |
| 19:19.99 | 18:55.99 | 19:19.99 | ***1500 Free | 18:25.99 | 18:01.99 | 17:59.99 |
| 1:09.09 | 1:16.79 | 1:17.99 | 100 Back | 1:08.49 | 1:07.29 | 1:00.39 |
| 2:31.99 | 2:42.49 | 2:44.89 | 200 Back | 2:35.39 | 2:32.99 | 2:17.59 |
| 1:17.99 | 1:23.39 | 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 | 1:10.99 | 1:12.39 | 100 Fly | 1:04.19 | 1:02.79 | 56.99 |
| 2:28.99 | 2:45.09 | 2:47.89 | 200 Fly | 2:31.39 | 2:28.59 | 2:13.99 |
| 2:23.49 | 2:35.59 | 2:38.79 | 200 I.M. | 2:23.69 | 2:20.49 | 2:06.99 |
| 5:12.99 | 5:45.89 | 5:52.29 | 400 I.M. | 5:20.39 | 5:13.99 | 4:43.99 |

* SCY = 500 YDS **SCY = 1000 YDS ***SCY = 1650 YDS



**Far Western
Championships
August 1-5, 2007**



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

The **Hilton Concord** is the Official Host Hotel for the 2007 Far Western Age Group Swimming Championships.



Hilton Concord
Double Double \$119
1970 Diamond Blvd., Concord
800 826-2644



Embassy Suites – Walnut Creek
Two Double Bed Suite \$124
1345 Treat Blvd., Walnut Creek
925 934-2500 or 800-EMBASSY



Crowne Plaza Concord
Double \$99
45 John Glenn Ave., Concord
925 825-7700 or 877 276-4600



Marriott Walnut Creek
Double \$109
2355 N. Main St., Walnut Creek
925 934-2000 or 800 228-9290



Courtyard Pleasant Hill
Double Double \$104
2250 Contra Costa Blvd, Pleasant Hill
925 691-1444 or 800 331-3131



Residence Inn Pleasant Hill Concord
Studio \$109
700 Ellinwood Way, Pleasant Hill
925 689-1010 or 800 331-3131

**INDIVIDUAL CONSOLIDATED ENTRY FORM
2007 Pacific Swimming Far Western Long Course August 1-5, 2007**

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

| | | | | |
|-----------------------|-----------------|------------------------------|---------------|--|
| Last Name | | First Name | | MI |
| LSC CODE (PC, SN) | | Club Abbr | Club Name | |
| Age | Age Group | Gender M F | Date of Birth | USA-S Registration Number |
| Event # | Distance/Stroke | Entry Time | | *PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. |
| | | LCM, SCY, SCM | | |
| | | | | <p>Swimmer must have met the listed Far Western Pacific Swimming time standard in any course for each event entered.</p> <p>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.</p> <p>Swimmers from foreign swim federations must prove <u>ALL</u> their times before being allowed to check-in.</p> <p>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.</p> |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Swimmer's Coach | | Total Entries _____ x \$4.50 | | |
| Swimmer's Address | | Swimmer's Email address | | \$ 5.00 (Participation fee) |
| Swimmer's Phone | | Total Due - | | \$ |
| | | Checks payable to: | | |
| | | Terrapins Swim Team | | (US DOLLARS) |

MAIL ENTRIES TO: Carol Moreno
Far Western Entries
157 N. 5th St.
Rio Vista, CA 94571

LATE ENTRIES WILL NOT BE ACCEPTED

Entry questions: morenos4@frontiernet.net

Mail deadline: **Monday, July 23, 2007, Midnight PDT.**
Hand delivered/overnight mail: **Wed. July 25, 2007 Midnight PD T.**
Online entry: **Wednesday, July 25, 2007 at Midnight PDT.**

Relay entries must be submitted on Relay Team Entry Form and be accompanied by team check

| Events Entered | Total Due \$5.00 Fee Included |
|----------------|----------------------------------|
| 1 | \$9.50 |
| 2 | \$14.00 |
| 3 | \$18.50 |
| 4 | \$23.00 |
| 5 | \$27.50 |
| 6 | \$32.00 |
| 7 | \$36.50 |
| 8 | \$41.00 |
| 9 | \$45.50 |
| 10 | \$50.00 |
| 11 | \$54.50 |

Team Relay Entry Form*

2007 Pacific Swimming Far Western Long Course – August 1-5, 2007

*To be submitted by Team

| | | |
|-----------|-------------------------|-----------------|
| Team Name | LSC | Team Abbr |
| | | |
| Coach | Contact Phone and Email | Amount Enclosed |
| _____ | | \$ |

10 & Under Age Group Relays

| Event # | Event | Team Entry Time | | |
|------------|-------------------------|-----------------|---|---|
| | | A | B | C |
| 35 | Girls 200 Free | | | |
| 36 | Boys 200 Free | | | |
| 109 | Girls 200 Medley | | | |
| 110 | Boys 200 Medley | | | |

11-12 Age Group Relays

| Event # | Event | Team Entry Time | | |
|------------|-------------------------|-----------------|---|---|
| | | A | B | C |
| 37 | Girls 400 Free | | | |
| 38 | Boys 400 Free | | | |
| 111 | Girls 400 Medley | | | |
| 112 | Boys 400 Medley | | | |
| 149 | Girls 200 Medley | | | |
| 150 | Boys 200 Medley | | | |
| 155 | Girls 200 Free | | | |
| 156 | Boys 200 Free | | | |

13-14 Age Group Relays

| Event # | Event | Team Entry Time | | |
|------------|-------------------------|-----------------|---|---|
| | | A | B | C |
| 33 | Girls 400 Free | | | |
| 34 | Boys 400 Free | | | |
| 73 | Girls 800 Free | | | |
| 74 | Boys 800 Free | | | |
| 107 | Girls 400 Medley | | | |
| 108 | Boys 400 Medley | | | |
| 147 | Girls 200 Medley | | | |
| 148 | Boys 200 Medley | | | |
| 153 | Girls 200 Free | | | |
| 154 | Boys 200 Free | | | |

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.

page 1 of 2 of Team Relay Entry Form

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.

| 15-18 Age Group Relays | | | | |
|------------------------|------------------|-----------------|---|---|
| Event # | Event | Team Entry Time | | |
| | | A | B | C |
| 71 | Girls 800 Free | | | |
| 72 | Boys 800 Free | | | |
| 31 | Girls 400 Free | | | |
| 32 | Boys 400 Free | | | |
| 105 | Girls 400 Medley | | | |
| 106 | Boys 400 Medley | | | |
| 145 | Girls 200 Medley | | | |
| 146 | Boys 200 Medley | | | |
| 151 | Girls 200 Free | | | |
| 152 | Boys 200 Free | | | |

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. Relay swimmers must swim in their appropriate age group (no "swimming up").

Relays are \$16.00 per Relay team entered.

RELAYS MAY NOT BE ENTERED ONLINE

Must be mailed or hand delivered

Mail deadline: **Monday, July 23, 2007, Midnight PDT.**
 Hand delivered/overnight mail: **Wednesday, July 25, 2007 Midnight PDT.**
 Online entry: **Wednesday, July 25, 2007 at Midnight PD T.**

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

Please enclose team check and send to:

Carol Moreno
 Far Western Entries
 157 N. 5th Street
 Rio Vista, CA 94571

Any questions: morenos4@frontiernet.net
 925-250-7561

page 2 of 2 of Team Relay Entry Form