



2024 PACIFIC SWIMMING FAR WESTERN CHAMPIONSHIPS

Hosted by Pleasanton Seahawks
PLEASANTON, CA

APRIL 4-7, 2024

WELCOME

2024 FAR WESTERN CHAMPIONSHIPS
DOLORES BENGTON AQUATIC CENTER
PLEASANTON, CA

Meet Director:

Kennan Rooney

Meet Host:

Pleasanton Seahawks

Head Coach:

Steve Morsilli



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Meet Referee

Michael Davis



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- ▶ **Administrative Referee Lead** – Mary Ruddell
 - Assistant Admin. Referees** – Debbi Tucker, Sunil Shanker, Angela Cardenas, Ross Wilper, Sachi Itow, Curtiss Kikuta
- ▶ **Team Lead Chief Judge for Officials** – Thierry Foucu
 - Chief Judges** – Mike Piccardo, Karyn Kikuta, Jeff Reagan, Blake Cunningham, Vijay Palaniappan, Hal Marks, Eric Perkins
- ▶ **Head Starter** – Jeanette Soe
 - Deck Referees** – Mette Graversen, Brett Shaug, Phil Grant, Paul Reidl, Ron Sto. Domingo, David Cottam
 - Starters** – Trevor Gillis, Andy Downs, Mike Flegel, Sylvain Flamant, Katherine Ng-Suen

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National Evaluators

Michael Davis

Jeanette Soe

Mary Ruddell

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right corner of the page.

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Schedule- Prelims

- ▶ Warm-Ups 7:15 AM – 8:45 AM each day (Competition Pool).
- ▶ Competition 9:00 AM each day.
- ▶ Warm-up Pool will be open at 8:00 AM each day.

Schedule- Finals

- ▶ Warm-Ups 3:00 PM – 3:50 PM
- ▶ Competition 4:00 PM (Thurs., Fri., Sat.)
- ▶ Sunday (TBD at General Meeting –warm-ups time to be adjusted accordingly)

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Scratches

- ▶ Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the Clerk-of-Course
- ▶ Athletes entered in a preliminary individual event in a Prelims and Finals Meet that is deck seeded who have checked in for that event, shall compete on the event unless they notify the Clerk-of-Course before seeding for that event has begun that they wish to scratch. Failure to compete on an event shall result in being barred from their next preliminary individual event. (Note: An Athlete can “declare a false start” up until just before their heat starts. A declared false start does count as a swim).
- ▶ Any Athlete qualifying for a Championship or Consolation Final in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of the qualifiers. During this period, qualifiers may also notify the Admin. Referee that they may not intend to compete in Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event that day.

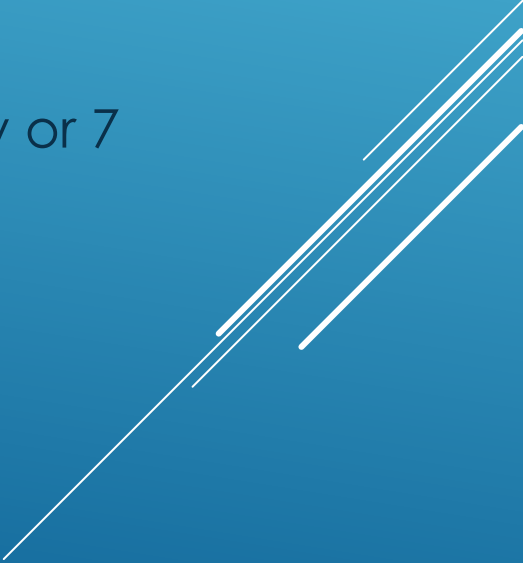
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Scratches – cont.

- ▶ Any Athlete qualifying for a Championship or Consolation Final in an individual event who fails to report to the blocks in said Finals race prior to the calling of the alternate shall be barred for the remainder of any finals events that day. Should the Athlete have no additional finals events for that day shall be barred from their next preliminary event.
- ▶ If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the Meet, and no other individual event penalty is applicable, the Athlete shall be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

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Be Mindful of Event Limits

- ▶ 3 individual events/day
 - ▶ 7 individual events/meet (INCLUDING Bonus events)
 - ▶ DFS and NS's count towards event limit
 - ▶ Relays do not count against the 3 events/day or 7 events/meet maximum
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Seeding

- ▶ Prelims- 200Y and shorter – fast to slow with the fastest 3 heats circle seeded . Prelims for the 500 FREE / 400IM shall swim fast to slow with the fastest 2 heats circle seeded.
- ▶ Finals- Championship Final on the Girl's Course. The Consolation Final for each event shall start immediately following the start of the Championship Final and be swam on the Boy's Course.
- ▶ Distance events in prelims (swum as a Timed Final) will swim on both courses each day with odd/even heats. Odd/even heats to be determined based on the gender being swam that day, i.e. a Girl's distance event will have the odd heats on the Girl's course with the even heats on the Boy's course. A Boy's distance event will have the odd heats on the Boy's course with the even heats being swam on the Girl's Course.

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Meet Operations

Declared False Starts:

- ▶ During the session – see the Chief Judge or the Deck Referee at the Starting area.
 - ▶ Questions regarding Disqualifications- see the Administrative Referee.
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Meet Operations – Relay Cards

- ▶ Relay cards are due by 11:00AM for each day's relays. Please turn in the relay cards to the Office to Computer Operator – Jim Bahls
- ▶ Cards for relays are available at the Admin. Desk.
- ▶ Distance Positive Check-In
- ▶ Distance Positive Check-In can be done early on any day. Positive Check-In for that day's distance events shall close at 11:00 AM.

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Meet Operations – Finals & Awards

- ▶ Finals – Championship Heat to be followed by the Consolation Heat on the 2nd course.
 - ▶ Championship Final is scored. Consolation Final is not scored.
- ▶ Consolation (B) finals heat shall report directly to blocks on the Boy's course. The Championship (A) final will be introduced at the starting blocks (on the Girl's course). Alternates must be in the start area ready to swim at the Boy's course (Alternates to let the corner Chief Judge / Official know that they are there. Note: Alternates shall only be called into the Consolation Heat).
- ▶ Awards: Refer to the Meet Announcement for additional info.
 - ▶ Top 3 Finishers in each Championship Final will be awarded immediately following the completion of the event. Please tell your Athletes (top 3) to remain in the water until their name is announced. Their medals shall be presented to them as they exit the pool.

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- ▶ Meet Operations
- ▶ Using Flyover starts for Prelims.
- ▶ Coaches – Please let your Athletes know not to adjust the backstroke ledges. The ledges will all be set at the same level for the Meet (Finis ledges shall be used).

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- ▶ Meet Operations -
 - ▶ Swim-offs:
 - ▶ Swim-offs will be required for ties in positions for 8, 9, 16, 17, 18, 19.
 - ▶ Check with the Scratch Desk before your athletes leave the venue after Prelims. for any possible Swim-Offs.
 - ▶ Coaches Cell Phone #s are REQUIRED - leave with the Clerk-of-Course when checking in for the meet.
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Jury

Technical & Eligibility

Coach

Don Heidary – Orinda Aquatics

Official


Phil Grant

Athlete

Oliver Santana – Quicksilver



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- ▶ REMINDER(s):
 - ▶ Changing in or out of swimsuits other than in locker rooms is prohibited.
 - ▶ Please remind your swimmers of this USA Swimming rule (202.4.11i) “Deck changes are prohibited”.
 - ▶ Parking: There is a Coach’s and Official’s parking area that is to the west of the pools – see map
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POOL MAP

LEGEND

- ① CHECK-IN
- ② OFFICIAL'S MTE. ROOM
- ③ SATURDAY EBD.
- ④ WARM-UP POOL
- ⑤ COMP. POOL: BOYS' END
- ⑥ COMP. POOL: GIRLS' END
- ⑦ STARTING CORNER
- ⑧ FIRST-AID
- ⑨ SCORE BOARD

OFFICIAL'S
PARKING
HOSPITALITY

Armedo
Recreation Center

Belores Fleeger
Aquatic Center

2225

TURN END

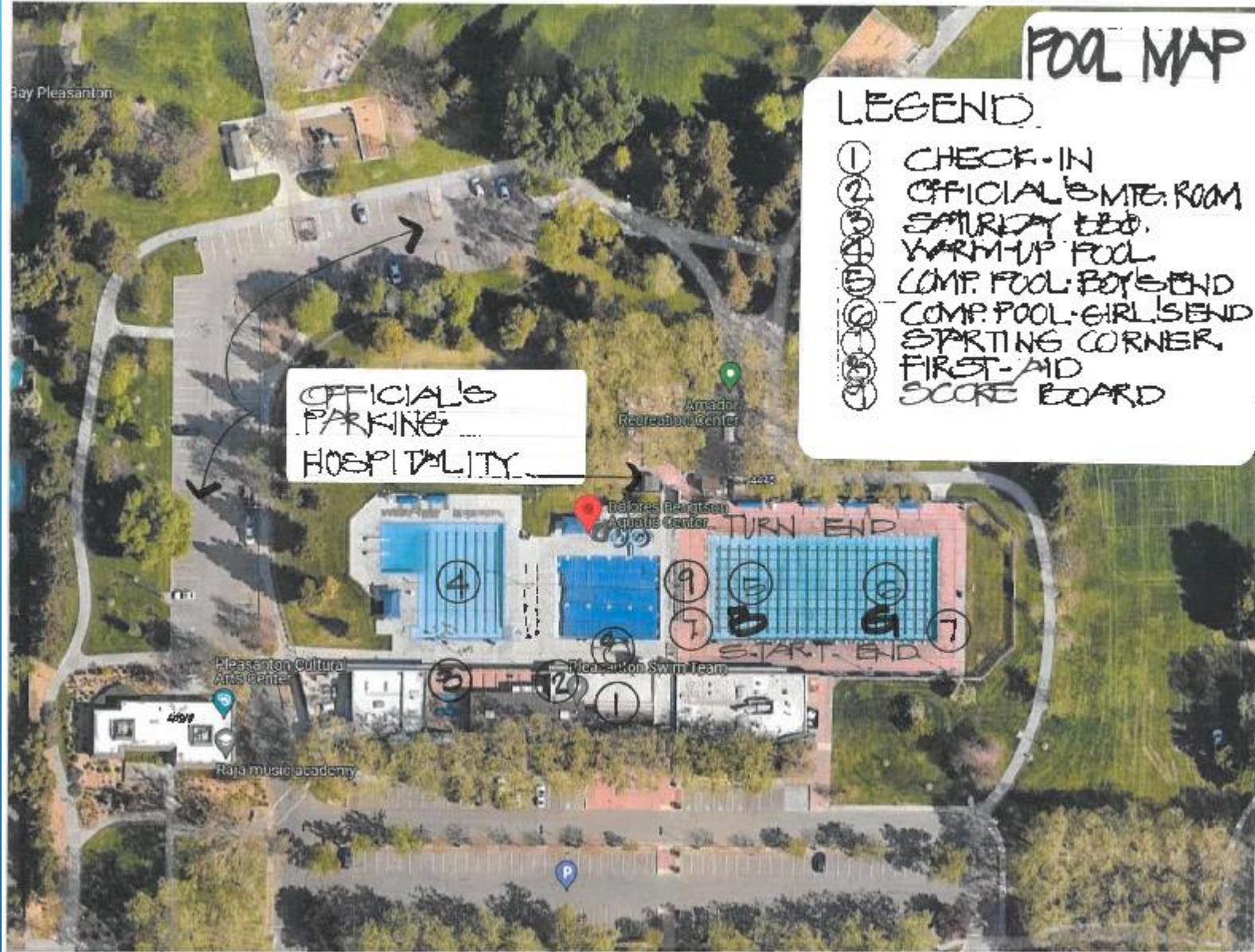
START END

Pleasanton Swim Team

Pleasanton Cultural
Arts Center

Raja music academy

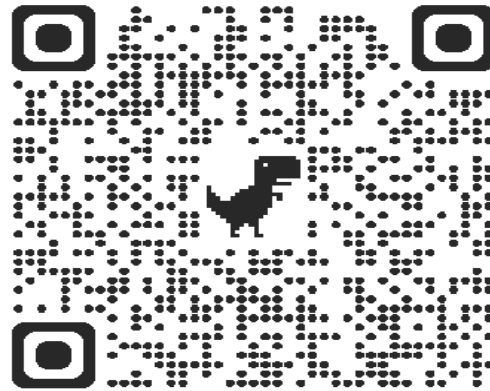
Bay Pleasanton



PACIFIC SWIMMING

COACHING OPPORTUNITIES: WESTERN ZONE AGE GROUP CHAMPS 2024

- *Apply to Coach in Boise, Idaho
August 7-10, 2024 (travel dates August 6-11)
All Pacific Swimming registered coaches are
encouraged to apply*
- *Pacific offers a Thank You Stipend to participating coaches*



www.pacswim.org



QUESTIONS -

