



WELCOME



2025 LONG COURSE FAR WESTERN CHAMPIONSHIPS
HOSTED BY SANTA CLARA SWIM CLUB, JULY 31- AUGUST 3, 2025
MORGAN HILL DENNIS KENNEDY AQUATICS CENTER
16200 CONDIT ROAD, MORGAN HILL, CA



OFFICIAL

- **MEET REFEREE - PHIL GRANT**
- **ADMINISTRATIVE REFEREE – DEBBI TUCKER**
- **HEAD STARTER – JEFF RAEGEN**
- **CHIEF JUDGE – SARAH OBBAGY**



MEET DIRECTOR

JULIE CORRIGAN

HOST

HEAD COACH

KEVIN ZACHER



MORGAN HILL AQUATIC CENTER
16200 CONDIT ROAD, MORGAN HILL CA



MEET JURY



COACH

MATT PAIGE

OFFICIAL

ANGELA CARDENAS

ATHLETE

TBD



MEET SCHEDULE

- **PRELIM WARMUPS:** 6:45-8:50 AM EACH DAY
- **START OF MEET:** 9:00 AM EACH DAY
- **FINALS WARMUPS:** 4:00-4:50 PM EACH DAY
- **FINALS START:** 5:00 PM EACH DAY

PRELIMINARIES TIMELINES

- THURSDAY: **12:55 PM**, AFTER DISTANCE EVENTS **3:10 PM**
- FRIDAY: **12:59 PM**, AFTER DISTANCE EVENTS **2:11 PM**
- SATURDAY: **1:11 PM**, AFTER DISTANCE EVENTS **2:18 PM**
- SUNDAY: **12:21 PM**, AFTER DISTANCE EVENTS **3:10 PM**





COMPETITION AND WARMUP POOLS

- **PACE LANES:** AVAILABLE AT 7:30 AM, LANES 1 (PREFERRED) AND LANE 8 IF NEEDED.
- **RACE STARTS:** AVAILABLE AT 7:30 AM, LANES 2 AND 6 (UP TO 2 LANES WITH 4 BLOCKS STARTING FROM BOTH ENDS – 25 METER DISTANCE, LANES SEPARATED BY A FLOTATION DEVICE
- **6 LANE WARMUP POOL:** 6:45-8:50 “3 LANES” 10 & U ONLY
- **PROHIBITED:** NO PADDLES, SNORKELS, KICK BOARDS, FINS, OR OTHER PRACTICE EQUIPMENT TO BE USED IN COMPETITION OR WARMUP/WARM DOWN POOLS.

RULES

- ALL PRELIMINARY EVENTS 200M AND SHORTER, SEEDED FAST TO SLOW, FIRST 3 HEATS CIRCLE SEEDED
- THE 400 FREE/400 IM, SEEDED FAST TO SLOW WITH THE FIRST 2 HEATS CIRCLE SEEDED
- ALL EVENTS WITH THE EXCEPTION OF 800 AND 1500 SHALL BE PRELIM AND FINALS (CHAMPIONSHIP FINAL ONLY). TOP 8 ATHLETES (2 ALTERNATES)
- 15-16 AND 17-18 AGE GROUPS WILL SWIM COMBINED IN PRELIMS.
- ATHLETES MAY COMPETE IN 3 EVENTS PER DAY AND A MAX OF 7 INDIVIDUAL EVENTS PLUS RELAYS FOR THE ENTIRE MEET. (SCRATCH DOWNS MAY BE NECESSARY)



SWIMSUITS & TAPPING

- EXCESSIVE BANDAGES OR INJURIES (SEE MEET REFEREE)
- THERAPEUTIC ELASTIC (KINESIO) TAPE IS ALWAYS **PROHIBITED**
- USA SWIMMING HAS A **NO** TECH SUIT POLICY FOR 12 & UNDER ATHLETES (PLEASE SEE THE MEET REFEREE FOR ANY SUIT THAT IS QUESTIONABLE PRIOR TO RACING)
- ABSOLUTELY NO DECK CHANGING



MEET OPERATIONS

- **CHASE STARTS** FOR ALL PRELIMINARY EVENTS, EXCEPT 50'S, 800 AND 1500 EVENTS
- **ODD HEATS** START ON MAIN COURSE (PARKING LOT SIDE)
- **EVEN HEATS** START ON TURN SIDE (GRASS SIDE) WILL BE CLEARLY MARKED ON CANOPIES
- **50M** EVENTS START ON EVEN SIDE (GRASS SIDE)
- **ALL 800 AND 1500** METER EVENTS START MAIN COURSE ON THE ODD SIDE
- **FINIS BACKSTROKE LEDGES** – COACHES PLEASE ADVISE ATHLETES NOT TO ADJUST (SET WITHIN SPECS)



DISTANCE RULES

- ALL DISTANCE EVENTS WILL SWIM IMMEDIATELY FOLLOWING PRELIMINARY EVENTS EACH DAY. THE REFEREE MAY INSERT ANY SWIM-OFF, PRIOR TO, DURING, OR FOLLOWING DISTANCE EVENTS.
- THE 800 AND 1500 METER FREESTYLE EVENTS SHALL SWIM IN COMBINED AGE GROUPS, BUT WILL BE SCORED/AWARDED SEPARATELY.
- SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS
- ATHLETES SHALL PROVIDE THEIR OWN TIMERS AND LAP COUNTERS.



THE MEET IS
PRE-SEEDED



PRELIM SCRATCHES



- SCRATCHES SHALL BE SUBMITTED BY EMAILING THE ADMINISTRATIVE REFEREE DEBBI TUCKER (DTUCKER@PACSWIM.ORG) OR BY VISITING THE SCRATCH DESK. EARLY SUBMISSION IS APPRECIATED. SCRATCHES MUST BE RECEIVED BY THE FOLLOWING DEADLINES.
- **THURSDAY PRELIMS:** BY WEDNESDAY, JULY 31, 5:00 PM
- **FRIDAY PRELIMS:** BY 30 MIN FOLLOWING THE START OF THURSDAY'S FINALS
- **SATURDAY PRELIMS:** BY 30 MIN FOLLOWING THE START OF FRIDAY'S FINALS
- **SUNDAY PRELIMS:** BY 30 MIN FOLLOWING THE START OF SATURDAY'S FINALS
- **PENALTY:** FAILURE TO COMPETE IN A PRELIM EVENT OR TO DECLARE A FALSE START (DFS) SHALL RESULT IN BEING BARRED FROM THEIR NEXT PRELIM EVENT NOT INCLUDING DISTANCE.

DECLARED FALSE START (DFS)

- **PRELIMINARY EVENTS ONLY**
- **DAY OF EVENT:** MAY DFS AT ADMIN OFFICE UNTIL 8:45 AM. THEREAFTER MUST DFS WITH REFEREE AT THE APPROPRIATE STARTING AREA ANYTIME PRIOR TO THE START OF THEIR RACE.



FINALS SCRATCHES



- ANY ATHLETE QUALIFYING FOR FINALS IN AN INDIVIDUAL EVENT WHO DOES NOT WISH TO COMPETE SHALL SCRATCH **IN PERSON** AT THE SCRATCH DESK WITHIN 30 MIN AFTER THE ANNOUNCEMENT OF QUALIFIERS.
- DURING THIS PERIOD, QUALIFIERS MAY ALSO NOTIFY THE 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 PRELIM EVENT. THEREAFTER FAILING TO DECLARE WILL RESULT IN BEING SEEDED IN FINALS.
- NO ATHLETE MAY DECLARE A FALSE START IN FINALS.
- ANY ATHLETE FAILING TO REPORT TO THE BLOCKS IN A FINAL RACE PRIOR TO THE CALLING OF THE ALTERNATE SHALL BE BARRED FROM THE REMAINDER OF ANY FINAL EVENTS FOR THAT DAY. SHOULD THE ATHLETE HAVE NO ADDITIONAL FINAL EVENTS FOR THAT DAY THEY SHALL BE BARRED FROM THEIR NEXT PRELIM EVENT.

POSITIVE CHECK IN 800 & 1500M FREESTYLE

ATHLETES MAY CHECK IN FROM THE 1ST DAY OF THE MEET UNTIL 9:00 AM ON THE DAY OF THE EVENT. FAILING TO DO SO WILL RESULT IN THE ATHLETE NOT BEING SEEDED.



POSITIVE CHECK IN RELAYS

- ALL RELAY ENTRIES, INCLUDING RELAY ONLY ATHLETES, SHOULD HAVE BEEN SUBMITTED BY THE ENTRY DEADLINES WITH THE ENTRY TIME LISTED.
- RELAY ENTRIES WILL NOT BE ACCEPTED AT THE MEET.
- RELAY POSITIVE CHECK/IN SCRATCHES SHALL BE DUE BY 11:00 AM EACH DAY. DON'T FORGET TO PICK-UP YOUR RELAY CARDS BEFORE THE FINAL SESSION BEGINS.
- PLEASE MAKE SURE THE NAMES OF THE SWIMMERS AND THE ORDER THEY WILL BE SWIMMING ARE ACCURATE. THE ORDER MAY BE CHANGED, UP UNTIL THE CARD IS HANDED TO THE LANE TIMER AND THE HEAT BEGINS. NO CHANGES MAY BE MADE AFTER THE RACE.



SWIM-OFFS

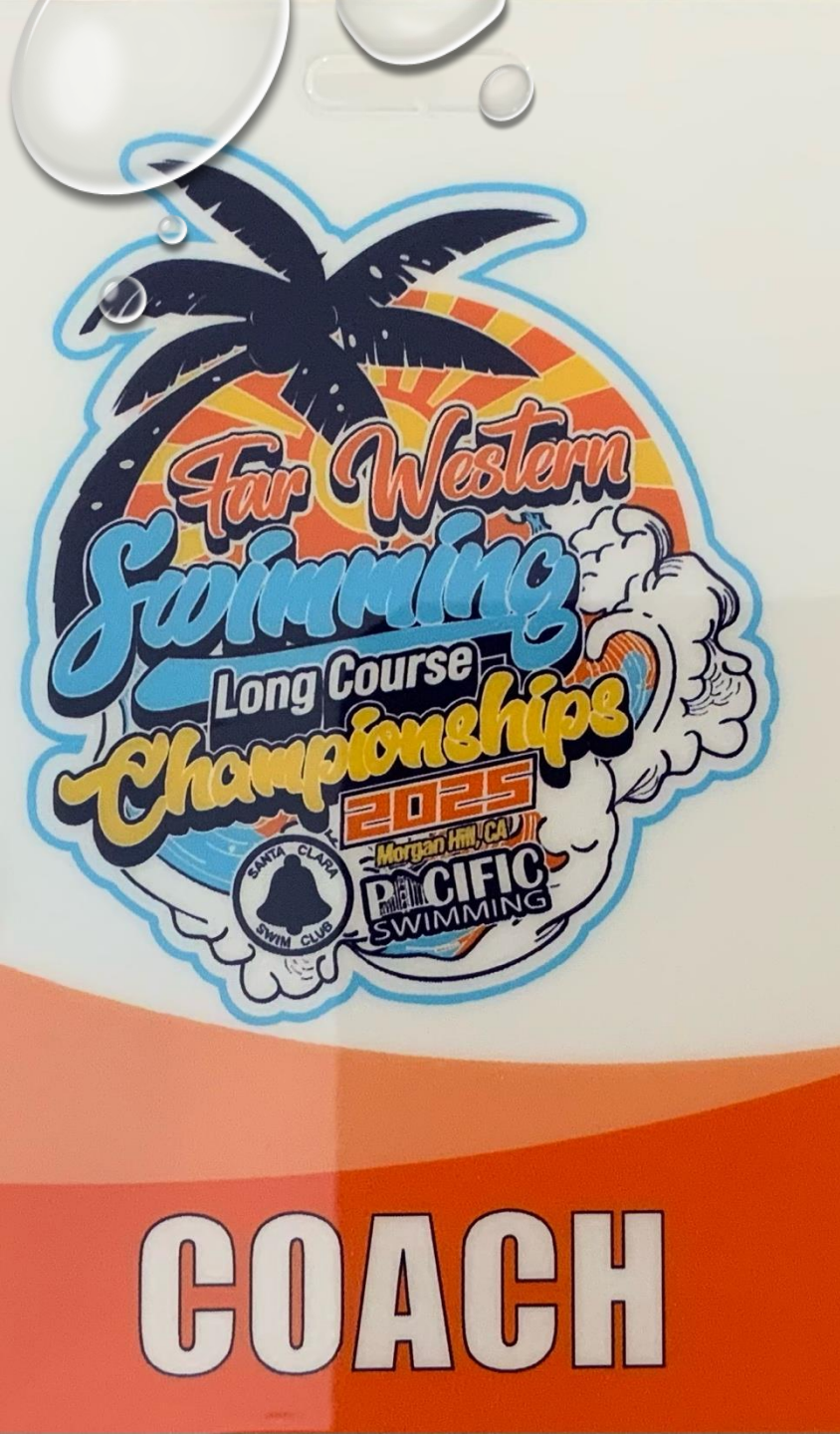
- REQUIRED FOR TIES IN PRELIMS FOR POSITIONS OF: 8,9, & 9,10, & 10,11 (PLEASE NOTE THAT BASED ON THE NUMBER OF SCRATCHES, SWIM-OFF MAY OCCUR FOR LOWER PLACEMENTS)
- CHECK IN WITH THE “ON DECK“ ADMIN REFEREE BEFORE YOUR ATHLETES LEAVE THE VENUE AFTER PRELIMS FOR ANY POSSIBLE SWIM-OFFS. SWIM-OFFS ARE CONSIDERED PART OF THE TOTAL PRELIMINARY PROCESS FOR QUALIFYING FOR THE FINALS. ALL SWIM-OFFS WILL BE **CONTESTED NO LATER THAN THE END OF DISTANCE EVENTS.**
- SWIM-OFF MAY BE CONTESTED IN AN ALTERNATIVE MANNER, SUCH AS A SHORTER DISTANCE, DIFFERENT EVENT, COIN TOSS OR ETC. HOWEVER IT MUST BE MUTUALLY AGREED UPON BY THE ATHLETES, COACHES, AND REFEREE.



ARTICLE 105 ATHLETES WITH DISABILITIES

- SWIMMER / COACH MUST NOTIFY THE MEET REFEREE PRIOR TO COMPETITION
- MODIFICATIONS
- ACCOMMODATIONS





COACHES' CHECK-IN

PLEASE VISIT THE COACHES SIGN-IN NEAR THE SCRATCH DESK AND PROVIDE YOUR MOBILE PHONE NUMBER IF YOU HAVEN'T ALREADY. COACHES CREDENTIALS AND RELAY CARDS MAY BE PICKED UP AT THIS LOCATION.

AWARDS



- INDIVIDUAL EVENTS: MEDALS 1ST–8TH PLACE
- RELAY EVENTS: MEDALS 1ST–3RD PLACE
- INDIVIDUAL FINAL EVENTS AWARDING FOR 1ST–3RD PLACE **MAY** BE PRESENTED AT THE CONCLUSION OF EACH CHAMPIONSHIP FINAL AS THE ATHLETE EXITS THE POOL. (DEPENDING ON THE TIMELINE)
- INDIVIDUAL HIGH POINT – PRESENTED AT CONCLUSION OF THE MEET

QUESTIONS ?
GOOD LUCK TO YOUR ATHLETES

