

**PACIFIC SWIMMING**  
**2017 PACIFIC COAST ALL STAR MEET**  
**JANUARY 7-8, 2017**



This meet is open only to All-Star teams from Pacific Swimming (PC), Pacific Northwest (PN), Southern California Swimming (CA), and Oregon (OR). Must be 2017 athlete members of USA Swimming.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-001**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet.**

**USE OF AUDIO AND VIDEO:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b>	Leo Lin	<b>Head Starter:</b>	Paul Reidl
<b>Administrative Referee:</b>	Nan McKenna	<b>Meet Marshal:</b>	Darryl Woo
<b>Meet Director:</b>	Larry Rice	<a href="mailto:larryrice000@comcast.net">larryrice000@comcast.net</a>	(650) 454-6975
<b>Travel Coordinator:</b>	Jeanette Soe	<a href="mailto:travel@pacswim.org">travel@pacswim.org</a>	(408) 769-0565

**LOCATION:** JEAN BRINK POOL, OCEANA HIGH SCHOOL, 401 PALOMA AVE., PACIFICA, CA 94404-2436

**DIRECTIONS: From San Francisco/I-280:** Take HWY 1 SOUTH into Pacifica. EXIT the PALOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left.

**From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA/CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT/NORTH for about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left.

**COURSE:** INDOOR 25 YARD pool with up to seven 7 lanes available for competition. An additional two (2) lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5" at the start end and 5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet begins at 2:00 PM on Saturday with warm-ups 12:00-1:45 PM. Meet will begin at 10:00 AM on Sunday with warm-ups 8:30-9:45 AM.

**RULES:** Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm up rules will apply. A copy of these procedures will be posted at the Clerk-of-Course. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**UNACCOMPANIED ATHLETES:** Any USA-S athlete-member competing at the meet must be accompanied by a USA

Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- **Please do not block driveways or interfere with residential property enjoyment in the neighborhood.**

**ELIGIBILITY:**

- Athletes must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. All events are timed finals.
- In individual events, each team is allowed four (4) entries. In relay events, each team is allowed two (2) entries.
- Athletes may compete in three (3) individual events plus two (2) relays per day.
- Each team is allowed 8 boys or 8 girls in each 11-12 or 13-14 age group.
- Age will be established as of January 7, 2017.

**ENTRIES:** Entries must be emailed to the meet director ([larryrice000@comcast.net](mailto:larryrice000@comcast.net)) using the HyTek entry file provided to the LSC. All entries must be electronically received by **Monday, Jan. 2, 2017 by 12 noon PST, and must include a PDF or hard-copy printout of the LSC's complete entries.** Entry changes will be allowed until the event is called to the blocks.

**ENTRY FEES:** None

**CHECK IN:** The meet will be Pre seeded.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event shall not be penalized.

**ADMISSION:** Free. Programs will not be printed for sale; a psych sheet will be emailed to coaches of participating clubs for internal distribution. Program will also be posted at the venue.

**SNACK BAR & HOSPITALITY:** Hospitality will be provided for athletes, coaches and working officials. Drink and snacks will be served to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**LANE ASSIGNMENTS:**

There will be 2 heats of relay events (Heat 2 fastest), “B” relay heat followed by “A” relay heat.

Relay Events Seeding

Lane 1	
Lane 2	OR
Lane 3	PN
Lane 4	PC
Lane 5	CA
Lane 6	

There will be 3 heats of individual events swimming slowest to fastest. Lanes 2-5 are assigned lanes for athletes 1,2,4 in each team. 3rd fastest athlete for each team will be placed in lanes 1 and 6 as shown below. If there are no more than 12 athletes, the 4th fastest athletes will be placed in available lanes in heat 2 or 3, hence eliminating the slowest heat.

Individual Events Seeding

	<u>Heat 1</u>	<u>Heat 2</u>	<u>Heat 3</u>
<b>Lane 1</b>		PC-3	CA-3
<b>Lane 2</b>	OR-4	OR-2	OR-1
<b>Lane 3</b>	PN-4	PN-2	PN-1
<b>Lane 4</b>	PC-4	PC-2	PC-1
<b>Lane 5</b>	CA-4	CA-2	CA-1
<b>Lane 6</b>		PN-3	OR-3

**SCORING:** Individual events: 9-7-6-5-4-3-2-1. Relay events: 18-14-12-10-8-6-4-2 (One relay from each LSC scores before a second relay from an LSC scores.)

**SATURDAY NIGHT DINNER:** Dinner for all teams will be hosted by Pacific Swimming, at the Hilton Double Tree Inn San Francisco Airport following the Saturday afternoon session.

**Schedule of Events**  
**Saturday January 7, 2017**

<b>Girls Event Number</b>	<b>Age Group</b>	<b>Stroke - Distance</b>	<b>Boys Event Number</b>
1	11-12	200 Free Relay	2
3	13-14	200 Free Relay	4
5	11-12	100 IM	6
7	13-14	200 IM	8
9	11-12	100 Free	10
11	13-14	100 Free	12
13	11-12	100 Back	14
15	13-14	200 Back	16
17	11-12	100 Breast	18
19	13-14	200 Breast	20
21	11-12	500 Free*	22
23	13-14	500 Free*	24
25	11-12	50 Fly	26
27	13-14	100 Fly	28
29	11-12	400 Medley Relay	30
31	13-14	400 Medley Relay	32

*\*Lap counters will be available.*

**Sunday January 8, 2017**

<b>Girls Event Number</b>	<b>Age Group</b>	<b>Stroke - Distance</b>	<b>Boys Event Number</b>
33	11-12	200 Medley Relay	34
35	13-14	200 Medley Relay	36
37	11-12	200 Free	38
39	13-14	200 Free	40
41	11-12	50 Breast	42
43	13-14	100 Breast	44
45	11-12	100 Fly	46
47	13-14	200 Fly	48
49	11-12	50 Back	50
51	13-14	100 Back	52
53	11-12	200 IM	54
55	13-14	400 IM	56
57	11-12	50 Free	58
59	13-14	50 Free	60
61	11-12	400 Free Relay	62
63	13-14	400 Free Relay	64