

2013 Pacific Coast All-Star Meet  
Hosted by Pacific Swimming  
January 5-6, 2012

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- Sanction:** Held under USA/Pacific Swimming Sanction Number: **13-001**  
*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. By entering the meet, the athlete or his/her guardian consents to this publication.
- Use of Audio & Visual:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.
- Officials:** Head Referee: Brian Malick                      Meet Director: Jillian Ruppenstein  
Head Starter: Peggy Ramirez    [office-support@pacswim.org](mailto:office-support@pacswim.org) / (415)310-0678
- Location:** QUINN SWIM CENTER at SANTA ROSA JUNIOR COLLEGE  
1501 Mendocino Avenue, Santa Rosa, CA
- Course:**
- Indoor, heated 25 yard pool with up to 8 lanes of competition
  - Outdoor, heated 25 yard pool with up to 6 lanes for warm-up/down during competition
  - The minimum water depth, measured in accordance with Article 103.2.3 is 5' at the start and 3'6" at the turn end.
  - The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.
- Time:** Competition will begin at 10:00 am each day. The competition course will be available for warm-ups from 8:00am to 9:45am.
- Rules:**
- Current USA & 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 timed finals.
  - Competition is open to All-Star teams from Pacific Swimming (PC), Pacific Northwest Swimming (PN), Oregon Swimming (OR), and Southern California (CA).
  - Each team will compete with 8 girls and 8 boys in both the 11-12 and 13-14 age-groups.
  - Each team is allowed 4 entries per individual event and 2 teams per relay event.
  - Swimmers are allowed to compete in a maximum of 3 individual and 2 relay events per day.
  - Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and strongly discouraged.
  - **All Coaches and Deck Officials must display their USA Swimming membership card in a visible manner.**
- Unaccompanied Swimmers:** USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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- Restrictions:**
- Sale and the use of alcoholic beverages is prohibited in all areas of the meet venue during competition.
  - Smoking and the use of tobacco products is prohibited in all areas of the meet venue during competition.
  - Coaches, parents, siblings, and officials may not use the pool.
  - Glass containers of any kind are not allowed in the pool area.
  - All pets, with the exception of guide-dogs, are prohibited in the pool area.
- Eligibility:**
- Competition is open to All-Star teams from Pacific Swimming (PC), Pacific Northwest Swimming (PN), Oregon Swimming (OR), and Southern California (CA).
- Scoring**
- Team Scoring: 9-7-6-5-4-3-2-1  
 Relay Scoring: 18-14-12-10-8-6-4-2 (One relay from each LSC must score before a second relay from an LSC scores)
- Entries:**
- Submit entries in Hy-tek format with the swimmers' best 25 yard time.
- Entry Deadline:**
- Entries must be received no later than **12:00 noon Friday, December 28, 2012.**  
 Send entry files to [office-support@pacswim.org](mailto:office-support@pacswim.org)
- Hospitality**
- There will be a hospitality room off the pool deck for coaches, managers and officials.  
 A snack bar will be available for swimmers.
- Travel & Hotel Information**
- Hotel**  
 Information still pending
- Charter Bus**
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| King's Transportation<br>1-415-282-2808 / <a href="mailto:info@kingstoursf.com">info@kingstoursf.com</a> | Michael's Transportation<br>1-800-295-2448 / <a href="mailto:information@bustransportation.com">information@bustransportation.com</a> |
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- We suggest flying into Oakland International Airport (OAK); however, San Francisco International Airport is also an option. Both airports are approximately 70 miles from the pool.
- Saturday Dinner**
- Information still pending

**Team Lane Assignments:**

LANE	INDIVIDUAL EVENTS		RELAY EVENTS	
	Heat 1	Heat 2	Heat 1	Heat 2
Lane 1	OR	CA	-	-
Lane 2	PN	PC	-	-
Lane 3	CA	OR	PN	PN
Lane 4	PC	PN	PC	PC
Lane 5	OR	CA	CA	CA
Lane 6	PN	PC	OR	OR
Lane 7	CA	OR	-	-
Lane 8	PC	PN	-	-

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**Event List**

**Saturday Events**

<b><u>Girls Event Number</u></b>	<b><u>Event</u></b>	<b><u>Boys Event Number</u></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 Freestyle	10
11	13-14 100 Freestyle	12
	15 Minute Break	
13	11-12 100 Backstroke	14
15	13-14 200 Backstroke	16
17	11-12 100 Breaststroke	18
19	13-14 200 Breaststroke	20
21	11-12 400 Freestyle	22
23	13-14 400 Freestyle	24
	15 Minute Break	
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

**Sunday Events**

<b><u>Girls Event Number</u></b>	<b><u>Event</u></b>	<b><u>Boys Event Number</u></b>
33	11-12 200 Medley Relay	34
35	13-14 200 Medley Relay	36
37	11-12 200 Freestyle	38
39	13-14 200 Freestyle	40
41	11-12 50 Breast	42
43	13-14 100 Breast	44
	15 Minute Break	
45	11-12 100 Butterfly	46
47	13-14 200 Butterfly	48
49	11-12 50 Backstroke	50
51	13-14 100 Backstroke	52
53	11-12 200 IM	54
55	13-14 400 IM	56
	15 Minute Break	
57	11-12 50 Freestyle	58
59	13-14 50 Freestyle	60
61	11-12 400 freestyle Relay	62
63	13-14 400 Freestyle Relay	64