

**2022 PACIFIC COAST ALL-STAR MEET  
JANUARY 8-9, 2022  
PACIFICA, CALIFORNIA**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-001**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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.

**USE OF AUDIO AND VISUAL:** 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. No video or other photography in or over the water, such as with a GoPro-type device. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**      **Meet Referee:** Phil Grant                      **Head Starter:** Katherine Ng  
                                 **Meet Marshal:** TBD                                      **Admin Official:** Debbi Tucker  
                                 **Meet Director:** Leo Lin ([lilin@pacswim.org](mailto:lilin@pacswim.org))

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica CA 94044-2436.

**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 the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half 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 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. There are three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. **PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!**

**COURSE:** 25 yard, indoor heated pool. Up to seven (7) lanes can be used for competition. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:**

| Schedule              | Session 1                 | Session 2               |
|-----------------------|---------------------------|-------------------------|
| Dates:                | Saturday, January 8, 2022 | Sunday, January 9, 2022 |
| Coaches' Meeting      | 12:00 PM                  | 8:00 AM (as needed)     |
| Warm-Ups              | 12:30 PM – 1:45 PM        | 8:30 AM – 9:45 AM       |
| Officials' Meetings   | 1:00 PM                   | 9:00 AM                 |
| Start of Timed Finals | 2:00 PM                   | 10:00 AM                |

- RULES:**
- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”) and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
  - All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
  - All events are timed finals.
  - All events will swim slow to fast
  - Athletes may compete in a maximum of 3 individual events and 2 relay events per day.
  - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

- WARM-UP PROCEDURES:**
- Three-point entry required in all lanes except when performing race starts under the direct supervision of the athlete’s coach.
  - All race starts and push-pace must be performed under the direct supervision of the athlete’s coach.
  - Dive lanes will open 45 minutes before the start of the meet.
  - The pool will close 15 minutes before the start of each session.

**UNACCOMPANIED ATHLETES:** Any USA-Swimming 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 Swimming 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 Swimming 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 Swimming Club Member-Coach.

**RACING STARTS:** Athletes 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 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 are 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.
  - Deck Changes are 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.

- ELIGIBILITY:**
- This meet is open only to All-Star teams from one of the four participating LSCs. All athletes must be currently registered with USA Swimming through one of the following LSCs: Pacific Northwest Swimming (PN), Southern California Swimming (CA), Oregon Swimming (OR) or Pacific Swimming (PC). Neither on-deck USA Swimming registration nor on-deck transfer to any LSC or All-Star team will be allowed. All USA-Swimming registration numbers will be verified by the PC office through the SWIMS database.
  - The Athlete’s age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** None

**ENTRY DEADLINE:** Monday, December 20, 2021, 5:00 PM

**ENTRIES:** Each LSC may have no more than eight (8) girls and eight (8) boys in each of the two meet age groups: 11-12 and 13-14. Age groups are based on the age of the athlete as of the first day of the meet. Each athlete may enter up to a maximum of three (3) individual events and two (2) relays per day. Entries exceeding this limit will be scratched without notification. Deck entries will not be allowed. Only yard times accepted for seeding. The meet will be pre-seeded and there will be no penalty if an athlete misses an event.

**EMAIL ENTRIES TO:** Leo Lin: [llin@pacswim.org](mailto:llin@pacswim.org)

**INDIVIDUAL EVENT LANE ASSIGNMENTS:** There will be three (3) heats of individual events, seeded slowest to fastest. Lanes 2-5 are assigned lanes for each team's 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> athletes and the 3<sup>rd</sup> athlete will be placed in lanes 1 and 6 as shown below: If there are no more than 12 athletes in an event, there will be only two (2) heats of the event with the 4<sup>th</sup> swimmers placed in those heats.

| Lane# | Heat 1 | Heat 2 | Heat 3 |
|-------|--------|--------|--------|
| 1     |        | PN-3   | CA-3   |
| 2     | PN-4   | PN-2   | PN-1   |
| 3     | CA-4   | CA-2   | CA-1   |
| 4     | PC-4   | OR-2   | PC-1   |
| 5     | OR-4   | PC-2   | OR-1   |
| 6     |        | OR-3   | PC-3   |

**RELAY EVENT LANE ASSIGNMENTS:** There will be two (2) heats of relay events, seeded slowest to fastest. Each LSC's "B" relay will be placed in Heat 1 and each LSC's "A" relay will be placed in Heat 2.

| Lane# | Heat 1 | Heat 2 |
|-------|--------|--------|
| 1     |        |        |
| 2     | PN-B   | PN-A   |
| 3     | CA-B   | CA-A   |
| 4     | PC-B   | PC-A   |
| 5     | OR-B   | OR-A   |
| 6     |        |        |

**AWARDS:** No Awards

**SCORING:** One relay team from each LSC must score before a second relay team from any LSC may score.

|                          | 1 <sup>ST</sup> | 2 <sup>ND</sup> | 3 <sup>RD</sup> | 4 <sup>TH</sup> | 5 <sup>TH</sup> | 6 <sup>TH</sup> | 7 <sup>TH</sup> | 8 <sup>TH</sup> |
|--------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b>INDIVIDUAL EVENTS</b> | 9               | 7               | 6               | 5               | 4               | 3               | 2               | 1               |
| <b>RELAY EVENTS</b>      | 18              | 14              | 12              | 10              | 8               | 6               | 4               | 2               |

**ADMISSION:** Free.

**HOSPITALITY:** Limited hospitality will be available to all working officials and coaches pending local Health Department and City of Pacifica regulations. Drinks will be provided to working timers.

**PARKING:** There will be LIMITED reserved parking for coaches and officials who are working that day. Please obey all Pacifica parking regulations.

**MISCELLANEOUS:** Covid precautions such as wearing masks and number of spectators allowed in the venue is subject to change based on the current CDC, CA Health Department, San Mateo County Health Department and high school district guidelines.

## ORDER OF EVENTS

| SATURDAY, Jan 8, 2022 |           |                   |      |
|-----------------------|-----------|-------------------|------|
| Girls                 | Age Group | Stroke - Distance | Boys |
| 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 provided*

| SUNDAY, Jan 9, 2022 |           |                   |      |
|---------------------|-----------|-------------------|------|
| Girls               | Age Group | Stroke - Distance | Boys |
| 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   |