



Pacific Northwest Swimming  
 2023 Pacific Coast All-Star Meet -- Sanction #2301-STAR  
 Snohomish Aquatic Center  
 516 Maple Avenue, Snohomish, Washington  
 Hosted by Pacific Northwest Swimming

*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

SCHEDULES	SESSION 1 SATURDAY, JANUARY 7, 2023	SESSION 2 SUNDAY, JANUARY 8, 2023
Coaches' Meeting	11:45 AM Saturday All coaches must check in with the Clerk of Course	
Officials' Meetings	45 minutes before start of competition	
Warm-ups	12:00 Noon – 1:45 PM	8:30 – 9:45 AM
Timed Finals	2:00 PM	10:00 AM

**MEET DIRECTOR:**

- Lorraine Masse  
 • lorrainemasse@outlook.com  
 • 425 941 0782

**MEET REFEREE:**

- Aline Bensen  
 • abensen-meetref@comcast.net

**FACILITY**

- 25 yard x 25 meter pool with lanes numbered from left-to-right as the swimmers face the course. All ten lanes will be used during general warm-up. Lanes 1-6 will be used for competition during which time Lane 7 will be closed and Lanes 8-10 will be available for coach-supervised warm-up/cool-down.
- Starting end 12.5 feet deep; turning end 7.0 feet deep.
- The competition course has been certified in accordance with 104.2.2C(4). Copy of such certification is on file with USA Swimming.
- Competition will be live-streamed. Over 400 spectator seats in bleachers. Only coaches, swimmers, and meet volunteers will be allowed on the pool deck.
- Automatic timing system with scoreboard readout
- Heat Sheets posted at venue and on Meet Mobile; Results on Meet Mobile & PNS web page.
- Vendor: Snohomish Aquatic Center Swim Shop
- Hospitality for coaches and officials.
- Parking adjacent to pool.

**ELIGIBILITY & ENTRY INFORMATION:**

- This meet is open only to All-Star teams from one of the four participating LSCs. All swimmers must be 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.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- 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. Each swimmer may enter up to three (3) individual events per day and may compete

- on no more than two (2) relay teams per day. Entries exceeding this limit will be scratched without notification.
- Deck entries will not be allowed at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:** None

**AWARDS AND SCORING:**

- No awards.
- Individual event scoring: 9-7-6-5-4-3-2-1
- Relay event scoring: 18-16-14-12-10-8-6-4-2. One relay team from each LSC must score before a second relay team from any LSC may score.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be timed finals, pre-seeded YLS.
- Distance freestyle swimmers must provide their own counter, if desired.

Individual Event Lane Assignments: There will be three (3) heats of individual events, seeded slow-to-fast. Lanes 2-5 are assigned lanes for each team's #1, #2, and #4 athletes, and the #3 athletes will be placed in Lanes 1 and 6 as shown below.

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

- If fewer than twelve (12) athletes enter an event, there will be only two (2) heats of the event, with the #4 swimmers placed in those heats.

Relay Event Lane Assignments: There will be two (2) heats of each relay event. Each LSC's "B" relay will be placed in Heat 1 and each LSC's "A" relay will be placed in Heat 2.

- o Lane 2: PN
- o Lane 3: CA
- o Lane 4: PC
- o Lane 5: OR

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
  - Lanes 1 & 8 – pace lanes, no diving
  - Lanes 2 & 7 - sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 4 & 5 - general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

**SAFETY INFORMATION:**

- All 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 MAAPP is a condition of participation in the conduct of this competition.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located on the wall behind the starting blocks and in the building lobby.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are prohibited.
- 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.
- Shaving is not allowed anywhere in the facility.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.

- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**ENTRY SUBMITTAL INFORMATION:** The Meet Director will provide entry information to each participating LSC.

**ORDER OF EVENTS****SATURDAY**

<b>Girls</b>	<b>Age Group</b>	<b>Distance/Stroke</b>	<b>Boys</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

**SUNDAY**

<b>Girls</b>	<b>Age Group</b>	<b>Distance/Stroke</b>	<b>Boys</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