

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

- 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
- 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**
- | | |
|--|---|
| King's Transportation
1-415-282-2808 / info@kingstoursf.com | Michael's Transportation
1-800-295-2448 / information@bustransportation.com |
|--|---|
- 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	-	-

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

Event List

Saturday Events

<u>Girls Event Number</u>	<u>Event</u>	<u>Boys Event Number</u>
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

<u>Girls Event Number</u>	<u>Event</u>	<u>Boys Event Number</u>
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