

2026 Pacific Coast All-Star Meet
Hosted by Pacific Swimming
January 3-4, 2026
Pacifica, California



This meet is open to All-Star teams from Pacific Swimming (PC), Pacific Northwest (PN), Southern California Swimming (CA), and Oregon (OR). Must be 2026 athlete members of USA Swimming.

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-001**

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 on Meet Mobile.**

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. 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: Brett Shaug
Meet Marshal: Cindy Rowland
Meet Director: Jenson Wong

Head Starter: Kit Yan
Admin Official: Sachi Kuwano

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 six (6) lanes will 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 Meet Host shall ensure the required course dimensions.

Schedule	Session 1	Session 2
Dates:	Saturday, January 3, 2026	Sunday, January 4, 2026
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 and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

- 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 they understand that compliance with MAAPP 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 Athletes ages 12 and under should complete competition within four (4) hours.
- No Technical Suits may be worn by any 12 & under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (USA Swimming Rule 102.8.1F)
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- Medical supervision: lifeguards will be on duty during the meet and available to participants.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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.

Lane 1	General warm-up until needed as an additional race start lane. Athletes performing race starts may return to the start end by using an outside lane.
Lane 2	PN athletes
Lane 3	PC athletes
Lane 4	OR athletes
Lane 5	CA athletes
Lane 6	General warm-up until requested for race starts. Athletes performing race starts must exit at the turn end of the pool and walk back to return to the start end.
Lane 7	General warm-up until requested for push-pace
Additional shallow outside lanes	General warm-up

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.

- **There will be NO Team, coach or swimmer canopy set up allowed on any area of the pool deck.**
- No cell phone use is allowed in any bathroom or changing room as per USA Swimming Safe Sport ordinances.
- Each participating team is limited to no more than 32 total swimmers.

ELIGIBILITY: This meet is open only to All-Star teams from one of the four participating LSCs. All swimmers 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.

ENTRY FEES: None

ENTRY DEADLINE: **Midnight, Wednesday, December 17, 2025**

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 swimmer as of the first day of the meet. Each swimmer 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 a swimmer misses an event.

EMAIL ENTRIES TO: Curtiss Kikuta ckikuta@att.net

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 1st, 2nd and 4th fastest athletes and the 3rd fastest 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 4th fastest swimmers placed in those heats.

Lane#	Heat 1	Heat 2	Heat 3
1		OR-3	CA-3
2	PN-4	PN-2	PN-1
3	PC-4	PC-2	PC-1
4	OR-4	OR-2	OR-1
5	CA-4	CA-2	CA-1
6		PC-3	PN-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	PC-B	PC-A
4	OR-B	OR-A
5	CA-B	CA-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 ST	2 ND	3 RD	4 TH	5 TH	6 TH	7 TH	8 TH
INDIVIDUAL EVENTS	9	7	6	5	4	3	2	1
RELAY EVENTS	18	14	12	10	8	6	4	2

ADMISSION: Free

HOSPITALITY: Hospitality will be available to all working officials and coaches.

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

EVENT SUMMARY:

Saturday, January 3, 2026		
Girls #	Event Description	Boys #
1	11-12 200 Free Relay	2
3	13-14 200 Free Relay	4
5	11-12 100 I.M.	6
7	13-14 200 I.M.	8
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
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	11-12 500 Freestyle	22
23	13-14 500 Freestyle	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, January 4, 2026		
Girls #	Event Description	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 Breaststroke	42
43	13-14 100 Breaststroke	44
45	11-12 100 Fly	46
47	13-14 200 Fly	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
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