

OREGON SWIMMING
2023 Pacific Coast ALL-STAR MEET
SWIMMER APPLICATION
Snohomish, WA Jan. 7-8, 2023

Thank you for your interest in applying for a spot on the Oregon Swimming All Star Team! 8 girls and 8 boys will be selected from two age groups (11-12 and 13-14) for this meet and they will compete against three other All Star Teams from up and down the West Coast. Athletes will be selected based on a variety of factors, including best times and power points, along with how they would round out the team for Oregon Swimming.

There is a quick turnaround from application time to when the team is chosen. Applications and trip cost of \$250 are due by noon Monday, December 19th. The team will be posted on the website by Wednesday December 21st. A full refund will be returned to any athlete who is not selected by December 23rd.

All-Star team members will receive 2 t-shirts, bag, swim cap, lodging, meals and snacks, meet entries and transportation.

Please check to verify your application was received if you do not receive an email back from Head Coach Scott Miyako or Team Manager Debbie Laderoute.

Thank you for supporting Oregon Swimming!

Swimmer's Name _____ Male/Female _____

First Middle Last

Address _____ City _____ State _____ Zip _____

Phone (H) _____ (W) _____ (Cell) _____

Coach's Name _____ Club's Name _____ Club Code _____

USA Swimming #: (DDMMYY followed by first 3 letters of legal first name, middle initial, first four letters of last name (where there isn't a letter to fill use an asterisk): _____

Swimmer's Age as of Jan 7, 2023 _____ email** _____

****Both pages of this Application must be received by the OSI office by Dec
19, 2022****

LATE APPLICATIONS WILL NOT BE CONSIDERED

Upload application during registration or scan and email application to
debbie@oregonswimming.org and coachscottmiyako@gmail.com

The total cost of the trip to the athlete is \$250. The application and trip cost are due by noon
December 19th. A full refund will be given to any athlete not selected.

Swimmers Name _____ Age _____

PLEASE READ VERY CAREFULLY BEFORE FILLING OUT TIMES

- * **Swimmer must be between 11-14 years old to compete at this meet.**
- * Enter best short course yards times for ALL EVENTS LISTED, not only the Qualifying times you have.
- * List any short course meters and long course meters qualifying times in the other columns.
- ***Now, this is extremely important! For 11-12 yr. olds use 12 yr. old 2020 NWAG Times; 13-14 yr. olds use 14 yr. old 2020 NWAG Times.**
- * Times you list below must have been achieved since **Jan 1st, 2022.**
- * Circle or fill in red the events for which you have achieved qualifying times. (You must have a minimum of one NWAG Qualifying Time to apply).
- * Please list the power point score for all your qualifying times

Event	Power point score for qualifying times	All SCY Time	All SCM Time	All LCM Time	Meet and Date at which this time was achieved
50 Free					
50 Back					
50 Breast					
50 Fly					
100 Free					
200 Free					
500 Free					
100 IM					
200 IM					
400 IM					
100 Fly					
200 Fly					
100 Breast					
200 Breast					
100 Back					
200 Back					

IMPORTANT FOR COACHES: (This form must be signed by the coach.) Coach’s signature verifies that the times are accurate and have been achieved in competition since Jan 1st, 2022 and that swimmer’s level of conditioning is appropriate for this competition. Coaches please use the space provided for comments you may wish to make regarding the swimmer’s events, conditioning, etc.

Coach’s Signature _____ Date _____

Coach’s Comments _____

****Both pages of this Application must be received by Dec 19th , 2022****

Scan and email application to debbie@oregonswimming.org and coachscottmiyako@gmail.com . The total cost of the trip to the athlete is \$250. **For athletes selected for the team the remaining payment will be due by noon on December 23rd**