

Athlete Applications for the 2025 All Stars Team are now open! Applications are due Dec 13th, 11:59pm.

Coach Applications are also open and are due Nov 20th, 11:59pm.

## **ABOUT PNS ALL-STAR TEAM**

Each January, PNS selects up to 32 swimmers to compete at the Pacific Coast All-Star Meet against Southern California, Oregon and Pacific. Meet sites rotate annually through the Pacific Coast member LSCs with 2025 being hosted by Oregon Swimming at Shute Park Aquatic and Recreation Center 953 SE Maple St, Hillsboro, OR 97123.

## **ELIGIBILITY**

To be eligible, a swimmer must be between the ages of 11 to 14, a member of PNS in good standing and be available to swim both days of the meet. Team selections are made by the All-Star coaching staff, as approved by the Age Group Chair, in an effort to assemble the most competitive team representing PNS.

## **SELECTION PROCESS**

Up to eight (8) swimmers in each of the 11-12 and 13-14 age groups (age as of January 4, 2025) and genders will be selected from the applications submitted by the deadline set forth here for a total of up to thirty two (32) swimmers representing PNS at the All Star meet. The 2023 All Stars qualifying period runs from September 1st, 2024 through the December 2024 PNS Age Group Champs.

The top six (6) swimmers that have the highest total Power Points summary in the following events: 100 Free, 100 Fly, 100 Back, 100 Breast, 200 IM and 500 Free will be selected to the team for each age group and gender, from the applications submitted.

The remaining two (2) swimmers, per age group and gender, will be selected by the All Star coaching staff based on numerous factors of consideration, including but not limited to: fastest relay compositions, potential for team scoring in specific events, meet experience, event order, event LSC/Zone ranking, IMX and total PowerPoint scores. If a swimmer is unable to compete, the swimmer(s) with the next highest Power Point score(s) will be selected in their place.

## **TEAM TRAVEL**

Athletes selected for the team will travel as a group to Hillsboro. Athletes will travel to the pool, room, and have all meals for the duration of the trip.

