NORTHWEST DISTRICT ONE 4A

GIRL’S SWIMMING & DIVING CHAMPIONSHIPS

November 6th,7th,9th

Kamiak High School

Mukilteo School District #6

10801 Harbour Pointe Blvd

Mukilteo, Wa 98275

MEET FACTS

1. Meet Director

Debra Crawford

10801 Harbour Pointe Blvd

Phone: School (425)366-5400 or cell (425)-445-8813

Meet Manager

Chris Erickson

10801 Harbour Pointe Blvd

Cell: (425)-210-38169

1. Meet Committee
2. Chris Erickson, Kamiak High School
3. Eric Smith, Cascade High School
4. Rob Serviss, Snohomish High School
5. Kate Trettevik, Edmonds-Woodway High School
6. Drew Whorley, Jackson High School
7. Competing Schools

Cascade Kamiak Lynnwood

Edmonds-Woodway Lake Stevens Monroe Mt. Vernon

Jackson Mariner Snohomish

1. Dates and Times Swimming @ Kamiak High School, Diving @ Mariner High School

Wednesday, November 6th Dive Warm-up @ Mariner 4:00PM

Wednesday, November 6th Dive Prelims 5:00PM

Thursday, November 7th Swim Warm-up 3:30-4:50PM

Thursday, November 7th Swim Preliminaries 5:00PM

Saturday November 9th Swim Warm-up 2:30 – 3:50PM

Saturday, November 9th Swimming and Diving Finals 4:00 PM

**All entries due October 30th, 2013,** **via high tech export file!** Please email to the enclosed email addresses: Chris Erickson ([ericksoncc@mukilteo.wednet.edu](mailto:ericksoncc@mukilteo.wednet.edu)). Psych sheet will be available the following Monday.

1. Location of Swimming Prelims & Championships
2. Kamiak High School Swimming Pool
3. Diving at Mariner High School for prelims, Kamiak for finals
4. Awards
5. Relays: Ribbons 1st thru 12th place
6. Individual events: Ribbons 1st thru 12th place
7. Entries
8. Each school is allowed up to four (4) entries in individual events.

Each school is allowed one relay per team.

Each school is guaranteed an automatic entry per event in the case of no qualifiers in the event.

1. A competitor may enter a maximum of four events, no more than two which shall be individual events.
2. The top eighteen (18) competitors will qualify for Saturday’s finals.
3. 4A Diving: Each school is allowed four (4) entries.
4. Seeding
5. There shall be a minimum of 3 competitors or relay teams seeded in any preliminary heat. In preliminary races, the final 3 heats consist of the highest seeded competitors, with the highest in the last heat, the second highest in the next to last heat, the third highest in the second to last heat, the fourth highest in the last heat, and so on. If more than 3 heats are necessary, the assignment in additional heats is determined as in timed final events.

Note: When there are 7 to 12 competitors, there shall be 2 seeded heats.

1. **Qualifying Times District**
2. 200 Medley Relay one
3. 200 Yard Freestyle 2:25
4. 200 Individual Medley 2:45
5. 50 Yard Freestyle :28.5
6. 1M Diving (11 dives)
7. 100 Yard Butterfly 1:20
8. 100 Yard Freestyle 1:05
9. 500Yard Freestyle 6:40
10. 200 Yard Freestyle Relay One
11. 100 Yard Backstroke 1:18
12. 100 Yard Breaststroke 1:27
13. 400 Yard Freestyle Relay One
14. Preliminaries
15. Wild Card Process: After the time standard and single automatic entries are completed, any empty lanes up to 24 swimmers will be filled from the JV (end of season) invitational meets according to times. This is dependent on a school not already having four entries. (Example: Jones HS and Smith HS have only 3 entries in the 100 fly and their 4th 100 butterfly athletes are the fastest two of all of the JV Swimmers. There are 2 empty lanes in the fly after district qualifying times. BOTH swimmers would then be entered in the District Meet.) This process would continue until all lanes were filled in each event.
16. Finals
17. Finals will be three heats (1,2, and 3). Spots are locked per the National Federation Rule Book.
18. Finals heats will be run in reverse (Slowest to Fastest)
19. State Qualifiers
20. Top 3 from the WESCO 4A will advance to state.

**Qualifying Times State**

1. 200 Medley Relay 1:55.50
2. 200 Yard Freestyle 1:59.90
3. 200 Individual Medley 2:14.00
4. 50 Yard Freestyle :25.25
5. 1 M Diving (11 dives)
6. 100 Yard Butterfly 1:00.80
7. 100 Yard Freestyle :54.90
8. 500 Yard Freestyle 5:21.00
9. 200 Yard Freestyle Relay 1:43.90
10. 100 Yard Backstroke 1:00.90
11. 100 Yard Breaststroke 1:10.20
12. 400 Yard Freestyle Relay 3:47.50
13. Diving
14. Each diver shall be allowed eleven (11) dives. Five (5) voluntary dives, one from each category, each having a degree of difficulty of 1.8, and six (6) optional dives, at least one from each category.
15. The contest shall consist of preliminaries, semi-finals, and finals.
16. In the preliminaries, divers shall perform any two (2) voluntary dives and three (3) optional dives. The two (2) optional dives must be from different groups. If there are more than 24 divers, a cut will be made to 24 following preliminaries.
17. Semi-finals will follow preliminaries after the semi-finalists have been announced.
18. The semi-finalists will perform the remaining two (2) voluntary dives and (1) optional dive in any order. Eighteen (18) divers will advance from the semi-finals to finals.
19. The finalists will perform one (1) voluntary and two (2) optional dives. One of the optional dives must be from the category from which the diver is performing two optional dives.
20. Scoring
21. Eighteen (18 ) swimmers will qualify from each division for the finals. The scoring will be for 18 places.

RELAYS: 48, 42, 40, 38, 36, 34, 30, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

OTHER EVENTS: 24, 21, 20, 19, 18, 17, 15, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

1. Miscellaneous
2. Timers- We will be using electronic touch pads for the meet. Manual timers will serve as back-up.
3. Seed Information – All entries Wednesday October 30th, 2013. Please email to: Chris Erickson ([ericksoncc@mukilteo.wednet.edu](mailto:ericksoncc@mukilteo.wednet.edu)). Psych sheet will be available the following Monday.
4. Dressing Rooms at KHS
5. The boys’ and girls’ pool dressing rooms will be used for all teams.
6. Signs will be posted on the dressing room doors, assigned for participants.
   1. Do not leave paper bags, towels, or other debris on the floor and pool deck.
   2. Leave all equipment, bulletin boards, and fixtures as they are.
   3. Keep all valuables with you during the swim meet.

Programs

1. For programs we need the following information:
   1. Coaches names (include assistants and dive coaches)
   2. Team nickname
   3. Names of swimmers (**alphabetized – District Swimmers ONLY)**
   4. Please include the year and school for each of the swimmer’s entries.
   5. Team captain and manager names.

SWIMMERS INFORMATION

Coaches—It takes the cooperation of many people to administer a successful district swim meet, particularly the participants and their coach.

Please instruct your swimmers to adhere to the following instructions:

1. Remain silent when the announcer and starter blow their whistle for silence.
2. Swimmers are not allowed in any water unless authorized by the referee. This means the area behind the bulkhead.
3. All swimmers and coaches must remain outside the roped areas.
4. There shall be only one lap counter per lane during the 500 yard freestyle.
5. When your name is announced for the final (Championship) heat, please step forward and be recognized.
6. Oil will be allowed on the swimmers, but will be disallowed if ruled excessive by the referee.
7. No on site shaving.

COACHES INFORMATION

1. Coaches Meeting: There will be a coaches information meeting in the Coaches Office at 4:30 on Thursday, November November 7th, 2013
2. Coaches Responsibility:
3. Inform your swimmers before coming to the district meet that no glass containers will be allowed on the pool deck.
4. Please – Only those swimmers qualifying and one manager will be allowed on the pool deck. Other swimmers, managers, timers, etc., must be in the stands, and will be asked to pay. **SPACE IS LIMITED!**
5. Swimmers must enter the pool from the northeast entrance.

Running a swim meet, as you know, is most difficult and without the cooperation of participants, and especially you, the coaches, can be a challenging experience.

**\*\*Deck spots will be assigned according to number of team entries.**

**Admission**

Preliminaries: Thursday, November 7th, 2013.

Adults 7.00

Student (w/o ASB) $7.00

Student (w/ ASB) $5.00

Children (12 & under) $5.00

Senior Citizen $5.00

Finals: Saturday, November 9th, 2013.

Adults $7.00

Student (w/o ASB) $7.00

Student (w/ ASB) 5.00

Children (12 & under) $5.00

Senior Citizen $5.00