**2A NORTHWEST DISTRICT 1**

**GIRLS SWIMMING AND DIVING CHAMPIONSHIPS**

**NOVEMBER 6th and 7th, 2015**

**Meet Facts**

A. Meet Manager / Mail Entries to:

Leslie Mix, Phone Daytime (360) 795-5704

E-mail**:** [**lesliemix@msn.com**](mailto:lesliemix@msn.com)

**Pool Address: 1603 22nd St Anacortes, WA 98221**

B. Dates and Times

1. Friday, November 6th 1:00-2:30 pm Preliminary Swim Warm-up

2. Friday, November 6th 2:45pm-7:00pm Swim Preliminaries

3. Saturday, November 7th 9:30am-11:00 am Dive Warm-up

4. Saturday, November 7th  11:15am-1:00 pm Dive prelims and semis

5. Saturday, November 7th 1:30pm-2:30 pm Swim / Dive Finals Warm-up

6. Saturday, November 7th  2:45pm-7:30 pm Swim / Dive Finals

C. Entries

1. Each school may enter one relay team per relay event. Entries for individual-swimming events must have equaled or bettered the district time standard during any high school meet for the current season. A maximum of four competitors per team may be entered into each individual event, provided each has achieved the qualifying standard. Each competitor may enter a maximum of two individual and two relay events, or three relays and one individual event.
2. In the event that any individual swimming event is not filled to 24 entries, the event will be filled to not less than four full heats from the next fastest submitted times by the respective team coaches. Coaches must submit on the supplemental entry form the names and times of all swimmers wishing additional consideration. Completed supplemental entry forms must be delivered to the meet manager by **12:00 noon Sunday, November 1st, 2015**. Any forms received after said time and date will not be considered.

**Note: Do not put supplemental entries or times on the electronic master entry. These will be added, if needed, on Sunday, November 1st.**

1. Coaches are expected to submit electronic entries using **hy-tek** by Sunday, November 1st. All coaches need to fill out the **supplemental (wild card) form** using excel. **Dive sheets** need to be delivered to Mallorie Estenson by Friday November 6that 1:00pm. Entries need to be forwarded to Leslie Mix meet manager at lesliemix@msn.com**.** Anacortes entries will be completed and sent to Erik Titus, the athletic director for Anacortes as well as the NW District Swim and Dive teams by Saturday October 31 8pm.

D. Competing Schools:

1. Anacortes 4. Burlington-Edison 7. Sehome
2. Archbishop Murphy 5. Lynden 8. Shorecrest
3. Bellingham 6. Nooksack 9. Squalicum

E. Meet Committee

1. Leslie Mix Anacortes High School

2. Linda Bode Lynden High School

3. Don Helling Sehome High School

F. Awards

1. Individual Events Ribbons for 1st - 12th

2. Relay Events Ribbons for 1st - 12th

3. Team Awards Trophy for 1st place team

1. Only the following are allowed onto the pool deck (Coaches we need your help please let the meet manager know if you find someone on deck that should not be there):

**4 coaches, 2 managers, swimmers who are entered into the meet, alternates and current team members.**

**Note:**

**Access to the deck area will be limited to (1) Pool employees, (2) Meet officials, timers, score keepers & runners, (3) Entered team members, coaches & managers, (4) Supervisory school personnel, (5) Accredited members of the press, and (6) Handicapped requiring special attention**. **This does not include parents, pep squads, or members of the boy's team.**

G. Diving Competition

1. A diving score sheet shall be received with the meet entry **by Friday, November 6th 1pm.**
2. Changes will be allowed up to 1 hour prior to the start of the competition. Divers should not make changes without the knowledge of their respective coaches.
3. Divers can expect at least one practice dive or water entry between the preliminary and semi-final round, and again just before the start of the final round.

H.  **Qualifying Standards 2A.**

**Event District State**

**1. 200 yard Medley Relay One Team 2:03.00**

**2. 200 yard Freestyle 2:27.99 2:08.50**

**3. 200 yard Individual Medley 2:49.99 2:23.99**

**4. 50 yard Freestyle :29.29 :26.25**

**5. 1 Meter Diving 11 dive list 320/11.6 DD**

**6. 100 yard Butterfly 1:19.99 1:04.10**

**7. 100 yard Freestyle 1:05.99 :57.90**

**8. 500 yard Freestyle 6:50.99 5:45.90**

**9. 200 yard Freestyle Relay One Team 1:48.50**

**10. 100 yard Backstroke 1:17.99 1:06.20**

**11. 100 yard Breaststroke 1:27.99 1:14.20**

**12. 400 yard Freestyle Relay One Team 4:01.00**

1. State Allocations
2. **The first 3 places in individual events as well as relay events qualify for the state meet by District #1 allocation.**
3. Intermissions
4. There will be a 15-minute warm-up period after the 50-yard freestyle during the swimming preliminaries, and at least a 15-minute warm-up period after the diving, in the finals.
5. There will be a 10-minute warm-up period after the 100-yard breaststroke during the swimming preliminaries and finals, for relay members only.
6. Scoring
7. Six swimmers or relays will qualify for the finals; six swimmers or relays will qualify for the consolation finals. Scoring will be to 12 places.

**Place 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th**

**Relays: 32 26 24 22 20 18 14 10 8 6 4 2**

**Individual: 16 13 12 11 10 9 7 5 4 3 2 1**

1. Coaches Information
2. There will be a coach's meeting in the meeting room off the pool lobby, 15 minutes prior to the start of the meet.
3. **No oil** will be allowed on the bodies of swimmers.
4. No on-premises shaving will be allowed.
5. Swimmers will be allowed to enter the diving tank of the pool for warm-up and warm-down, once the swimming events start each day of the competition. This is a privilege and will be taken away if it is abused. The swimmer must enter the water feet first with one hand on the deck. **NO JUMPING IN, NO DIVING, NO SPRINTING!**
6. Awards for the top six places will be presented after the following event. Athletes earning awards shall assemble in the starting area prior to awards to promptly go to their respective starting block in their **team uniform**. No Towels.
7. Valuables should not be left unattended, particularly in locker rooms and unsecured busses.
8. Volunteers from your area as timers or judges are appreciated, pass names and phone numbers to the meet manager by Monday, November 2nd.
9. For purposes of safety, there will be ***NO*** celebrations involving pushing or throwing team members or coaches into the pool.
10. Personal audio systems with external speakers (Boom Boxes) must be turned off at the start of warm-ups each day until the completion of competition.
11. All questions not specifically covered in this meet information will be answered by either the meet manager and/or meet committee following proper protocol.
12. Admission

**Preliminaries & Finals November 6th and 7th, 2015**

**Adults ……………………………… $7.00**

**Senior Citizens (Age 62) ………… $5.00**

**Students (no ASB card) …………. $7.00**

**Students (with ASB card) ……….. $5.00**

**Children (5-12 years) ……………. $5.00**

**Children (under 5 years) ………… Free**