NORTHWEST DISTRICT ONE 3A

GIRLS’ SWIMMING & DIVING CHAMPIONSHIPS

November 4, 6 and 7

SNOHOMISH AQUATIC CENTER

516 Maple Avenue

Snohomish WA, 98290

MEET FACTS

 A Meet Director

 l. Mark Albertine Glacier Peak High School Athletic Director

 7401 144th Pl SE, Snohomish WA 98296

Phone: Athletic Office (360) 563-7611 or Cell (425) 232-2048

 B Meet Manager

 1. Kirby Schaufler, Marysville School District No.25, Marysville-Pilchuck High

 5611 - 108th St. N.E., Marysville, WA 98271

 Phone: (360) 653-0853 Fax: (360) 657-6470 (mark attention: Kirby Schaufler)

 **kirbsch@comcast.net**

 C Meet Committee

 1. Kirby Schaufler, Marysville School District, Meet Manager

 2. Rob Serviss, Glacier Peak High School

 3. Jaci LeGore-Hodgins, Marysville Pilchuck/Marysville Getchell

 4. Susie McDowell, Shorewood High School

 5. Kati Girard, Meadowdale High School

 D Competing Schools

 Everett Marysville Getchell Oak Harbor

 Lynnwood Marysville Pilchuck Ferndale

 Glacier Peak Meadowdale Shorewood Stanwood Mountlake Terrace Edmonds-Woodway

 E Dates and Times

 Wednesday, November 4 Dive Prelim Warm-up 4:00PM

 Wednesday, November 4 Dive Preliminaries 6:00 PM

 Friday, November 6 Swim Prelim Warm-up 4:00 PM

 Friday, November 6 Swim Preliminaries 5:00 PM

 Saturday, November 7 Dive Warm-up 3:00 PM

 Saturday, November 7 Swim Warm-up 3:00 PM

 Saturday, November 7 Swim & Dive Finals 4:00 PM

 F Location of Swimming and Diving Prelims & Championships

 1. Snohomish Aquatic Center

 G Awards

 1. Relays: Ribbons 1st thru 12th place

 2. Individual events: Ribbons 1st thru 12th place

 H Entries

 1. Each school is allowed up to four (4) entries in individual events.

 Each school is allowed one team per relay.

 1a. Each school is guaranteed an automatic entry per event in the case of no qualifiers in the event.

 2. A competitor may enter a maximum of four events, no more than two of

 which shall be individual events.

 3. The top eighteen (16) competitors will qualify for Saturday’s finals.

 4. **Entries** must be submitted via email to Kirby Schaufler by **Tuesday October 27th 9:00PM.** Email entries to **kirbsch@comcast.net**

 5. **Changes must be submitted via email no later than Monday November 2nd 6:00PM**. **A major reason must accompany the change.**

 I Seeding

 l. 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 the 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. For example, the following plan shall operate when

 there are 26 swimmers in 6 lanes for preliminaries.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 HEAT# LANE#

 **1 2 3 4 5 6 7 8**

 **1** 19 13 7 3 4 10 16 22

 **2**20 14 8 2 5 11 17 23

**3** 21 15 9 1 6 12 18 24

 Note: When there are 9 to 16 competitors, there shall be 2 seeded heats.

 J Qualifying Times District State

 1. 200 Medley Relay One Team Entry 1:57.00

 2. 200 Yard Freestyle 2:24:00 2:00.90

 3. 200 Individual Medley 2:45.00 2:15.00

 4. 50 Yard Freestyle : 29.00 :25.40

 5. 1 M Diving (11 dives) 11 Dive List Required 350 PTS @ 11.6 DD

 6. 100 Yard Butterfly 1:15.00 1:00.70

 7. 100 Yard Freestyle 1:05.00 :55.90

 8. 500 Yard Freestyle 6:45.00 5:24.50

 9. 200 Yard Freestyle Relay One Team Entry 1:45.90

 10. 100 Yard Backstroke 1:16.00 1:01.90

 11. 100 Yard Breaststroke 1:27.00 1:10.30

 12. 400 Yard Freestyle Relay One Team Entry 3:51.90

 K Preliminaries

 1. 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) invitationals 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 into the District Meet.) This process would continue until all lanes were filled in each event.

 2. 17th & 18th times will be alternate’s and must attend Saturday’s finals

 L Finals

 1. Finals will be two heats. Spots are locked per page 44 article 5 of the National Federation Rule Book

 2. Finals heats will be run in reverse (Slowest to Fastest)

 M State Qualifiers

1. Top 4 from the WESCO 3A will advance to state.

 N Diving

 1. 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.

 2. The contest shall consist of preliminaries, semi-finals, and finals.

 3. 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.

 4. Semi-finals will follow preliminaries after the semi-finalists have been announced.

 5. 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.

 6. 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.

 0 Scoring

 1. 16 swimmers will qualify for the finals. The scoring will

 be for 16 places.

 RELAYS: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

 OTHER EVENTS: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

 P Miscellaneous

 1. Towels - Each school must furnish its own supply of towels.

 2. Timers - We will be using electronic touch pads for the meet.

 3. Seed Information –**Final entries due Monday November 2nd 6:00PM.** Please email to the listed email address: kirbsch@comcast.net . Psych sheet will be available the following Monday.

 Q Dressing Rooms at S.A.C.

 1. S.A.C has only one male locker room. Athletes should be reminded that paying public will be using the facility as well. Please be mindful of behavior/language in locker room.

 2. Please remind athletes of the following locker room protocol

 a. Do not leave paper bags, towels, or other debris on the floor and pool deck.

 b. Leave all equipment, bulletin boards, fixtures as they are.

 c. Discuss dressing room care with your athletes.

 d. Keep all valuables with you during the swim meet.

e. Athletes should bring all belongings out on the pool deck with them. Lockers are intended for use by S.A.C. patrons.

f. Athletes should be reminded that shaving on site is prohibited.

 Programs

 1. For programs we need the following information:

 a. Coaches names (include assistants and dive coaches)

 b. Team nickname

1. Names of swimmers **(alphabetized-District Swimmers ONLY)**
2. Please list the year in school for each of your swimmers.

e. Team captain and manager names.

 SWIMMERS INFORMATION

 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.

 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 at the start of the race, please step forward and be recognized.

 6. Oil will be allowed on the swimmers, but will be disallowed if ruled excessive by the referee.

 COACHES/OFFICIALS INFORMATION

1. **Coaches Meeting:** There will be a coaches information meeting in the meet management room

 at 4:15PM on Friday, November 6th & 3:40PM Saturday November 7th

2. **Officials Meeting:** There will be an officials meeting at 4:40PM Friday November 6th at 4:40PM and at 3:40 PM Saturday November 7th

 3. Coaches Responsibility:

 a. Inform your swimmers before coming to the district meet that no glass

 containers will be allowed on the pool deck.

 b. 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!**

1. Coaches and athletes should enter the facility through the competition lobby entrance.

 4. All swim competition will take place in 8 lanes. Warm-up/warm-down space will vary throughout the event. Competition will take place in lanes 1-8 lane 9 will be closed, and lane 10 will be available for warm-up/warm-down.

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: Friday, November 6th, 2015

 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 7th, 2015

 Adults $7.00

 Student (w/o ASB) $7.00

 Student (w/ASB) $5.00

 Children (12 & under) $5.00

 Senior Citizen $5.00

**PARKING DIRECTIONS**

* **Due to limited parking space no onsite bus or school van parking is allowed**
* **Buses are directed to park at Central Elementary Parking Lot (221 Union Ave.) – map included**
* **School vans may park at Central or on street**

Snohomish Aquatic Center

 

Central Elementary Parking Lot