

**2014 SEA-KING DISTRICT II**  
**3A GIRLS SWIMMING AND DIVING CHAMPIONSHIPS**  
 November 7<sup>th</sup> and 8<sup>th</sup>, 2014

<u>Meet Contacts</u>	<u>Email</u>	<u>Phone Contact</u>
Jeff Lowell Meet Director	<a href="mailto:Jefflowell9969@gmail.com">Jefflowell9969@gmail.com</a> or <a href="mailto:lowellj@bsd405.org">lowellj@bsd405.org</a>	(425) 495-5318
Skip Hulet Diving Referee	<a href="mailto:bhulet@lwsd.org">bhulet@lwsd.org</a>	(206) 390-4359
Ted Wang Meet Referee		

<u>Session Locations</u>	<u>Sites</u>	<u>Phone Contact</u>
Swimming (Fri and Sat):	Mary Wayte Pool 8815 SE 40 <sup>th</sup> , Mercer Island, WA	(206) 588-1117
Diving (Sat only):	Juanita High School 10601 NE 132nd, Kirkland	(425) 823-7627

**DATE & TIME:**

November 7 <sup>th</sup> (Friday)	Mary Wayte	Swimming Session #1	Doors Open	11:30 am
			Coaches Meeting	11:45 am
			Swimming Warm-up	Noon
			Swimming Prelims	1:00pm
November 7 <sup>th</sup> (Friday)	Mary Wayte	Swimming Session #2	Doors Open	3:30 pm
			Coaches Meeting	3:45 pm
			Swimming Warm-up	4:00 pm
			Swimming Prelims	5:00pm
November 8 <sup>th</sup> (Sat)	Juanita	Diving (Session #3)	Warm-up	8:00 am
			Competition Starts	9:30 am
November 8 <sup>th</sup> (Sat)	Mary Wayte	Swimming Finals (Session #4)	Doors Open	3:15 pm
			Swimming Warm-up	4:00 pm
			Swimming Finals	5:30 pm

**PARTICIPATING TEAMS:**

**KINGCO:** Bellevue, Interlake, Juanita, Lake Washington, Mercer Island

**METRO:** Bainbridge, Ballard, Bishop Blanchet, Chief Sealth, Cleveland, Eastside Catholic, Franklin, Garfield, Holy Names, Ingraham, Lakeside, Nathan Hale, Rainier Beach, Roosevelt, Seattle Prep, West Seattle.

**PRELIM ASSIGNMENTS FOR 2014:**

<b>Swimming Session #1:</b>	Bainbridge, Bellevue, Chief Sealth, Franklin, Holy Names Academy, Ingraham, Lake Washington, Nathan Hale, Roosevelt, West Seattle
<b>Swimming Session #2:</b>	Ballard, Garfield, Bishop Blanchet, Cleveland, Eastside Catholic, Interlake, Juanita, Lakeside, Mercer Island, Seattle Prep
<b>Diving Session #3:</b>	All Schools

**ENTRIES & REGISTRATION:** You **MUST** submit **FOUR** things by Sunday, November 2nd at 9:00 am: Your entries are complete **ONLY** when the following is received:

1. A Team Manager export of your meet entries
  - a. When exporting ENTER WILD CARD HOPEFULS
  - b. When exporting ENTER ALL DIVERS WHO WILL COMPETE
2. A Team Manager printout of your entries, including divers and relay names.
  - a. When creating the file – please send entries by NAME and include PROOF OF TIME
  - b. For those without TM, contact Jeff directly to discuss entries
3. Scholar Athlete Form
4. Volunteer Form

Please send all information through EMAIL to Jeff Lowell at: [jefflowell9969@gmail.com](mailto:jefflowell9969@gmail.com). If you have issues during this process, don't wait – call Jeff at 425-495-5318.

**Entry Info: Please remember the following items when entering athletes:**

1. **Entry Limits:** An athlete may enter a maximum of 2 individual events and 3 relays. However, an athlete may only compete in a maximum of four events: two individual events and two relays or one individual event and three relays. *PRELIMS and FINALS are separate sessions of the same meet.*
2. **Team Entry Limits:** Each team may enter a maximum of **four swimmers per individual event**, with qualifying District times, on the Master Entry Form
3. **Relay entry times:** Each team may submit a **single entry time for each relay with up to 8** potential swimmers for that relay.

**Master Entries in TM must be complete and accurate**

1. Swimmers' first & last names and grades must be listed. Enter full name, grade level, and best **verifiable interscholastic performance time from the 2014 season**. **This is the reason for the PROOF OF TIME on the TM report. Without the PROOF OF TIME, entries will not be accepted.**
2. ALL relay alternates must be listed in TM – as THESE ARE STATE RELAY ENTRIES AS WELL.
3. Please enter those swimmers & divers who have not met the District Standards but are close who you would like to have considered for entry. They will be added on a space available basis. Coaches will be notified if they are added by Sunday evening (9 pm). **AGAIN, PLEASE ADD POTENTIAL WILD CARD TIMES INTO TM.** If you do not enter the athletes into TM, they will not be considered. The following information describes how wild card hopefuls are entered into the meet.

- IF there are empty lanes available (to fill a heat with qualified athletes) in an event after the qualified swimmers have been seeded, swimmers nominated as 'Wild Card Entries' will be entered, based on time, until all empty lanes in an event are filled. **No new heats will be created.**
  - Entry times must be the best verifiable time from the current season. AGAIN - INCLUDE PROOF OF TIME
  - A 'Wild Card Entry' counts toward the individual event limit of 2 per swimmer even if a swimmer is not ultimately entered in the event.
  - THERE WILL BE NO WILD CARD ENTRIES ADDED AT THE MEET. IF THERE ARE SCRATCHES LANES WILL BE LEFT OPEN.
4. Coaches' contact phone numbers and email addresses are needed for questions regarding entries (please list the number at which you are most likely to be reached).

### Relay Entries

1. List up to 8 swimmers for each of the three relays.
2. Each relay lineup (prelims or finals) may **only include swimmers originally designated as potential members on the Master Entry Form or in TM.**
3. If a swimmer was designated as a potential relay member on all three relays, it is the coach's responsibility to see that the swimmer does not compete on all three relays if that would put the swimmer over the limit of competing in 4 events.
4. **The same eight swimmers remain on a relay if it should advance to the State Meet.** WIAA rules forbid changes to the 8 potential members of a relay between Districts and State.
5. Any combination of these 8 swimmers may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.

### Diving Forms – to be completed and reviewed at the diving competition by Skip Hulet.

1. Use only the WIAA 2014 Diving form.
2. List dives using the dive description, as they appear on the back of the dive form.
3. Fill out the form COMPLETELY (including signature) using a pencil.

### SEATING & ENTRY:

Except for athletes, meet officials and timers, ALL other students and parents MUST pay. **Athletes will sit on the pool deck and spectators will sit upstairs.** Only coaches, athletes and meet workers will be allowed on the pool deck. All coaches and workers will wear a pass to be on deck.

### COACHES:

- Please adhere to the 'DOORS OPEN' portion of the schedule. Arriving too early does complicate things for the event workers and for the second session could create a distraction for the competitors in session #1.
- Please pick up your heat sheets, deck pass and other information from the meet manager upon arrival before the coaches meeting.
- Please help us to keep the pool deck and spectator areas picked up and clean.
- Instruct your athletes to not leave ANYTHING in the locker room unattended.

**State Meet Qualification:** Qualification for the WIAA State Meet is possible by any of three methods:

- 1.) 3A Allocation from District 2 to the State Meet:
  - a. **Individual events: Top 6 automatically go to State**
  - b. **Relay events: Top 6 automatically go to State**
- 2.) An individual or relay team may also qualify by achieving the State time standard for that event subject to the following criteria:
  - a. **A qualifying time, intended to be used for entry into the state meet, must be submitted to the WISCA database within 7 days of achieving the time, on the entry card or electronic printout showing the time,**

*signed by the meet Referee. Make absolutely sure you have submitted your State swimmers' times to WISCA in accordance with the rules on the WIAA website.*

- b. *State times achieved at Districts will be submitted for you.*
- c. **NOTE: Swimmers or divers who wish to advance to the State Meet must compete in the same event(s) at their district meet.**

3.) If space is available in the State Meet it is possible to be allocated a spot (i.e. a wild card entry) based on the time achieved in finals at the District Meet. The process for wild card entries will be forwarded to you as well as included in your District Meet Packet.

**QUALIFYING STANDARDS:**

GIRLS EVENT	3A	
	State	District
200 Medley Relay	1:56.99	1 Entry
200 Free	2:00.99	2:16.99
200 I.M.	2:14.99	2:34.99
50 Free	:25.40	:28.40
Diving	300/11.6	225/11 dive meet
100 Fly	1:00.99	1:10.99
100 Free	:55.90	1:03.90
500/400 M Free	5:24.50	6:04.50
200 Free Relay	1:45.99	1 Entry
100 Back	1:01.99	1:11.99
100 Breast	1:10.50	1:20.50
400 Free Relay	3:51.99	1 Entry

**SEEDING:** Championship seeding.

**SCORING:** Championship Scoring:

Place	Points Individual Events	Points Relay Events
1 <sup>st</sup>	16	32
2 <sup>nd</sup>	13	26
3 <sup>rd</sup>	12	24
4 <sup>th</sup>	11	22
5 <sup>th</sup>	10	20
6 <sup>th</sup>	9	18
7 <sup>th</sup>	7	14
8 <sup>th</sup>	5	10
9 <sup>th</sup>	4	8
10 <sup>th</sup>	3	6
11 <sup>th</sup>	2	4
12 <sup>th</sup>	1	2

**AWARDS:**

- 1. A trophy will be awarded for the first place team.

2. Pins will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place for all events.
3. Ribbons will be awarded 4<sup>th</sup> through 6<sup>th</sup> place for all events.

**Breaks/Warm-Ups/Awards Presentations:**

<u>Event</u>	<u>Prelim Sessions- Friday</u>	<u>Event</u>	<u>Swimming Finals - Saturday</u>
1	<b>200 Medley Relay Heats</b> Break - 5 min Competition Pool is Closed	1	<b>200 Medley Relay Consols</b> <b>200 Medley Relay Final</b> Scholar Athletes Read Break - 5 min Competition Pool is Closed
2	<b>200 Freestyle Heats</b>	2	<b>200 Freestyle Consols</b> <b>200 Freestyle Final</b>
3	<b>200 Individual Medley Heats</b>	3	<b>200 Individual Medley Consols</b> <b>200 Individual Medley Final</b>
4	<b>50 Freestyle Heats</b> Break - 15 min Competition Pool is Open	4	<b>50 Freestyle Consols</b> <b>50 Freestyle Final</b> Break – 15 min Competition Pool Open Awards for Events 1 - 5
5	<b>1 M Diving Heats</b> COMPLETED ON SATURDAY IN SESSION #3	5	<b>1 M Diving Final</b> COMPLETED ON SATURDAY IN SESSION #3 Awards presented after event #4
6	<b>100 Butterfly Heats</b>	6	<b>100 Butterfly Consols</b> <b>100 Butterfly Final</b>
7	<b>100 Freestyle Heats</b>	7	<b>100 Freestyle Consols</b> <b>100 Freestyle Final</b>
8	<b>500 Freestyle Heats</b>	8	<b>500 Freestyle Consols</b> <b>500 Freestyle Final</b>
9	<b>200 Free Relay Heats</b> Break - 5 min Competition Pool is Closed	9	<b>200 Free Relay Consols</b> <b>200 Free Relay Final</b> Break – 5 min Competition Pool Closed Awards for Events 6 - 9
10	<b>100 Backstroke Heats</b>	10	<b>100 Backstroke Consols</b> <b>100 Backstroke Final</b>
11	<b>100 Breaststroke Heats</b> Break - 5 min Competition Pool is Closed	11	<b>100 Breaststroke Consols</b> <b>100 Breaststroke Final</b> Break - 5 min Competition Pool is Closed Awards for Events 10 - 11
12	<b>400 Free Relay Heats</b>	12	<b>400 Free Relay Consols</b> <b>400 Free Relay Final</b> Awards for Event 12

## Team Awards

Meet Mobile will be available for this meet as a means of determining overall placement. Psych sheet for finals will be posted after the conclusion of Session #2 at [www.wisca.org](http://www.wisca.org) and on the SeaKing District 2 website (<http://www.wiaadistrict2.com>) on the girls swim page.

### TIMERS:

Each team will be expected to provide timers. Two timers are needed for each session. Timers can work for the full meet or half, depending on the school's preference. Timing responsibilities are as follows:

#### FRIDAY Prelim Session #1 (Chief Sealth and Franklin – 1 Backup each)

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Back up</u>
Ingraham / West Seattle  2 Timers	Lake Washington  2 Timers	Bainbridge  2 Timers	Bellevue  2 Timers	Holy Names  2 Timers	Roosevelt  2 Timers	Nathan Hale  2 Timers

#### FRIDAY Prelim Session #2 (Eastside Catholic/Cleveland – 1 Backup each)

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Back up</u>
Mercer Island  2 Timers	Ballard  2 Timers	Garfield  2 Timers	Bishop Blanchet  2 Timers	Juanita  2 Timers	Lakeside  2 Timers	Seattle Prep  2 Timers

#### SATURDAY Finals (Mercer Island – 2 Backup Timers)

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Back up</u>
Bishop Blanchet  Garfield	Lake Washington  Ballard	Bainbridge	Bellevue	Lakeside	Roosevelt  Juanita	Seattle Prep  Holy Names
1 Timer each school	1 Timer each school	2 Timers	2 Timers	2 Timers	1 Timer each school	1 Timer each school

### COST FOR SPECTATORS:

- \$7.00 for adults and
- \$5.00 for seniors (ages 65 and over)
- \$5.00 for all students (ages 6 and over)

### DIRECTIONS:

#### Mary Wayte Pool

1. Take I-90 to Island Crest Way exit.
2. Head south on Island Crest.
3. At top of the hill turn left at light on 40th.
4. Go to four way stop and go straight.
5. Pool is one block on right.
6. **8815 SE 40th, Mercer Island (206) 296-4370**

#### JUANITA HIGH SCHOOL

1. From 1-405, take Exit 20B and proceed west on NW 124th to 116th.
2. Turn north (right) on 116th N.E. to N.E. 132nd.
3. Turn west (left) on N.E. 132nd.
4. Follow N.E. 132nd until you begin to go down the hill.
5. The high school is on the left and sits on its own road.
6. **10601 NE 132nd, Kirkland Pool Phone: (425) 823-7627**

**QUESTIONS:**

Please call Jeff Lowell, Meet Manager, at (425) 495-5318 or email at [jefflowell9969@gmail.com](mailto:jefflowell9969@gmail.com).

Check out [www.wiaa.com/Dist2](http://www.wiaa.com/Dist2) for entry forms, maps, results, etc.

# SCHOLAR ATHLETE FORM

School Name:

The following criteria must be met for a student to receive recognition as a scholar athlete.

- The athlete is a senior.
- The athlete has maintained a 3.75 or greater GPA throughout their academic career.

Please list the names of your scholar athletes below and sign at the bottom.

	Student Name	GPA (Must be a Cumulative 3.75 or above)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

<b>Coach:</b>	<b>Signed:</b>
<b>Administrator:</b>	<b>Signed:</b>



# VOLUNTEER SHEET

Each team will be responsible for providing some volunteer help to insure the meet is a success. Please list the names of your volunteers on the sheet provided and return it with your entries.

The main volunteer help will be with timing the meet. The number of timers each team is responsible for is as follows:

## FRIDAY Prelims (Lake Washington – Backup)

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Back up</u>
Interlake	Juanita	Bainbridge	Bellevue	Mercer Island	Bishop Blanchet	Lakeside

## SATURDAY Finals (Mercer Island – Backup)

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Back up</u>
Interlake	Liberty	Bainbridge	Bellevue	Mercer Island	Seattle Prep	Holy Names

<u>School</u>	<u>Shift 1 Friday</u>	<u>Shift 2 Friday</u>	<u>Shift 1 Saturday</u>	<u>Shift 2 Saturday</u>
Interlake	3	3	3	3
Juanita	3	3	0	0
Holy Names	3	3	0	0
Bainbridge	3	3	3	3
Bellevue	3	3	3	3
Mercer Island	3	3	3	3
Bishop Blanchet	3	3	0	0
Lakeside	3	3	0	0
Liberty	0	0	3	3
Seattle Prep	0	0	3	3

Please list timer information below:

	<u>Name:</u>	<u>Shift Working:</u>
1.		
2.		
3.		
4.		
5.		
6.		



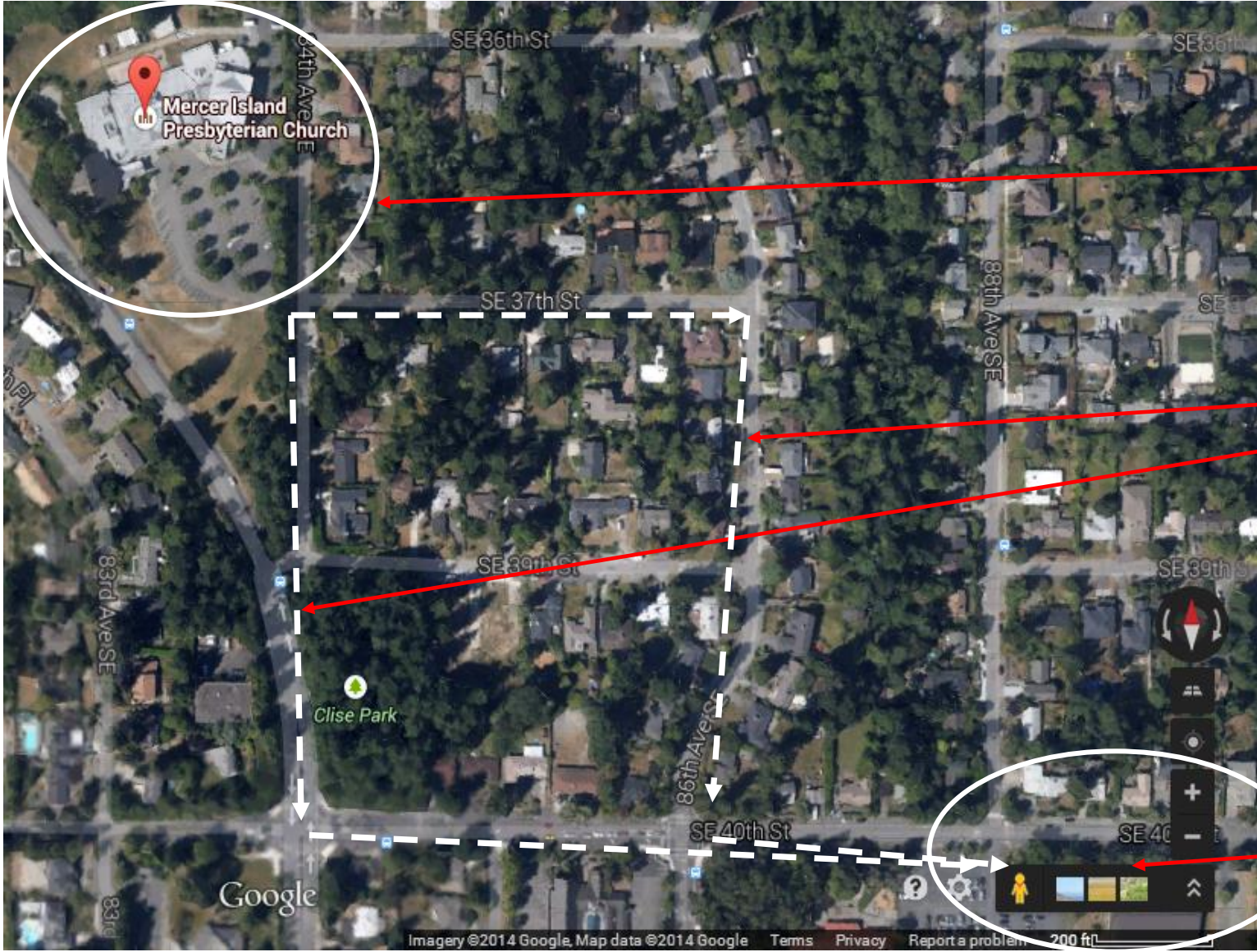
**SE 40<sup>th</sup> is the street in front of the pool.**

**Mary Wayte Pool  
8815 SE 40<sup>th</sup>,  
Mercer Island, WA  
(206) 588-1117**

**Parking at the North Mercer Campus will be shut down. Construction at the site and school parking will mean**

**Additional parking at:  
Mercer Island Presbyterian Church  
3605 84th Ave SE – off Island Crest Way  
approx.. .4 miles away from the pool**

**There are 60 spots available at Holy Trinity Lutheran.  
Address: 8501 SE 40th St**



**Additional parking at:  
Mercer Island  
Presbyterian Church**  
3605 84th Ave SE  
off Island Crest Way  
approx.  
.4 miles away  
from the pool

**Path to walk back to  
the pool. There are two  
options**

**Pool Campus**



**Additional BUS parking at: Mercer Island Boat Launch**

Drive 1.2 miles, 3 min

Take Gallagher Hill Rd and SE 36th St to E Mercer Way 0.8 mi / 2 min

Continue onto E Mercer Way 482 ft / 15 s

Follow Frontage Rd to your destination 0.3 mi / 1 min

Turn left onto Frontage Rd 0.3 mi

Turn left 85 ft

