**2018 Interlake Girls Swim & Dive**

**Important Information**

**Website**

<http://www.kingcoathletics.com/index.php?pid=0.7.87.13.321>

This page has the meet schedule, including links to addresses for pools, plus a few other informational things.

**Contact Information**

Head Swim Coach Mike Mullen [mullenm@bsd405.org](mailto:mullenm@bsd405.org)

Dive Coach Oey Chang [chango@bsd405.org](mailto:chango@bsd405.org)

Captains Megan Lowell, Lisa Stutzman, Amelia Wilson & Emma Wineland [interlakegirlsswim@gmail.com](mailto:interlakegirlsswim@gmail.com)

Parent Rep Colleen Lowell [interlakegirlsswimparents@gmail.com](mailto:interlakegirlsswimparents@gmail.com)

**Post Season Time Standards**

|  |  |  |  |
| --- | --- | --- | --- |
| **GIRLS** | **3A** |  |  |
| **EVENT** | **State** | **District** | **KINGCO** |
| 200 Medley Relay | 1:56.00 | 1 Entry | 3 teams |
| 200 Free | 1:59.00 | 2:15.00 | 2:30.80 |
| 200 I.M. | 2:14.00 | 2:34.00 | 2:49.00 |
| 50 Free | :25.25 | :28.25 | :30.25 |
| Diving | *335/11.6* | 225/11 dive | 225/11 dive |
| 100 Fly | 1:00.60 | 1:10.60 | 1:21.60 |
| 100 Free | :55.00 | 1:03.00 | 1:08.10 |
| 500/400 M Free | 5:21.00 | 6:01.00 | 6:37.00 |
| 200 Free Relay | 1:44.00 | 1 Entry | 3 teams |
| 100 Back | 1:01.60 | 1:11.60 | 1:19.60 |
| 100 Breast | 1:09.10 | 1:19.10 | 1:27.40 |
| 400 Free Relay | 3:48.00 | 1 Entry | 3 teams |

**Meet Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Dual Meets:** | |  |  |  |  |  |
| **Day** | **Date** | **Home/Away** | **Opponent** | **Location** | **Time** | **Bus Departs** |
| Wed | 9/5 | Invitational | BSD Jamboree | Edgebrook | 3:30pm | 1:15pm |
| Thurs | 9/6 | Away | Skyline | Julius Boehm | 4:00pm | 2:30pm |
| Tues | 9/11 | Away | Mercer Island | Mary Wayte | 3:30pm | 2:00pm |
| Thurs | 9/13 | Home | Issaquah | Mary Wayte | 8:30pm | 7:00pm |
| Tues | 9/18 | Away | Newport | Mary Wayte | 8:30pm | 7:00pm |
| Thurs | 9/27 | Home | Sammamish | Mary Wayte | 8:30pm | 7:00pm |
| Tues | 10/2 | Away | Liberty | Julius Boehm | 4:00pm | 2:30pm |
| Tues | 10/9 | Home | Mount Si | Mary Wayte | 8:30pm | 7:00pm |
| Tues | 10/16 | Home | Bellevue | Mary Wayte | 8:30pm | 7:00pm |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Post Season Meets:** | | |  |  |  |
| **Day** | **Date** | **Event** | **Location** | **Time** |  |
| Saturday | TBA | KingCo Invite | Edgebrook | TBA |  |
| Friday | 10/26 | KingCo Prelims | Mary Wayte | TBA |  |
| Saturday | 10/27 | KingCo Finals | Mary Wayte | TBA |  |
| Friday | 11/2 | District Prelims | Mary Wayte | TBA |  |
| Saturday | 11/3 | District Finals | Mary Wayte | TBA |  |
| Friday | 11/9 | State Prelims | KCAC | TBA |  |
| Saturday | 11/10 | State Finals | KCAC | TBA |  |

**Post-Season Events**

All swimmers will participate in a post-season meet, including the KingCo Invitational for those who have not met more than one KingCo time standard.  Your individual season will conclude after the last meet you qualify for. Information for each post-season meet will be distributed as it becomes available.

**Practice Schedule & Attendance**

Season practice will be held Mon - Fri from 7-9pm at Samena.

Daily attendance will be kept at this [Google Spreadsheet](https://docs.google.com/spreadsheets/d/18tq1zOS4KIpWpkMyNVJ5_Mv5SF97xGWEPMLhKEj_oCo/edit#gid=0) & will be the responsibility of the swimmer by entering a “1” for an attended session & a “0” for a missed session. The same process will be required on meet days. This program is bound by the honor system & is important because it will be used to verify whether a swimmer has the required 10 practices needed before meet participation is allowed. It will also determine the % amount of attended practices for varsity letter eligibility.

**Meet Entry Requests**

It is mandatory that each swimmer declare a “yes” or “no” for attending each meet in the “Confirmation” column on the tab for each meet in the attendance spreadsheet. Swimmers will be able to submit their event request for each meet in the “Event Request” column on the meet tab by Friday @9pm of the week preceding any meets. Although this does not guarantee entry into those events, the request will be considered thoughtfully.

**Early Meet Class Dismissal**

An email will be sent out by Coach Mike to all Interlake teachers informing them of the early dismissal for afternoon meet days.  No other action is required by swimmers.

**Bus Riding Policy for Meets**

Athletes are encouraged to ride the bus to & from the meets with the team. They are allowed to drive themselves or ride with their parents only, with notice provided to coaches.  No student carpooling is allowed at any time.

**Attendance Policy (for swimming)**

Athletes are expected to participate in 80% of swim practices (4/5 sessions per week, including the meet day) in order to participate in meets & receive PE credit where applicable, unless advance notice for unusual circumstances is provided to coaches in writing.

The Saturday/Sunday pre-season dryland practices are considered a bonus opportunity to achieve meet eligibility, but will not count toward the overall attendance or lettering requirement.

The practice day before each meet is required for meet entry unless advance notice (before practice starts @7pm) is provided in writing via email to Coach Mike.

**Lettering Requirement (for swimming)**

80% practice attendance (as described above)

Participate in 6 of the 8 dual meets

Swim the 200 IM or 500 Free at a dual meet

Qualify for KingCo Championship meet in at least one event

**Ironwoman Award (for swimming)**

Swims all eight events throughout the dual meet season

**Team Records**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Name** | **Time** | **Year** |
| 200 Medley Relay | Kim Chen | 1:52.11 | 1981 |
|  | Cindy Hovet |  |  |
|  | Diane Bone |  |  |
|  | Patti Buchanan |  |  |
| 200 Freestyle | Erin Harvey | 1:52.34 | 2017 |
| 200 Individual Relay | Erika Norris | 2:09.71 | 2000 |
| 50 Freestyle | Erin Harvey | :24.18 | 2017 |
| 1M Diving (11 Dives) | Jennie Treace | 334.00 | 1990 |
| 100 Butterfly | Kim Chen | 58.03 | 1981 |
| 100 Freestyle | Erin Harvey | :51.79 | 2017 |
| 500 Freestyle | Kate Wheeler | 5:02.98 | 2000 |
| 200 Free Relay | Erin Harvey | 1:39.02 | 2017 |
|  | Megan Lowell |  |  |
|  | Jacqueline Jou |  |  |
|  | Sarah Shiers |  |  |
| 100 Backstroke | Abby Linker | 1:00.56 | 1997 |
| 100 Breaststroke | Kim Chen | 1:06.22 | 1984 |
| 400 Free Relay | Erin Harvey | 3:36.43 | 2017 |
|  | Megan Lowell |  |  |
|  | Jacqueline Jou |  |  |
|  | Sarah Shiers |  |  |