**2019/20 Interlake Boys Swim & Dive**

**Important Information**

**Website**

[http://www.kingcoathletics.com/index.php](http://www.kingcoathletics.com/index.php?pid=0.7.87.5.320)?[pid=0.7.87.5.320](http://www.kingcoathletics.com/index.php?pid=0.7.87.5.320)

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

**Contact Information**

Head Swim Coach Erik Mathre [mathree@bsd405.org](mailto:mathree@bsd405.org)

Assistant Coach Chelsea Gustafson

Dive Coach Heather Roberts

Captains Brian Chen, Bryan Lu, Raymond Wang, Max Wu

Parent Reps Jing & Connie

**Post Season Time Standards**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| BOYS | 3A | | KINGCO | |
| EVENT | State | District 2 |
| 200 Medley Relay | 1:41.00 | 1 Entry | 3 entries per school | |
| 200 Free | 1:48.00 | 2:03.00 | add 15 | 2:18.00 |
| 200 I.M. | 2:01.00 | 2:21.00 | add 15 | 2:36.00 |
| 50 Free | :22.25 | :25.25 | add 2 | :27.25 |
| Diving | 315/11.6 | 225/11 dive | no standard | 225/11 dive |
| 100 Fly | :53.80 | 1:03.80 | add 11 | 1:14.90 |
| 100 Free | :49.00 | :57.00 | add 5 | 1:02.00 |
| 500/400 M Free | 4:56.00 | 5:36.00 | add 35 | 6:11.00 |
| 200 Free Relay | 1:32.00 | 1 Entry | 3 entries per school | |
| 100 Back | :54.60 | 1:04.60 | add 8 | 1:12.60 |
| 100 Breast | 1:01.30 | 1:11.30 | add 8 | 1:19.30 |
| 400 Free Relay | 3:24.00 | 1 Entry | 3 entries per school | |

**Meet Schedule**

***Dual Meets***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Opponent** | **Time** | **Warm Ups** | **Home/Away** | **Place** | **Bus Pick Up and Drop Off** |
| Sat, Nov 30 | 2019 Bellevue School District Winter Jamboree | 1:00 PM | 12:00 PM | Away | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.67.0.303) | None |
| Thu, Dec 12 | [Liberty](http://www.kingcoathletics.com/index.php?pid=0.7.89.5.321&amp;team_level=Varsity) | 4:00 PM | 3:30 PM | Away | [**Boehm**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1416&amp;pid=0.7.89.0.303) | 3:00 PM / 6:30 PM |
| **Tue, Dec 17** | [**Bellevue**](http://www.kingcoathletics.com/index.php?pid=0.7.86.5.321&amp;team_level=Varsity) | **8:30 PM** | **8:00 PM** | **Home** | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.87.0.303) | 7:30 PM / 11:00PM |
| **Tue, Jan 7** | [**Skyline**](http://www.kingcoathletics.com/index.php?pid=0.7.70.5.321&amp;team_level=Varsity) | **3:30 PM** | **3:00 PM** | **Home** | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.87.0.303) | 2:30 PM / 6:00 PM |
| **Thu, Jan 9** | [**Newport**](http://www.kingcoathletics.com/index.php?pid=0.7.67.5.321&amp;team_level=Varsity) | **8:30 PM** | **8:00 PM** | **Home** | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.87.0.303) | 7:30 PM / 11:00 PM |
| Tue, Jan 14 | [Issaquah](http://www.kingcoathletics.com/index.php?pid=0.7.65.5.321&amp;team_level=Varsity) | 4:00 PM | 3:30 PM | Away | [**Boehm**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1416&amp;pid=0.7.65.0.303) | 3:00 PM / 6:30 PM |
| **Tue, Jan 21** | [**Mercer Island**](http://www.kingcoathletics.com/index.php?pid=0.7.90.5.321&amp;team_level=Varsity) | **3:30 PM** | **3:00 PM** | **Home** | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.87.0.303) | 2:30 PM / 6:00 PM |
| Tue, Jan 28 | [Sammamish](http://www.kingcoathletics.com/index.php?pid=0.7.92.5.321&amp;team_level=Varsity) | 8:30 PM | 8:00 PM | Away | [**Wayte**](http://www.kingcoathletics.com/index.php?act=venue_map&amp;id=1420&amp;pid=0.7.92.0.303) | 7:30 PM / 11:00 PM |

***Post Season (If Qualified)***

**Date/Time Event**

Jan 31, 6:30 PM 2020 KingCo Invite at Boehm Pool - ***This is for anyone who does not have 2 KingCo Times\****

Feb 7, 2:00 PM 2020 KingCo Championship Meet Prelims at Mary Wayte Pool\*

Feb 8, 9:30 AM 2020 KingCo Championship Meet - Diving Session at Juanita High School

Feb 8, 2:00 PM 2020 KingCo Championship Finals at Mary Wayte Pool

Feb 14, 9:00 AM 2020 SeaKing District 2 Prelims at Mary Wayte Pool

Feb 15, 9:30 AM 2020 SeaKing District 2 - Dive Session at Juanita High School

Feb 15, 3:00 PM 2020 SeaKing District 2 Finals at Mary Wayte Pool

**\*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**

Swim Season practice will be held Mon - Thur from 7-8:30pm at Samena.  Fri 7-8pm. Day before meets 7-8pm.

Dive Season practice will be held Mon - Fri from 4 - 5:30pm at BAC.

Daily attendance will be kept by the coach in Final Forms

Swimmers are expected to be ready (suit, cap and goggles on) to start practice/be in the pool at 7 PM everyday.

Holiday Schedule will be determined how many swimmers will be around.

**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 on the [***Google Doc spreadsheet***](https://docs.google.com/spreadsheets/d/1FEm_Ulqj9iwZvHvXFzTIBU87LfNDkrZD7MSK_gva8KM/edit?usp=sharing). Swimmers will be able to submit their event request for each meet in the “Event Request” column on the meet tab by Friday @ 9pm on the week preceding any meets. Although this does not guarantee entry into those events, the request will be considered thoughtfully. If not submitted by 9pm the week before the athlete possibly will not be entered in the meet.

**Early Meet Class Dismissal**

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

**Bus Riding 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 and Practices**

Athletes are expected to participate at every practice and meet.

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 Erik. The reason for missing practice the day before the meet must also be an approved absence. (Personal health/safety, Family, School/Teacher requirement)

If you do miss practice, please e-mail Coach Erik the reason you are not there.

*Excused and Unexcused absences are the same. You must be present to get credit going towards Lettering requirements or eligibility (10 Practices before first meet, 8 for Jamboree).*

**Swim Meets**

Athletes are expected to support their teammates by cheering, putting team first and being punctual and staying until the end of the meet. This goes for both Swimmers and Divers.

There should not be any distractions at the meet including homework or cell phone use and anything else that is deemed a distraction by coaches. You are there as a team to compete and represent your school.

**Lettering Requirement (for swimming)**

Meet each of the following:

-80% practice attendance (as described above)

-Participate in 5 of the 7 dual meets

-Achieve two KingCo Championship time standards or one District standard.

-Be in good standing with the Team, Coach(es) and School

**Lettering Requirement (for diving)**

Compete in an 11 Dive Meet