

2009 SEA-KING DISTRICT II 3A GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

November 6th and 7th, 2009

SITES: Swimming: Mary Wayte Pool, 8815 SE 40th, Mercer Island, WA (206) 296-4370
Diving: Juanita High School, 10601 NE 132nd, Kirkland (425) 823-7627

DATE & TIME: November 6th (Friday) Juanita Diving Warm-up 9:00 am
Diving Meet 10:30 am
Mary Wayte Doors Open 2:15 pm
Coaches Meeting 2:45 pm
Swimming Warm-up 3:00 pm
Swimming Prelims 4:30 pm
November 7th (Sat) Mary Wayte Doors Open 3:15 pm
Swimming Warm-up 4:00 pm
Swimming Finals 5:30 pm

PARTICIPATING TEAMS: KINGCO: Bellevue, Juanita, Liberty, Mercer Island, Sammamish
METRO: Bainbridge, Bishop Blanchet, Chief Sealth, Cleveland, Eastside Catholic, Franklin, Holy Names, Ingraham, Lakeside, Nathan Hale, Rainier Beach, Seattle Prep, West Seattle.

ENTRIES & REGISTRATION: You must submit **THREE** things:
1. One copy of the master entry form, using first & last names and grades
2. One diving form for EACH diver, completely filled out & signed
3. One copy of the relay entry form (this form is also your state form)

All forms MUST be received by Saturday, October 31st at 9:00 pm.

- You may hand deliver entries (including TM entry file) to Jeff Lowell at the Kingco meet,
- or FAX to: SeaKing District II at (425) 646-1821
- If you use Team Manager, *PLEASE* e-mail in a copy of your exported entries.
- **E-mail the file to: jefflowell@speakeasy.net.**
 - *In addition to e-mailing your entries, you must also fax in all other paperwork as listed above.*

ENTRY FORMS: 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.
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 designated by an 'X' on each swimmer's line in the appropriate column for that relay. Relay entry times are input in the **red bordered** cell just under the Relay name at the top of the column.

The Master Entry form must be filled out completely and accurately (PRINT NEATLY)

1. Swimmers' first & last names and grades must be listed. Enter full name, grade level, and best **verifiable interscholastic performance time from the 2009 season.**
 - Input cells are formatted so no punctuation is needed. For example, when the numbers 23456 are entered, it will display as 2:34.56. 'X' is the only input allowed for Relay cells. Relay time goes in red bordered box.
 - **Individual entry times** for each swimmer must be listed in the appropriate column on the same line as the swimmer's name.
2. ALL relay alternates must be listed on the master entry form (and the relay sheet).

- **Relay entry times** are input in the cell just under the Relay name at the top of the column.
3. List and **CIRCLE** those swimmers & divers who have not met the District Standards but are close. They will be added on a space available basis. Coaches will be notified if they are added by Sunday evening (9 pm).
 - If there are lanes available 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.
 - 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 as an Optional Swimmer.
 - **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 wild card notification and information (please list the number at which you are most likely to be reached).

Relay Entry Form

1. List up to 8 swimmers for each of the three relays.
2. List SCHOOL NAME at the top of the sheet.
3. Each relay lineup (prelims or finals) may *only include swimmers originally designated as potential members on the Master Entry Form.*
4. 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.
5. *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.
6. 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

1. Use only the WIAA 2009 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 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.) 4A Allocation from District 2 to the State Meet:
 - a. Individual events: Top 4 automatically go to State
 - b. Relay events: Top 4 automatically go to State
- 2.) An individual or relay team may also qualify by achieving the State time standard for that event.
- 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.

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

QUALIFYING STANDARDS:	<u>EVENT</u>	<u>STATE</u>	<u>DISTRICT</u>
	1. 200 Medley Relay	1:58.50	1 Entry
	2. 200 Free	2:01.90	2:17.60
	3. 200 IM	2:18.90	2:38.90
	4. 50 Free	25.75	28.75
	5. Diving	300/11.6 DD	225/11dive meet
	6. 100 Fly	1:02.25	1:12.25
	7. 100 Free	56.30	1:04.30
	8. 500 Free	5:26.90	6:06.90
	9. 200 Free Relay	1:45.90	1 Entry
	10. 100 Back	1:04.10	1:14.10
	11. 100 Breast	1:12.50	1:22.50
	12. 400 Free Relay	3:52.90	1 Entry

SEEDING: Championship seeding.

SCORING:

Championship Scoring:	1 st -16pts	5 th -10pts	9 th -4pts
	2 nd -13pts	6 th -9pts	10 th -3pts
	3 rd -12pts	7 th -7pts	11 th -2pts
	4 th -11pts	8 th -5pts	12 th -1pt

All relays score double the individual points for that place.

- AWARDS:**
1. A trophy will be awarded for the first place team.
 2. Pins will be awarded for 1st through 3rd place for all events.
 3. Ribbons will be awarded 4th through 6th place for all events.

OTHER INFORMATION: There will be a 5 minute warm-up/ cool-down break after the 200 Medley Relay, a 15 minute break after the 50 Free, and a 5 minute break after the 100 Breast during prelims. The shallow end of Mary Wayte Pool will be open through the prelims and finals sessions for warm up and cool down only.

The awards presentations/breaks during the finals will be after Event 5, Event 9, and Event 12.

TIMERS: Each large 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 Prelims

<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>
Juanita	Holy Names	Bainbridge	Bellevue	Mercer Island	Bishop Blanchet	Eastside Catholic

SATURDAY Finals

<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>
Lakeside	Liberty	Bainbridge	Bellevue	Mercer Island	Seattle Prep	Sammamish

COST FOR SPECTATORS: \$7.00 for adults and \$5.00 for seniors and students with ASB.

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

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

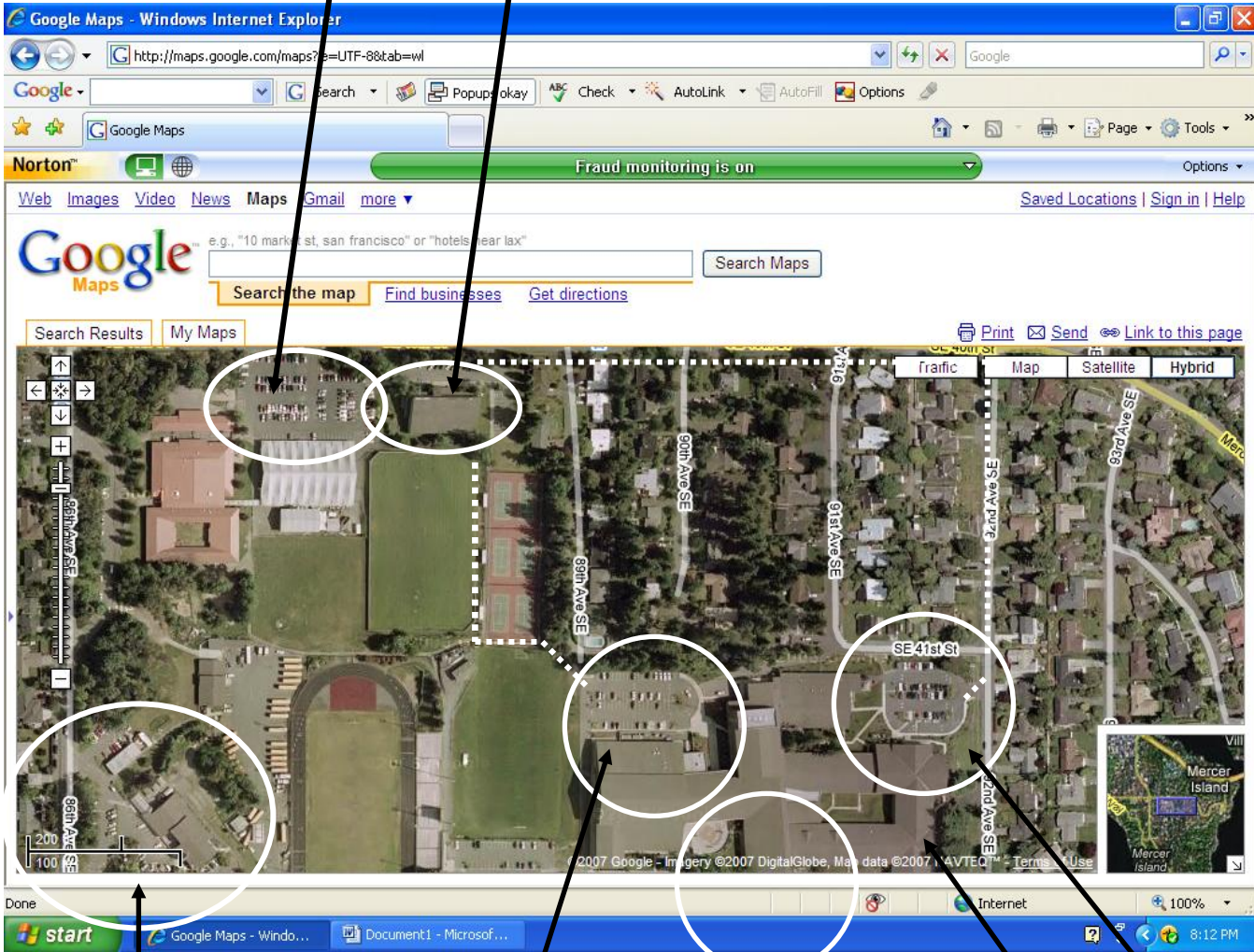
QUESTIONS: Please call Jeff Lowell, Meet Manager, at (425) 495-5318 or email at jefflowell@speakeasy.net.

Check out www.wiaa.com/Dist2 for entry forms, maps, results, etc.

Map of the Mercer Island Campus and Parking

Parking at North Mercer Gym Left Side of Lot only. Please leave right side free

Mercer Island Pool
8815 SE 40th Street
Mercer Island, WA 98040
206-296-4370



MISD Admin Building
4160 86th Ave SE
Mercer Island, WA 98040
Can walk 86th to 40th then
take a right to get to the pool

Back Lot - Can Walk
Path to pool (dashed line)

Front Lot - walk
to path in back

Mercer Island High School
9100 SE 42nd Street
Mercer Island, Washington 98040

Side Lot - can walk 92nd
to 40th - take a left to get
to the pool

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.		

Coach:	Signed:
Administrator:	Signed:

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

<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>
Juanita	Holy Names	Bainbridge	Bellevue	Mercer Island	Bishop Blanchet	Eastside Catholic

SATURDAY Finals

<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>
Lakeside	Liberty	Bainbridge	Bellevue	Mercer Island	Seattle Prep	Sammamish

<u>School</u>	<u>Shift 1 Friday</u>	<u>Shift 2 Friday</u>	<u>Shift 1 Saturday</u>	<u>Shift 2 Saturday</u>
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
Eastside Catholic	3	3	0	0
Lakeside	0	0	3	3
Liberty	0	0	3	3
Seattle Prep	0	0	3	3
Sammamish	0	0	3	3

Please list timer information below:

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