

2009 SeaKing District II

4A Girls' Swimming and Diving Championship

November 6th and 7th, 2009

Location: Juanita High School Pool: 10601 NE 132nd, Kirkland
Meet Director: Linda Chapman 425-885-7218 chapman_family@comcast.net
Referees: **Swimming:** David Warren, 206-283-7953, warren@dbhelix.com
Diving: Skip Hulet 206-390-4359

Schedule: November 6 & 7, 2009

Friday, November 6th:

Doors Open	3:45 PM
Swimming Warm-up	4:30 – 5:30 PM
Coaches 'Scratch' Meeting	5:00 PM
Timers meeting	5:15-5:25PM
Preliminary Competition	5:30-9:00 PM

Saturday, November 7th: -

Doors Open	1:00pm
Diving Warm-up	1:30-2:30 PM (approx.)
Diving Prelims - Dives 1 – 8	2:30-3:45PM (quiet time on deck)
Pool Set-Up for Finals	3:45-4:25PM
Swimming Warm-up	4:30-5:30 PM
Timers meeting	5:10-5:20PM
Swimming Finals—incl. final 3 dives	5:30~8:30 PM

Note: Saturday swim meet times may vary depending on the duration of Diving Finals.

PARTICIPATING TEAMS: Ballard, Bothell, Eastlake, Garfield, Inglemoor, Issaquah, Lake Washington, Newport, Redmond, Roosevelt, Skyline, Woodinville

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 only compete in four events: two individual events and two relays or one individual event and three relays. (*An athlete may be entered in a maximum of 2 individual events and 3 relays on the master form as a relay does not count as an event until an athlete participated in that relay*)
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.
 - Athletes listed as a 'Wild Card' counts as one of a team's four entrants in an event **THIS MEANS A COACH MAY ENTER MORE THAN ONE ATHLETE AS A WILD CARD. (EXAMPLE – A TEAM HAS TWO QUALIFIED ATHLETES IN THE 500 FREE, THAT TEAM MAY ENTER TWO ATHLETES AS WILD CARD ENTRANTS)**
 - 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).

Diving Forms: These will be forwarded on to the Diving Referee.

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.

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.

Saturday Afternoon Arrival:

Coaches, Officials and Meet Workers arriving during the diving prelims on Saturday afternoon should head upstairs to the spectator level, cross behind the bleachers to the far staircase where they can descend into the 'back room' where check in, meetings, hospitality, scoring and awards will be handled. Please inform your swimmers they will not be allowed on deck past the bulkhead until 3:45 PM Saturday for the swimming competition. Team members will not be allowed on deck until their coach or designated school representative has arrived.

Gate List: Master Entry Forms will serve as the Gate List.

Please be sure to include all swimmers, coaches and no more than two managers to be allowed on deck. An ASB card or

driver's license may be required at the door for identification (including swimmers). Persons not on the Gate List will not be allowed on deck – **this especially includes parents. Make sure your swimmers' parents know that only meet workers and those on the Gate List will be allowed on deck.**

Admission: Adults: \$6.00. Students/Seniors: \$4.00.

- **Admission will be charged each day.**
- **Admission will be charged for Diving Prelims on Saturday afternoon.**
 - Spectators at diving prelims will not be charged for swim/dive finals later that evening.
- **Coaches – Tell swimmers to let family and friends know that admission is not free.**
 - If you have parents on an email distribution list, please let them know admission is charged. It can be quite a shock to families to find out that, unlike dual meets, admission is charged for this meet. **You are our conduit to families – please communicate this. THANKS.**

Scholastic Award: Mike Scott is collecting this information for the KingCo League Championship. I'll get the info from him.

Meet Rules: Current WIAA rules and procedures govern throughout this meet

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 the 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 8, and Event 11. Event 12 will be taken care of separately.

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 2 automatically go to State
 - b. Relay events: Top 2 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.

WARM-UPS: *Please warn all of your athletes of the serious nature of safety related infractions.* Officials, pool staff, and meet director/s have authority to remove a swimmer (or swimmers) from the pool deck for violation of the following rules:

- 1.) **Swimmers must ease themselves into the water, feet first. No jumping or diving.**
- 2.) **There will be no diving into the pool except during the last half hour of warm-up when designated lanes will be opened up for starts and one-way swimming only.**
- 3.) **The blocks are off-limits except during last half hour of swim warm-up for block starts**
- 4.) **The diving board is off limits during swimming warm-up and competition.**
- 5.) **Swimmers are not allowed on the starting platform when a swimmer is in the water executing a backstroke start.**

Heat Sheets: Heat Sheets will be for sale for \$2.00 each day.

Event Awards: Pin medallions for 1st place, Ribbons 2nd-12th.

Concessions: **We do not have a group who has agreed to provide concessions to date. Any group who is interested**

should contact Linda ASAP.

T-Shirts: T-shirts and sweatshirts will be on sale Friday and Saturday.

REMINDERS: Triple check list of District entrants. Make sure no one is left off. Triple check list of potential State entrants before the District Meet. Finalize names and times at the end of the District Meet. Make sure no one is left off. State entries will be collected at the Juanita Pool, Saturday evening, November 8th, at the end of the District Meet.

CHECKLIST AT THE MEET: **WIAA State entry forms, Master Entry Form** for individual events. State entry forms will be collected at the end of the meet on Saturday by Jeff Lowell, State Meet Director. Forms included and are also available at WIAA.com

Questions? Please call **Linda Chapman** (Meet Director) 425-885-7218 **Skip Hulet** (Diving Referee) 425-844-8489
David Warren (Meet Referee) 206-283-7953, warren@dblhelix.com

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>
Bothell	Redmond	Inglemoor	Issaquah	Roosevelt	Lake Wash	Newport

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>
Skyline	Ballard	Newport	Garfield	Woodinville	Eastlake	Roosevelt

<u>School</u>	<u>Shift 1 Friday</u>	<u>Shift 2 Friday</u>	<u>Shift 1 Saturday</u>	<u>Shift 2 Saturday</u>
Bothell	2	2	0	0
Redmond	2	2	0	0
Inglemoor	2	2	0	0
Issaquah	2	2	0	0
Roosevelt	2	2	2	2
Lake Washington	2	2	0	0
Newport	2	2	2	2
Skyline	0	0	2	2
Ballard	0	0	2	2
Garfield	0	0	2	2
Woodinville	0	0	2	2
Eastlake	0	0	2	2

Please list timer information below:

	Name:	Shift Working:
1.		
2.		
3.		
4.		
5.		
6.		

National Anthem Singer/Performer: If you know of a student who would like to sing/perform the national anthem prior to Prelims or Finals, please provide their contact information.

Name:

Phone: