

2019 GIRLS WCD III 1A/2A



West Central District III
OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

SWIMMING AND DIVING CHAMPIONSHIPS

FRIDAY NOVEMBER 8, 2019

COACHES MEETING	3:10 PM
DECK/BALCONY OPEN	3:40 PM
SWIM WARM UP	3:45 PM
SWIM PRELIMS START	5:00 PM

Hazen High School Pool
1101 Hoquiam Ave NE
Renton, WA 98058
425-204-4230

SATURDAY NOVEMBER 9, 2019

DIVE WARM UP	9:00 AM
DIVE PRELIMS/FINALS START	10:30 AM

Lindbergh High School Pool
16740 128th Ave SE
Renton WA, 98058
425-204-4440

SATURDAY NOVEMBER 9, 2019

DECK/BALCONY OPEN	2:30 PM
SWIM WARM UP	3:00 PM
SWIM FINALS START	4:00 PM

Hazen High School Pool

PARTICIPATING SCHOOLS: All 1A/2A West Central District III schools with girls swimming programs.

ENTRIES & REGISTRATION: 1. Hy-Tek Team Manager Entry Export File.
2. Team information. (all coaches names, managers contact info...)

ENTRY DEADLINE: **TM file and team information MUST be received by MONDAY November 4, at 10:00AM.**

E-mail the files to: bryce.jensen@rentonschools.us

QUAL TIMES: Qualifying times are on the [WCD3 web](#) site.

PSYCH SHEET: The psych sheet will be emailed out and posted at www.wiaadistrict3.com as soon as all the entries are in.

ENTRY RULES: Please remember the following items when entering athletes:

Please verify that your entries are correct before submitting them.
Changes will not be accepted after the 10:00AM entry deadline.

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. Once entered in an individual event, they cannot scratch it to compete in three relays.

2. **Team Entry Limits:** Each team may enter a maximum of four swimmers per individual event and one relay.

3. **Relay Entry Forms** will not be used this year. All relays must be correct in Team Manager and have all 8 names listed in Team Manager.

1. ALL relay alternates must be listed in Team Manager.
2. *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.
3. 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.
4. You cannot add or change the 8 names after the entries are turned in.

WILD CARDS:

1. 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. Potential Wild Card entries need to be listed in Team Manager.
2. 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. Wild Card Entries cannot be declined. These are swimmers you entered in the event. If you do not want them to swim the event, do not list them in your entries. We will not Wild Card Relays. Please check the Psych Sheet to see if your swimmers Wild Carded In.
3. Enter Potential Wild Card Entries just as you would any other entry. Remember there is a limit of 4 entries per event.
4. Wild card entry times can be meet during the 2019 season.
5. We will Wild Card Divers based on their submitted 11 dive entry score. We will fill to an even "Heat" of divers, 12, 18, or 24. If there are 16 qualified entries we will Wild Card 2 more to fill out 18 Spots.

DIVING FORM:

1. Dive Sheets will be ran through Clean Entries and are due by 9:00PM on Wednesday November 6th. Changes can be made on site until 10:00AM.

2019/2020 NHFS Rules are in Effect

1. All 2019-20 rules are in effect unless otherwise noted in this document or discussed at the coaches meeting. In the event of a protest, a Meet Committee will be assembled by the Meet Director and will only include the Meet Director and Coaches not directly involved in the protest.
2. All protests must be in writing and turned in to the Meet Director within 30 minutes of the event or incident.
3. Judgment calls are not subject to protest.

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.

ONLY WCD PASSES WILL BE HONORED FOR THE WCD III PRELIMS AND FINALS.

Admission to the WCD III meet will be charged according to WCD III guidelines.

CASH ONLY Checks not accepted.

Adults.....	\$8.00
Students (with ASB).....	\$5.00
(without ASB).....	\$8.00
(Elementary, under 12).....	\$4.00
Preschool, with parent.....	Free
Senior Citizens (62 & over).....	\$5.00

Checks not accepted...cash only.

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.

If you require passes for managers they need to be emailed to the Meet Director along with your entries.

The pool deck is only for participants, coaches, and managers with passes. Team members who are not participating will be asked to leave the deck and sit in the balcony. Please assist the meet management with policing your own team. If you have official school photographers they need to be listed with your coaches and managers sent with the entries.

Please advise your parents and spectators that are attending of the fees.

State Meet Qualification: Allocations are not published yet, this will be updated when they are finalized. Qualification for the WIAA State Meet is possible by any of three methods: Please read the WIAA Bound for State guidelines on the [WIAA web site](#).

1. Top 6 places will allocate from the District 3 swim meet to the State Meet.
2. An individual or relay team may also qualify by achieving the State time standard for that event. That event must be entered and competed at Districts.
3. If space is available in the State Meet it is possible to be 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.
4. In the event of a tie for the last allocation spot a swim off between the participants will be held. Lanes will be assigned by draw, and the meet referee will coordinate the time of the swim off after consulting with the coaches from the programs involved. A swim off would not be necessary if one of the participants concedes their allocation spot to the other program. The concession must be made by both swimmer and coach in front of the Meet Referee and Meet Director.

State Meet Entries: Please see the [WIAA](#) and [WISCA](#) web sites for information on state meet entries.

Parking: Please have your team buses park in the South Lot near the Tennis Courts. Cars illegally parked will be ticket or towed at the owners expense.

Concessions: Concessions will be located in the Mezzanine at the top of the stairs.

T-Shirts and Sweatshirts will be for sale during both prelims and finals.

Timers: We will be needing experienced adult timers for both prelims and finals. Please ask your parents and let me know who you have available. Timers should report to the starting end of the pool 30 minutes prior to the swim competition.

Officials If we have enough USA Swimming officials this will be a PNS sanctioned event. If you have certified officials that are willing To work the meet send me their name and email address and I will pass it onto our referee.

If you have any questions please do not hesitate to email or call:

Meet Manager: Bryce Jensen
Phone: 425-495-5570
Bryce.jensen@rentonschools.us