

2019 SEA-KING DISTRICT II
3A/4A GIRLS SWIMMING AND DIVING CHAMPIONSHIPS
 November 8 and 9, 2019

Meet Contacts

Jeff Lowell, Meet Director
 Skip Hulet, Diving Referee
 Ted Wang, Meet Referee

Email

Jefflowell9969@gmail.com or lowellj@bsd405.org
bhulet@lwsd.org

Phone Contact

(425) 495-5318
 (206) 390-4359

Session Locations

Swimming (Fri and Sat):
 Diving (Sat only):

Sites

Mary Wayte Pool 8815 SE 40th, Mercer Island, WA
 Juanita High School 10601 NE 132nd, Kirkland

Phone Contact

(206) 588-1117
 (425) 823-7627

DATE & TIME:

Friday			Participating Teams	
4A Prelims	8:30 AM	Facility Opens	Bothell	Newport
Mary Wayte	8:45 AM	Coaches meeting	Eastlake	North Creek
	9:00 AM	Warm-up (pool closes at 9:55 am)	Inglemoor	Redmond
	10:00 AM	Swim prelims	Issaquah	Skyline
	12:15 PM	Prelims End	Mt. Si	Woodinville
3A Prelims	12:45 PM	Coaches meeting	Bainbridge Island	Lincoln
Session 1	1:00 PM	Warm-up (pool closes at 1:55 pm)	Bellevue	Lake Wash
Mary Wayte	2:00 PM	Swim prelims	Chief Sealth	Nathan Hale
	4:15 PM	Prelims End	Franklin	Roosevelt
			Holy Names Acad	West Seattle
			Ingraham	
3A Prelims	4:45 PM	Coaches meeting	Ballard	Interlake
Session 2	5:00 PM	Warm-up (pool closes at 5:55 pm)	Garfield	Juanita
Mary Wayte	6:00 PM	Swim prelims	Bishop Blanchet	Lakeside
	8:15 PM	Prelims End	Cleveland	Mercer Island
			Eastside Catholic	Seattle Prep
Saturday				
3A/4A Diving	7:45 AM	Facility Opens		
(Juanita)	8:00 AM	Warm Up		
	9:30 AM	Diving Prelims, Semis, Finals		
4A FINALS	1:45 PM	Doors Open		
Mary Wayte	2:00 PM	4A warm-up (pool closes at 2:55 pm)		
	3:00 PM	4A swim finals		
3A FINALS	5:45 PM	Doors Open		
Mary Wayte	6:00 PM	3A warm-up (pool closes at 6:55 pm)		
	7:00 PM	3A swim and dive finals (diving exhibition event #5)		

3A and 4A SeaKing District 2 Games Committee: The duties of the Games Committee are as follows:

- A. Assist the Tournament Manager as needed and be available during the event.
- B. Act as an arbitration board for disputes and respond to special concerns. Final decisions shall be made by consensus of the Games Committee. If a coach on the committee is involved in the protest, a coach with no conflict will take their place.
- C. Respond to alleged infractions or rule violations from participating coaches and/or administrators - not contestants.
 - Jeff Lowell, Meet Director
 - Ted Wang, Meet Referee
 - Deck Referee
 - Eric Bartleson, Head Coach Newport High School
 - Julie Barashkoff, Head Coach Redmond High School

ENTRIES & REGISTRATION: You **MUST** submit **FOUR** things by Sunday, November 3, 2019 by NOON:
Your entries are complete **ONLY** after submitting the following:

1. A Team Manager export of your meet entries
 - a. **Session #1 = Events 301-312, Session #2 = Events 101-112, Session #3 = Events 401-405**
 - b. When exporting from Team Manager, ENTER WILD CARD HOPEFULS. Please use the BONUS EVENT option in Team Manager to mark any WILD CARD HOPEFUL.
 - c. When exporting from Team Manager, ENTER ALL DIVERS WHO WILL COMPETE – if a diver is not part of the export file, THEY HAVE NOT BEEN ENTERED IN THE MEET.
2. A Team Manager printout of your entries, including divers and relay names.
 - a. When creating the file – please send entries by NAME and include PROOF OF TIME in pdf format.
 - b. For those without TM, contact Jeff directly to discuss entries
3. Volunteer Form

Please send all information through EMAIL to Jeff Lowell at jefflowell9969@gmail.com. If you have issues during this process, do not wait – call Jeff at 425-495-5318.

Entry Info: 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. *PRELIMS and FINALS are separate sessions of the same meet.*
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 for that relay.

Master Entries in TM must be complete and accurate

1. List swimmers' first & last names and grades. Enter full name, grade level, and best **verifiable interscholastic performance time from the 2019 season**. This is the reason for the **PROOF OF TIME on the TM report**. Without the **PROOF OF TIME, entries will not be accepted**.
2. List ALL relay alternates in TM – as THESE ARE STATE RELAY ENTRIES AS WELL.
3. **AGAIN, PLEASE ADD POTENTIAL WILD CARD TIMES INTO TM**. Athletes do not receive consideration if you do not enter them into TM. Athletes are added on a space available basis. Coaches will be notified if athletes are added by Sunday evening (9 pm). The following information describes how wild card hopefuls are entered in the meet.
 - IF there are empty lanes available (to fill a heat with qualified athletes) 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. AGAIN - INCLUDE PROOF OF TIME
 - 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.
 - 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 questions regarding entries (please list the number at which you are most likely to be reached).
5. **Relay Entries may include up to 8 athletes for each of the three relays.**
 - a) Each relay lineup (prelims or finals) may *only include athletes originally designated as potential participants in TM*.
 - b) If a swimmer is entered in 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.
 - c) **The same eight athletes 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. Any combination of these 8 athletes may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.

Diving Forms – to be completed and reviewed at the diving competition by Skip Hulet.

1. Use only the WIAA 2019 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. **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 adhere to the 'DOORS OPEN' portion of the schedule. Arriving too early does complicate things for the event workers.
- 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.) Allocation from District 2 to the State Meet:
 - a. Individual events: Will be updated and reposted after October 1**
 - b. Relay events: Will be updated and reposted after October 1**
- 2.) Individuals or relays may also qualify by achieving the State time standard for that event subject to the following criteria:
 - a. *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 sure you have submitted your State athletes' times to WISCA in accordance with the rules on the WIAA website.*
 - b. *The meet director will submit state times achieved at Districts for you.*
 - c. NOTE: Athletes or divers who wish to compete at the State Meet must compete in the same event(s) at their district meet.
- 3.) If space is available in the State Meet it is possible for an athlete to receive an information for a spot (i.e. a wild card entry) in an event based on the time achieved in finals at the District Meet. The process for wild card entries is posted at <http://wiscaorg.ipage.com/state-info.php>.

QUALIFYING STANDARDS can be found on the SeaKing Swim and Dive webpage (<http://www.wiaadistrict2.com/index.php?pid=0.0.0.13.120>)

SEEDING and SCORING: Championship seeding and scoring

Place	Points		Place	Points	
	Indiv Events	Relay Events		Indiv Events	Relay Events
1 st	16	32	7 th	7	14
2 nd	13	26	8 th	5	10
3 rd	12	24	9 th	4	8
4 th	11	22	10 th	3	6
5 th	10	20	11 th	2	4
6 th	9	18	12 th	1	2

Breaks/Warm-Ups/Awards Presentations:

Event Prelim Sessions- Friday

- 1 **200 Medley Relay Heats**
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Heats**
- 3 **200 Individual Medley Heats**
- 4 **50 Freestyle Heats**
Break - 15 min Competition Pool is Open
- 5 **1 M Diving Heats**
COMPLETED ON SATURDAY IN SESSION #3
- 6 **100 Butterfly Heats**
- 7 **100 Freestyle Heats**
- 8 **500 Freestyle Heats**
Break - 5 min Competition Pool is Closed
- 9 **200 Free Relay Heats**
Break - 5 min Competition Pool is Closed
- 10 **100 Backstroke Heats**
- 11 **100 Breaststroke Heats**
Break - 5 min Competition Pool is Closed
- 12 **400 Free Relay Heats**

Event Swimming Finals - Saturday

- 1 **200 Medley Relay Consols**
200 Medley Relay Final
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Consols**
200 Freestyle Final
- 3 **200 Individual Medley Consols**
200 Individual Medley Final
- 4 **50 Freestyle Consols**
50 Freestyle Final
Break – 3A 15 min Competition Pool Open / 4A pool closed
Awards for Events 1 - 5
- 5 **1 M Diving Final**
COMPLETED ON SATURDAY IN SESSION #3 /4A exhibition during
Awards presented after event #4
- 6 **100 Butterfly Consols**
100 Butterfly Final
- 7 **100 Freestyle Consols**
100 Freestyle Final
- 8 **500 Freestyle Consols**
500 Freestyle Final
Break – 5 min Competition Pool Closed
- 9 **200 Free Relay Consols**
200 Free Relay Final
Break - 5 min Competition Pool is Closed
Awards for Events 6 - 9
- 10 **100 Backstroke Consols**
100 Backstroke Final
- 11 **100 Breaststroke Consols**
100 Breaststroke Final
Break - 5 min Competition Pool is Closed
Awards for Events 10 - 11
- 12 **400 Free Relay Consols**
400 Free Relay Final
Awards for Event 12
Team Awards

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.

Meet Mobile will be available for this meet (2019 SEAKING District2 3A Girls Champs or 2019 SEAKING District2 4A Girls Champs). Psych sheet for 3A and 4A finals will be posted at www.wisca.org and on the SeaKing District 2 website (<http://www.wiaadistrict2.com>) on the girls' swim page.

COST FOR SPECTATORS:

- \$7.00 for adults and
- \$5.00 for seniors (ages 65 and over)
- \$5.00 for all students (ages 6 and over)

DIRECTIONS:	
<u>Mary Wayte Pool</u> <ol style="list-style-type: none">1. Take I-90 to Island Crest Way exit.2. Head south on Island Crest.3. At top of the hill turn left at light on 40th.4. Go to four way stop and go straight.5. Pool is one block on right.6. 8815 SE 40th, Mercer Island (206) 296-4370	<u>JUANITA HIGH SCHOOL</u> <ol style="list-style-type: none">1. From 1-405, take Exit 20B and proceed west on NW 124th to 116th.2. Turn north (right) on 116th N.E. to N.E. 132nd.3. Turn west (left) on N.E. 132nd.4. Follow N.E. 132nd until you begin to go down the hill.5. The high school is on the left and sits on its own road.6. 10601 NE 132nd, Kirkland Pool Phone: (425) 823-7627

QUESTIONS: Please call Jeff Lowell, Meet Manager, at (425) 495-5318 or email at jefflowell9969@gmail.com.

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

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 4A Prelim Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back up	
Eastlake 2 Timers	Newport 2 Timers	Issaquah 2 Timers	Inglemoor 2 Timers	Woodinville 2 Timers	Skyline 2 Timers	Bothell 1 Timer	Mt. Si 1 Timer

FRIDAY 3A Prelim Session #1

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back ups		
Ingraham / West Seattle 2 Timers	LW 2 Timers	Bainbridge 2 Timers	Bellevue 2 Timers	Holy Names 2 Timers	Roosevelt 2 Timers	Nathan Hale 1 Timer	Chief Sealth 1 Timer	Franklin 1 Timer

FRIDAY 3A Prelim Session #2

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back up		
Mercer Island 2 Timers	Ballard 2 Timers	Garfield 2 Timers	Bishop Blanchet 2 Timers	Juanita 2 Timers	Lakeside 2 Timers	Seattle Prep 1 Timer	Eastside Catholic 1 Timer	Cleveland 1 Timer

SATURDAY 4A Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back up	
Eastlake 2 Timers	Newport 2 Timers	Issaquah 2 Timers	Inglemoor 2 Timers	Woodinville 2 Timers	Skyline 2 Timers	Bothell 1 Timer	North Creek 1 Timer

SATURDAY 3A Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back up
Bishop Blanchet Garfield 1 Timer each school	Redmond Ballard 1 Timer each school	Bainbridge 2 Timers	Bellevue 2 Timers	Lakeside 2 Timers	Roosevelt Juanita 1 Timer each school	Seattle Prep Holy Names 1 Timer each school

Please list timer information below for _____ High School:

	Name:	Shift Working:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		



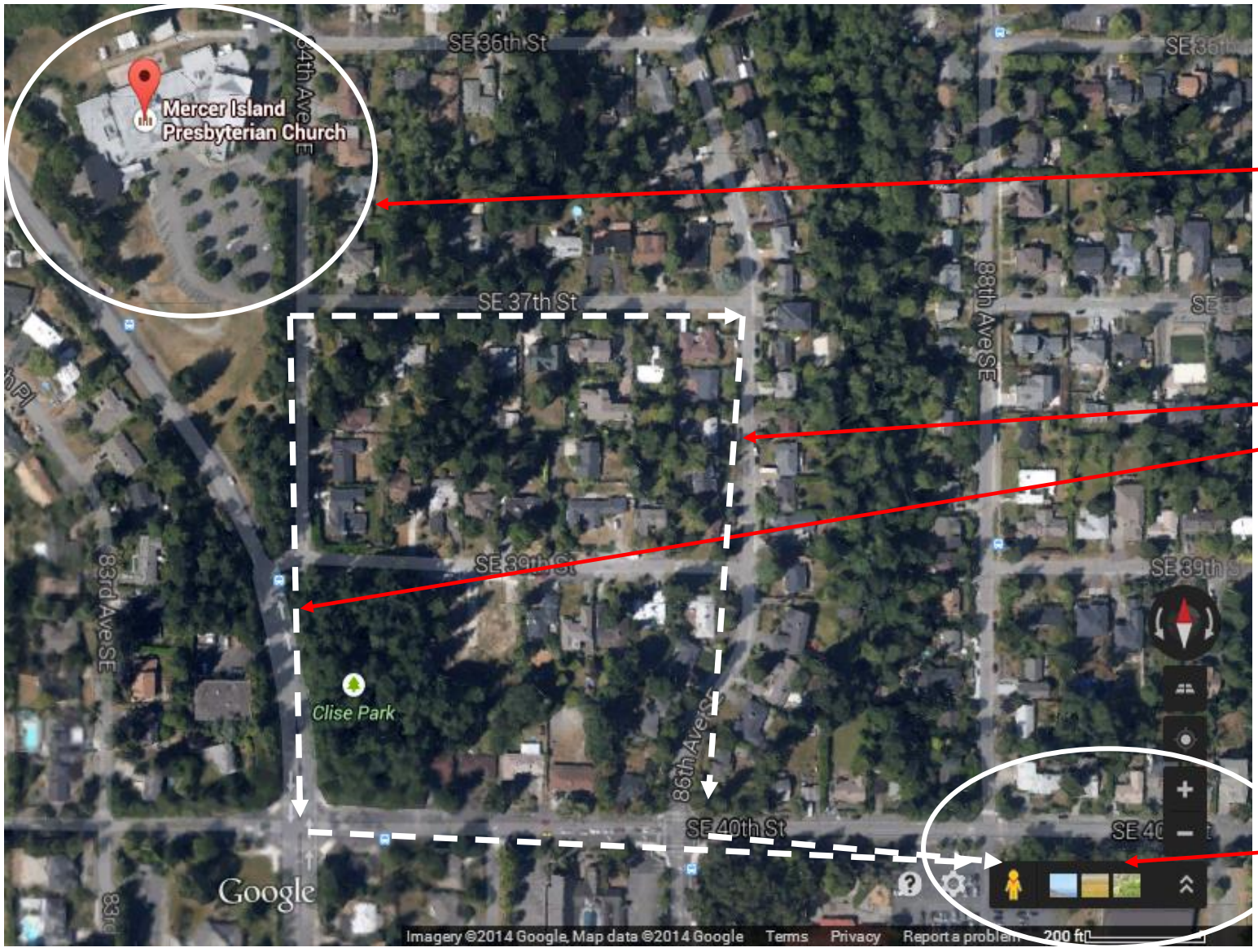
SE 40th is the street in front of the pool.

**Mary Wayte Pool
8815 SE 40th,
Mercer Island, WA
(206) 588-1117**

Parking at the North Mercer Campus will be shut down. School parking will mean spectators need to park elsewhere.

**Additional parking at:
Mercer Island Presbyterian Church
3605 84th Ave SE – off Island Crest Way
approx.. .4 miles away from the pool**

**There are 60 spots available at Holy Trinity Lutheran.
Address: 8501 SE 40th St**



**Additional parking at:
Mercer Island
Presbyterian Church**
3605 84th Ave SE
off Island Crest Way
approx.
.4 miles away
from the pool

**Path to walk back to
the pool. There are two
options**

Pool Campus



Additional BUS parking at: Mercer Island Boat Launch

Drive 1.2 miles, 3 min

Take Gallagher Hill Rd and SE 36th St to E Mercer Way 0.8 mi / 2 min

Continue onto E Mercer Way 482 ft / 15 s

Follow Frontage Rd to your destination 0.3 mi / 1 min

Turn left onto Frontage Rd 0.3 mi

Turn left 85 ft