**2018 GIRLS WCD III 3A**



**SWIMMING & DIVING CHAMPIONSHIP**

THURSDAY OCTOBER 31, 2019 Henry Foss High School

DIVE WARM UP 3:30 PM 2112 South Tyler

DIVE PRELIMS/FINALS START 4:30 PM Tacoma, WA 98405

FRIDAY NOVEMBER 1, 2019 Mt. Tahoma High School

SCRATCH MEETING 3:15 PM 4374 South 74th Street

SWIM WARM UP 3:30 PM Tacoma, WA 98409

TIMER MEETING 4:40 PM

SWIM MEET PRELIMS 5:00 PM

SATURDAY NOVEMBER 2, 2019 Mt. Tahoma High School

COACH MEETING 2:15 PM 4374 South 74th Street

SWIM WARM UP 2:30 PM Tacoma, WA 98409

TIMER MEETING 3:40 PM

SWIM FINALS START 4:00 PM

**PARTICIPATING** All swimmers and divers who represented a 3A West Central District III school and met the qualifying standards in at least one (1) regular season competition may enter this meet.

**SCHOOLS:**

**ENTRIES &** 1. Hy-Tek Team Manager Entry Export File.

**REGISTRATION:** 2. Team information. (all coaches names, managers contact info…)

**ENTRY DEADLINE: TM file and team information MUST be received by MONDAY October 29, at 9:00AM**. Completed entries will include a team manager entries export file and a list of credentialed persons.

**E-mail the files to: Dane Wolfrom- Meet Manager**

[**Dane.wolfrom@outlook.com**](mailto:Dane.wolfrom@outlook.com) **253-381-8389**

**Roy Young- Diving Referee**

[**ryoung@tacoma.k12.wa.us**](mailto:ryoung@tacoma.k12.wa.us) **253-571-7454 253-571-7466 fax**

**QUAL TIMES:** Qualifying times are on the [WCD3 web](http://www.wiaadistrict3.com/index.php?pid=0.0.0.13.120) site.

**PSYCH SHEET:** The psych sheet will be emailed out and posted at [www.wiaadistrict3.com](http://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 9:00AM 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 the entry deadline has passed no entry changes, withdrawals or additions may be made to individual or relays events.
2. **Team Entry Limits:** Each team may enter a maximum of four swimmers per individual event and one relay.

**RELAY ENTRY FORMS:**

RELAY CARDS

Relay cards are due to the clerk of course 30 minutes after conclusion of scratch meeting. Changes may be made up to the heat closure.

**WILD CARDS:**

Athletes who have not met the qualifying standard in their event may be seeded into the meet after the entry deadline. They will be seeded using the following procedures:

* Divers – Up to 24 divers will be seeded in event 5. **Enter your best provable score for an 11-dive meet for potential wildcards with your other team diver entries.** Scores not from an 11-dive meet will not be considered for wildcard seeding.
* Relays – Up to 14 relay teams will be seeded in each relay event based on the results of the Pierce County League and the South Sound Conference Championships. ***Do not enter*** potential relay wild-cards with your entries.
* Swimmers – Up to 24 individuals will be seeded in each individual swimming event based on results of the Pierce County League and South Sound Conference Championships. ***Do not enter*** potential individual wildcard entries with your team entries. If 25 or 26 swimmers who meet the qualifying standard enter a specific individual event, up to 27 athletes will be seeded in the event as wildcards.
* Any “Wildcards” selected will have 24-hours from the wildcard invitation to accept the seeding. The invitation time is the moment the email goes out, and is not dependent on emails being read, “junk” folders or other problems on the receiving end.

**DIVING FORM:**

* **Dive sheets are due to Roy Young by 1:00pm on Wednesday, November 1st.** Sheets may be mailed, hand-delivered, or faxed.
* Only the current season’s WIAA Diving Sheet may be used.
* All divers must be entered into event #5 in the team manager entry file submitted by 9:00am on Monday.
* An incorrectly completed dive sheet may result in disqualification.
  1. **NHFS Rules are in Effect**

1. All 2017-18 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:**

**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**:

##### STATE CHAMPIONSHIP NOTES

Your state championship entries *must be the same* as your district championship entries. No changes may be made to individual events or relays, including the 8 relay swimmer and alternate names, with the sole exception: A swimmer may swim an event at the district championship, qualify for state in that event, and not enter that event for the state championship.

* Refer to the WIAA “Bound for State” guidelines for state championship qualification and procedure information.
* The top four (**4**) place-winners in each event will be the West Central District III allocations to the state championship, regardless of time. In the event of a non-state-qualifying-time tie for fourth or fifth place, a swim-off will be conducted as described in NFHS 5-4-4, unless one of the tied athletes concede [possible] allocation in the presence of their coach, to the meet manager and meet referee.

##### STATE CHAMPIONSHIP ENTRIES

* All coaches **must submit** their swimmers and divers who have qualified in one or more individual events or who are one of eight members of the relay team on the Direct Athletics website (www.directathletics. com).
* The entry deadline is ***Sunday, November 4th by 9:00 A.M***. Submissions must include the entry time for swimmers/relays and point totals for divers. Submissions also must include the names for relay members and may not differ from the eight named for the District meet entry. Coaches may use a typed/printed State Entry Form for planning purposes. However, this is **no longer** the master entry form for the State Meet.
* District Meet Managers **will not** collect these forms from the coaches. The District Meet Managers will only submit the District Meet results that include the names of relay members. Divers and their dive sheets must also be entered into www.divemeets. com. There are procedures for both the coach and diver to follow to complete the entry process on the Dive Meets website. Please refer to the form labeled “Directions for divemeets.com.”

**Parking:** Please have busses park North of the Stadium or near the West end of the school.

**Concessions**: Modest concessions will be provided.

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

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| **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 please send their name to the meet manager. |
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##### MEET COMMITTEE:

The Meet Committee shall include the Meet Manager, a coach from the Pierce County League, and a coach from the South Sound Conference. The committee will be appointed and announced at the Scratch Meeting. An alternate coach from each league will also be announced at the Scratch Meeting. If the Meet Manager so chooses, he or she may appoint an official to take his/her place on the Meet Committee to hear a specific protest.

##### POSSIBLE BREAKS AFTER RELAYS:

During finals, if an athlete is seeded to swim in the “A” final of the 200 medley or 200 freestyle relay and the “B” final of the following event, an additional 5-minute break will be added to the schedule between relay awards and the following heat. These breaks will be announced at the Saturday coaches meeting. It is the coach’s responsibility for any athletes this applies to, to bring it to the attention of the meet manager prior to or during the Saturday coaches meeting. These breaks will not be added after the completion of the Saturday coaches meeting.

**WARM-UP PROCEDURES:**

* Feet first entry at all times into the pool. The only exception is when performing racing starts.
* Circle swim counter-clockwise only.
* Last 30 minutes of warm-up:

Lane 1: pace lane, no diving.

Lanes 2, 4, 5: sprint lanes, dive starts.

Lanes 3 & 6: general warm-up, no diving.

* Warm-up may be modified at the discretion of the Meet Referee.

##### SCORING & AWARDS:

* Individual Awards: Pins 1st-3rd, ribbons 4th-8th.
* Relay events: Pins 1st-3rd, ribbons 4th-8th.
* Individual scoring: Top twelve: 16-13-12-11-10-9-7-5-4-3-2-1.
* Relay scoring: Top twelve: 32-26-24-22-20-18-14-10-8-6-4-2.
* Team awards: West Central District III team trophies for the 1st and 2nd place teams.
* Presentation: Please instruct your swimmers to wear school apparel to the blocks and to receive awards. The entire pool will be closed during awards See “Schedule of Events” for schedule of award presentations.

##### CREDENTIALS:

The names of all credentialed persons must be submitted with entries prior to the entry deadline. Below are the limitations:

* Athletes – limited to only the athletes entered in the meet. Relay alternates are considered “entered.”
* Coaches – must be official coaches, who are known by your school as coaches.
* Team Managers – each school is limited to two (2) team managers with deck access. If you have different managers for diving and swimming, or prelims and finals the pass will be shared. Make sure to submit the names of all managers who may share a pass.
* Photographers – each team is allowed one (1) photographer pass. Photographers are not to socialize or interact with swimmers beyond their official photographing capacity. Photographers are bound to further rules set to them by the Meet Manager. Failure to follow such rules may result in revocation of credentials.

Media personnel from accredited media should check in directly with the Meet Manager.

##### MEET RULES:

* National Federation rules as amended by the West Central District III within this document will govern this competition.
* An individual entry submitted without a provable entry time will result in the athlete being removed from that event, and not allowed to enter another event.
* All protests must be submitted in writing to the Meet Manager within 30 minutes of the incident or event completed.
* Judgment calls by officials may not be protested.

##### FACILITY:

* Indoor 25-yard, 6-lane pool
* Starting end 12 feet deep; turning end 6 feet deep
* Shallow tank available for warm-up/warm-down throughout the meet.
* 200 spectator seats. Seating for coaches and athletes available on deck.

##### SPECTATOR AREA:

* 200 Spectator Seats available.
* Saving Seats is not allowed.
* At the meet manager’s discretion to maintain fairness and safety, meet staff may condense the spectators from north to south, filling each open seat.
* The northernmost section of grandstands shall be closed until 4:40pm or the number of spectators exceeds 160.
* Spectators with disabilities are encouraged to contact the meet manager at least 3 days before the meet to arrange special accommodations.

##### CREDENTIALED AREAS:

* Only credentialed athletes, officials, coaches, team managers, media and photographers are allowed in the credential area marked “Athletes.”
* Only credentialed coaches and officials are allowed in areas marked for coaches. Athletes are not allowed in coach-only areas.
* Credentialed photographers shall follow the instructions given to them when they receive their credentials.
* Credentialed persons may not sit in the spectator grandstands.

##### BALLOONS & SCHOOL BANNERS:

* + Balloons of any construction or filling are not allowed inside either pool facility.
  + School banners must be less than 6-feet wide and professionally constructed of cloth or pvc. They must be displayed in the team banner area.

**DIVING SCHEDULE OF EVENTS**

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| Prelims |
| Semi-Finals |
| Break (Boards Open) |
| Finals |
| Awards |

**SWIMMING PRELIMS SCHEDULE OF EVENTS**

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| EVENTS | TIME STANDARD |
| **200 Medley Relay** | 2:38.00 |
| **200 Freestyle** | 2:23.00 |
| 200 Individual Medley | 2:41.00 |
| 50 Freestyle | 28.50 |
| 10 Minute Break (Pool Open) | |
| 100 Butterfly | 1:16.00 |
| 100 Freestyle | 1:03.00 |
| 500 Freestyle | 6:32.00 |
| 5 Minute Break (Pool Closed) | |
| 200 Freestyle Relay | 2:20.00 |
| 100 Backstroke | 1:14.00 |
| 100 Breaststroke | 1:28.00 |
| 5 Minute Break (Pool Open) | |
| 400 Freestyle Relay | 5:08.00 |

**SWIMMING FINALS SCHEDULE OF EVENTS**

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| 200 Medley Relay “B” Finals, “A” Finals, Awards |
| - - Possible 5 Minute Break - -Competition Pool closed |
| 200 Freestyle“B” Finals, “A” Finals, Awards |
| 200 Individual Medley“B” Finals, “A” Finals, Awards |
| 50 Freestyle“B” Finals, “A” Finals, Awards |
| - - 10 Minute Break - -Competition Pool open for 10 minutes |
| DivingAnnouncement of Results |
| 100 Butterfly“B” Finals, “A” Finals, Awards |
| 100 Freestyle“B” Finals, “A” Finals, Awards |
| 500 Freestyle“B” Finals, “A” Finals, Awards |
| - - 5 Minute Break - -Competition Pool closed |
| 200 Freestyle Relay“B” Finals, “A” Finals, Awards |
| - - Possible 5 Minute Break - -Competition Pool closed |
| 100 Backstroke“B” Finals, “A” Finals, Awards |
| 100 Breaststroke“B” Finals, “A” Finals, Awards |
| - - 5 Minute Break - -Competition Pool open for 5 minutes |
| 400 Freestyle Relay“B” Finals, “A” Finals, Awards |
| Team Trophy Presentation |