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| **DIVING**  |
| **Location** | Timberline HS6120 Mullen Rd SELacey, WA 98503 |
| **Warm-up** | Pending |
| **Meet Finals** | Pending |

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| **SWIMMING (24 Jan, Thursday)** |
| **Location** | Mt. Tahoma HS 4374 South 74th StreetTacoma WA 98409 |
| **Coaches Meeting** | 4:15 |
| **Warm-up** | 4:30 – 5:30 |
| **Timer Meeting** | 5:10 |
| **Meet Finals** | 5:45 |

##### MEET MANAGER

Steve Taylor; SSC Swim Commissioner

Capital HS, Athletic Director

Cell Phone: 360-688-8379

Email: staylor@osd.wednet.edu

Cell Phone

##### MEET DIRECTOR

Burke Anderson

Cell Phone: 360-515-6291

E-mail: banderson@osd.wednet.edu

##### DIVING REFEREE

John Meyer

##### ADMIN MEET DIRECTOR / ADMIN REFEREE

Steve Taylor

**SWIMMING REFEREE**

Randy Keith

##### MEET COMMITTEE

The meet committee will be appointed and announced at the Scratch Meeting.

**SWIMMING SCHEDULE OF EVENTS**

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| 200 Medley Relay |
| 200 Freestyle |
| 200 Individual Medley |
| 50 Freestyle |
| Awards for 200 MR, 200 Fr, 200 IM, 50 Fr, Diving |
| 10 Minute Break (Pool Open) |
| 100 Butterfly |
| 100 Freestyle |
| 500 Freestyle |
| Awards for 100 Fl, 100 Fr, 500 Fr |
| 200 Freestyle Relay |
| 100 Backstroke |
| 100 Breaststroke |
| Awards for 200FR, 100 Ba, 100 Br |
| 5 Minute Break (Pool Open) |
| 400 Freestyle Relay |
| Awards for 400 FR and Team Presentation |

##### 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.

##### GATE FEES & HEAT SHEETS

Diving Session: No admission fee.

Swimming Session:

* Adults and Students w/o ASB: $6.00.
* Seniors and Students with ASB: $4.00
* Children under 5: No Charge
* Swimming Heat Sheets: $2.00.

##### ELIGIBILITY

All swimmers and divers who represented Capital, Central Kitsap, Gig Harbor, North Thurston, Peninsula, Shelton, and Timberline in at least one (1) regular season competition may enter this meet, provided:

* They must be eligible to compete for their school on the day of the meet.
* They compete in no more than four events; no more than two of which may be individual events.

##### SWIMMMING ENTRIES

* **Entries are due (using Team Manager) to Burke Anderson by Monday, 21 January**
* There is no limit to the number swimmers and relays each team may enter in events as long as (1) each entry has a provable time, and (2) individuals do not exceed individual entry limits
* Each team must indicate one relay as in each relay event as their “A” relay, which will be eligible to place and score. All other relay team times will count as “official” but will not be eligible for awards or scoring.

##### DIVING ENTRIES

* Dive Sheets are due\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sheets may be mailed, hand-delivered, or faxed.
* All divers must be entered into event #5 in the team manager entry file.
* Divers do not need to have previously completed an 11-dive meet to compete.
* An incorrectly completed dive sheet may result in disqualification.

##### RELAY CARDS

* Relay cards are due to the clerk of course 20 minutes after conclusion of scratch meeting. Changes may be made up to the event closure.
* Relay names may be entered on the Team Manager file, in which case each only changes to relay entry names or order are due 20 minutes after the conclusion of the scratch meeting.

##### MEET RULES

* National Federation rules as amended by the South Sound Conference 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.
* Diving will be conducted with 11 dives following the federation rules.
* An “A” relay entry submitted without a provable entry time may result in being seeded behind all provable times from other “A” relay teams.
* All events will be timed finals, seeded slow to fast.

##### SCORING & AWARDS

* Only the following from each team are eligible for awards and scoring: the top four finishers in individual events; “A” relays in relay events; and divers who complete the 11-dive format.
* Individual Awards: Ribbons 1st – 16th places.
* Relay Awards: Ribbons 1st – 7th places.
* Individual scoring: Top twelve: 16-13-12-11-10-9-7-5-4-3-2-1.
* Relay scoring: Top seven: 32-26-24-22-20-18-14.
* Presentation: Please instruct your swimmers to wear school apparel to receive awards. The entire pool will be closed during awards See “Schedule of Events” for schedule of award presentations.

**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 & 5: sprint lanes, dive starts.

Lanes 3, 4, 6: general warm-up, no diving.

* Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

##### 3A WEST CENTRAL DISTRICT III WILDCARDS

Athletes who have not met the district qualifying standard may be seeded into the district meet as a wildcard. They will be seeded using the following procedures:

* Diving – Enter your best provable score for an 11-dive meet for potential wildcards with your other WCD III diver entries.
* Swimming Events – Individuals and relays will be seeded in each relay event based on the results of the Pierce County League and the South Sound Conference Championships. Do not submit potential wildcard entries with your district entries.
* All “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.