



**2022 GIRLS WCD III 3A**  
**West Central District III**  
OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION  
**SWIMMING & DIVING CHAMPIONSHIP**

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FRIDAY OCTOBER 28, 2022		Mt. Tahoma High School
SCRATCH MEETING	3:15 PM	4374 South 74 <sup>th</sup> Street
SWIMMING WARM UP	3:30 PM	Tacoma, WA 98409
TIMER MEETING	4:20 PM	
SWIM MEET PRELIMS	4:30 PM	

SATURDAY OCTOBER 29, 2022		Auburn School District Pool
DIVING WARM UP	9:00 AM	516 4 <sup>th</sup> St NE
DIVING PRELIMS/FINALS START	10:00 AM	Auburn, WA 98002

SATURDAY OCTOBER 29, 2022		Mt. Tahoma High School
COACH MEETING	1:30 PM	4374 South 74 <sup>th</sup> Street
SWIM WARM UP	1:45 PM	Tacoma, WA 98409
TIMER MEETING	2:45 PM	
SWIM FINALS START	3:00 PM	

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**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.

**MEET MANAGER:** Madelyn Tallon, Meet Manager  
[madelyn.tallon@gmail.com](mailto:madelyn.tallon@gmail.com) 253-590-6899

**DIVING REFEREE:** Todd Wollenweber  
[twollenweber@auburn.wednet.edu](mailto:twollenweber@auburn.wednet.edu) 253-376-0001

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

**ENTRY DEADLINE:** TM file and team information **MUST** be received by **MONDAY October 24, at 9:00AM**. Completed entries will include a team manager entries export file and a list of credentialed persons.

**E-mail the files to:** Madelyn Tallon, Meet Manager  
[madelyn.tallon@gmail.com](mailto:madelyn.tallon@gmail.com) 253-590-6899

**QUAL TIMES:** Qualifying times are on the WCD3 web site, [www.wiaadistrict3.com](http://www.wiaadistrict3.com) .

**PSYCH SHEET:** The psych sheet will be emailed out and posted at [www.wiaadistrict3.com](http://www.wiaadistrict3.com) by Wednesday, October 26<sup>th</sup>

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

1. Please verify that your entries are correct before submitting them. Changes will not be accepted after the 9:00AM entry deadline.
2. Ensure your divers are entered into event 5 of the TM file and they are entered through cleanentries.com.
3. **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 in total: 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.
4. **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 individuals will be seeded into event #5 based on results of respective league championships. **Do not enter** potential individual wildcard entries with your team entries.
- Relays – Up to 14 relay teams will be seeded in each relay event based on the results of respective league championships. **Do not enter** potential relay wild-cards with your entries.
- Swimmers –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 care entries need to be listed in team manager. **DO ENTER** your potential wild card entries.
  - A “wild card entry” counts towards the swimmer’s 2 individual events even if a swimmer is not ultimately entered in the event.
  - Enter potential wild card entries just as you would any other entry. Remember, there is a limit of 4 entries per team per event. Do not mark them exhibition.
- 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 FORMS:

- Submit entries for this meet online by midnight, Thursday, October 27, as follows:
  1. Go to <https://www.cleanentries.com/>
  2. Create an account as a coach, if you don’t have one already.
  3. Click on the “meets” tab on the top of the page.
  4. Find the 2022 WCD III Championship 3A meet and click on it.
  5. Input each of your divers who will compete and each of their dive lists.

## CURRENT NHSF RULES ARE IN EFFECT

- All current NHSF 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.
- All protests must be in writing and turned in to the Meet Director within 30 minutes of the event or incident.
- Judgment calls are not subject to protest.

**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, names need to be emailed to the Meet Director along with your entries.

The facility is only for participants, coaches, and managers with passes. Team members who are not participating will be asked to leave. 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.

## 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 seven (7) 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 seventh or eighth 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](http://www.directathletics.com)).
- The entry deadline is **Sunday, November 6th 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](http://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:** Concessions will be provided.

**T-Shirts and Sweatshirts** will be for sale in person at the meet.

**Timers:** We will be needing experienced adult timers for both prelims and finals. Each team is being asked to provide 1 to 2 timers to ensure we have enough timers before the day of the meet. Please contact Madelyn Tallon with any timers names and contact information. 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.

### **MEET COMMITTEE:**

The Meet Committee shall include the Meet Manager and two coaches, each from separate leagues. The committee will be appointed and announced at the Scratch Meeting. An alternate coach from the third 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 back-to-back event "A" finals, an additional 5-minute break will be added to the schedule between the awards of the first event and the "A" final of the second event. 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 1<sup>st</sup>-3<sup>rd</sup>, ribbons 4<sup>th</sup>-8<sup>th</sup>.
- Relay events: Pins 1<sup>st</sup>-3<sup>rd</sup>, ribbons 4<sup>th</sup>-8<sup>th</sup>.
- 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 1<sup>st</sup> and 2<sup>nd</sup> place teams.
- 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.

### **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.

**SWIMMING 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.

**DIVING SPECTATORS:**

- Spectators welcome.
- Spectators with disabilities are encouraged to contact the meet manager at least 3 days before the meet to arrange special accommodations.

**SWIMMING SPECTATORS:**

- There will be spectators allowed at swimming prelims and finals.
- 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.

**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.

**ONLY WCD APPROVED PASSES HONORED FOR THE WCD PRELIMS AND FINALS**

*Admission to WCD III meet is charged according to WCD III guidelines.*

**No cash. GoFan digital sales only. Checks not accepted**

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

**\*\*Additional GoFan handling fees will be charged.**

2022-23 General WCD GoFan Event Ticket purchasing link:

<https://gofan.co/app/school/WA71989>

### **DIVING SCHEDULE OF EVENTS**

<b>Prelims</b>
Break (Boards Open)
<b>Semi-Finals</b>
Break (Boards Open)
<b>Finals</b>
<b>Awards</b>

### **SWIMMING PRELIMS SCHEDULE OF EVENTS**

<b><u>EVENTS</u></b>	<b><u>TIME STANDARD</u></b>
<b>200 Medley Relay</b>	2:37.00
<b>200 Freestyle</b>	2:20.00
<b>200 Individual Medley</b>	2:40.00
<b>50 Freestyle</b>	28.00
10 Minute Break (Pool Open)	
<b>100 Butterfly</b>	1:13.50
<b>100 Freestyle</b>	1:03.00
<b>500 Freestyle</b>	6:23.00
5 Minute Break (Pool Closed)	
<b>200 Freestyle Relay</b>	2:18.00
<b>100 Backstroke</b>	1:12.00
<b>100 Breaststroke</b>	1:23.00
5 Minute Break (Pool Open)	
<b>400 Freestyle Relay</b>	5:06.00

## SWIMMING FINALS SCHEDULE OF EVENTS

<b>200 Medley Relay</b> "B" Finals, "A" Finals
<b>-- Possible 5 Minute Break --</b> Competition Pool closed
<b>200 Freestyle</b> "B" Finals, 200 M.R. Awards, "A" Finals
<b>200 Individual Medley</b> "B" Finals, 200 Free Awards, "A" Finals
<b>50 Freestyle</b> B" Finals, 200 I.M. Awards, "A" Finals
<b>-- 10 Minute Break --</b> Competition Pool open for 10 minutes
<b>Diving</b> Announcement of Results
<b>100 Butterfly</b> B" Finals, 50 Free Awards, "A" Finals
<b>100 Freestyle</b> B" Finals, 100 Fly Awards, "A" Finals
<b>500 Freestyle</b> B" Finals, 100 Free Awards, "A" Finals
<b>-- 5 Minute Break --</b> Competition Pool closed
<b>200 Freestyle Relay</b> B" Finals, 500 Free Awards, "A" Finals
<b>-- Possible 5 Minute Break --</b> Competition Pool closed
<b>100 Backstroke</b> B" Finals, 200 F.R. Awards, "A" Finals
<b>100 Breaststroke</b> B" Finals, 100 Back Awards, "A" Finals
<b>-- 5 Minute Break --</b> Competition Pool open for 5 minutes
<b>400 Freestyle Relay</b> B" Finals, 100 Breast Awards, "A" Finals
400 F.R. Awards
<b>Team Trophy Announcement</b>