

2021-2022 Metro League Boys Swimming & Diving Championship Meet

Friday, February 4 & Saturday, February 5, 2022

LOCATION: Snohomish Aquatic Center 516 Maple Avenue, Snohomish, WA

Participating Schools: Ballard, Bishop Blanchet, Chief Sealth, Cleveland, Eastside Catholic, Franklin, Garfield, Ingraham, Lakeside, Lincoln, Nathan Hale, O’Dea, Roosevelt, Seattle Prep, and West Seattle

Friday, February 4, 2022

Diving Prelims @ SAC

Warm-up: 10:00 AM

Meet Starts: 10:45 AM

Swim Prelims @ SAC

Pool Opens: 2:00 PM

Warm-up: 2:30 PM

Coaches Meeting: 3:00 PM

Meet Starts: 4:00 PM

Meet End: 8:00 PM

Saturday, February 5, 2022

Diving Finals @ SAC

Last 3 dives will take place during the meet

Swim Finals @ SAC

Pool Opens: 2:00 PM

Warm-up: 2:30 PM

Coaches Meeting: 2:45 PM

Meet Starts: 3:30 PM

Awards will take place throughout the meet.

IMPORTANT DATES & DEADLINES:

€ **Entry Deadline** - Sunday, January 30 (no later than 9pm)

○ Entries may be submitted by:

▪ email TM Entry File (export of team entry) Report only

▪ e-mail entries to Lynda Boar at Lynda.Boar@snohomishaquatic.com

NOTE: Meet Entries are LOCKED and FINAL on Monday, January 31 at noon. A psych sheet will be sent out by 7pm on February 2 - no additional changes will be permitted other than clerical errors.

€ **Volunteer Sheets for Prelims & Finals, Gate List, Metro Awards Form** - Sunday, January 30 (no later than 9pm)

○ Submit to Chris Hartley via email (Chris.Hartley@lakesideschool.org)

ENTRY PROCEDURES (Coaches must submit for entries to be complete):

€ Teams must submit a TM entry file to the meet manager

€ One diving sheet for each diver completed & signed.

- € Coaches may enter unlimited numbers in any individual events. Teams will be limited to a maximum of 3 Relays in each of the relay events. Each team will advance to the finals ONE RELAY and a MAX OF 4 ATHLETES IN EACH INDIVIDUAL EVENT.
- a. During the finals each school will have 1 relay team represented in events 1, 9, and 12 - seeded into 2 finals heats.
 - b. In each individual event, the top 24 qualifiers will compete in 3 seeded heats - scoring 1st through 24th, but only a maximum of the 4 fastest qualifiers from each school will advance
 - c. Relay Entries
 - National Federation Swimming Rule Book, 3.2.3., in relay events, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of the 8 individuals may swim in the prelims, swim-offs and/or finals, provided he/she does not exceed the permitted entries for the meet
 - Alternates for Relays – Any swimmer designated on a relay during the prelims is eligible to swim that relay at finals as long as the relay that the swimmer participated on was not disqualified and provided he/she does not exceed the permitted entries for the meet
 - Alternates listed on multiple relays are allowed, swimmers may swim in prelims of one event and finals in another event provided he/she does not exceed the permitted entries for the meet
 - Scenario: Swimmer A only competes in the 200 MR for prelims, he/she is removed from the 200 MR then competes in the 200 FRR and/or 400 FRR as a previously designated alternate

ENTRY RULES:

1. Any athlete in a relay event is considered an alternate for that event.
 - a. Athletes disqualified in a relay during preliminary heats are ineligible to swim in that relay final.
2. Relays do not count against a competitor’s entry limit until they are officially marked in a relay at the beginning of the event.
3. Swimmers must meet the METRO Qualifying time to be entered in an individual event; Swimmers without individual qualifying times MAY be entered in relays. SEE #4 BELOW for exceptions to qualifying time standards
4. Each team is allotted 10 'wild cards' to be used for swimmers who have not made a qualifying time during the dual meet season as a way to enter the Metro Championship meet; 'playing' a wild card is good for 1 swim for a maximum total of 10 swims per team- not 10 swimmers. **Coaches should enter wild cards as BONUS in TM.**
5. Swimmers first and last name, along with grade and school must be included in the TM entry listed.
6. Use the WIAA Diving form.
 - a. List dives with the current dive description and position code.

SCORING:

The scoring for the meet is as follows:

	A Final								B Final								C Final							
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Ind	30	27	26	25	24	23	22	21	19	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Rel	60	54	52	50	48	46	44	42	38	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

ORDER OF EVENTS BY DAY:

Event #	Prelim Sessions- FRIDAY (4:00pm Start)
1	200 Medley Relay Heats
<i>Break - 5 min Competition Pool is Open</i>	
2	200 Freestyle Heats
3	200 Individual Medley Heats
4	50 Freestyle Heats
<i>Break - 15 min Competition Pool is Open</i>	
5	1 M Diving Heats
<i>8 dives beginning at 10:45 AM</i>	
6	100 Butterfly Heats
7	100 Freestyle Heats
8	500 Freestyle Heats
<i>Break - 5 min Competition Pool is Open</i>	
9	200 Free Relay Heats
<i>Break - 5 min Competition Pool is Open</i>	
10	100 Backstroke Heats
11	100 Breaststroke Heats
<i>Break - 5 min Competition Pool is Open</i>	
12	400 Free Relay Heats

Event #	Swimming Finals - SATURDAY (3:30pm Start)
1	200 Medley Relay Consols (1 heat)
	200 Medley Relay Final (1 heat)
<i>Scholar Athletes Read</i>	
<i>Break - 5 min Competition Pool is Closed</i>	
2	200 Freestyle Consols (2 heats)
	200 Freestyle Final (1 heat)
3	200 Individual Medley Consols (2 heats)
	200 Individual Medley Final (1 heat)
4	50 Freestyle Consols (2 heats)
	50 Freestyle Final (1 heat)
<i>Break - 15 min Competition Pool Open</i>	
<i>Awards for Events 1 - 4</i>	
5	1 M Diving Final
<i>Final 3 dives</i>	
<i>Break - 5 min Competition Pool Open</i>	
6	100 Butterfly Consols (2 heats)
	100 Butterfly Final (1 heat)
7	100 Freestyle Consols (2 heats)
	100 Freestyle Final (1 heat)
8	500 Freestyle Consols (2 heats)
	500 Freestyle Final (1 heat)
<i>Break - 5 min Competition Pool Open</i>	
<i>Awards for Events 5 - 8</i>	
9	200 Free Relay Consols (1 heat)
	200 Free Relay Final (1 heat)
<i>Break - 5 min Competition Pool Open</i>	
10	100 Backstroke Consols (2 heats)
	100 Backstroke Final (1 heat)
11	100 Breaststroke Consols (2 heats)
	100 Breaststroke Final (1 heat)
<i>Break - 5 min Competition Pool is Open</i>	
<i>Awards for Events 9 - 11</i>	
12	400 Free Relay Consols (1 heat)
	400 Free Relay Final (1 heat)
<i>Awards for Event 12</i>	
<i>Team Awards</i>	

WARM-UP SCHEDULE:

All ten lanes will be used for warm-ups on both days; upon mutual agreement coaches may share lanes based on size of teams. Thirty minutes prior to the start of the meet, up to 4 start/sprint lanes will be announced with adjacent return lanes. **See below for Friday warm-up schedule and warm-up lane assignments.**

Teams who have multiple lanes are asked to share space as needed. **From 3:30-3:50pm there will be an open warm-up session with no assigned lanes.** Warm up lanes will not be assigned for Saturday's final session.

2:30-3:00 pm	
<i>Sprint/start lanes will open at approximately 2:50 in lanes 2,5,7, & 9</i>	
Lane #1	Nathan Hale
Lane #2	O'Dea
Lane #3	O'Dea
Lane #4	Ingraham
Lane #5	Ingraham
Lane #6	Ballard
Lane #7	Franklin
Lane #8	Lakeside
Lane #9	Lakeside
Lane #10	Eastside Catholic

3:00-3:30 pm	
<i>Sprint/start lanes will open at approximately 3:20 in lanes 2,5,7, & 9</i>	
Lane #1	Chief Sealth/West Seattle
Lane #2	Cleveland
Lane #3	Garfield
Lane #4	Garfield
Lane #5	Seattle Prep
Lane #6	Roosevelt
Lane #7	Roosevelt
Lane #8	Lincoln
Lane #9	Blanchet
Lane #10	Blanchet

NOTE: For FINALS, lanes 1 to 8 will be competition lanes. Lane 9 will be closed with a diagonal lane marker and will not be used. Lane 10 will remain open for warm up and cool down. Athletes cannot enter the lane until AFTER the start of the first heat of the 200 Medley Relay. Coaches are reminded that athletes in lane 10 need to be aware of the need for quiet at the start of the races.

ENTRY TO POOL DECK:

The SAC has asked that all athletes enter and leave via the dressing rooms. All athletes and coaches are reminded that there is one locker room, and that the facility remains open to the community to use the therapy pools and other pools on the South Side. Athletes are NOT allowed to leave the competition area. Athletes and coaches are reminded that there will possibly be small children and parents in the locker rooms, and that they conduct themselves in the best way possible to reflect the high standards for sportsmanship expected of all athletes in the METRO League.

All Athletes are reminded to follow the directions of the SAC staff, METRO Meet Directors and the Swim Officials. This is a VERY large meet and cooperation is mandatory for it being a successful event completed on time.

DECLARED FALSE START:

Any athlete intending to declare a false start in events 1 to 4 will need to declare that false start to the meet referee at the coaches meeting prior to the start of the meet. Any athlete intending to declare a false start in events 5 to 8 must declare that false start to the meet referee within 5 minutes of the end of event 4. Any athlete intending to declare a false start in events 9 to 12 must declare that false start to the meet referee prior to the start of event 8. Any

false start declared after the deadline will be considered as a scratch. Any lanes left open will be reseeded with alternates. If all alternates are used, then any remaining lanes will be left open.

SEEDING:

The last three heats of prelims are circle seeded. If there are four or more prelim heats, all the slower heats are seeded as in times finals. Finals will be seeded as timed final events.

PARKING:

The spaces directly in front of the building will be reserved for swim lesson and party guests of the aquatic center. Buses will need to park in the lower lot on Friday and at Emerson Elementary School or Central Elementary School on Saturday. It's critical that we don't have any buses in the main parking lot or in the business areas across the street.

TOURNAMENT COMMITTEE:

If a protest occurs and a ruling is required, then the Tournament Chair will assemble a Tournament Committee, which will consist of the following:

1. Head Official or Designee
2. Chris Hartley- Tournament Director
3. Dionna Leach – Assistant Tournament Director
4. Two (2) head coaches not involved in the protest. This will be determined once a protest is filed.

SEATING & ENTRY:

Spectator seating is reserved for paid admission only. All students not competing (or a manager with a pass) and parents must pay admission. ***The price for an adult is \$7.00 and for students (w/ASB) is \$5.00. DOORS WILL OPEN FOR PRELIMS AT 2:00 PM AND FINALS AT 2:00 PM.*** Please do not enter prior to this time.

ADDITIONAL NOTES FOR COACHES:

1. Please keep all non-competitors off the deck area.
2. Each coach is responsible for his or her team and their families.
3. Secure your valuables - the pool staff is not responsible for lost items.
4. Please do not save seats/sections and remain in the lobby until doors open at 2:00pm each day.
5. Please clean up your own seating area.
6. Concessions will be available for purchase from the Snohomish Aquatic Center.
7. Diving will be 11 dives during the diving sessions on Friday & Saturday. Diving will be scored and points will be awarded towards team totals.
8. There is an in-house music system at SAC that can run music from a computer and will be used for "March in Music" for the athletes in the final heat of each event. The selection will be chosen by the top-seeded athlete.

DISTRICT MEET INFORMATION (see full document for all information)

IMPORTANT DATES TO REMEMBER:

Sunday, February 6th, 2022: Entry Deadline: Entries are due no later than 5pm. Submit entries by e-mail to Emily Zimmerman, Meet Manager, emily.zimmerman@highlineschools.org

Monday, February 7th, 2022: Psych Sheets will be sent to Head Coaches by 10 AM. Coaches are asked to confirm entries (including diving) by Noon Tuesday February 7th. **The only changes will be clerical errors or scratches.**

Tuesday February 8th, 2022: Noon deadline for entry confirmation.

ENTRIES & REGISTRATION: You must submit 3 things by Sunday, February 6th- 5PM

1. A Team Manager Export of your meet entries
 - a. Use Event File sent (event #'s 301-312)
 - b. Wild Card Hopefuls should be entered using the "bonus" checkbox option. This will designate that entry with a 'B' so we can see it is a wildcard.
 - c. Enter all divers who will compete. This is incredibly important because if a diver is not part of the export file, they will not be entered into the meet.
2. A Team Manager Entry Report (items to click so we get what we need: by name, include proof of time, 8 relay names, Ind & Relays)
 - a. If you don't have TM, contact Emily Zimmerman prior to the entry deadline to discuss entries.

Please send all information through EMAIL to Emily Zimmerman at emily.zimmerman@highlineschools.org If you have issues during this process, do not wait – email Emily Zimmerman immediately. Do not wait until the weekend the entries are due. 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.
3. **Relay entry times:** Each team may submit a **single-entry time for each relay with up to 6** 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 2021-2022 Winter 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 receive a psych sheet and you are responsible for checking if athletes wild carded into the meet. 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 6 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.

The same six athletes remain on a relay if it should advance to the State Meet. WIAA rules forbid changes to the 6 potential members of a relay between Districts and State. Any combination of these 6 athletes may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.