

This information was provided by Rachel Loy, Holy Names Academy Head Swim & Dive Coach (rachelloy@comcast.net)

If you have an athlete or relay that makes a State cut time, you must register them on wisca (Washington Interscholastic Swim Coaches Association). Do this via your computer. If you use your phone, you will only be able to enter your relay. Well, at least my phone would not work.

1. Go to wisca.org (there are a lot of wiscas out there. Ours is .org)
2. Join WISCA
3. Once you join, submit times.
4. After you submit your times, you will see a prompt to email Jeff. Click on Jeff's email and let him know that you have entered a time and who your meet referee was and attach a pdf of the meet.

I have attached what has been entered for AAA at this time as an example. To see what you have submitted, click on Submissions.

To join WISCA, you need to pay \$20 but you don't have to join. I join so that I can see the State cuts to help my swimmers know what events they want to compete in if they have multiple State cuts. None of my swimmers have multiple State cuts this year. But I had some in the past that did.

Important information for Districts: We are waiting to get information from our new District meet referee. In the meanwhile, I wanted to pass on some stuff your swimmers will need to be aware of. I am attaching an old Districts meet info file. I tried to just cut and paste important information but the pdf must be in some different type of format. So ignore where the meet is at, times etc. This is a file from 2019. We are swimming at Hazen this year not Mary Wayte.

Some things to know:

1. You can only bring 4 athletes to swim in each event. So if you have (6) athletes qualify for Districts, you can only bring (4). Make sure your athletes know that if they make their District cut early on in an event, and then start swimming two different events for the following meets, someone might beat their 50 free time in the meanwhile. Example: Jane Doe got her District 100 Free time. For Metros, she swam the 200 free and the 50 free to try to get another District cut. Going into Metros, Jane had the 3rd fastest time in the 100 Free and was sure to go to Districts. But at Metros, Cindy Smith and Liz Johnson beat Jane Doe's time and bumped her out of Districts. (This unfortunately happened to me and I was the one that recommended that my swimmer do the 200 and 50 free. There was a lot of crying and I learned a tough lesson)

The screenshot shows the website for the Washington Interscholastic Swim Coaches Association (WISCA). The browser address bar shows 'wisca.org'. The website header includes a navigation menu with links: Home, Join WISCA, Members Only, Submit Times, Links, Board, Hall of Fame, State Info, State Results, District Results, and League Results. The main content area is titled 'Washington State Interscholastic Swim Coaches Association' and features a 'Current News' section with three items:

- WISCA Membership:** The 2021-2022 Membership Form is available on the Join WISCA page. Please complete the online form. Once the application and payment have been received, your website user account will be set to member. You must pay using one of the Paypal buttons. We will not be accepting cash or check.
- WISCA has started a Facebook page. [WISCA on Facebook](#)
- We are asking everyone to create a new user account on the website for posting state times. Please do that as a part of your membership registration process. If you are not a WISCA(WISCA) member, please remember to create this account regardless as you will need it to post state qualifying times. Membership is not required to post state times.

Below the news is the 'WISCA Mission Statement' section, which states the purpose of WISCA is:

- To insure and promote the interests of interscholastic swimming and diving programs and coaches of the State of Washington.
- To represent the concerns of all groups involved in interscholastic swimming and diving, and make recommendations to various groups and associations which impact on the state's interscholastic swimming and diving programs.
- To recognize the contributions of individuals to the interscholastic swimming and diving program of the State of Washington.

All past and present interscholastic swimming and diving coaches of the State of Washington and other interested persons are eligible for membership.

Important information about Districts:

1. Only 4 entries per events. Let your athletes know.
2. You must enter in Districts what you are swimming for State. The state entries are taken directly from the district meet.
3. Make sure you are entering your state entries into DirectAthletics. Do not wait until the last minute. Many of you are new and will need new passwords or will need to ask what your old password is for your school.
4. If you are trying to get a 50 free cut or 100 free cut off a relay, it only counts if that athlete is entered in the 50 free or 100 free already. They can't try to get a cut in the 50 free or 100 free if they are swimming the 100 breast and 200 IM. Make sense? You can't enter three individual events.