**2023 BOYS SeaKing/West Central**

**Bi-District 1A/2A**



**SWIMMING & DIVING CHAMPIONSHIP**

FRIDAY FEBRUARY 10, 2023 Lindberg High School

DIVING WARM UP 9:00 AM

DIVING PRELIMS/FINALS START 10:30 AM

FRIDAY FEBRUARY 10, 2023 Mt. Tahoma High School

SCRATCH MEETING 3:15 PM 4374 South 74th Street

SWIMMING WARM UP 3:30 PM Tacoma, WA 98409

TIMER MEETING 4:20 PM

SWIM MEET PRELIMS 4:30 PM

SATURDAY FEBRUARY 11, 2023 Mt. Tahoma High School

COACH MEETING 1:30 PM 4374 South 74th Street

SWIM WARM UP 1:45 PM Tacoma, WA 98409

TIMER MEETING 2:45 PM

SWIM FINALS START 3:00 PM

**PARTICIPATING**

**SCHOOLS:** All SeaKing District 2 and West Central District 3 Swim Teams

**MEET MANAGER: Madelyn Tallon, Meet Manager**

**madelyn.tallon@gmail.com** **253-590-6899**

**DIVING REFEREE: Todd Wollenweber**

**twollenweber@auburn.wednet.edu** **253-376-0001**

**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 February 6, at 9:00AM**. Completed entries will include a team manager entries export file, a list of credentialed persons, and contact information for at least one timer for the meet.

**E-mail the files to: Madelyn Tallon, Meet Manager**

**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, February 8TH.

**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: 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 ENTRIES

1. All relays must be correct in Team Manager and have all 8 names listed in Team Manager. 1. ALL relay alternates must be listed in Team Manager.
2. *The same eight swimmers remain on a relay if it should advance to the State Meet.* WIAA rules forbid changes to the 8 potential members of a relay between Districts and State.
3. Any combination of these 8 swimmers may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.
4. You cannot add or change the 8 names after the entries after the 9:00AM entry deadline.

**WILD CARDS:**

1. 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 Card entries need to be listed in Team Manager.

2. 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 as an Optional Swimmer. Wild Card Entries **cannot** be declined. These are swimmers you entered in the event. If you do not want them to swim the event, do not list them in your entries. We will not Wild Card Relays. Please check the Psych Sheet to see if your swimmers Wild Carded In.

3. Enter Potential Wild Card Entries just as you would any other entry. Remember there is a limit of 4 entries per event. DO NOT MARK THEM EXHIBITION.

4. Wild card entry times can be met during the 2022-23 season.

5. We will Wild Card Divers based on their submitted 11 dive entry score. We will fill to an even “Heat” of divers, 12, 18, or 24. If there are 16 qualified entries, we will Wild Card 2 more to fill out 18 Spots.

**DIVING ENTRIES:**

* Submit entries for this meet online by midnight, Wednesday, February 8, 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 SeaKing/WCD III Championship 1A/2A 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**:

**Allocations are posted.** Qualification for the WIAA State Meet is possible by any of three methods: Please read the WIAA Bound for State guidelines on the WIAA web site <https://wiaa.com/subcontent.aspx?SecID=742>

1. Top 6 places will allocate from the SeaKing/West Central District swim meet to the State Meet.

2. An individual or relay team may also qualify by achieving the State time standard for that event. That event must be entered and competed at Districts.

3. If space is available in the State Meet it is possible to be a wild card entry based on the time achieved in finals at the District Meet. The process for wild card entries will be forwarded to you as well as included in your District Meet Packet.

1. In the event of a tie for the last allocation spot a swim off between the participants will be held. Lanes will be assigned by draw, and the meet referee will coordinate the time of the swim off after consulting with the coaches from the programs involved. A swim off would not be necessary if one of the participants concedes their allocation spot to the other program. The concession must be made by both swimmer and coach in front of the Meet Referee and Meet Director.

**State Championship Entries:**

Please see the WIAA and WISCA web sites for information on state meet entries.

**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 online. A link will be provided to coaches prior to the meet.

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| **Timers:**   | We will be needing experienced adult timers for both prelims and finals. Please include a timer from your team when submitting your team entries. 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 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 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 SeaKing/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.
* No diving spectator fee.
* Spectators with disabilities are encouraged to contact the meet manager at least 3 days before the meet to arrange special accommodations.

##### CREDENTIALED PEOPLE ONLY AT SWIMMING SESSIONS:

* Only credentialed athletes, officials, coaches, team managers, media and photographers are allowed in the facility for swimming prelims and finals.
* 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.

**ONLY WCD PASSES WILL BE HONORED FOR THE WCD III PRELIMS ANF FINALS**

*Admission to the 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, with parent…………… Free\*

Senior Citizens (62 & over)……… $5.00\*

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

[**GoFan Event Ticket Purchasing Link**](https://gofan.co/app/school/WA71989)

**SCHOOL PASS** Every school is responsible for submitting a pass list **with their**

**LISTS:** **team entries**. Persons not included on the pass list will not be permitted on the pool deck and must pay admission to sit in the stands.

##### 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.

**SWIMMING PRELIMS SCHEDULE OF EVENTS**

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| EVENTS | TIME STANDARD |
| **200 Medley Relay** | One Entry Per School |
| **200 Freestyle** | 2:09.50 |
| 200 Individual Medley | 2:28.90 |
| 50 Freestyle | 25.20 |
| 10 Minute Break (Pool Open) |
| 100 Butterfly | 1:07.10 |
| 100 Freestyle | 56.80 |
| 500 Freestyle | 6:08.60 |
| 5 Minute Break (Pool Closed) |
| 200 Freestyle Relay | One Entry Per School |
| 100 Backstroke | 1:10.60 |
| 100 Breaststroke | 1:15.00 |
| 5 Minute Break (Pool Open) |
| 400 Freestyle Relay | One Entry Per School |

**DIVING SCHEDULE OF EVENTS**

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

**SWIMMING FINALS SCHEDULE OF EVENTS**

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| 200 Medley Relay“B” Finals, “A” Finals |
| - - Possible 5 Minute Break - -Competition Pool closed |
| 200 Freestyle“B” Finals, 200 M.R. Awards, “A” Finals |
| 200 Individual Medley“B” Finals, 200 Free Awards, “A” Finals |
| 50 FreestyleB” Finals, 200 I.M. Awards, “A” Finals |
| - - 10 Minute Break - -Competition Pool open for 10 minutes |
| DivingAnnouncement of Results |
| 100 ButterflyB” Finals, 50 Free Awards, “A” Finals |
| 100 FreestyleB” Finals, 100 Fly Awards, “A” Finals |
| 500 FreestyleB” Finals, 100 Free Awards, “A” Finals |
|  - - 5 Minute Break - -Competition Pool closed |
| 200 Freestyle RelayB” Finals, 500 Free Awards, “A” Finals |
| - - Possible 5 Minute Break - -Competition Pool closed |
| 100 BackstrokeB” Finals, 200 F.R. Awards, “A” Finals |
| 100 BreaststrokeB” Finals, 100 Back Awards, “A” Finals |
| - - 5 Minute Break - -Competition Pool open for 5 minutes |
| 400 Freestyle RelayB” Finals, 100 Breast Awards, “A” Finals |
| 400 F.R. Awards |
| Team Trophy Announcement |