

**2023 SEA-KING DISTRICT II 3A and 4A GIRLS SWIM AND DIVE CHAMPS  
AND  
2023 SEA-KING DISTRICT II / WCD III 1A/2A GIRLS SWIM AND DIVE CHAMPS  
November 2, 3 and 4, 2023**

**Meet Contacts**

Jeff Lowell, Meet Director  
Skip Hulet, Diving Referee  
TBD, Meet Referee  
Bryce Jensen, 1A/2A Meet Manager  
Eric Bartleson, 3A and 4A Meet Manager

**Email**

[Jefflowell9969@gmail.com](mailto:Jefflowell9969@gmail.com) or [lowellj@bsd405.org](mailto:lowellj@bsd405.org)  
[bhulet@lwsd.org](mailto:bhulet@lwsd.org)

**Phone Contact**

(425) 495-5318  
(206) 390-4359

**Session Locations**

Swimming (Fri and Sat):  
Diving (Sat only):

**Sites**

Mary Wayte Pool 8815 SE 40<sup>th</sup>, Mercer Island, WA  
Juanita High School 10601 NE 132nd, Kirkland

**Phone Contact**

(206) 588-1117  
(425) 823-7627

**DATE & TIME:**

<b>Thursday</b>			<b>Participating Teams</b>			
<b>3A Prelims</b>	11:00 PM	Facility Opens	Ballard	Hazen	Mercer Island	
<b>Session 1</b>	11:15 PM	Coaches meeting	Bishop Blanchet	Ingraham	Nathan Hale	
<b>Mary Wayte</b>	11:30 PM	Warm-up (pool closes at 9:55 am)	Eastside Catholic	Interlake	West Seattle	
	12:30 PM	Swim prelims	Garfield	Lake Washington		
	2:30 PM	Prelims End				
<b>3A Prelims</b>	2:45 PM	Coaches meeting	Bellevue	Franklin	Liberty	
<b>Session 2</b>	3:00 PM	Warm-up (pool closes at 1:55 pm)	Chief Sealth	Holy Names Acad	Lincoln	
<b>Mary Wayte</b>	4:00 PM	Swim prelims	Cleveland	Juanita	Roosevelt	
	6:15 PM	Prelims End		Lakeside	Seattle Prep	
<b>Friday</b>			<b>Participating Teams</b>			
<b>1A/2A Diving (Lindbergh)</b>	7:45 AM	Facility Opens				
	8:00 AM	Warm Up				
	9:30 AM	Diving Prelims, Semis, Finals				
<b>4A Prelims</b>	8:30 AM	Facility Opens	Bothell	Newport		
<b>Session 1</b>	8:45 AM	Coaches meeting	Eastlake	North Creek		
<b>Mary Wayte</b>	9:00 AM	Warm-up (pool closes at 9:55 am)	Inglemoor	Redmond		
	10:00 AM	Swim prelims	Issaquah	Skyline		
	12:15 PM	Prelims End	Mt. Si	Woodinville		
<b>1A/2A Prelims</b>	12:45 PM	Coaches meeting	Bremerton	Henry Foss	North Kitsap	Sequim
<b>Session 2</b>	1:00 PM	Warm-up (pool closes at 1:55 pm)	Clover Park	Highline	Olympic	Steilacoom
<b>Mary Wayte</b>	2:00 PM	Swim prelims	East Jefferson	Kingston	Port Angeles	Washington
	4:15 PM	Prelims End	Enumclaw	Klahowya	Renton	White River
			Fife	Lindbergh	Sammamish	
<b>3A Finals</b>	4:45 PM	Coaches meeting				
<b>Mary Wayte</b>	5:00 PM	Warm-up (pool closes at 5:55 pm)				
	6:00 PM	Swim Finals				
	8:15 PM	Prelims End				
<b>Saturday</b>						
<b>3A/4A Diving (Juanita)</b>	7:45 AM	Facility Opens				
	8:00 AM	Warm Up				
	9:30 AM	Diving Prelims, Semis, Finals				
<b>1A/2A FINALS</b>	12:30 PM	Doors Open				
<b>Mary Wayte</b>	12:45 PM	3A warm-up (pool closes at 1:40 pm)				
	1:45 PM	3A swim finals				
<b>4A FINALS</b>	4:45 PM	Doors Open				
<b>Mary Wayte</b>	5:00 PM	4A warm-up (pool closes at 5:55 pm)				
	6:00 PM	4A swim and dive finals				

**1A/2A, 3A and 4A SeaKing District 2 Games Committee:** The duties of the Games Committee are as follows:

- A. Assist the Tournament Manager as needed and be available during the event.

- B. Act as an arbitration board for disputes and respond to special concerns. Final decisions shall be made by consensus of the Games Committee. If a coach on the committee is involved in the protest, a coach with no conflict will take their place.
- C. Respond to alleged infractions or rule violations from participating coaches and/or administrators - not contestants.
  - Jeff Lowell, Meet Director
  - TBD, Meet Referee
  - Deck Referee
  - Classification Meet Manager
  - Julie Barashkoff, Head Coach Redmond High School / Kris Daughters, Head Coach Liberty High School / Roger Miron, Head Coach Lindbergh High School

**ENTRIES & REGISTRATION:** To complete your entries, you **MUST** submit **THREE** things by Sunday, October 29, 2023, by NOON:

1. A Team Manager export of your meet entries
  - a. **1A/2A Prelims = Events 201-212, 3A Prelim Session #1 = Events 301-312, 3A Prelim Session #2 = Events 101-112, 4A Prelims = Events 401-412**
  - b. When exporting from Team Manager, ENTER WILD CARD HOPEFULS. Please use the BONUS EVENT option in Team Manager to mark any WILD CARD HOPEFUL.
  - c. When exporting from Team Manager, ENTER ALL DIVERS WHO WILL COMPETE – if a diver is not part of the export file, THEY HAVE NOT BEEN ENTERED IN THE MEET.
2. A Team Manager printout of your entries, including divers and relay names.
  - a. When creating the file – please send entries by NAME and include PROOF OF TIME in pdf format.
  - b. For those without TM, contact Jeff directly to discuss entries.
3. Timer's Names

**Please send all information through EMAIL to Jeff Lowell at [jefflowell9969@gmail.com](mailto:jefflowell9969@gmail.com). If you have issues during this process, do not wait – call Jeff at 425-495-5318.**

**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, on the Master Entry Form
3. **Relay entry times:** Each team may submit a **single-entry time for each relay with up to 8** 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 2023 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 know if athletes are added as they will be on the preliminary psych sheet, which will be released by Sunday evening (9 pm). 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. Wild card hopefuls also count against the 4-athlete limit in each individual 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 8 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.
    - c) **The same eight athletes 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. Any combination of these 8 athletes may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.

**Diving:** Divers will be fully entered after they are entered in Clean Entries. Dive Coaches need to use instructions provided earlier in the season. If instructions are needed again, access them through this link ([Clean Entries](#)) or contact Jeff, Skip, or Bryce.

**SEATING & ENTRY:**

Except for athletes, meet officials and timers, ALL other students and parents MUST pay. **Spectators will sit upstairs.** Only coaches, athletes and meet workers will be allowed on the pool deck. All coaches and workers will wear a pass to be on deck.

**COACHES:**

- Please adhere to the 'DOORS OPEN' portion of the schedule. Arriving too early does complicate things for the event workers.
- 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.

**State Meet Qualification:** Qualification for the WIAA State Meet is possible by any of three methods:

- 1.) Allocations from District 2 to the State Meet: **Individual and relay events:**
  - a. **1A/2A will have 6 allocations**
  - b. **3A will have 6 allocations**
  - c. **4A will have 2 allocations**
- 2.) Individuals or relays may also qualify by achieving the State time standard for that event subject to the following criteria:
  - a. *A qualifying time, intended to be used for entry into the state meet, must be submitted to the WISCA database within 7 days of achieving the time, on the entry card or electronic printout showing the time, signed by the meet Referee. Make sure you have submitted your State athletes' times to WISCA in accordance with the rules on the WIAA website.*
  - b. *The meet director will submit state times achieved at Districts for you.*
  - c. NOTE: Athletes or divers who wish to compete at the State Meet must compete in the same event(s) at their district meet.
- 3.) If space is available in the State Meet it is possible for an athlete to receive an information for a spot (i.e. a wild card entry) in an event based on the time achieved in finals at the District Meet. The process for wild card entries is posted at <http://wiscaorg.ipage.com/state-info.php>.

**QUALIFYING STANDARDS can be found on the [KingCo Swim and Dive webpage](#)**

**SEEDING and SCORING:** Championship seeding and scoring

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Ind Pts	16	13	12	11	10	9	7	5	4	3	2	1

Relay Pts.	32	26	24	22	20	18	14	10	8	6	4	2
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### Breaks/Warm-Ups/Awards Presentations:

#### Event **Prelim Sessions**

- 1 **200 Medley Relay Heats**  
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Heats**
- 3 **200 Individual Medley Heats**
- 4 **50 Freestyle Heats**  
Break - 15 min Competition Pool is Open
- 5 **1 M Diving Heats**  
COMPLETED ON SATURDAY IN SESSION #3
- 6 **100 Butterfly Heats**
- 7 **100 Freestyle Heats**
- 8 **500 Freestyle Heats**  
Break - 5 min Competition Pool is Closed
- 9 **200 Free Relay Heats**  
Break - 5 min Competition Pool is Closed
- 10 **100 Backstroke Heats**
- 11 **100 Breaststroke Heats**  
Break - 5 min Competition Pool is Closed
- 12 **400 Free Relay Heats**

#### Event **Swimming Finals**

- 1 **200 Medley Relay Consols**  
**200 Medley Relay Final**  
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Consols**  
**200 Freestyle Final**
- 3 **200 Individual Medley Consols**  
**200 Individual Medley Final**
- 4 **50 Freestyle Consols**  
**50 Freestyle Final**  
Break – 3A 15 min Competition Pool Open / 4A pool closed
- 5 **1 M Diving Final**  
COMPLETED ON SATURDAY IN SESSION #3  
Awards for Events 1 - 5
- 6 **100 Butterfly Consols**  
**100 Butterfly Final**
- 7 **100 Freestyle Consols**  
**100 Freestyle Final**
- 8 **500 Freestyle Consols**  
**500 Freestyle Final**  
Break – 5 min Competition Pool Closed
- 9 **200 Free Relay Consols**  
**200 Free Relay Final**  
Break - 5 min Competition Pool is Closed  
Awards for Events 6 - 9
- 10 **100 Backstroke Consols**  
**100 Backstroke Final**
- 11 **100 Breaststroke Consols**  
**100 Breaststroke Final**  
Break - 5 min Competition Pool is Closed  
Awards for Events 10 - 11
- 12 **400 Free Relay Consols**  
**400 Free Relay Final**  
Awards for Event 12  
**Team Awards**

### AWARDS:

1. A trophy will be awarded for the first-place team.
2. Pins will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place for all events.
3. Ribbons will be awarded 4th through 6<sup>th</sup> place for all events.

Meet Mobile will be available for this meet (SeaKing Girls 3A 2023 or 2023 SEAKING District 2 4A Girls Champs). Psych sheet for 3A and 4A finals will be posted at [www.wisca.org](http://www.wisca.org) and on the SeaKing District 2 website (<http://www.wiaadistrict2.com>) on the girls' swim page.

### COST FOR SPECTATORS:

- \$9.00 for adults and
- \$7.00 for seniors (ages 65 and over)
- \$7.00 for all students (ages 6 and over)

Tickets will be available through GoFan. Specific information will be provided to each coach the Monday prior to the meet.

<b>DIRECTIONS:</b>	
<b><u>Mary Wayte Pool</u></b> <ol style="list-style-type: none"><li>1. Take I-90 to Island Crest Way exit.</li><li>2. Head south on Island Crest.</li><li>3. At top of the hill turn left at light on 40th.</li><li>4. Go to four way stop and go straight.</li><li>5. Pool is one block on right.</li><li>6. 8815 SE 40th, Mercer Island (206) 296-4370</li></ol>	<b><u>JUANITA HIGH SCHOOL</u></b> <ol style="list-style-type: none"><li>1. From 1-405, take Exit 20B and proceed west on NW 124th to 116th.</li><li>2. Turn north (right) on 116th N.E. to N.E. 132nd.</li><li>3. Turn west (left) on N.E. 132nd.</li><li>4. Follow N.E. 132nd until you begin to go down the hill.</li><li>5. The high school is on the left and sits on its own road.</li><li>6. 10601 NE 132nd, Kirkland Pool Phone: (425) 823-7627</li></ol>

**QUESTIONS:** Please call Jeff Lowell, Meet Manager, at (425) 495-5318 or email at [jefflowell9969@gmail.com](mailto:jefflowell9969@gmail.com).

Check out [www.wiaa.com/Dist2](http://www.wiaa.com/Dist2) for entry forms, maps, results, etc.

**VOLUNTEER SHEET:** Each team will be responsible for providing some volunteer help to ensure the meet is a success. Please list the names of your volunteers on the sheet provided and return it with your entries. The main volunteer help will be with timing the meet. The number of timers each team is responsible for is as follows:

<u>Lane #</u>	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
<b>1A/2A Prelim Session</b>			
1	Lindbergh/Renton		
2	Enumclaw/White River		
3	Sammamish		
4	Steilacoom		
5	Bremerton		
6	North Kitsap		
Backup	Highline		
<b>1A/2A Finals</b>			
1	Lindbergh/Renton		
2	Enumclaw/White River		
3	Sammamish		
4	Steilacoom		
5	Bremerton		
6	North Kitsap		
Backup	Highline		
<b>3A Prelim Session #1</b>			
1	Interlake		
2	Bishop Blanchet / Ballard (1 each)		
3	Mercer Island		
4	Lake Washington		
5	Garfield / Hazen (1 each)		
6	Ingraham / W. Seattle (1 each)		
Backup	Eastside Catholic / Nathan Hale (1 each)		
<b>3A Prelim Session #2</b>			
1	Liberty / Lincoln (1 each)		
2	Roosevelt		
3	Bellevue		
4	Lakeside		
5	HNA / Seattle Prep (1 each)		
6	Chief Sealth / Juanita (1 each)		
Backup	Cleveland / Franklin (1 each)		
<b>3A Finals</b>			
1	Bellevue		
2	Lake Washington		
3	Lakeside		
4	Mercer Island		
5	Holy Names Academy		
6	Roosevelt		
Backup	Bishop Blanchet / Ballard (1 each)		
<b>4A Prelim Session</b>			
1	Eastlake		
2	Newport		

3	Issaquah		
4	Inglemoor		
5	Woodinville		
6	Skyline		
Backup	Bothell / Mt. Si (1 each)		
<b>4A Finals</b>	<b><u>School</u></b>	<b><u>Timer Name</u></b>	<b><u>Timer Name</u></b>
1	Eastlake		
2	Newport		
3	Issaquah		
4	Inglemoor		
5	Woodinville		
6	Skyline		
Backup	Bothell / Mt. Si (1 each)		





**SE 40<sup>th</sup> is the street  
in front of the pool.**

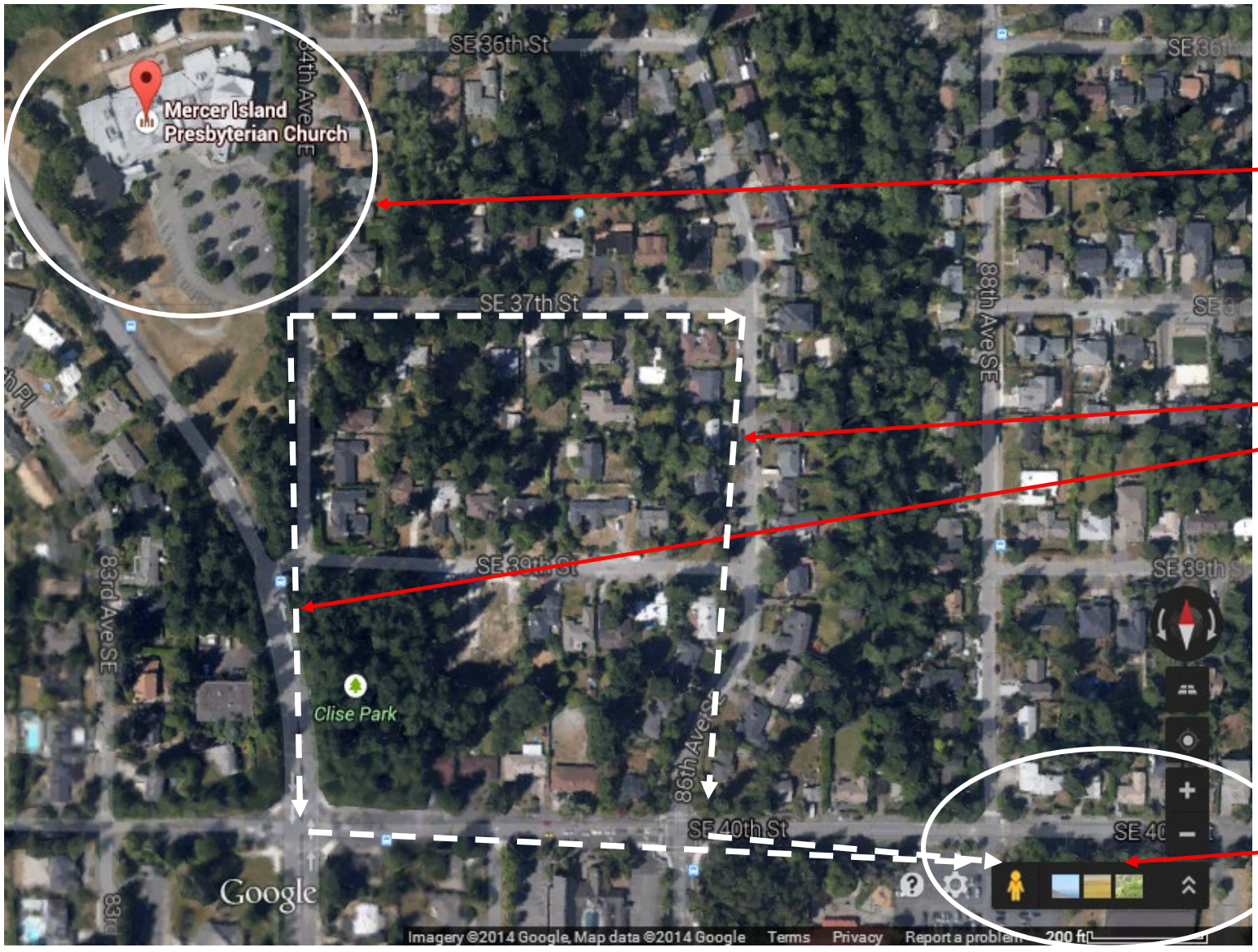
**Mary Wayte Pool  
8815 SE 40<sup>th</sup>,  
Mercer Island, WA  
(206) 588-1117**

**Parking at the North  
Mercer Campus will be  
shut down.  
School parking will mean  
spectators need to park  
elsewhere.**

**Additional parking at:  
Mercer Island Presbyterian Church  
3605 84th Ave SE – off Island Crest Way  
approx.. .4 miles away from the pool**

**There are 60 spots available at Holy Trinity Lutheran.  
Address: 8501 SE 40th St**





**Additional parking at:  
Mercer Island  
Presbyterian Church**  
3605 84th Ave SE  
off Island Crest Way  
approx.  
.4 miles away  
from the pool

**Path to walk back to  
the pool. There are two  
options**

**Pool Campus**





### **Additional BUS parking at: Mercer Island Boat Launch**

Drive 1.2 miles, 3 min

Take Gallagher Hill Rd and SE 36th St to E Mercer Way 0.8 mi / 2 min

Continue onto E Mercer Way 482 ft / 15 s

Follow Frontage Rd to your destination 0.3 mi / 1 min

Turn left onto Frontage Rd 0.3 mi

Turn left 85 ft