

**2009**  
**WEST CENTRAL DISTRICT III, 2A**  
**GIRLS' SWIMMING AND DIVING CHAMPIONSHIPS**  
NOVEMBER 7<sup>th</sup>, 2009

**SITE:** Olympic Aquatic Center 7070 Stampede Blvd. Bremerton, WA

**DATE & TIME:** November 7, 2009

Swimming Coaches Meeting 8:30 am

Swimming warm-up 9:00 am

Swimming Prelims start 10:00 am

Diving warm-up 12:00 pm Prelims and Finals start 12:30 pm

Swimming Finals warm-ups 3:00 pm ~ start time 4:00 pm

**TEAMS:** OLYMPIC LEAGUE – Kingston, Klahowya, North Mason, Port Townsend, Sequim

**NISQUALLY LEAGUE** ~ Eatonville, Fife, Steilacoom

Interlake

**ENTRIES:** 1. One copy of the **MASTER ENTRY form**, first & last names, verifiable times.

2. There is a maximum of 4 entries per individual event and 1 entry per relay event.

3. One **DIVING form**, (WIAA 09/10 form only) for each diver, completely filled out and signed. 09/10 Diving form is on the WIAA website [www.wiaa.com/athletics/swim/](http://www.wiaa.com/athletics/swim/)

**Please send diving forms with your hard copy of your entries.**

4. Relay entry form with **First** and **Last** name of ALL swimmers AND alternates.

5. **SCHOLAR ATHLETE form** filled out, verified and signed by school Registrar.

6. If you are using metric times, please convert them to yard times on the entry form.

**All forms *MUST* be received at Olympic Aquatic Center by Friday, October 30<sup>th</sup> by 7:00 pm.**

**PLEASE NO LATE ENTRIES!!!** Olympic Aquatic Center (360-662-2887) will be open from 3:00 pm to 8:00 pm Friday, October 30<sup>th</sup> to receive entries.

**OR:** Send to, Patti Matthew, [pattim@cksd.wednet.edu](mailto:pattim@cksd.wednet.edu) (360)662-2887

C/O Olympic Aquatic Center

7070 Stampede Blvd.

Bremerton, WA 98311

**A hard copy of the Master entry and relay forms are required even if you do your entries electronically!!!**

**Please mail that when you send them electronically.**

**ENTRY** The Master Entry form must be filled out completely and accurately!

**FORMS:** (PRINT NEATLY or TYPE). Entry times must be verifiable!

1. **ALL** relay alternates must be listed on the master entry form.

2. Swimmer's **first & last** names and **grades** (9–10–11–12) must be listed.

3. Coaches contact phone numbers & email address, for wild card notification and psych sheet.

4. List and **CIRCLE** those swimmers who have not met the District Standards but are close. They will be added on a "Wild Card" (next fastest time to fill the heat) basis. Coaches will be notified if they are added. We will not "Wild Card" relays!

4. Passes will be issued to a Head Coach, Assistant Coach, Dive Coach, and 2 Managers. Enter their **NAMES** on the Master entry form! **PLEASE no other people on the deck!**

5. **ALL ENTRY FORMS:** Can be found at [www.wcd3.org](http://www.wcd3.org)

(If you do not receive a "Scholar Athlete Award" form, please contact me!)

**MEET COMMITTEE:** Patti Matthew – Meet Manager, Diana Smith – Olympic, Kathy Casey – Nisqually, Jesse Havens ~ Interlake

**COACHES** 1. Only competitors who have qualified to compete in the meet should be

allowed on the deck. Coaches **PLEASE** help us with this!!! ALL team members should be in team suits or warm ups while on the deck!

2. Remember **YOUR** students and **YOUR** parents are **YOUR** responsibility!
3. Each team will get 1 Coach, 1 Assistant Coach, 1 Dive Coach (if you have divers) & 2 Manager Deck passes. Please list their names on the Master Entry form!! **ALL** others must **pay** and sit in the bleachers! Those listed (coaches & managers) will receive a name tag to be worn at all times while on the deck.
4. **Please have your competitors secure their valuables! There are lockers in locker room, but you must provide your own lock.** Do not leave **ANYTHING** in the locker room unattended.
5. Please pick up your heat sheets and passes at the pool office before the coaches meeting on Friday.
6. Facility will be open to competitors at 8:00 am. Both locker rooms will be for girls'.
7. Please have your busses park in the big school parking lot!
8. PLEASE HELP US KEEP THE DECK PICKED UP AND CLEAN.
9. PLEASE share this information with your team and parents!

**AWARDS:** Team Awards: A trophy will be awarded for the 1<sup>st</sup> & 2<sup>nd</sup> place teams.

Individual Event Awards: Metals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup> .

**Places :** 1<sup>st</sup> – 7pts, 2<sup>nd</sup> – 5pts, 3<sup>rd</sup> – 4pts, 4<sup>th</sup> – 3pts, 5<sup>th</sup> – 2pts, 6<sup>th</sup> – 1pts,

**All relays score double the individual points for that place**

**QUALIFYING EVENT 2A STATE (Meters) 2A DISTRICT**

- STANDARDS:**
1. 200 M R 2:05.20 (2:20.05) 2:30.0
  2. 200 Free 2:09.99 (2:24.03) 2:37.0
  3. 200 IM 2:24.99 (2:40.94) 2:57.0
  4. 50 Free :26.59 (29.65) :32.00
  5. Diving 280pts/11.6dd 180pts/11 dives
  6. 100 Fly 1:06.49 (1:13.87) 1:22
  7. 100 Free :59.29 (1:05.93) 1:12.00
  8. 500 Free 5:52.89 (6:09.56) 7:00.00
  9. 200 F R 1:50.49 (2:03.42) 2:15.00
  10. 100 Back 1:06.29 (1:13.65) 1:30.00
  11. 100 Breast 1:16.09 (1:24.61) 1:30.00
  12. 400 F R 4:05.79 (4:33.81) 5:00

**STATE ALLOCATIONS:** Top 2 places

**SEEDING:** Championship seeding.

**SPECTATOR ADMISSION:** Adults & Students without ASB cards – \$7.00; Students with ASB cards and Senior Citizens-\$5; Elementary Age- \$4.

**ENTRY FEES:** under age 12 – \$4.00.

**SEATING:** The Bleachers will be reserved for PAID admission only. Coaches please have your athletes stay out of the balcony. Except for Meet Officials and those with passes, **ALL** other students and parents **MUST** pay. Please advise your parents. Coaches please control your team area!

**DIRECTIONS:** MAPQUEST for driving directions.

**MEET MANAGER:** Patti Matthew [pattim@cksd.wednet.edu](mailto:pattim@cksd.wednet.edu) 360-662-2887