

2009
WEST CENTRAL DISTRICT III, 3A
GIRLS' SWIMMING AND DIVING CHAMPIONSHIPS

NOVEMBER 6th & 7th, 2009

<u>SITE:</u>	Hazen High School Pool , 1101 Hoquiam Ave. NE, Renton, WA 98059		
<u>DATE</u>	November 6 th (Friday)	Diving Prelims warm-up	8:00 am
<u>& TIME:</u>		Diving Prelims start	10:00 am
		Coaches Meeting	3:30 pm
		Swimming & Diving warm-up	4:00 pm
		Swimming Prelims start	5:00 pm
	November 7 th (Saturday)	Swimming & Diving warm-up	2:00 pm
		Swimming Finals start	3:00 pm

TEAMS: OLYMPIC LEAGUE - Bremerton, Port Angeles, North Kitsap, Olympic
SEAMOUNT LEAGUE - Evergreen, Hazen, Highline, Kennedy, Lindbergh,
Mt. Rainier, Renton, Tye
SOUTH PUGET SOUND LEAGUE - Auburn Mountainview, Bonney Lake,
Clover Park, Enumclaw, Franklin Pierce, Lakes, Peninsula, Sumner
WESTERN COAST - Capital, North Thurston, Timberline, Yelm

- 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/
 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 Hazen Pool by Saturday, October 31st by 8:00 pm.
PLEASE NO LATE ENTRIES!!! Hazen Pool (425-204-4341) will be open from 3:00 pm to 8:00 pm Saturday, October 31st to receive entries.

OR: Send to, Bryce Jensen Bryce.Jensen@rentonschools.us (425-204-4440)
C/O Lindbergh Pool
16740 128th Ave. SE
Renton, WA. 98058

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

- ENTRY FORMS:** The Master Entry form must be filled out completely and accurately!
(**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
(If you do not receive a "Scholar Athlete Award" form, please contact me!)

MEET COMMITTEE: Coy Jones – Meet Manager, Justin Adrian – Olympic, Roger Miron – Seamount, David Dooley – SPSL, Celeste Emmons – Western Cascade.

COACHES

INFORMATION:

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 balcony! 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!** 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 4:00pm. Both locker rooms will be for girls'.
7. Please have your busses park in the tennis court parking lot or in front of the school!
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 1st & 2nd place teams.
Individual Event Awards: Metals 1st – 3rd, Ribbons 4th – 12th.

SCORING:

Places: 1st – 16pts, 2nd – 13pts, 3rd – 12pts, 4th – 11pts, 5th – 10pts, 6th – 9pts, 7th – 7pts, 8th – 5pts, 9th – 4pts, 10th – 3pts, 11th – 2pts, 12th – 1pt

All relays score double the individual points for that place

QUALIFYING STANDARDS:	EVENT	3A STATE (Meters)		3A DISTRICT (Meters)	
	1. 200 M R	1:58.50	2:12.25	2:19.00	2:35.12
	2. 200 Free	2:01.90	2:15.07	2:19.00	2:34.01
	3. 200 IM	2:18.90	2:34.18	2:33.00	2:49.83
	4. 50 Free	25.75	28.71	27.80	31.00
	5. Diving	300pts/11.6dd		225pts/11 dives	
	6. 100 Fly	1:02.25	1:09.16	1:12.50	1:20.55
	7. 100 Free	56.30	1:02.61	1:01.60	1:08.50
	8. 500 Free	5:26.90	4:46.76	6:16.00	5:29.83
	9. 200 F R	1:45.90	1:58.29	2:00.00	2:14.04
	10. 100 Back	1:04.10	1:11.22	1:11.50	1:19.44
	11. 100 Breast	1:12.50	1:20.62	1:22.30	1:31.52
	12. 400 F R	3:52.90	4:19.45	4:38.00	5:09.69

STATE ALLOCATIONS: Top 6 places

SEEDING: Championship seeding.

SPECTATOR ENTRY FEES: Adults & Students without ASB cards – \$7.00 Students with ASB cards, Seniors and under age 12 – \$4.00.

SEATING: The Balcony 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. Coaches please control your team area!

DIRECTIONS: MAPQUEST for driving directions.

MEET MANAGER: Coy Jones, 425-204-4341, coy.jones@rentonschools.us