



- B. District entries are due Saturday, Oct. 24<sup>th</sup> at the completion of the SPSL and Narrows League Meets
- C. Your district divers must be listed on your WCDIII master entry form. **\*\*\*Divers must achieve the qualifying score prior to the entry deadline for districts. Divers who qualify at the non qual/divisional meets may be added to your master entry form prior to submitting. A qualifying dive score needs to be entered along with the diver's name. Completed dive forms must be faxed to Roy Young by Wed. Feb. 3<sup>rd</sup> at 253- 571-7456.**
- D. The SPSL and the Narrows League Teams will be competing at both the WCDIII prelims and finals meets.
- E. WCD III competitors will be determined by the time standards in place below. **If heats do not fill to 18 places for the preliminary meet, the next fastest swimmers will fill the heats based off of the narrows and SPSL league meets results.**
- F. Top 12 swimmers and relays from WCD III preliminaries will advance to the WCD III Finals. In the FINALS, there will be two heats per event which will compete in the following order:
  - Heat 1: Consolation Final  
Contesting Places 7-12
  - Heat 2: Championship Final  
Contesting Places 1-6
- G. Note: Your official WCD III team entry sheet and relay team entry sheets are your official entry sheets to the District and State meets. Your relays that advance to the state meet must be the same eight swimmers that are listed on your WCDIII relay form. **Please double check your relay entry form with your master entry form. Make sure your swimmers match.**

**7. THE FOLLOWING TIME STANDARDS WILL BE IN EFFECT**

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200 Medley Relay: 2:12.86	100 Fly: 1:08.59	100 Backstroke: 1:09.00
200 Freestyle: 2:11.89	100 Freestyle: 1:00.00	100 Breaststroke: 1:17.82
200 IM: 2:29.32	500 Freestyle: 5:58.18	400 Free Relay: 4:27.25
50 Freestyle: 27.35	200 Free Relay: 1:56.88	

Diving 230/ 11 **\*\*\*Divers must be listed on your master entry sheet!!!**

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**8. STATE ENTRIES**

Please have your official state meet entries made out by the conclusion of the WCD III finals. Place them in the hands of Heather Hoskins. I will forward them to Bob Regan, the State meet manager.

- 9. Please call or email Heather Hoskins at (253) 841-8787 ([hhoskins@puyallup.k12.wa.us](mailto:hhoskins@puyallup.k12.wa.us)) by Friday, October 23<sup>rd</sup> with the names of qualified judges and timers from your school who are able to work either or both the prelims and the championship finals.

**10. SEATING:**

Seating on the balcony side of the pool deck will be reserved for coaches only.

**11. HOSPITALITY:**

Water and Snacks will be provided in the pool office.

**ONLY WCD PASSES WILL BE HONORED FOR THE WCD III PRELIMS AND FINALS.** Admission to the WCD III meet will be charged according to WCD III guidelines.

ADULTS: \$7.00  
STUDENTS AND SENIOR CITIZENS: \$4.00  
CHILDREN 5&UNDER: FREE

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MEET MANAGER: If you have any questions please do not hesitate to call or email.

Swimming	Diving
Heather Hoskins	Roy Young
Phone: 253.841.8787	Phone: 253.571.7450
Fax: 253.435.6444	Fax: 253.571.7456
hhoskins@puyallup.k12.wa.us	<a href="mailto:Ryoung@tacoma.k12.wa.us">Ryoung@tacoma.k12.wa.us</a>
Rogers High School Pool	Foss High School Pool
12801 - 86 <sup>th</sup> Ave. East	2112 S Tyler St
Puyallup, WA 98373	Tacoma, WA 98405

### MEET SCHEDULE

#### Thursday

3:30 PM WCD Diving Warm Ups @ Foss  
4:30 PM WCD Diving Prelims and Finals

Friday 3:00 PM Coaches Meeting  
3:30 PM WCD Swimming Prelims @ Rogers: Meet Warm Up  
4:30 PM WCD Swimming Prelims Begin: 15- Minute Break/ Warm- up after 50 free

#### Saturday:

3:00 PM WCD Swimming Finals Warm-up @ Rogers  
4:00 PM WCD Swimming Finals begin: 15 - Minute Break / Warm - up after 50 free

Coaches: If you have any questions, please call us at 253.841.8787. Rogers Pool  
Please enter only those swimmers who meet the Time Standards!

NOTE: We will have 28 teams contesting district. This means a lot of swimmers, I would ask that you only bring those swimmers who are qualified and who will be swimming to make this a quality meet for district qualifiers. Swimmers will be required to check in before entering locker rooms. Managers will be provided with neck passes.

**\*\*\*ONLY PARTICIPATING SWIMMERS ARE ALLOWED ON DECK\*\*\***

**\*\*\*Head Coach, Assistant Coach, and Two Managers Names must be sent in with entry forms\*\*\***

**Seating as well as deck space is limited. We will begin entering spectators at 3:00 on both days.**