

NORTHWEST DISTRICT 1  
2023 4A & 3A GIRLS SWIMMING & DIVING CHAMPIONSHIPS

**FACT SHEET**

A. **LOCATION**

Snohomish Aquatic Center  
516 Maple Avenue  
Snohomish, WA 98290

B. **DATES/SCHEDULE**

**4A & 3A Dive Prelims**

Wednesday, November 1, 2023: 2:30 pm Dive Warm-Ups  
4:30 pm Dive Preliminaries & Semi-Finals

**4A Swim Prelims**

Thursday, November 2, 2023: 4:00 pm 4A Swim Warm-Ups  
5:15 pm 4A Swim Preliminaries

**3A Swim Prelims**

Friday, November 3, 2023: 4:00 pm 3A Swim Warm-Ups  
5:15 pm 3A Swim Preliminaries

**4A Swim & Dive Finals**

Saturday, November 4, 2023: 8:30 am 4A Dive Warm-Ups  
8:30 am 4A Swim Warm-Ups  
10:00 am 4A Swim Finals & Dive Finals

**3A Swim & Dive Finals**

Saturday, November 4, 2023: 2:30 pm 3A Dive Warm-Ups  
2:30 pm 3A Swim Warm-Ups  
4:00 pm 3A Swim Finals & Dive Finals

C. **PARTICIPATING SCHOOLS**

**4A Schools**

Glacier Peak  
Jackson  
Kamiak  
Mariner

Lake Stevens

**3A Schools**

Cascade  
Edmonds-Woodway  
Everett  
Ferndale  
Lynnwood  
Marysville-Getchell  
Marysville-Pilchuck  
Meadowdale  
Monroe

Mount Vernon  
Mountlake Terrace  
Oak Harbor  
Shorecrest  
Shorewood  
Snohomish  
Stanwood

**D. MEET DIRECTORS**

Rory Rosenbach, Glacier Peak High School, Athletic Director

[rory.rosenbach@sno.wednet.edu](mailto:rory.rosenbach@sno.wednet.edu)

School (360) 563-7611 or Cell (360) 348-5686

Zach Ward, Snohomish High School, Athletic Director

[zachary.ward@sno.wednet.edu](mailto:zachary.ward@sno.wednet.edu)

School (360) 563-4080 or Cell (425) 501-7814

**E. MEET MANAGER**

Kirby Schaufler

[kirbsch@comcast.net](mailto:kirbsch@comcast.net)

Phone: (425) 760-9608

**F. REFEREE**

1. TBD , referee

**G. MEET COMMITTEE**

1. Kirby Schaufler, Meet Manager
2. TBD - Coach
3. TBD - Coach

**H. COACHES/OFFICIALS MEETINGS**

4A Coaches Meetings:           4:15 pm Thursday, November 2, 2023  
  9:00 am Saturday, November 4, 2023

3A Coaches Meetings:           4:15 pm Friday, November 3, 2023  
  3:00 pm Saturday, November 4, 2023

Officials Meetings:               4:45 pm Thursday, November 2, 2023 (4A prelims)  
  4:45 pm Friday, November 3, 2023 (3A prelims)  
  9:30 am Saturday, November 4, 2023 (4A finals)  
  3:30 pm Saturday, November 4, 2023 (3A finals)

**I. DISPUTES**

1. Procedural disputes should be brought to the attention of the referee and timing issues to the meet manager, who will convene the meet committee, if needed. In the event the dispute involves a member of the committee, the meet director will either determine a substitute or serve as a member of the committee for that dispute. The decision of the meet committee is final.

**J. ENTRIES**

1. Each school is allowed up to four (4) entries in individual events.
2. Each school is allowed one team per relay.
3. Each school is guaranteed an automatic entry, per event, in the case of no qualifiers in the event.
4. An individual may compete in a maximum of four (4) events, with no more than two (2) being individual events.
  - a. An individual may be entered in three (3) relays and two (2) individual events, but is only allowed to compete

in a maximum of four (4) events.

5. Prelims and finals are considered the same meet and competing in either will count towards limits for the meet.

**K. ENTRY SUBMISSION**

1. Entries must be submitted, via email, to Kirby Schaufler ([kirbsch@comcast.net](mailto:kirbsch@comcast.net)) by **6:00 pm on Sat, Oct 21, 2023.**
2. Changes must be submitted, via email, to Kirby Schaufler ([kirbsch@comcast.net](mailto:kirbsch@comcast.net)) by **6:00 pm on Mon, Oct 23, 2023.**
  - a. Changes will only be accepted for major reasons (i.e. injury, illness, ineligibility, emergency events out of the control of the coach/athlete, etc).

**L. QUALIFYING STANDARDS**

1. 4A District Qualifying Standards:

No qualifying time standards for swim. Each team will be allowed a maximum of 4 entries per individual event and each team will be allowed 1 relay team per relay event. Divers must complete the 11 dive list to qualify.

2. 3A District Qualifying Standards:

Event	3A District Standard
200 Medley Relay	One Relay Team Per School
200 Free	2:25.00
200 IM	2:45.00
50 Free	:28.50
Diving	complete 11 dive list
100 Fly	1:15.00
100 Free	1:05.00
500 Free	6:35.00
200 Free Relay	One Relay Team Per School
100 Back	1:15.00
100 Breast	1:26.00
400 Free Relay	One Relay Team Per School

3. WIAA State Qualifying Standards:

<https://assets-rst7.rschooldtoday.com/rst7files/uploads/sites/772/2023/08/09020802/State-Qualifying-Standards.pdf>

**M. ADDITIONAL ENTRIES**

1. After the time standard and single automatic entries are completed, any empty lanes (up to 20 swimmers for 4A and up to 32 swimmers for 3A) will be filled based on times from the JV Last Chance Invites. Adding additional contestants from a school is dependent on that school not already having four entries in the event.

**N. SEEDING**

1. There shall be a minimum of three (3) competitors or relay teams seeded in any preliminary heat. In preliminary races, the final three (3) heats consist of the highest seeded competitors, with the highest seed in the last heat, the second highest seed in the next to last heat, the third highest seed in the second to the last heat, the fourth highest seed in the last heat, and so on. If more than three (3) heats are necessary, the assignment in additional heats is determined as in timed final events. See the next section showing lane assignments for prelims.

**O. LANE ASSIGNMENTS**

1. Lane assignments for preliminary heats are based on seeds and are assigned as follows:
  - a. 4A assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1		15	9	3	6	12	18	
Heat 2	20	14	8	2	5	11	17	
Heat 3	19	13	7	1	4	10	16	

*Note:* If there are 16 or less entries, the number of preliminary heats will be adjusted accordingly.

- b. 3A assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	31	29	27	25	26	28	30	32
Heat 2	21	15	9	3	6	12	18	24
Heat 3	20	14	8	2	5	11	17	23
Heat 4	19	13	7	1	4	10	16	22

*Note:* If there are 24 or less entries, the number of preliminary heats will be adjusted accordingly.

**P. SWIM FINALS**

1. Sixteen (16) swimmers/relay teams with the best times from the preliminary heats will qualify for the finals. The eight (8) swimmers/relay teams with the best times will be in the finals and the next eight (8) swimmers/relay teams will be in the consolation finals. Consolation finals will determine 9<sup>th</sup> through 16<sup>th</sup> place and the finals will determine 1<sup>st</sup> through 8<sup>th</sup> place.
2. The 17<sup>th</sup> and 18<sup>th</sup> times from the preliminary heats will be alternate's and must attend Saturday's finals.
3. Consolation finals for each event will run first, followed by the finals.

**Q. DIVING**

1. The contest shall consist of preliminaries, semi-finals, and finals.
2. Each diver shall be allowed eleven (11) dives, consisting of five (5) voluntary dives and six (6) optional dives. The five (5) voluntary dives shall come from each of the five (5) groups, with the assigned degree of difficulty having a sum total of 9.0 or less. The six (6) optional dives shall include at least one from each of the five groups.
3. In the preliminaries, divers shall perform two (2) voluntary dives and three (3) optional dives. A maximum of twenty (20) divers will advance to the semifinals.
4. Semi-finalists will perform two (2) voluntary dives and (1) optional dive. Sixteen (16) divers will advance to the finals to be held on Saturday.
5. The finalists will perform one (1) voluntary and two (2) optional dives.

**R. STATE QUALIFIERS**

1. 4A State Qualifiers: The **first place** finisher in each event automatically advances to the WIAA State Championships to be held at King County Aquatic Center, Federal Way November 10-11, 2023.

2. 3A State Qualifiers: The **top four (4)** finishers in each event automatically advance to the WIAA State Championships to be held at King County Aquatic Center, Federal Way November 10-11, 2023.

**S. AWARDS**

1. Awards will be presented at the conclusion of each event during the finals. Athletes receiving awards should go directly from their event to the awards stand area.

**T. TEAM SCORING**

1. Team scoring is based on placings in each of the final events and points are awarded as follows:

	Place															
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Other Events	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

**U. MISCELLANEOUS INFORMATION**

1. An electronic timing system will be used for the District One meet.

**V. FACILITIES**

1. The Snohomish Aquatic Center (SAC) has only one female and one male locker room and is shared with the paying public using the other parts of the facility.
2. Coaches, athletes and team personnel should enter the facility through the side door (will be clearly identified).
3. Please remind athletes of the following facilities protocol:
  - a. Be mindful of behavior and language in the locker room, pool deck and facility in general.
  - b. Do not leave paper bags, towels, or other debris on the floor and/or pool deck.
  - c. Leave all equipment, bulletin boards and fixtures as they are.
  - d. Athletes should bring all belongings out on the pool deck with them. Lockers are for the use by SAC patrons.
  - e. SAC is not responsible for lost or stolen items.
  - f. Athletes should be reminded that shaving on site is prohibited.
  - g. No glass containers are allowed in the facility.

**W. PARTICIPANT/COMPETITION INFORMATION**

1. All swim competition will take place in lanes 1-8, lane 9 will be closed and lane 10 will be used for warm-up and warm-down, when approved for use.
2. Remain quiet when the announcer and starter blow their whistle for silence.
3. Swimmers are not allowed in any water unless authorized by the referee.
4. All swimmers and coaches must remain outside the roped areas. Only those swimmers that have qualified for each event, event officials and timers will be allowed on the pool deck.
5. Spectators should remain in the stands – space is very limited. Coaches will want their athletes in their assigned spot, wherever that may be.
6. Deck spots will be assigned based on number of team entries.
7. There shall be only one lap counter per lane during the 500 yard freestyle. All other athletes on the far side of the pool must remain off of the elevated bulkhead.
8. When a competitor’s name is announced at the start of the race, they should step forward and be recognized.
9. Oil will be allowed on the swimmers, but will be disallowed if ruled excessive by the referee.

10. Each school must furnish its own supply of towels.

**X. TEAM PASSES**

1. Each team will be allowed to put the following individuals on the team pass list:
  - a. Participants
  - b. 2 managers/statisticians
  - c. 3 coaches (+1 additional pass for dive coach, if needed)

**Y. ADMISSION PRICES**

1. Spectator admission prices are established by District 1. Please let your parents/fans know an entry fee is charged for District events.

Adult & Students (without ASB card):	\$8.00 each day
Students (with ASB), Seniors & Children (12 & under):	\$6.00 each day

**ALL spectator tickets must be purchased through GoFan – no onsite cash sales.**

[Link to GoFan tickets:](#)

2. The following passes will be accepted for admission (*no other passes will be accepted*):
  - a. NW District One EVENT Administrator's Pass
  - b. WSCA Member Pass (with photo ID)
  - c. WSSAAA Member Pass (with photo ID)
  - d. WOA Membership card
  - e. NW District One Lifetime Pass

**Z. STREAMING**

1. Preliminary heats and final heats will be live streamed on the Snohomish Aquatic Center's YouTube Channel:  
<https://www.sno.wednet.edu/snohomishaquaticcenteryoutube>

**AA. PARKING**

1. Busses will be asked to park off site at Central Primary - 221 Union Ave, Snohomish, WA 98290.
  - a. Directions will be available at the event for bus drivers that will be staying.
2. Spaces in front of the SAC are reserved for facility program use. Event parking is available in the gravel overflow lot or spaces on the competition side of the building.