

2A NORTHWEST DISTRICT 1
GIRLS SWIMMING AND DIVING CHAMPIONSHIPS
November 3rd & 4th, 2023
Fidalgo Pool & Fitness Center
1603 22nd Street
Anacortes, WA 98221

Meet Facts

A. Meet Director: Justin Portz, A.D., Anacortes High School jportz@asd103.org (360) 503-1305

B. Meet Manager: Leslie Mix, Head Coach, Anacortes High School
Email Entries to: lmix@asd103.org Daytime phone: (360) 795-5704

C. Dates and Times

1. Fri, November 3rd	1:00 pm - 2:30 pm	Preliminary Swim Warm-up
2. Fri, November 3rd	2:45 pm - 7:00 pm	Swim Preliminaries
3. Sat, November 4th	9:00 am - 11:00 am	Dive Warm-up
4. Sat, November 4th	11:15 am - 1:30 pm	Dive prelims and semis
5. Sat, November 4th	1:30 pm - 2:30 pm	Swim / Dive Finals Warm-up
6. Sat, November 4th	2:45 pm - 7:30 pm	Swim / Dive Finals

D. Entries

- Each school may enter one relay team per relay event. Entries for individual-swimming events must have equaled or bettered the district time standard during any high school meet for the current season. A maximum of four competitors per team may be entered into each individual event, provided each has achieved the qualifying standard. Each competitor may enter a maximum of two individual and two relay events, or three relays and one individual event.
- In the event that any individual swimming event is not filled to 18 entries, the event will be filled to not less than three full heats from the next fastest submitted times by the respective team coaches. Coaches must submit on the supplemental entry form the names and times of all swimmers wishing additional consideration. **Completed supplemental entry forms must be delivered to the meet manager by 12:00 noon Sunday, October 29.** Any forms received after said time and date will not be considered.

Note: Do not put supplemental entries or times on the electronic master entry. These will be added, if needed, on Sunday, October 29.

- Coaches are expected to submit electronic entries using hy-tek by noon Sunday, October 29. All coaches need to fill out the supplemental (wild card) form using excel. **Dive sheets** need to be delivered by Friday November 3rd at 1:00pm. Entries need to be forwarded to Leslie Mix, Meet Manager, at lmix@asd103.org. Anacortes entries will be completed and sent to Justin Portz, Anacortes High School Athletic Director & Meet Director by Saturday October 28 @ 6:00pm..

E. Competing Schools:

- | | | |
|----------------------|----------------------|------------------|
| 1. Anacortes | 4. Burlington-Edison | 7. Sedro Woolley |
| 2. Archbishop Murphy | 5. Lynden | 8. South Whidbey |
| 3. Bellingham | 6. Sehome | 9. Squalicum |

F. Games Committee

- Tournament Director
- Head Referee
- Coach(es) not involved in the protest

G. Awards

- | | |
|----------------------|---------------------------------------|
| 1. Individual Events | Ribbons 1 st -3rd |
| 2. Relay Events | Ribbons 1 st -3rd |
| 3. Team Awards | Trophy for 1 st place team |

4. Only the following are allowed onto the pool deck (Coaches we need your help please let the meet director know if you find someone on deck that should not be there):

2 coaches, 1 managers, swimmers who are entered into the meet, alternates and current team members. Please note that this subject to change at any time.

Note:

Access to the deck area will be limited to (1) Pool employees, (2) Meet officials, timers, scorekeepers & runners, (3) Entered team members, coaches & managers, (4) Supervisory school personnel, (5) Accredited members of the press, and (6) Handicapped requiring special attention. This does not include parents, pep squads, or members of the boy's team.

H. Diving Competition

1. A diving score sheet shall be received with the meet entry **by Friday, November 3rd at 1pm.**
2. Changes will be allowed up to 1 hour prior to the start of the competition. Divers should not make changes without the knowledge of their respective coaches.
3. Divers can expect at least one practice dive or water entry between the preliminary and semi-final round, and again just before the start of the final round.

I. Qualifying Standards 2A.

<u>Event</u>	<u>District</u>	<u>State ??? State times not official</u>
1. 200 yard Medley Relay	(1) Team	2:01.50
2. 200 yard Freestyle	2:34.99	2:06.00
3. 200 yard Individual Medley	2:57.99	2:23.00
4. 50 yard Freestyle	30.99	26.10
5. 1 Meter Diving	11 dive list	265/11.6
6. 100 yard Butterfly	1:32.99	1:04.80
7. 100 yard Freestyle	1:10.99	57.60
8. 500 yard Freestyle	6:57.99	5:45.00
9. 200 yard Freestyle Relay	(1) Team	1:48.40
10. 100 yard Backstroke	1:25.99	1:03.90
11. 100 yard Breaststroke	1:35.99	1:13.50
12. 400 yard Freestyle Relay	(1) Team	4:01.00

Updated: Aug 16, 2023

State Allocations

The first three (2) in individual events and first three (2) in relay events qualify for the state meet by District 1 WIAA allocation.

J. Intermissions

1. There will be a 5 minute break after the 200 Medley relay and before the 200 freestyle, 15-minute warm-up period after the 50-yard freestyle during the swimming preliminaries, a 15-minute warm-up period after the diving in the finals, a 5 minute break before and after the 200 free relay, and a 5-minute warm-up period after the 100-yard breaststroke during the swimming preliminaries and finals, for relay members only.

K. Scoring

1. Six swimmers or relays will qualify for the finals; six swimmers or relays will qualify for the consolation finals. Scoring will be to 12 places.

L. Coaches Information

1. There will be a coach's meeting in the meeting room off the pool lobby, 15 minutes prior to the start of the meet.
2. **No oil** will be allowed on the bodies of swimmers.
3. No on-premises shaving will be allowed.
4. Swimmers will be allowed to enter the diving tank of the pool for warm-up and warm-down, once the swimming events start each day of the competition. This is a privilege and will be taken away if it is abused. The swimmer must enter the water feet first with one hand on the deck. **NO JUMPING IN, NO DIVING, NO SPRINTING!**
5. Awards for the top six places will be presented after the following event. Athletes earning awards shall assemble in the starting area prior to awards to promptly go to their respective starting block in their **team uniform**. No Towels.
6. Valuables should not be left unattended, particularly in locker rooms and unsecured buses.
7. For purposes of safety, there will be **NO** celebrations involving pushing or throwing team members or coaches into the pool.
8. Personal audio systems with external speakers (Boom Boxes) must be turned off at the start of warm-ups each day until the completion of competition.
9. All questions not specifically covered in this meet information will be answered by either the meet manager and/or meet committee following proper protocol.

M. Admission

Preliminaries & Finals November 3rd & 4th, 2023

Adults	\$8.00
Senior Citizens (Age 62)	\$6.00
Students (no ASB card)	\$8.00
Students (with ASB card)	\$6.00
Children (5-12 years)	\$6.00
Children (under 5 years)	Free