

## 2025 GIRLS WCD III 4A



West Central District III  
OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

### SWIMMING AND DIVING CHAMPIONSHIPS

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THURSDAY, OCTOBER 30, 2025

DIVING WARM-UP 3:30 P.M. **AT CURTIS AQUATIC CENTER**  
DIVING STARTS 4:30 P.M.  
DIVING MEET DIRECTOR: TODD WOLLENWEBER [twollenweber@auburn.wednet.edu](mailto:twollenweber@auburn.wednet.edu)

FRIDAY, OCTOBER 31, 2025

COACHES MEETING 3:00 P.M. **AT CURTIS AQUATIC CENTER**  
SWIM WARM-UP 3:30 P.M.  
SWIM PRELIMS START 4:30 P.M.  
SWIMMING MEET DIRECTOR: MADELYN TALLON [mtallon@upsd83.org](mailto:mtallon@upsd83.org)

SATURDAY, NOVEMBER 1, 2025

SWIM WARM-UP 3:30 P.M. **AT CURTIS AQUATIC CENTER**  
SWIM FINALS START 4:30 P.M.  
SWIMMING MEET DIRECTOR: MADELYN TALLON [mtallon@upsd83.org](mailto:mtallon@upsd83.org)

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**PARTICIPATING:** All swimmers and divers who represented a 4A West Central District III school and met the qualifying standards in at least one (1) regular season competition may enter this meet.

**ENTRIES & REGISTRATION:**

1. Hy-Tek Team Manager Entry Export File
2. Team information. (all coaches names, managers, contact info...)
3. Diver entries need to be included in the meet manager file AND dive sheets are submitted electronically at [www.cleanentries.com](http://www.cleanentries.com)

**ENTRY DEADLINE:** **TM file and team information MUST be received by MONDAY, OCTOBER 27, at 9:00 A.M.**

Completed entries **MUST** include a Team Manager entries export file, a coach's cell phone and email contact information in case of questions from meet director, a list of managers, and a list of credentialed persons for admittance (pass list). If these are not included, they will not be allowed on deck!

**E-mail entry files to:** **Madelyn Tallon – Meet Director**  
[mtallon@upsd83.org](mailto:mtallon@upsd83.org) 253-566-5725 ext. 2703

**For diving questions:** **Todd Wollenweber – Diving Referee**  
[twollenweber@auburn.wednet.edu](mailto:twollenweber@auburn.wednet.edu) 253-376-0001

**QUAL TIMES:** Qualifying times are listed on the [WCD3 website](#).

**PSYCH SHEET:** The psych sheet will be e-mailed to head coaches and posted at [www.wiaadistrict3.com](http://www.wiaadistrict3.com) as soon as all entries are submitted and reviewed.

## ENTRY RULES:

Remember the following items when entering athletes:

1. Please verify that your entries are correct before submitting them. Changes will not be accepted after the 9:00AM entry deadline.
2. Ensure your divers are entered into event 5 of the TM file and they are entered through cleanentries.com.
3. For a diver to qualify for the WCD III diving Championships all divers must do 2 things:
  - a. 1.) Attend at least 1 WCDIII posted 11-dive competition, and finish meet successfully by having no more than one incorrect dive.
  - b. 2.) Attain the WCD III qualification standard at any of the WCD III posted 11-dive meets, or at their league championship meet.
    - i. \* If a Diver has not attempted an 11- dive meet as stated above in item 1, they will not be Wild Carded into WCD III Swim/Dive portion of the meet.
4. **Entry Limits:** An athlete may ENTER a maximum of 2 individual events and 3 relays. However, an athlete may only COMPETE in a maximum of four events in total: two individual events and two relays or one individual event and three relays. Once the entry deadline has passed no entry changes, withdrawals or additions may be made to individual or relays events.
5. **Team Entry Limits:** Each team may enter a maximum of four swimmers per individual event and one relay.

## EVENT LIMIT:

- Each individual is limited to 4 (four) events, either 2 (two) individual events and 2 (two relays), or 1 (one) individual event and 3 (three) relays. Each team is limited to 1 (one) relay team in each relay event and 4 (four) individuals in each individual event. These limits include wildcard submissions. IF you are entering an athlete for wildcard consideration, you must only enter them into two individual events!
- No exhibition athletes allowed.
- No advancement to Districts from Leagues or Qualifiers, unless this is one of your 4 (four) entries per event.
- Teams should submit up to 4 (four) alternates per qualified relay entry, for a total of 8 (eight) names per relay. Your State Meet entries are required to use the same 8 (eight) athletes in each respective relay entry, so please plan accordingly.

## WILD CARDS:

- If, after entries are submitted, we do not fill out 3 heats for the preliminary meet based on the time standards, then the next fastest swimmers will fill the heats by wild-card invite based off swimmers' times entered from the season. Coaches need to submit their wildcard hopefuls with their initial entries using their swimmers best verifiable time from the season. Swimmers that are wildcard hopefuls are still limited to the 2 individual event rule and must only be entered into two individual events with their wildcard times.
  - **Swimmers** –If there are lanes available in an event after the qualified swimmers have been seeded, swimmers nominated as “wild card entries” will be entered, based on time, until all empty lanes in an event are filled. No new heats will be created. Potential wild card entries need to be listed in team manager. **ENTER your potential individual swimming wild card entries.**
    - A “wild card entry” counts towards the swimmer’s 2 individual events even if a swimmer is not ultimately entered in the event.

- Enter potential wild card entries just as you would any other entry. Remember, there is a limit of 4 entries per team per event. Do not mark them exhibition.
  - **Divers** – The top 24 divers will be entered into districts based on their best scores from the season. Coaches should submit their divers into event 5 with their entries using their best 11 dive score from the season.
    - \* If a Diver has not attempted an 11- dive meet they will not be Wild Carded into WCD III Swim/Dive portion of the meet.
  - **Relays** – Up to 14 relay teams will be seeded in each relay event based on the results of respective league championships or season best times. **Enter potential relay wild-cards with your entries.**
- After the psych sheet is emailed and published, every team that receives a wild-card invite is required to email Madelyn Tallon with their **acceptance or rejection** of each of their athlete's invitations by Monday, October 28<sup>th</sup> at 6:00 P.M.

#### RELAY ENTRY FORMS:

- Relay cards are due to the clerk of course 30 minutes after conclusion of scratch meeting. Changes may be made up to the heat closure.
- All relays must be correct in Team Manager and have all 8 names listed in Team Manager.
- *The same eight swimmers remain on a relay if it should advance to the State Meet.* WIAA rules forbid changes to the 8 potential members of a relay between Districts and State.
- Any combination of these 8 swimmers may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.
- You cannot add or change the 8 names after the entries after the 9:00AM entry deadline.

#### DIVING FORMS:

(Your divers official dive sheet will be provided for you on the deck before warm ups start.)

Submit entries for this meet online by midnight, Wednesday, October 30<sup>th</sup>, as follows:

1. Go to <https://www.cleanentries.com/>
2. Create an account as a coach, if you don't have one already.
3. Click on the "meets" tab on the top of the page.
4. Find the **2025 WCD III Championship 4A meet and click on it.**
5. Input each of your divers who will compete and each of their dive lists.

#### DISTRICT ENTRIES:

All entries are due using Hy-Tek Team Manager. You will receive an entry file via email from the Meet Director the week prior to the entry deadline. Please make sure all your relay swimmers, **including alternates**, are listed with your relay entries. All teams must submit entries this way. Directions for downloading the free version of Team Manager can be provided upon request.

- District entries are due to your district meet director via Team Manager file by **MONDAY, OCTOBER 28, at 9:00 A.M.** Entries submitted after the deadline will not be accepted. **\*\*\*Head Coaches must include their district diver's name(s) and qualifying score along with the rest of their district swimming entries in the Team Manager file by the deadline listed above.\*\*\***

- Diving entries are all done electronically at [www.cleanentries.com](http://www.cleanentries.com) . (see directions on page 7-8) All diving entries are due by **11:59 pm on October 30<sup>th</sup>. DO NOT FAX OR EMAIL ENTRIES.**
- For a diver to qualify for the WCD III diving Championships all divers must do 2 things:
  - 1.) Attend at least 1 WCDIII posted 11-dive competition, and finish meet successfully by having no more than one incorrect dive.
  - 2.) Attain the WCD III qualification standard at any of the WCD III posted 11-dive meets, or at their league championship meet.
    - \* If a Diver has not attempted an 11- dive meet as stated above in item 1, they will not be Wild Carded into WCD III Swim/Dive portion of the meet.
- NPSL & SPSL League Teams will be competing at both the WCD III prelims and finals meets.
- WCD III competitors will be determined by the time standards in place below. **If we do not have 3 heats worth of qualifiers, all events will be filled out to 3 heats with wildcards based on coaches' submissions of their athletes times from the season.**
- A psych sheet will be sent out via email once all entries have been received and imported. The psych sheet will list all swimmers entered into the WCD III meet, including wild-cards. Every team that receives a wild-card invite is required to **email Madelyn Tallon with their acceptance or rejection of each of their athlete's invitations by Monday, October 28<sup>th</sup> at 6:00 P.M.**

#### ALLOCATIONS:

- The top **5** fastest times from each event (finals night only) will be allocated to the State meet.
  - This means that any swimmer from the finals or consolation heat can allocate to state if they have the top 6 fastest times. Awards will only be given to those that placed in the finals heat of each event.
- **WCD III 4A Allocation Tie-Breaker Rule:** In the event of a tie for a place finish that would fill the final allocation spot for the state meet a "Swim-Off" will be required. Lanes will be assigned by draw. No preferential advantage will be granted to the swimmer of a particular heat. The meet referee will coordinate with the swimmers and coaches involved in the swim-off to determine when the tie-breaker will take place during the meet. The tie-breaker must be concluded on the same day as the tie. A swim-off may not be necessary if one of the swimmers conceded their allocation spot to the other swimmer(s). Concessions must be made with all parties involved: swimmers and coaches, in front of the Meet Referee and Meet Director.

#### CURRENT NHFS RULES:

- All current NHFS rules are in effect unless otherwise noted in this document or discussed at the coaches meeting. In the event of a protest, a Meet Committee will be assembled by the Meet Director and will only include the Meet Director and Coaches not directly involved in the protest.
- All protests must be in writing and turned in to the Meet Director within 30 minutes of the event or incident.
- Judgment calls are not subject to protest.

#### COACHES:

- Please pick up your heat sheets, deck passes, and other information from the check-in table or Meet Director upon arrival and before the coaches meeting. Please help us keep the pool deck and bleacher areas clean and free of garbage. Instruct your athletes to not leave anything in the locker room unattended.

- If you require passes for managers, they need to be emailed to the Meet Director along with your entries as part of your pass list. If they are not included, they will have to pay and sit up in the stands with fans.
- The pool deck is only for participants, coaches, and managers with passes. Team members who are not participating will be asked to leave the facility. Please assist meet management with policing your own team.
- Please enter all swimmers you hope to have swim in the meet. This includes wildcard hopefuls, as we will not be pulling wildcards from NPSL or SPSL times.
- If you have any questions, please contact the Meet Director Madelyn Tallon at [mtallon@upsd83.org](mailto:mtallon@upsd83.org) or 253-566-5725 ext. 2703.

**SEATING & ENTRY:** Except for athletes, meet officials and timers, ALL other students and parents MUST pay. Athletes will sit on the pool deck and spectators will sit in the bleachers, accessed through the pool lobby. Only coaches, athletes, meet workers, and credentialed persons will be allowed on the pool deck.

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

**NO CASH – GoFan Digital sales ONLY. Checks not accepted**

|                                  |          |
|----------------------------------|----------|
| Adults.....                      | \$10.00* |
| Students (with ASB).....         | \$5.00*  |
| (without ASB).....               | \$10.00* |
| Elementary, 6-12).....           | \$5.00*  |
| Preschool, with parent.....      | Free*    |
| Senior Citizens (62 & over)..... | \$5.00*  |

**\*Additional GoFan handling fees will be charged.**

[GoFan Event Ticket Purchasing Link](#)

**SCHOOL PASS LISTS:** Every school is responsible for submitting a pass list **with their team entries**. Persons not included on the pass list will not be permitted on the pool deck and must pay admission to sit in the stands.

Pass lists should include:

- 1 (one) Head Coach.
- Additional support members – either another coach, or a team manager.
- All qualified athletes (swimmers & divers).
- School/District Administration.
- 1 (one) Team photographer
- 1 (one) Videographer for All-American Diving consideration (dive session only).

**STATE MEET ENTRIES:** Please see the [WIAA](#) and [WISCA](#) websites for information on State Meet entries.

**PARKING:** Please have your team buses park in the North Lot near the Tennis Courts. Cars parked illegally will be ticketed or towed at the owner's expense.

**CONCESSIONS:** Concessions will be available.

**T-SHIRTS & SWEATSHIRTS:** [Rush Team Apparel](#) will have items available for purchase during the swim prelims and finals.

**TIMERS:** Timing and volunteer positions will be supplied by host school, Curtis High School.

**OFFICIALS:** If we have enough USA Swimming Officials, this will be a PNS stationed event. If you have certified officials that are willing to work the meet, please direct them to contact the Meet Director, who will forward their information to the Meet Referee.

**MEET COMMITTEE:** The Meet Committee shall include the Meet Manager and two coaches, each from separate leagues. The committee will be appointed and announced at the Scratch Meeting. An alternate coach from the third league will also be announced at the Scratch Meeting. If the Meet Manager so chooses, he or she may appoint an official to take his/her place on the Meet Committee to hear a specific protest.

**POSSIBLE BREAKS:** During finals, if an athlete is seeded to swim in back-to-back event "A" finals, an additional 5-minute break will be added to the schedule between the awards of the first event and the "A" final of the second event. These breaks will be announced at the Saturday coaches meeting. It is the coach's responsibility for any athletes this applies to, to bring it to the attention of the meet manager prior to or during the Saturday coaches meeting. These breaks will not be added after the completion of the Saturday coaches meeting.

**WARM UP PROCEDURES:** Feet first entry at all times into the pool. The only exception is when performing racing starts.

- Circle swim counter-clockwise only.
- Last 30 minutes of warm-up:
  - Lane 1: pace lane, no diving.
  - Lanes 2, 4, 5: sprint lanes, dive starts.
  - Lanes 3 & 6: general warm-up, no diving.
- Warm-up may be modified at the discretion of the Meet Referee.

**QUESTIONS OR CONCERNS:** If you have any questions or concerns, please contact the Meet Director at [mtallon@upsd83.org](mailto:mtallon@upsd83.org), or 253-566-5725 ext. 2703.

**SCORING:** Up to 16 places will be scored during the finals session of diving and swimming, only.

Individual event scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:**

Individual awards will be given to the top 8 (eight) finishers in all individual events and to the top 8 (eight) finishing relay teams in relay events.

Individual events: 1<sup>st</sup>-3<sup>rd</sup> presented with pins, 4<sup>th</sup>-8<sup>th</sup> with ribbons.

Relay events: 1<sup>st</sup>-3<sup>rd</sup> presented with pins, 4<sup>th</sup>-8<sup>th</sup> with ribbons.

The top 16 (sixteen) finishers in each individual and relay event from the WCD III Preliminaries will advance to the WCD III Finals. In swimming FINALS, there will be 2 (two) heats per event which will compete in the following order:

Heat 1: Consolation Final – contesting places 9-16

Heat 2: Championship Final – contesting places 1-8

**Note:** Your official WCD III entries are your official entries to the District AND State Meets. Your relays that advance to the State Meet must be the same 8 (eight) swimmers that are listed on your District entries. **Please double check your relay entry form with your master entries. Make sure your swimmers match.**

**MEET RULES:**

- National Federation rules as amended by the West Central District III within this document will govern this competition.
- An individual entry submitted without a provable entry time will result in the athlete being removed from that event, and not allowed to enter another event.
- All protests must be submitted in writing to the Meet Manager within 30 minutes of the incident or event completed.
- Judgment calls by officials may not be protested.

**SEATING:**

Seating at pool-side tables will be reserved for COACHES only.

**SWIMMING FACILITY:**

- Indoor 25-yard, 8-lane pool
- Starting end 7 feet deep; turning end 3.5 feet deep
- Dive tank available for warm-up/warm-down throughout the meet.
- The pool air will be very warm at the Curtis Aquatic Center. Please dress accordingly and bring water.

**SWIMMING SPECTATORS (Curtis Aquatic Center):**

- There will be spectators allowed at swimming prelims and finals.
- Spectator Seats available.
- Saving Seats is not allowed.
- At the meet manager's discretion to maintain fairness and safety, meet staff may condense the spectators from north to south, filling each open seat.

**HOSPITALITY:**

Hospitality will be provided for coaches and officials in the designated hospitality area, located under the balcony bleachers.

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

**\*\*\*The names of the all persons included on a team's pass list must be sent to the Meet Director with meet entries.\*\*\***

Coaches and/or Managers will be checked-in upon arrival to the preliminary swimming session and will be given passes. Passes need to be visible while on deck. Athletes who are not competing, will not be allowed entry.

Seating and deck space is limited. Any unauthorized individual will be asked to leave the pool deck.

**THE FOLLOWING QUALIFYING TIME STANDARDS WILL BE IN EFFECT:**

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| <b>2025 4A Girls</b> |                 |                 |
|----------------------|-----------------|-----------------|
| <b>Event</b>         | <b>WCD 3</b>    | <b>STATE</b>    |
| <b>200 Md. Relay</b> | <b>2:23.70</b>  | <b>1:53.50</b>  |
| <b>200 Free</b>      | <b>02:14.10</b> | <b>1:59.00</b>  |
| <b>200 IM</b>        | <b>02:38.20</b> | <b>2:13.50</b>  |
| <b>50 Free</b>       | <b>00:27.60</b> | <b>25.00</b>    |
| <b>11 Dives</b>      | <b>200 pts</b>  | <b>300/11.6</b> |
| <b>100 Fly</b>       | <b>01:11.90</b> | <b>59.60</b>    |
| <b>100 Free</b>      | <b>01:02.00</b> | <b>54.50</b>    |
| <b>500 Free</b>      | <b>06:13.90</b> | <b>5:21.00</b>  |
| <b>200 Fr. Relay</b> | <b>02:03.90</b> | <b>1:42.50</b>  |
| <b>100 Back</b>      | <b>01:12.10</b> | <b>1:00.00</b>  |
| <b>100 Breast</b>    | <b>01:20.50</b> | <b>1:08.30</b>  |
| <b>400 Fr. Relay</b> | <b>04:29.00</b> | <b>3:45.90</b>  |

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**Dive Coaches**, listed the below are the directions for creating a COACHES account for CleanEntries. A separate sheet gives directions for ATHELETS to create their ATHELETE account. If you run into any issues, please feel free to email me [twollenweber@auburn.wednet.edu](mailto:twollenweber@auburn.wednet.edu) or you can call or text me at 253-376-0001.

- 1.) Go to [www.cleanentries.com](http://www.cleanentries.com)
- 2.) In the upper right hand corner, click "create account"
- 3.) On this screen input all the information it asks for. Everything should be "green" when you have everything correct, then click "create account"

4.) Note: your password will stay red until you retype it to confirm it. If you retyped it the same, they both turn green.

5.) Remember you are registering as a COACH.

Your account is made. To add team(s) to you, follow these steps. (You can add all the teams you coach for.)

6.) Click on “dashboard” at the top

7.) Click “add a team to my account”

8.) In the search bar type the name of the school, and select “Washington” for the state.

9.) Your team SHOULD come up, if so, select it and it will make you the coach for that school. You can add multiple schools to you, if you coach more than one school.

10.) If your team does not come up, you can add a new team by clicking “Add a new team”. Remember, the governing body is NFHS. (The only information required to add a team is: team name, team abbreviation, governing body (NFHS), city and state. You do need a team email or website)

### **General Information**

You can see a list of all meets that are available on the site by clicking the Meets link at the top of the page.

The Results tab shows results for completed meets.

The Dashboard tab is where you go to see yours or your divers’ registrations for any upcoming meets. You can also view your teams and team members there as well. Any payments you've made on the site will be visible by clicking the My Payments link where you can see every payment you've made and view a receipt for each. If you ever need to change your account information like email address, AAU membership #, etc just click the Edit Profile link in the upper right corner of the page.

### **To register for your first meet just follow the steps below.**

Select the Meets link at the top of the page. This will show you a list of all open meets in the system.

Select the meet you want to register for by clicking on the meet name. This will take you to the meet details page listing important information about that meet.

If the meet is open for registrations, you will see a large green button entitled 'Click here to Register'. Click it to start the registration process. That is all there is to it.

### **Divers:**

During the registration process, you will be prompted to select your team, select the event and enter your list of dives. Once you save your list of dives you will be registered for that event and you will be added to the team you selected. You do not have to add your team to your profile before you register. Your part of the registration process is complete.