

2A NORTHWEST DISTRICT 1
GIRLS SWIMMING AND DIVING CHAMPIONSHIPS
November 7th and 8th, 2025
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 7th	1:00 pm - 2:30 pm	Preliminary Swim Warm-up
2. Fri, November 7th	2:45 pm - 7:00 pm	Swim Preliminaries
3. Sat, November 8th	9:30 am - 11:00 am	Dive Warm-up
4. Sat, November 8th	11:15 am - 1:30 pm	Dive prelims and semis
5. Sat, November 8th	1:30 pm - 2:30 pm	Swim / Dive Finals Warm-up
6. Sat, November 8th	2:45 pm - 7:30 pm	Swim / Dive Finals

D. Entries

1. 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.
2. 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, Nov 2nd.** 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, November 2nd.

3. Coaches are expected to submit electronic entries using hy-tek by noon Sunday, Nov 2nd. All coaches need to fill out the supplemental (wild card) form using excel. Dive sheets need to be delivered by Friday November 7th 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 November 1st @ 6:00pm..

E. Competing Schools:

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

F. Games Committee

1. Tournament Director
2. Head Referee
3. Coach(es) not involved in the protest

G. Awards

- | | |
|----------------------|---------------------------------------|
| 1. Individual Events | Ribbons 1 st -6th |
| 2. Relay Events | Ribbons 1 st -6th |
| 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 7th 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 ?????</u>
1. 200 yard Medley Relay	(1) Team	2:02.00
2. 200 yard Freestyle	2:48.99	2:06.00
3. 200 yard Individual Medley	3:10.99	2:23.00
4. 50 yard Freestyle	30.99	26.10
5. 1 Meter Diving	11 dive list	250/11.6
6. 100 yard Butterfly	1:33.99	1:04.80
7. 100 yard Freestyle	1:10.99	57.60
8. 500 yard Freestyle	6:59.99	5:45.00
9. 200 yard Freestyle Relay	(1) Team	1:49.00
10. 100 yard Backstroke	1:24.99	1:03.90
11. 100 yard Breaststroke	1:37.99	1:13.50
12. 400 yard Freestyle Relay	(1) Team	4:01.00

Updated: August 2025