

# 2025 SEA-KING DISTRICT II 1A/2A, 3A, and 4A GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

## November 6, 7, and 8, 2025

### Meet Contacts

Jeff Lowell, Meet Director  
 Skip Hulet, Diving Referee  
 Ted Wang, 3A Meet Referee  
 XXXXX, 1A/2A and 4A Meet Referee

### Email

[lowellj@bsd405.org](mailto:lowellj@bsd405.org)  
[bhulet@lwsd.org](mailto:bhulet@lwsd.org)

### Phone Contact

(425) 428-3335  
 (206) 390-4359

### Sites

Hazen Pool, 1101 Hoquiam Ave NE, Renton, WA 98059  
 Mary Wayte Pool, 8815 SE 40<sup>th</sup> St, MI, WA 98040

### Phone

(425)204-4230  
 (206)588-1117

### DATE & TIME:

<b>Thursday</b>			<b>Participating Teams</b>			
<b>1A/2A Diving</b>	8:00 AM	Facility Opens	Chief Sealth	Nathan Hale	Issaquah	Newport
<b>4A Diving</b>	8:15 AM	Warm-up (pool closes at 9:55 AM)	Cleveland	Renton	Juanita	North Creek
<b>Hazen</b>	10:00 AM	Diving Prelims, Semis, Finals	Tyee / Evergreen	Bothell	Lake Washington	Redmond
	12:00 PM	Competition Ends (Approx)	Foster / S. Whidbey	Eastlake	Lincoln	Skyline
			Lindbergh	Hazen	Mount Si	Woodinville
<b>3A Diving</b>	1:00 PM	Facility Opens	Ballard	Garfield	Interlake	Sammamish
<b>Hazen</b>	1:15 PM	Warm-up (pool closes at 2:40 PM)	Bellevue	Highline	Lakeside	Seattle Prep
	2:45 PM	Diving Prelims, Semis, Finals	Bishop Blanchet	Holy Names Academy	Liberty	West Seattle
	4:45 PM	Competition Ends (Approx)	Eastside Catholic	Inglesmoor	Mercer Island	
			Franklin	Ingraham	Roosevelt	
<b>Friday</b>			<b>Participating Teams</b>			
<b>1A/2A Prelims</b>	12:00 PM	Facility Opens	Chief Sealth	Nathan Hale		
<b>Hazen</b>	12:15 PM	Coaches meeting	Cleveland	Renton		
	12:30 PM	Warm-up (pool closes at 1:10 PM)	Evergreen	South Whidbey		
	1:30 PM	Swim prelims	Foster	Tyee		
	3:45 PM	Competition Ends (Approx)	Lindbergh			
<b>4A Prelims</b>	4:15 PM	Facility Opens	Bothell	Lake Washington	Redmond	
<b>Hazen</b>	4:30 PM	Coaches meeting	Eastlake	Lincoln	Skyline	
	4:45 PM	Warm-up (pool closes at 5:40 PM)	Hazen	Mount Si	Woodinville	
	5:45 PM	Swim prelims	Issaquah	Newport		
	8:00 PM	Competition Ends (Approx)	Juanita	North Creek		
<b>3A Prelims</b>	12:00 PM	Facility Opens	Bishop Blanchet	Mercer Island		
<b>Mary Wayte</b>	12:15 PM	Coaches meeting	Franklin	Roosevelt		
	12:30 PM	Warm-up (pool closes at 1:25 PM)	Garfield	Seattle Prep		
	1:30 PM	Swim prelims	Lakeside			
	3:45 PM	Competition Ends (Approx)	Liberty			
<b>3A Prelims</b>	4:15 PM	Facility Opens	Ballard	Inglesmoor		
<b>Mary Wayte</b>	4:30 PM	Coaches meeting	Bellevue	Ingraham		
	4:45 PM	Warm-up (pool closes at 5:40 PM)	Eastside Catholic	Interlake		
	5:45 PM	Swim prelims	Highline	Sammamish		
	8:00 PM	Competition Ends (Approx)	Holy Names Acad	West Seattle		
<b>Saturday</b>			<b>Participating Teams</b>			
<b>1A/2A FINALS</b>	12:00 PM	Facility Opens	Chief Sealth	Nathan Hale		
<b>Hazen</b>	12:15 PM	Coaches meeting	Cleveland	Renton		
	12:30 PM	Warm-up (pool closes at 1:25 PM)	Evergreen	South Whidbey		
	1:30 PM	Swim Finals	Foster	Tyee		
	3:45 PM	Competition Ends	Lindbergh			
<b>4A FINALS</b>	4:15 PM	Facility Opens	Bothell	Lake Washington	Redmond	
<b>Hazen</b>	4:30 PM	Coaches meeting	Eastlake	Lincoln	Skyline	
	4:45 PM	Warm-up (pool closes at 5:40 PM)	Hazen	Mount Si	Woodinville	
	5:45 PM	Swim Finals	Issaquah	Newport		
	8:00 PM	Competition Ends	Juanita	North Creek		
<b>3A Finals</b>	4:15 PM	Facility Opens	Ballard	Garfield	Interlake	Sammamish
<b>Mary Wayte</b>	4:30 PM	Coaches meeting	Bellevue	Highline	Lakeside School	Seattle Prep
	4:45 PM	Warm-up (pool closes at 5:40 PM)	Bishop Blanchet	Holy Names Acad	Liberty	West Seattle
	5:45 PM	Swim Finals	Eastside Catholic	Inglesmoor	Mercer Island	
	8:00 PM	Competition Ends	Franklin	Ingraham	Roosevelt	

**1A/2A, 3A and 4A SeaKing District 2 Games Committee:** The duties of the Games Committee are as follows:

- A. Assist the Tournament Manager as needed and be available during the event.

- B. Function as an arbitration board for disputes and respond to special concerns. Final decisions shall be made by consensus of the Games Committee. If a coach on the committee is involved in the protest, a coach with no conflict will take their place.
- C. Respond to alleged infractions or rule violations from participating coaches and/or administrators - not contestants.
  - Jeff Lowell, Meet Director
  - Nick Siripipat 3A and Lorraine Masse 1A/2A and 4A, Meet Referee
  - Deck Referee
  - Eric Bartleson, Meet Manager
  - Julie Barashkoff, Head Coach Redmond High School

**ENTRIES & REGISTRATION:** To complete your entries, you **MUST** submit **THREE** things by Sunday, November 2, 2025, by NOON:

1. A Team Manager export of your meet entries
  - a. **1A/2A Prelims = Events 201-212, 3A Prelim Session #1 = Events 301-312, 3A Prelim Session #2 = Events 101-112, 4A Prelims = Events 401-412**
  - b. When exporting from Team Manager, ENTER WILD CARD HOPEFULS. Please use the BONUS EVENT option in Team Manager to mark any WILD CARD HOPEFUL.
  - c. When exporting from Team Manager, ENTER ALL DIVERS WHO WILL COMPETE – if a diver is not part of the export file, THEY HAVE NOT BEEN ENTERED IN THE MEET.
2. A Team Manager printout of your entries, including divers and relay names.
  - a. When creating the file – please send entries by NAME and include PROOF OF TIME in pdf format.
  - b. For those without TM, contact Jeff directly to discuss entries.
3. Timer's Names

**Please send all information through EMAIL to Jeff Lowell at [lowellj@bsd405.org](mailto:lowellj@bsd405.org). If you have issues during this process, do not wait – call Jeff at 425-495-5318.**

**Entry Info: Please remember the following items when entering athletes:**

1. **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: two individual events and two relays or one individual event and three relays. *PRELIMS and FINALS are separate sessions of the same meet.*
2. **Team Entry Limits:** Each team may enter a maximum of **four swimmers per individual event**, with qualifying District times, on the Master Entry Form
3. **Relay entry times:** Each team may submit a **single-entry time for each relay with up to 8** potential swimmers for that relay.

**Master Entries in TM must be complete and accurate**

1. List swimmers' first & last names and grades. Enter full name, grade level, and best **verifiable interscholastic performance time from the 2025 season**. **This is the reason for the PROOF OF TIME on the TM report. Without the PROOF OF TIME, entries will not be accepted.**
2. List ALL relay alternates in TM – as THESE ARE STATE RELAY ENTRIES AS WELL.
3. **AGAIN, PLEASE ADD POTENTIAL WILD CARD TIMES THAT MEET THE WILD CARD STANDARDS INTO TM.** Athletes do not receive consideration if you do not enter them into TM. Athletes are added on a space available basis. Coaches will know if athletes are added as they will be on the preliminary psych sheet, which will be released by Sunday evening (9 pm). The following information describes how wild card hopefuls are entered in the meet.
  - IF there are empty lanes available (to fill a heat with qualified athletes) 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.**
  - Entry times must be the best verifiable time from the current season. **AGAIN - INCLUDE PROOF OF TIME**
  - A 'Wild Card Entry' counts toward the individual event limit of 2 per swimmer even if a swimmer is not ultimately entered in the event. Wild card hopefuls also count against the 4-athlete limit in each individual event.

- THERE WILL BE NO WILD CARD ENTRIES ADDED AT THE MEET. IF THERE ARE SCRATCHES, LANES WILL BE LEFT OPEN.
4. Coaches' contact phone numbers and email addresses are needed for questions regarding entries (please list the number at which you are most likely to be reached).
  5. **Relay Entries may include up to 8 athletes for each of the three relays.**
    - a) Each relay lineup (prelims or finals) may *only include athletes originally designated as potential participants in TM.*
    - b) If a swimmer is entered in all three relays, it is the coach's responsibility to see that the swimmer does not compete on all three relays if that would put the swimmer over the limit of competing in 4 events.
    - c) ***The same eight athletes 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 athletes may swim in prelims and/or finals at the District Meet and State, subject to the usual athlete event limits.

### **Diving Forms – to be completed and reviewed at the diving competition by Skip Hulet.**

1. Use only the [WIAA 2024 Diving form](#).
2. List dives using the dive description, as they appear on the back of the dive form.
3. Fill out the form COMPLETELY (including signature) using a pencil.

### **SEATING & ENTRY:**

Except for athletes, meet officials and timers, ALL other students and parents MUST pay. **Spectators will sit upstairs.** Only coaches, athletes and meet workers will be allowed on the pool deck. All coaches and workers will wear a pass to be on deck.

### **COACHES:**

- Please adhere to the 'DOORS OPEN' portion of the schedule. Arriving too early does complicate things for the event workers.
- Please pick up your heat sheets, deck pass and other information from the meet manager upon arrival before the coaches meeting.
- Please help us to keep the pool deck and spectator areas picked up and clean.
- Instruct your athletes to not leave ANYTHING in the locker room unattended.

**State Meet Qualification:** Qualification for the WIAA State Meet is possible by any of three methods:

- 1.) Allocation from District 2 to the State Meet:
  - a. Individual events: 1A/2A will have 2 allocations, 3A will have 5 allocations. 4A will have 4 allocations.**
  - b. Relay events: 1A/2A will have 2 allocations, 3A will have 5 allocations. 4A will have 4 allocations.**
- 2.) Individuals or relays may also qualify by achieving the State time standard for that event subject to the following criteria:
  - a. *A qualifying time, intended to be used for entry into the state meet, must be submitted to the WISCA database within 7 days of achieving the time, on the entry card or electronic printout showing the time, signed by the meet Referee. Make sure you have submitted your State athletes' times to WISCA in accordance with the rules on the WIAA website.*
  - b. *The meet director will submit state times achieved at Districts for you.*
  - c. NOTE: Athletes or divers who wish to compete at the State Meet must compete in the same event(s) at their district meet.
- 3.) If space is available in the State Meet it is possible for an athlete to receive an invitation for a spot (i.e., a wild card entry) in an event based on the time achieved in finals at the District Meet. The process for wild card entries is posted at <http://wiscaorg.ipage.com/state-info.php>.

**QUALIFYING STANDARDS were sent to coaches earlier in the season. Contact your league commissioner for another copy.**

## SEEDING and SCORING: Championship seeding and scoring

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Ind Pts	16	13	12	11	10	9	7	5	4	3	2	1
Relay Pts.	32	26	24	22	20	18	14	10	8	6	4	2

### Breaks/Warm-Ups/Awards Presentations:

#### Event Prelim Sessions

- 1 **200 Medley Relay Heats**  
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Heats**
- 3 **200 Individual Medley Heats**
- 4 **50 Freestyle Heats**  
Break - 15 min Competition Pool is Open
- 5 **1 M Diving Heats**  
COMPLETED ON SATURDAY IN SESSION #3
- 6 **100 Butterfly Heats**
- 7 **100 Freestyle Heats**
- 8 **500 Freestyle Heats**  
Break - 5 min Competition Pool is Closed
- 9 **200 Free Relay Heats**  
Break - 5 min Competition Pool is Closed
- 10 **100 Backstroke Heats**
- 11 **100 Breaststroke Heats**  
Break - 5 min Competition Pool is Closed
- 12 **400 Free Relay Heats**

#### Event Swimming Finals

- 1 **200 Medley Relay Consols**  
**200 Medley Relay Final**  
Break - 5 min Competition Pool is Closed
- 2 **200 Freestyle Consols**  
**200 Freestyle Final**
- 3 **200 Individual Medley Consols**  
**200 Individual Medley Final**
- 4 **50 Freestyle Consols**  
**50 Freestyle Final**  
Break – 3A 15 min Competition Pool Open / 4A pool closed
- 5 **1 M Diving Final**  
COMPLETED ON SATURDAY IN SESSION #3  
Awards for Events 1 - 5
- 6 **100 Butterfly Consols**  
**100 Butterfly Final**
- 7 **100 Freestyle Consols**  
**100 Freestyle Final**
- 8 **500 Freestyle Consols**  
**500 Freestyle Final**  
Break – 5 min Competition Pool Closed
- 9 **200 Free Relay Consols**  
**200 Free Relay Final**  
Break - 5 min Competition Pool is Closed  
Awards for Events 6 - 9
- 10 **100 Backstroke Consols**  
**100 Backstroke Final**
- 11 **100 Breaststroke Consols**  
**100 Breaststroke Final**  
Break - 5 min Competition Pool is Closed  
Awards for Events 10 - 11
- 12 **400 Free Relay Consols**  
**400 Free Relay Final**  
Awards for Event 12  
Team Awards

### AWARDS:

1. A trophy will be awarded for the first-place team.
2. Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place for all events.

Meet Mobile will be available for this meet (2025 1a-2a SeaKingDistricts, 2025 3A Girls SeaKing Districts, 2025 4A Girls SeaKing Districts). Psych sheet for 1A/2A, 3A and 4A finals will be posted at [www.wisca.org](http://www.wisca.org) and on the SeaKing District 2 website (<http://www.wiaadistrict2.com>) on the girls' swim page.

**COST FOR SPECTATORS:**

- \$9.00 for adults and
- \$6.00 for seniors (ages 65 and over)
- \$6.00 for all students (ages 6 and over)

**QUESTIONS:** Please call Jeff Lowell, Meet Manager, at (425) 428-3335 or email at [lowellj@bsd405.org](mailto:lowellj@bsd405.org).

Check out [www.wiaa.com/Dist2](http://www.wiaa.com/Dist2) for entry forms, maps, results, etc.

**VOLUNTEER SHEET:** Each team will be responsible for providing some volunteer help to ensure the meet is a success. Please list the names of your volunteers on the sheet provided and return it with your entries. The main volunteer help will be with timing the meet. The number of timers each team is responsible for is as follows:

<u>Lane #</u>	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
<b>1A/2A Prelim Session</b>			
1	Filled by RSD		
2			
3			
4			
5			
6			
Backup			
<b>1A/2A Finals</b>			
1	Filled by RSD		
2			
3			
4			
5			
6			
Backup			
<b>3A Prelim Session #1</b>			
1	Seattle Prep / Bishop Blanchet		
2	Liberty		
3	Mercer Island		
4	Lakeside		
5	Roosevelt		
6	Garfield		
Backup	Franklin		
<b>3A Prelim Session #2</b>			
1	Ballard		
2	Inglemoor		
3	Bellevue		
4	Holy Names Academy		
5	Interlake		
6	Nathan Hale		
Backup	Eastside Catholic		
<b>3A Finals</b>			
1	Bellevue		
2	Lake Washington		
3	Lakeside		
4	Mercer Island		
5	Holy Names Academy		
6	Roosevelt		
Backup	Bishop Blanchet / Ballard (1 each)		
<b>4A Prelim Session</b>			
1	Eastlake		

2	Lake Washington		
3	Issaquah		
4	Lincoln		
5	Woodinville/Juanita		
6	Skyline		
Backup	Bothell / Mt. Si (1 each)		
<b>4A Finals</b>	<b><u>School</u></b>	<b><u>Timer Name</u></b>	<b><u>Timer Name</u></b>
1	Eastlake		
2	Lake Washington		
3	Issaquah		
4	Lincoln		
5	Woodinville/Juanita		
6	Skyline		
Backup	Bothell / Mt. Si (1 each)		



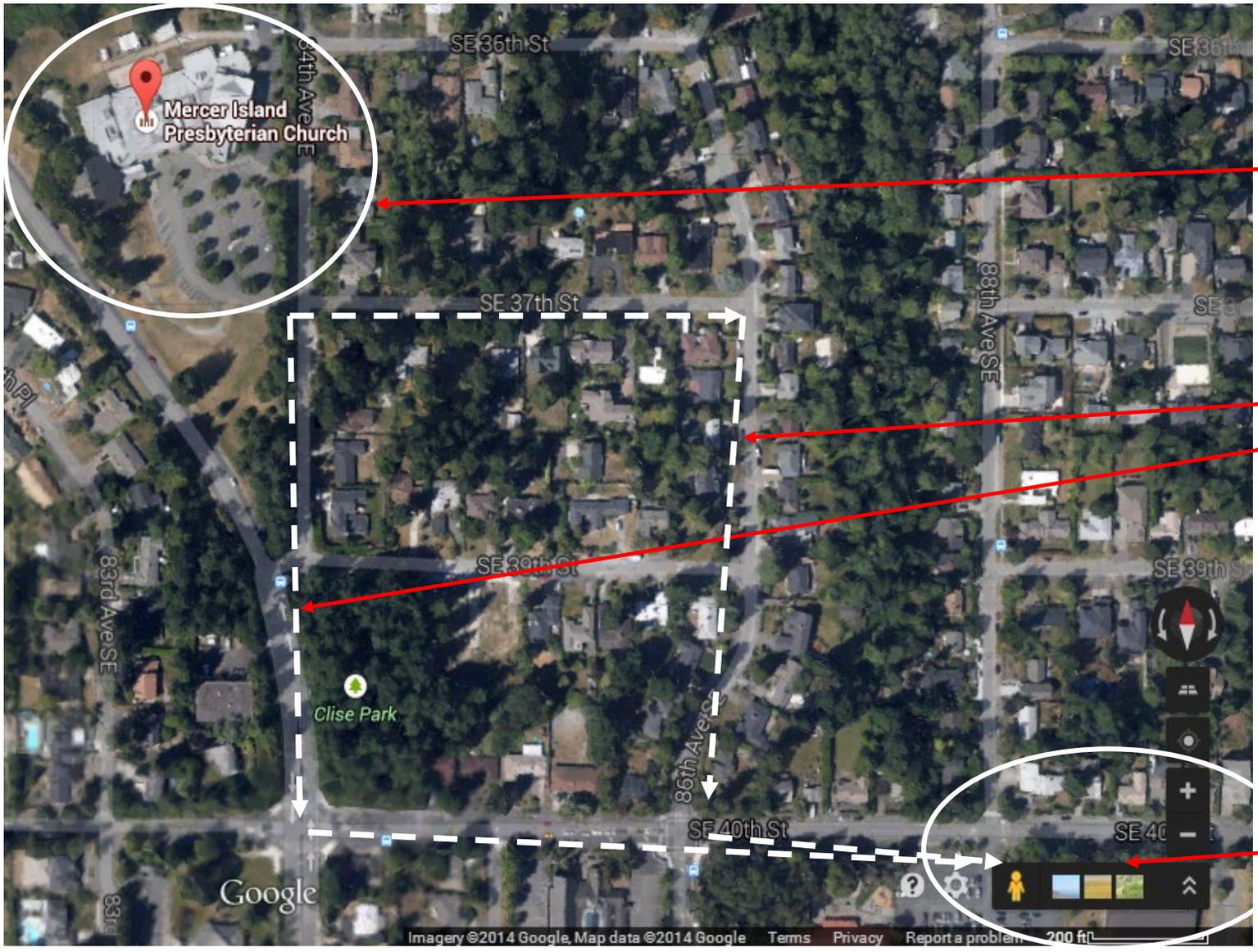
**SE 40<sup>th</sup> is the street in front of the pool.**

**Mary Wayte Pool  
8815 SE 40<sup>th</sup>,  
Mercer Island, WA  
(206) 588-1117**

**Parking at the North Mercer Campus will be shut down. School parking will mean spectators need to park elsewhere.**

**Additional parking at:  
Mercer Island Presbyterian Church  
3605 84th Ave SE – off Island Crest Way  
approx. .4 miles away from the pool**

**There are 60 spots available at Holy Trinity Lutheran.  
Address: 8501 SE 40th St**



**Additional parking at:  
Mercer Island  
Presbyterian Church**  
3605 84th Ave SE  
off Island Crest Way  
approx.  
.4 miles away  
from the pool

**Path to walk back to  
the pool. There are two  
options**

**Pool Campus**



### **Additional BUS parking at: Mercer Island Boat Launch**

Drive 1.2 miles, 3 min

Take Gallagher Hill Rd and SE 36th St to E Mercer Way 0.8 mi / 2 min

Continue onto E Mercer Way 482 ft / 15 s

Follow Frontage Rd to your destination 0.3 mi / 1 min

Turn left onto Frontage Rd 0.3 mi

Turn left 85 ft



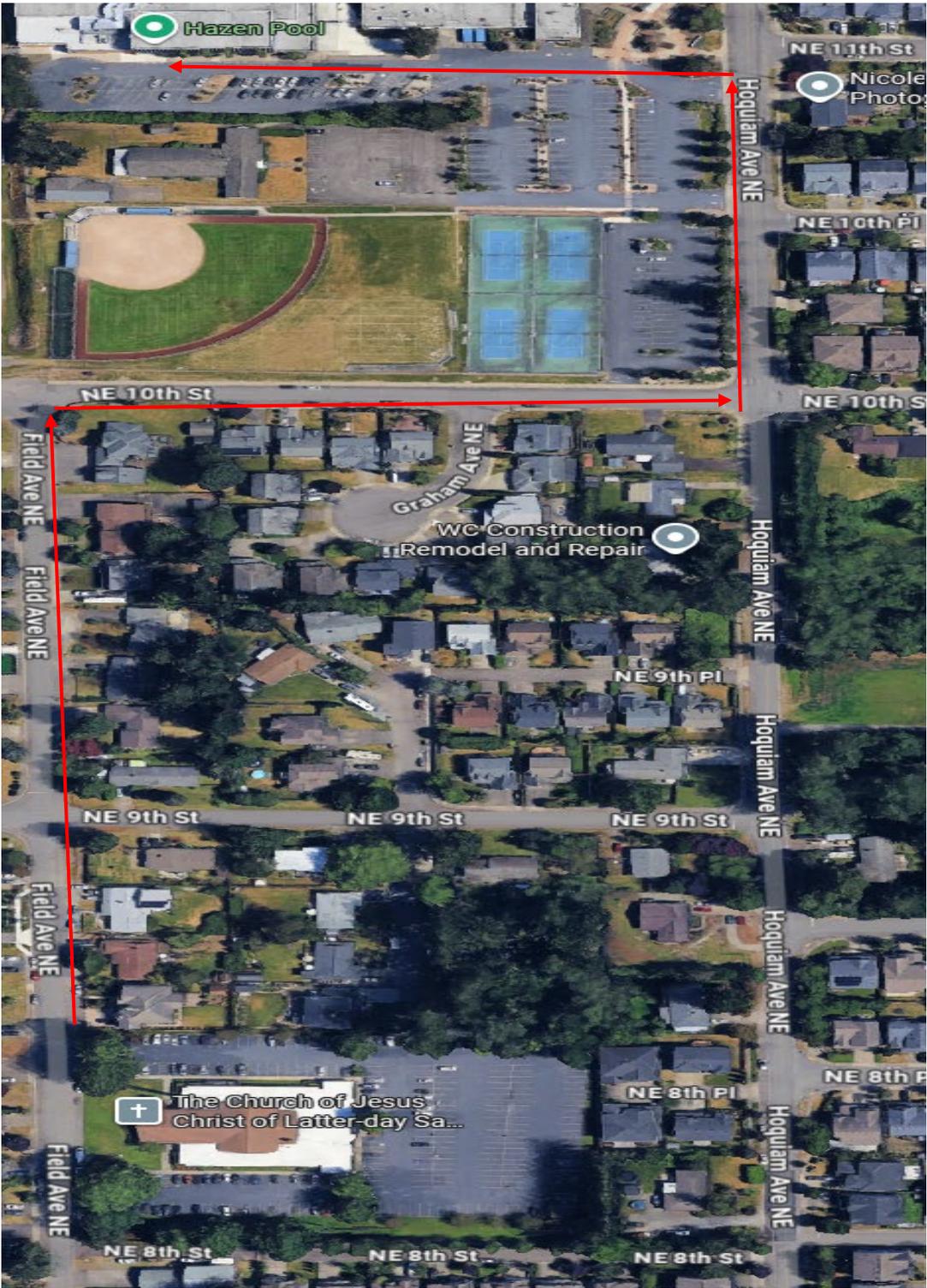
Albertson's Parking Lot: 4621 NE Sunset Blvd, Renton, WA 98059

**The path to the pool is indicated with a red arrow.**

**Parking Option 1 - Hazen**

10 minute walk - once parked, please

1. walk down Duvall Ave.
2. Cross Duvall at NE 12<sup>th</sup> St
3. Once past the field, follow the campus to the right.
4. Turn left at the far end of the building, once you get to the practice field. That is the pool entrance



**Parking Option 2 - Hazen**

Church Parking Lot 816 Field Avenue Northeast,  
Renton, WA 98059

**The path to the pool is indicated with a red arrow.**

- 10 minute walk - once parked, please
1. Head west toward Field Ave NE
  2. Turn right onto Field Ave NE
  3. Slight right onto NE 10th St
  4. Turn left toward Hoquiam Ave NE
  5. Turn left toward Hoquiam Ave NE
  6. Turn right toward Hoquiam Ave NE
  7. Turn left onto Hoquiam Ave NE