

2008 Kingco Conference

Girls Swimming and Diving Championship Meet

Thursday October 30 and Saturday November 1

SITES and TIME:

<u>Division</u>	<u>North</u>	<u>West</u>	<u>East</u>	<u>South</u>
Swim Prelim Site	Juanita High School	Mary Wayte Pool	Hazen High School	Juanita High School
Swim Prelim Date	Thursday Oct 30, 2008	Thursday Oct 30, 2008	Thursday Oct 30, 2008	Thursday Oct 30, 2008
Coaches Meeting Time	2:30 pm	2:30 pm	9:00 am	9:00 am
Prelim Warm Up	2:45 pm - 3:30pm	2:45 pm - 3:30pm	9:15 am - 10 am	9:15 am - 10 am
Swim Prelim Time	3:30 pm	3:30 pm	10:00 am	10:00 am
Dive Prelim Site	Juanita	Juanita	Juanita	Juanita
Dive Prelim Date	Friday Oct 31, 2008	Friday Oct 31, 2008	Friday Oct 31, 2008	Friday Oct 31, 2008
Dive Prelim Time	2:00 pm	2:00 pm	2:00 pm	2:00 pm
Dive Prelim Time	3:30 pm	3:30 pm	3:30 pm	3:30 pm
S/D Finals Site	Mary Wayte	Mary Wayte	Mary Wayte	Mary Wayte
S/D Finals Date	Saturday Nov 1, 2008	Saturday Nov 1, 2008	Saturday Nov 1, 2008	Saturday Nov 1, 2008
S/D Finals Warm Up	2:00 pm	2:00 pm	2:00 pm	2:00 pm
S/D Finals Time	3:15 pm	3:15 pm	3:15 pm	3:15 pm
Kingco Division Teams	Woodinville Juanita Lake Washington Inglemoor Bothell	Mercer Island Bellevue Ballard Roosevelt	Redmond Skyline Eastlake Liberty	Garfield Newport Issaquah Interlake Sammamish

IMPORTANT DATES TO REMEMBER:

- Saturday October 25 - Entry Deadline (no later than 9pm)
 - Master Entry Form, Relay Entry Form, Dive Sheets, and Scholar Athlete Form all due at this time
 - Entries may be submitted by:
 - email (TM Entry Report can replace excel spreadsheet for Master and Relay Form)
 - in person at Mercer Island High School between 4pm and 5pm
 - in person or mail to Meet Director's home at 16704 SE 7th St. Bellevue 98008
 - (h) 425-644-2297, (w) 206-236-3417, (c) 206-793-5592, fax to 206-236-3358
 - e-mail information to: jefflowell@speakeasy.net or jeff_lowell@misd.wednet.edu
- Tuesday October 28 - Kingco Coaches Meeting – Mercer Island High School (7pm – Dinner Provided)
 - At this time post season awards will be decided and final psych sheet will be reviewed
- Wednesday October 29 - Final Volunteer sheets are due to the Meet Director for prelims and finals

ENTRY PROCEDURES (Coaches must submit for entries to be complete):

- A. One copy of MASTER ENTRY FORM, with first and last names
 - a. **All teams with Hy-Tek software should send a TM entry file to the meet manager with their hard copy entries.** In the future we will look at on line entry procedures. TM Entry Report can replace excel spreadsheet for Master and Relay Form
- B. One diving sheet for each diver filled out completely and signed.
- C. Scholar –Athlete form filled out and signed.
- D. **Coaches may enter unlimited numbers in any event.** Each team will advance to the finals **ONE RELAY and a MAX OF 4 ATHLETES IN EACH INDIVIDUAL EVENT.**
 - a. During the finals each school will have 1 relay team represented in events 1, 9, and 12 - seeded into 3 finals heats.
 - b. In each individual event, the top 24 qualifiers will compete in 4 seeded heats - scoring 1st through 24th.

MASTER ENTRY FORM:

1. The master entry form must be filled out completely and accurately (please type names).
 - a. Be sure to type relay times into the red box at the top of the sheet
 - b. NO NT's - IF AN ATHLETE HAS NOT COMPETED IN AN EVENT - ENTER THE ATHLETE WITH YOUR BEST GUESS FOR A TIME.
2. Any athlete in a relay event is considered an alternate for that event.
 - a. Athletes disqualified in a relay during preliminary heats are ineligible to swim in that relay final.
3. Relays do not count against a competitor's entry limit until they are officially marked in a relay at the beginning of the event.
4. Swimmers first and last name, along with grade must be listed.
5. Use the WIAA Diving form.
 - a. List dives with the current dive description and position code.

COACHES INFO:

1. Please keep all non-competitors off the deck area.
2. Each coach is responsible for his or her team and parents.
3. Manager's passes (3 each team) must be worn at all times. They will be distributed to each team prior the meet.
4. SECURE YOUR VALUABLES. The pool staff is not responsible for lost items.

AWARDS: The team with the highest point total in the meet receives a first place team trophy.

SCORING: The scoring for the meet is as follows:

	<u>A Final</u>						<u>B Final</u>						<u>C Final</u>						<u>D Final</u>					
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Ind	30	27	24	23	22	21	19	18	17	16	15	14	12	11	10	9	8	7	6	5	4	3	2	1
Rel	60	54	48	46	44	42	38	36	34	32	30	28	26	28	20	18	16	14						

OTHER MEET INFO:

Hospitality: Each Division will be on their own to decide hospitality for the prelim sessions. During Finals each coach and manager will be provided water and food from the concession stand.

District Meet Entries: All coaches are responsible for turning in their District Meet information at the conclusion of the meet.

Warm Up Schedule

<u>North</u>	<u>PR</u>	<u>F</u>	<u>West</u>	<u>PR</u>	<u>F</u>	<u>East</u>	<u>PR</u>	<u>F</u>	<u>South</u>	<u>PR</u>	<u>F</u>
Woodinville	L 1		MI	L 1		Redmond	L 1		Garfield	L 1	
Juanita	L 2		Bellevue	L 2		Skyline	L 2		Newport	L 2	
LW	L 3		Ballard	L 3		Eastlake	L 3		Issaquah	L 3	
Inglemoor	L 4		Roosevelt	L 4		Liberty	L 4		Interlake	L 4	
Bothell	L 5								Sammamish	L 5	

TIMING SCHEDULE WILL BE RELEASED THE WEEK OF THE MEET.

SEEDING: Championship seeding for prelims and finals

SEATING and ENTRY: Spectator seating is reserved for paid admission only. Both dressing rooms at Mary Wayte will be for female athletes during finals. All students not competing (or a manager with a pass) and parents must pay admission. *The price for an adult is \$6.00 and for students (w/ASB) is \$4.00.* **DOORS WILL OPEN FOR PRELIMS AT 2:30PM. DOORS WILL OPEN FOR FINALS AT 12:15PM (IF DIVING IS COMPLETE - THE STANDS WILL BE CLEARED AFTER DIVING PRELIMS).**

QUAL TIMES: ...remember the 4A and 3A District times are calculated using the same formula (the formula 3A has used in the past)

Event	2A Dist (3)	2A	3A District	3A	4A District	4A
200Medley Relay	2:30.00	2:06.89	1 Team	1:59.90	1 Team	1:57.40
200 Freestyle	2:35.00	2:10.90	2:19.00	2:03.00	2:16.50	2:00.50
200 Ind. Med	2:55.00	2:27.50	2:39.60	2:19.60	2:36.00	2:16.00
50 Freestyle	:32.00	:26.65	:28.75	:25.75	:28.50	:25.50
Diving	180/11Dives	280/11.6	225/11dd	300/11.6	225/11dd	315/11.6
100 Butterfly	1:22.00	1:06.50	1:12.50	1:02.50	1:11.50	1:01.50
100 Freestyle	1:12.00	:59.40	1:04.50	:56.50	1:04.00	:56.00
500 Freestyle	7:00.00	5:52.90	6:08.40	5:28.40	6:00.00	5:20.00
200 Freestyle Relay	2:08.00	1:51.50	1 Team	1:47.00	1 Team	1:44.80
100 Backstroke	1:20.00	1:06.50	1:14.00	1:04.00	1:12.80	1:02.80
100 Breaststroke	1:30.00	1:15.95	1:22.40	1:12.40	1:20.60	1:10.60
400 Freestyle Relay	5:00.00	4:07.95	1 Team	3:54.90	1 Team	3:51.00

PLEASE CLEAN UP YOUR OWN SEATING AREA!

IMPORANT PARKING INFORMATION FOR MARY WAYTE:

Please inform your parents and bus drivers that the parking lot to the west of the pool (the theater parking lot) is only available for parking on the east half near the pool. Buses and overflow parking can be found at the high school (9100 SE 42nd St). People can park in the back parking lot and walk a short distance past the tennis courts to the pool. Please consider carpooling or parking at the school.

NOTE: I HAVE ATTACHED THE MAP OF ALL THE PARKING LOTS IN THE AREA - PLEASE SEND TO YOUR PARENTS EARLY SO THEY CAN PLAN ACCORDINGLY.