

# 2018 KingCo Conference

## Girls Swimming and Diving Championship Meet

### Friday, October 26, 2018 & Saturday, October 27, 2018

#### Meet Contacts

Jeff Lowell, Meet Director  
Skip Hulet, Diving Referee  
TBD, Meet Referee

#### Email

[Jefflowell9969@gmail.com](mailto:Jefflowell9969@gmail.com) or [lowellj@bsd405.org](mailto:lowellj@bsd405.org)  
[bhulet@lwsd.org](mailto:bhulet@lwsd.org)

#### Phone

(425) 495-5318  
(206) 390-4359

#### Session Locations

Swimming (Fri Swim Prelims):  
Swimming (Sat Swim Finals):  
Diving (Sat only):

#### Sites

Mary Wayte Pool, 8815 SE 40th St, Mercer Island, WA 98040  
Mary Wayte Pool, 8815 SE 40th St, Mercer Island, WA 98040  
Juanita High School 10601 NE 132nd, Kirkland

#### Phone

(206) 588-1117  
(206) 588-1117  
(425) 823-7627

**Games Committee:** The duties of the Games Committee are as follows:

- A. Assist the Tournament Manager as needed and be available at all times during the event.
- B. Act as an arbitration board for any disputes and respond to special concerns that might arise. Final decisions shall be made by consensus of the Games Committee.
- C. Respond to alleged infractions or rule violations from participating coaches and/or administrators - not contestants.

#### KingCo Championship Games Committee:

- Jeff Lowell, Meet Director
- Meet Referee
- Deck Referee
- Evan Moline, Head Coach Mercer Island High School
- Julie Barashkoff, Head Coach Redmond High School

- Note: If either coach on the committee is involved in the protest, a coach who has no conflict of interest will take their place.

#### **DATE & TIME:**

<b>FRIDAY Oct. 26</b>			<b>Participating Teams</b>	
<b>Swimming Prelims</b>	12:30 PM	Facility Opens	Bothell	Lake Washington
<b>Session 1</b>	12:45 PM	Coaches meeting	Eastlake	North Creek
<b>Mary Wayte</b>	1:00 PM	Warm-up (pool closes at 1:55 PM)	Inglemoor	Redmond
	2:00 PM	Swim prelims (End at 5:00pm)	Juanita	Woodinville
<b>Swimming Prelims</b>	4:45 PM	Coaches meeting	Bellevue	Mt. Si
<b>Session 2</b>	5:00 PM	Warm-up (pool closes at 5:55 pm)	Interlake	Newport
<b>Mary Wayte</b>	6:00 PM	Swim prelims	Issaquah	Sammamish
	9:00 PM	Prelims End	Liberty	Skyline
			Mercer Island	
<b>Saturday October 27</b>				
<b>Diving</b>	7:00 AM	Facility Opens		
<b>Juanita</b>	8:30 AM	Warm Up		
	9:30 AM	Diving Prelims, Semis, Finals		
<b>FINALS</b>	12:30 PM	Doors Open		
<b>Mary Wayte</b>	12:45 PM	Coaches Meeting		
	1:00 PM	Warm-up (pool closes at 1:55 pm)		
	2:00 PM	Swim finals		

#### **IMPORTANT DATES TO REMEMBER:**

**Sunday, October 21, 2018:** Entry Deadline: Entries and Top times export are due no later than 9pm. Submit entries by e-mail to Jeff Lowell, Meet Director at [lowellj@bsd405.org](mailto:lowellj@bsd405.org)

**Monday October 22, 2018:** Psych Sheets will be sent to Head Coaches by 7 AM. Coaches are asked to confirm entries (including diving) by Noon Wednesday October 22, 2018. **The only changes will be clerical errors or scratches.**

**Wednesday October 24, 2018:**

- Noon deadline for entry confirmation
- KingCo Swim Coaches Meeting, 7:00 PM
  - Bellevue School District Athletic Office (ESC-West 12011 NE 1<sup>st</sup> St. Bellevue, WA 98005).

**ENTRY PROCEDURES:** A school's entries are complete upon receipt of the following items:

**1) A Team Manager export of your meet entries**

- a) **Session #1 = Events 1-12, Session #2 = Events 101-112.**
- b) **EXCEPTION – Enter all divers into EVENT 5,** 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.** When creating the file – please send entries by NAME and include PROOF OF TIME in pdf format.

**3) One diving sheet for each diver filled out completely and signed.** Brought to the pool the day of the meet.

**4) Coaches may enter unlimited numbers in any individual events.** Teams will be limited during prelims to a maximum of three (3) Relays in each of the relay events. Each team will advance to the finals **ONE (1) RELAY and a MAX OF FOUR (4) ATHLETES IN EACH INDIVIDUAL EVENT.**

- a) During the finals, each school will have one (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 four (4) seeded heats - scoring 1st through 24th.
- c) Alternates for Relays – Any swimmer who participates in a relay during the prelims is eligible to swim that relay at finals if the relay that the swimmer participated on during prelims was not disqualified.

**5) Additional Entry Notes:**

- a) **NO NT's – Swimmer must have a qualifying time**
- b) **Any athlete entered in a relay event is considered an alternate for that event.**
  - i) This means that each team potentially has many athletes (barring disqualification in preliminaries) from which to choose for finals.
  - ii) Athletes disqualified in a relay during preliminary heats are ineligible to swim in that relay final.
- c) Relays do not count against a competitor's entry limit until they are officially marked in a relay at the beginning of the event.
- d) Swimmers must meet the KingCo Qualifying time to be entered in an individual event. There are no wildcard invitations extended for this competition.
- e) Swimmers first and last name, along with grade must be listed.
- f) Use the WIAA Diving form. List dives with the current dive description and position code.

**MEET INFO FOR COACHES:**

**1) Please keep all non-competitors off the deck area during the meet.**

**2) Each coach is responsible for his or her team and parents.**

**3) SECURE YOUR VALUABLES.** The pool staff is not responsible for lost items.

**4) PLEASE CLEAN UP YOUR OWN SEATING AREA AFTER EACH SESSION!**

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

**6) Warm Up Schedule**

- Prelim Session I
  - 1:00 - 1:30 PM: Bothell, Eastlake, Inglemoor, Juanita
  - 1:30 – 2:00 PM: Lake Washington, North Creek, Redmond, Woodinville
- Prelim Session II
  - 5:00 - 5:30 PM: Bellevue, Interlake, Issaquah, Liberty
  - 5:30 – 6:00 PM: Mercer Island, Mt. Si, Newport, Sammamish, Skyline
- Finals: There will be no assigned warm-up times or lanes for finals

**7) Pool Deck:** Please work to keep athletes on the pool deck and ALL spectators in the stands. If a team must go upstairs to set up a space for competitors during prelims and finals, athletes are asked to go to the far end of the bleachers, under the Chinook record board.

**8) Declared False Start:** Any athlete intending to declare a false start in events 1 to 4 will need to declare that false start to the meet referee at the coaches meeting prior to the start of the meet. Any athlete intending to declare a false start in events 5 to 12 must declare that false start to the meet referee within 5 minutes of the end of event 4. Any false start declared after the deadline is a scratch. Any lanes left open will be reseeded with alternates. If all alternates are used, then any remaining lanes will be left open.

- Breaks and Meet Format:**

<u>Event</u>	<u>Prelim Sessions- Friday</u>	<u>Event</u>	<u>Swimming Finals - Saturday</u>
1	200 Medley Relay Heats  Break - 5 min Competition Pool is open	1	200 Medley Relay C Final 200 Medley Relay B Final 200 Medley Relay A Final Break - 5 min Competition Pool is Closed
2	200 Freestyle Heats	2	200 Freestyle D Final 200 Freestyle C Final 200 Freestyle B Final 200 Freestyle A Final
3	200 Individual Medley Heats	3	200 Individual Medley D Final 200 Individual Medley C Final 200 Individual Medley B Final 200 Individual Medley A Final
4	50 Freestyle Heats  Break - 10 min Competition Pool is Open	4	50 Freestyle D Final 50 Freestyle C Final 50 Freestyle B Final 50 Freestyle A Final Break –15 min Competition Pool Open
6	100 Butterfly Heats	6	100 Butterfly D Final 100 Butterfly C Final 100 Butterfly B Final 100 Butterfly A Final
7	100 Freestyle Heats	7	100 Freestyle D Final 100 Freestyle C Final 100 Freestyle B Final 100 Freestyle A Final
8	500 Freestyle Heats  Break - 5 min Competition Pool is Open	8	500 Freestyle D Final 500 Freestyle C Final 500 Freestyle B Final 500 Freestyle A Final Break – 5 min Competition Pool Open
9	200 Free Relay Heats  Break - 5 min Competition Pool is Open	9	200 Free Relay C Final 200 Free Relay B Final 200 Free Relay A Final Break - 5 min Competition Pool is Open
10	100 Backstroke Heats	10	100 Backstroke D Final 100 Backstroke C Final 100 Backstroke B Final 100 Backstroke A Final
11	100 Breaststroke Heats  Break - 5 min Competition Pool is Open	11	100 Breaststroke D Final 100 Breaststroke C Final 100 Breaststroke B Final 100 Breaststroke A Final Break - 5 min Competition Pool is Open
12	400 Free Relay Heats	12	400 Free Relay C Final 400 Free Relay B Final 400 Free Relay A Final

- **SCORING:** The scoring for the meet is as follows:

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

- **SEEDING:** Championship seeding for prelims and finals
- **SEATING and ENTRY:** Spectator seating is reserved for paid admission only. All students not competing (or a manager with a pass) and parents must pay admission. *The price for an adult is \$7.00 and for students (w/ASB) is \$5.00.* DOORS WILL OPEN FOR PRELIMS AT 12:30 PM @ UW for Session 1 and 4:30PM @ UW for Session 2. DOORS WILL OPEN FOR FINALS AT KAMIAK @ 12:30 PM.
- **2018-2019 Swimming and Diving Standards**

GIRLS EVENT	2A		3A		4A		KINGCO	
	State	District 1	State	District 2	State	District 2		
200 Medley Relay	2:02.00	1 Entry	1:56.00	1 Entry	1:55.00	1 Entry	3 entries per school	
200 Free	2:05.00	2:31.99	1:59.00	2:15.00	1:59.80	2:15.80	add 15	2:30.80
200 I.M.	2:23.90	2:49.99	2:14.00	2:34.00	2:13.50	2:33.50	add 15	2:49.00
50 Free	:26.20	:29.99	:25.25	:28.25	:25.10	:28.10	add 2	:30.25
Diving	300/11.6	11 Dive List	335/11.6	225/11 dive	345/11.6	225/11 dive	no standard	225/11 dive
100 Fly	1:04.00	1:19.99	1:00.60	1:10.60	1:00.10	1:10.10	add 11	1:21.60
100 Free	:57.60	1:06.49	:55.00	1:03.00	:55.10	1:03.10	add 5	1:08.10
500/400 M Free	5:45.00	6:49.99	5:21.00	6:01.00	5:22.00	6:02.00	add 35	6:37.00
200 Free Relay	1:48.50	1 Entry	1:44.00	1 Entry	1:43.70	1 Entry	3 entries per school	
100 Back	1:04.80	1:14.99	1:01.60	1:11.60	1:01.00	1:11.00	add 8	1:19.60
100 Breast	1:14.00	1:28.99	1:09.10	1:19.10	1:09.10	1:19.10	add 8	1:27.10
400 Free Relay	4:01.00	1 Entry	3:48.00	1 Entry	3:47.00	1 Entry	3 entries per school	

- **Coaches:** The following describes the volunteer responsibilities for the KingCo Championships. Here are some items that have been organized already:
  - There will be 2 prelims sessions– XXX will be the host for Session II and XXX for Session I. XXX and XXX will co-host the finals.
  - Meet Host Responsibilities:
    - Provide volunteers for selling tickets at the door. (KingCo League will provide the till)
    - Meet Hosts will also have the opportunity to sell meet programs – the group selling will be able to keep the proceeds from the sale of the program. Programs will have a cover sheet, meet results for the league, meet record, time standards, and the heat sheet – information will be provided. Programs will be for sale for \$2. (teams must provide their own till) Officials and coaches programs will be provided for free.
    - Provide timing system operator and computer operator for each session.
    - Provide an announcer.
    - Provide runners for collecting timer sheets and posting results.
    - Provide a Head Timer

## Timer Assignments

- **Session I Prelims Assignments: Oct. 26. 2 pm meet start, report for timers meeting at 1:30 pm**

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back Up
School	Woodinville	Lake Wash	Eastlake	Inglemoor	Juanita	Redmond	North Creek
Name							
School	Woodinville	Lake Wash	Eastlake	Inglemoor	Juanita	Redmond	Bothell
Name							

- **Session II Prelims Assignments: Oct 26. 6:00 pm meet start, report for timers meeting at 5:30 pm**

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back Up
School	Interlake	Liberty	Bellevue	Skyline	Issaquah	Sammamish	Mt. Si
Name							
School	Interlake	Liberty	Bellevue	Skyline	Issaquah	Sammamish	Mt. Si
Name							

- **Finals Session Assignments: Oct 27. 2:00 pm meet start, report for timers meeting at 1:30pm**

Sat	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Back Up
School	Woodinville	Lake Wash	Eastlake	Inglemoor	Juanita	Redmond	North Creek
Name							
School	Interlake	Liberty	Bellevue	Skyline	Issaquah	Sammamish	Mt. Si
Name							

**Other Volunteers willing to work: (If you have anyone who can work as an official, etc. list them here.)**

	Name:	Skill	Contact Info.
1.			
2.			
3.			
4.			

## **Others for Gate List**

Head Coach:	
Assistant(s):	
Managers:	

# All KingCo Swim and Dive Nominations

Please complete the following All KingCo nomination form and return to me via email at [lowellj@bsd405.org](mailto:lowellj@bsd405.org): by Tuesday October 23, 2018. Nominations will be compiled for the meeting on October 24, 2018.

## Your information:

School Name: \_\_\_\_\_

Head Coach: \_\_\_\_\_

**Voting:** Please vote an opposing coach and team for the team sportsmanship and the coach of the year in your classification. (3A or 4A)

KingCo coach of the Year: \_\_\_\_\_ (name and school)

Team Sportsmanship award: \_\_\_\_\_ (school name)

**First team KingCo Nominations: Procedure for Filling All-KingCo Teams— Coaches will send top times for the season in TM and I will compile a top times list utilizing NISCA power points to each swimmer/diver and their events. We will quickly go through and assign top finishers in each event for both 4A and 2A/3A.**

1. The top individual submitted by coaches on each individual event list from the submitted TM databases are the first nine athletes on the first team.
  - a. If an athlete tops more than one list – the athletes' HIGHEST NISCA score in an individual event determines which list they finish on top...
    - i. Example: Swimmer A finishes at the top of every individual event during the dual meet season. Out of the eight individual events, the NISCA score in the 200 free was the HIGHEST score, meaning Swimmer A is the 200 free champion.....and how Swimmer A is included in the first team. The second athlete in the remaining list would then be considered.
2. The second 9 would then be the next athlete on each individual list from the nominated athletes
  - a. If an athlete were already on the All-KingCo team, the next athlete would be considered for addition until the nine spots are filled.
3. That will give a total of 16 swimmers and 2 divers.
  - a. The remaining diver should be the third highest NISCA total. WITH DIVERS, THEIR 6 DIVE AND 11 DIVE SCORES SHOULD BE CONSIDERED AND THE HIGHEST POWERPOINT SCORE FOR THAT ATHLETE ON EITHER LIST SHOULD BE UTILIZED.
  - b. The remaining two swimmers should be the next highest NISCA score on ANY INDIVIDUAL EVENT LIST.
4. The nine athletes for inclusion on the Honorable Mention list should be decided through a discussion at the 'seeding' meeting prior to the KingCo Championships. Coaches should consider the following when filling the spots:
  - a. Inclusion of athletes from a team without representation on the 1<sup>st</sup> or 2<sup>nd</sup> team
    - i. This can be due to a lack of submitted names by the coach
    - ii. This can be due to a lack of attendance at the 'seeding' meeting
    - iii. This can be due to athletes not having high enough NISCA totals to make the 1<sup>st</sup> or 2<sup>nd</sup> team
  - b. Remaining nominees to be considered as well by performance during the dual meet season measured by NISCA totals.

## **The TM Export file should be created using the following instructions:**

1. Use TM to export all individual swims from THIS SEASON (To be defined as the first day teams are eligible to host a meet through the final scheduled league dual meet. This season that would be 9/1/18 through 10/21/18).
  - a. **Note: This is an export.**
  - b. **Please be sure to EXPORT ALL ATHLETES**
2. You will need to do one export, make sure you DO NOT check export relays.
3. Go to **File/Export/Best Times**
  - a. Export to folder on your hard drive
  - b. Check the use since date and make **that 9/1/18**. Specify course as yards
  - c. Select your team and uncheck: include swimmer with no results
  - d. Then hit ok
  - e. The file name created should be **"yourteam" - best001.zip**