

2023 KingCo Conference
Girls Swimming and Diving Championship Meet
Friday, October 27, 2023, and October 28, 2023

Meet Contacts

Jeff Lowell, Meet Director
 Skip Hulet, Diving Referee (3A, 4A)
 Bryce Jensen, Diving Referee (1A/2A)
 Nick Siripipat, Meet Referee

Email

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Phone

(425) 456-4010
 (206) 390-4359

Session Locations

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

Sites

Mary Wayte Pool, 8815 SE 40th St, MI, WA 98040
 Mary Wayte Pool, 8815 SE 40th St, MI, 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 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
- Eric Bartleson, Meet Manager
- TBD, Meet Referee
- Kris Daughters, Head Coach Liberty High School
- Roger Miron, Head Coach Lindbergh 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:

Friday– ALL SESSIONS AT MARY WAYE POOL			Participating Schools			Warm Up 1	Warm Up 2
						8:45-9:10	9:15-9:40
Session #1 Prelims	Facility Opens Warm-Up Competition Begins	8:30 AM 8:45 AM 9:45 AM	Bellevue Foster Issaquah	Mount Si Newport North Creek	Renton	Bell Foster Issaquah Mt. Si	NC Newport Renton
Session #2 Prelims	Facility Opens Warm-Up Competition Begins	12:00 PM 12:15 PM 1:15 PM	Hazen Interlake Liberty	Lindbergh Mercer Island Sammamish	Ty-High-Ever Bothell	12:15-12:40 Hazen Interlake Liberty	12:45-1:10 MI Samm T-H-E Lindbergh
Session #3 Prelims	Facility Opens Warm-Up Competition Begins	4:00 PM 4:15 PM 5:15 PM	Bothell Eastlake Juanita	Inglemoor Lake Washington Redmond	Skyline Woodinville	4:15-4:40 Bothell East Juanita Inglemoor	4:45-5:10 Lake W Red Wood Skyline
Saturday – DIVING AT JUANITA POOL, SWIM FINALS AT MARY WAYTE POOL							
Diving Prelims/Semi-F/F	Facility Opens Warm-Up Competition Begins	7:00 AM 7:00 AM 8:30 AM	2A, 3A, 4A Divers			General Warm Up	
Session #5 Swim Finals	Facility Opens Warm-Up Competition Begins	12:30 PM 12:45 PM 1:45 PM	2A, 3A, 4A Swimmers			No assigned warm up	

IMPORTANT DATES TO REMEMBER:

Monday, October 23, 2023: 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.

Tuesday October 24, 2023: Psych Sheets will be sent to Head Coaches by 7 AM. Coaches are asked to confirm entries (including diving) by Noon Tuesday October 24. **The only changes will be clerical errors or scratches.**

Tuesday October 24, 2023: KingCo Swim Coaches Meeting, Tuesday, October 24 at 7PM at the Bellevue School District's Educational Service Center (12111 NE 1st Street).

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

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

- a) **Prelim Session #1 = Events 101-112, Prelim Session #2 = Events 201-212, Prelim Session #3 = Events 301-312**
- b) **EXCEPTION – Enter all divers into EVENT 105.** if a diver is not part of an 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) Divers will be fully entered **after** they are entered in Clean Entries. Dive Coaches need to use instructions provided earlier in the season. If instructions are needed again, access them through this link ([Clean Entries](#)).

4) **Teams may enter more than four qualified athletes in any individual event.** Each team may advance to the finals no more than **ONE (1) RELAY and a MAX OF FOUR (4) ATHLETES IN EACH INDIVIDUAL EVENT.**

- a) During the finals, Top 6 relays from prelims will swim in finals. Only these 6 will score.
- b) In each individual event, the top 12 qualifiers in each classification will compete 2 seeded heats - scoring 1st through 12th.

5) **RELAY EVENTS.**

- a) Teams may enter more than three relays in the 200 MR and 200FR. Teams may enter up to three (3) 400 FR.
- b) **Prelim Sessions. Schools must declare their athletes for the relays entered.** This means that an athlete will only be allowed to compete for a relay when they are listed as one of the 8 athletes on a relay card for that relay during a prelim session. In other words, coaches may enter 8 names for an A relay, B relay, etc. and only those athletes listed on a relay may compete on that relay for prelims. Relay participants for a relay become final as they declare relay order at the beginning of that relay's heat.
- c) **Final Session. Any athlete who was included on a relay card in a prelim session is considered an alternate for that event during the Finals Session.**
 - i) 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.**

6) **Additional Entry Notes:**

- a) **NO NT's – Swimmer must have a qualifying time**
- b) Relays do not count against a competitor's entry limit until officially marked in a relay at the beginning of the event.
- c) Swimmers must meet the KingCo Qualifying time to be entered in an individual event. There are no wildcard invitations extended for this competition. **NOTE: Athletes who won their event at the KingCo Invite but did not meet the standard..**
- d) Swimmers first and last name, along with grade must be listed.
- e) Use the [WIAA 11 Dive form](#). List dives with the current dive description and position code.

MEET INFO FOR COACHES:

1. Each coach is responsible for his or her team.
2. **SECURE YOUR VALUABLES.** The pool staff is not responsible for lost items.

3. **PLEASE CLEAN UP YOUR OWN SEATING AREA AFTER EACH SESSION** and leave the building promptly so we can prepare for the next session.
4. **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 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. During finals, any lanes left open will be reseeded with alternates. If all alternates are used, remaining lanes will be left open.
5. **Breaks and Meet Format:**
 - a. 5-minute break after the Medley Relay (pool will be closed during this break)
 - b. 15-minute break after the 50 Free. (**pool will be open during this break**)
 - c. 5- Minute break before the 200 Free relay (pool will be closed during this break)
 - d. 5- Minute break after the 200 Free relay (pool will be closed during this break)
 - e. 5-minute break after the 100 Breaststroke. (**pool will be open during this break**)
6. **SCORING:** The scoring for the meet is as follows:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Individual	16	13	12	11	10	9	7	5	4	3	2	1
Relay	32	26	24	22	20	18						
7. **SEEDING:** Championship seeding for prelims and finals
 - a) **2A will have a final heat of each event** (top 6 in each event will move on)
 - b) **3A will have a final heat of each relay** (top 6 in each relay will move on) and **consolation and final heats of each individual event** (top 12 in each event will move on)
 - c) **4A will have a final heat of each relay** (top 6 in each relay will move on) and **consolation and final heats of each individual event** (top 12 in each event will move on)
8. **SEATING and 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.
 - a. **Specific information about ticket purchases through GoFan will be provided to each team at the beginning of the KingCo Championship week.**
9. **2022-2023 Swimming and Diving Standards can be found on the KingCo Girls Swim and Dive Page** (<http://www.kingcoathletics.com/index.php?pid=0.7.0.13.220>)
10. **Volunteer Timers:** Provide names no later than the post season meeting on so timer/volunteer charts can be completed.

See next page.

Timer Assignments

<u>Lane #</u>	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
Prelim Session #1			
1	North Creek		

2	Newport		
3	Bellevue		
4	Issaquah		
5	Newport		
6	Mt. Si		
Backup	Foster / Renton		
Prelim Session #2	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
1	Sammamish		
2	Liberty		
3	Mercer Island		
4	Hazen		
5	Lindbergh		
6	Interlake		
Backup	Tyee-Highline-Evergreen		
Prelim Session #3	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
1	Juanita		
2	Redmond		
3	Lake Washington		
4	Skyline		
5	Eastlake		
6	Woodinville		
Backup	Bothell / Inglemoor		
Finals Session	<u>School</u>	<u>Timer Name</u>	<u>Timer Name</u>
1	Mercer Island / Newport		
2	Redmond / Eastlake		
3	Liberty / Hazen		
4	Interlake / Sammamish		
5	Lake Washington / Juanita		
6	Bellevue / Lindbergh		
Backup	North Creek / Inglemoor		

GATE LIST WILL BE PULLED FROM THE WIAA's TOWER PLATFORM (FINAL FORMS)

All KingCo Swim and Dive Nominations

Please complete the following All KingCo nomination form and return via email to lowellj@bsd405.org by Monday October 23, 2023. Nominations will be compiled for the meeting on October 24, 2023.

Your information:

School Name: _____

Head Coach: _____

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 2A, 3A, and 4A.

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 1st or 2nd 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 1st or 2nd 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 9/3/2022 through 10/22/2022).
 - 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 9/1/2023**. 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**