2011 High School Girls Swimming & Diving Championships Meet Information
Districts 5, 6, 7
Eastern Washington Swimming League
October 27 – 29, 2011

The **2011 High School Girls Swimming & Diving Championships, Districts 5, 6, 7 - Eastern Washington Swimming League,** is sanctioned by the **Washington Interscholastic Activities Association (WIAA)**. In granting this approval, it is understood and agreed that WIAA shall be held harmless from any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the meet. **Current National Federation of State High School Associations (NFHS) and WIAA rules will govern throughout the meet.**

Host: Ellensburg High School (Friday & Saturday)

Location: Central Washington University (CWU) Aquatic Center. The facility is located on campus near Nicholson Pavilion and Tomlinson Field on North Walnut. (Diving Prelims will be held at Moses Lake High School on Thursday, October 27, 2011)

Parking: Please refer to map for parking lot locations. Buses should park in Lot X-12 on both days. **Friday:** Free parking is available only in Lot V-7. All other lots will require permits on Friday and those parking in permit lots without a permit may be ticketed. Parking permits may be purchased for Friday at Lot Q-14 or at one of the dispensers located around campus. **Saturday:** Parking permits are not required in any lots on weekend days.

Directions: Take Ellensburg/Canyon Road Exit (Exit #109) from I-90. Turn right onto **Canyon Road.** Travel north on Canyon Road/Main Street/"A" Street. Go to the end of "A" Street. At the "T" intersection (**14th Avenue**), turn right. Go to second stop sign and turn left onto **North Walnut Street.** The CWU Aquatic Facility is the second building on the right. **PLEASE refer to attached map.**

Facility and Equipment: Regulation 25 yard, 10-lane pool. The pool is ideally suited for racing, with a minimum depth of 4 feet. A large balcony area is available for spectators. Hy-Tek Meet Manager software with CTS-5000 Interface will be used. The lower deck level is accessible to wheel chairs.

Officials: We need the help of visiting certified officials. Coaches: **PLEASE** submit a list of your local officials who will be attending the meet along with their phone number and email address **NO LATER THAN Sunday, October 23, 2011, 5:00 p.m. via email to Greta Alderson (gaalderson@nwinfo.net), Subject: Districts Officials. Thank You!**

Meet Schedule:

THURSDAY, OCTOBER 27, 2011 (Moses Lake High School)

Session 1 – Diving Prelims (all classifications)

- Diving Warm-ups: 3:30 – 5:30 PM
- Diving Prelims (first 8 dives) 5:30 – 7:30 PM

FRIDAY, OCTOBER 28, 2011

Session 1 – 3A Prelims

- Facility Opens: 7:30 AM
- Coaches' Meeting: 7:40 – 8:00 AM
- Warm-ups: 8:00 – 8:45 AM
- Official's Meeting: 8:15 – 8:45 AM
- Competition: 9:00 – 11:00 AM
- Building Cleared: 11:00 – 11:30 AM

Session 2 – 4A Prelims

- Facility Opens: 11:30 AM
- Coaches' Meeting: 11:40 AM – 12:00 PM
- Warm-ups: 12:00 – 12:45 PM
- Official's Meeting: 12:15 – 12:45 PM
- Competition: 1:00 – 3:00 PM
- Building Cleared: 3:00 – 3:30 PM

Session 3 – 1A/2A Prelims

- Facility Opens: 3:30 PM
- Coaches' Meeting: 3:40 – 4:00 PM
- Warm-ups: 4:00 – 4:45 PM
- Official's Meeting: 4:15 – 4:45 PM
- Competition: 5:00 – 7:00 PM

SATURDAY, OCTOBER 29, 2011

Session 1 – 3A Finals

- Facility Opens: 7:30 AM
- Warm-ups: 7:45 – 8:30 AM
- Official's Meeting: 8:00 – 8:30 AM
- Coaches Meeting: 8:30 – 8:40 AM (if necessary)
- Swimming and Diving Finals 8:45 – 11:15 AM
- Building Cleared: 11:15 – 11:45 AM (or after Awards presentations)

Session 2 – 4A Finals

- Facility Opens: 11:45 AM
- Warm-ups: 12:00 – 12:45 PM
- Official's Meeting: 12:15 – 12:45 PM
- Coaches Meeting: 12:45 – 12:55 PM (if necessary)
- Swimming and Diving Finals 1:00 – 4:00 PM
- Building Cleared: 4:00 – 4:30 PM (or after Awards presentations)

Session 3 – 1A/2A Finals

- Facility Opens: 4:30 PM
- Warm-ups: 4:45 – 5:30 PM
- Official's Meeting: 5:00 – 5:30 PM
- Coaches Meeting: 5:30 – 5:40 PM (if necessary)
- Swimming and Diving Finals 5:45 – 8:15 PM (or after Awards presentations)

Warm-up Notes:

1. All 10 lanes will be available for swimming warm-ups on Friday. On Saturday, only 7 lanes will be available for swimming warm-ups and there will be no backstroke flags at the starting end of the pool because of concurrent diving warm-ups.

2. Teams will be assigned to a specific warm-up lanes following receipt of all entries based on # of swimmers entered in the meet.

3. During the finals on Saturday, there will be a 20 minute warm-up after Event 4, followed by the last 3 dives, then another 20 minute warm-up before Event 6.

Classification:

- All 1A/2A schools, all 3A schools, and all 4A schools will score and compete against schools within their own classification.
- There will be one championship and one consolation heat and 16 divers in the finals of each event for all of the classifications in all events, including relays.

Awards:

- Sixteen (16) place scoring will be in effect for all classifications in all events, including relays.
  - Individual event points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
  - Relay event points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Medals for 1st place, with ribbons for 2nd through 8th places.
- **COACHES PLEASE NOTE: Only first through eighth place will stand for the awards ceremonies. Awards for each event will take place according to a schedule provided before the start of finals. To assist in the awards ceremonies running smoothly, we ask that coaches (or their representative) please arrive**

promptly with their athletes, and that *ATHLETES ARE IN APPROPRIATE ATTIRE* (e.g., team warm-ups, NOT swim suits and towels).

District Meet Entries/Allocations:

- Each athlete is limited to a maximum of (2) individual and (2) relay events **OR** (1) individual and (3) relay events for a maximum of (4) events. Being listed as an alternate for a relay does not count as an event unless that person actually swims in that event.
- Athletes must enter the same individual events they plan to swim at the State Meet (WIAA requirement).
- Athletes can enter the District Championships either by allocation, meeting or exceeding the District qualifying time standard (DQT), or as a potential wild card entry.
- Only official meet times are acceptable as entry times and the honesty rule will be strictly adhered to.
- All entries that exceed the DQT are automatically accepted subject to the team entry limitations listed below.
- Each team is allowed a maximum of four (4) entries, including potential wild cards, in each individual event and one (1) entry in each relay event.
- Each team is allowed two (2) allocations per individual event, however, these are **NOT** in addition to any entries which meet the DQT.
  - If you have 4 entries who have achieved the DQT, these are all guaranteed entries but you are allowed no allocations and no potential wild card entries.
  - If you have 3 entries who have achieved the DQT, you are allowed no allocations but you may submit 1 wild card entry for consideration.
  - If you have 2 entries who have achieved the DQT, you are allowed no allocation entries but you may submit 2 wild card entries for consideration.
  - If you have 1 entry who has achieved the DQT, you are allowed 1 allocation and 2 wild card entries for consideration.
  - If you may have no swimmers who have achieved the DQT, you are allowed 2 allocations and 2 wild card entries for consideration.
- In the event that there are less than 24 qualifiers for the preliminaries, wild cards will be drawn (in order of the fastest entry time) up to the point where there are 24 participants (if possible) per swimming event.
- Coaches must identify wild card entries by designating them as bonus entries on their Hy-Tek Team Manager entries.
- Each coach will be notified, via telephone, which wild card entries have been accepted on **Wednesday, October 26, 2011.**
- All divers must have a legal 11-dive entry sheet and have participated in and legally completed an 11-dive meet (regardless of district allocations).

District Meet Entry Procedures:

- **ALL MEET ENTRIES MUST BE SUBMITTED ELECTRONICALLY VIA HY-TEK (TEAM MANAGER OR TEAM MANAGER LITE):** When submitting via Hy-Tek event numbers must correspond as follows (1A/2A: 201-212, 3A: 301-312, 4A: 401/412). All entries must be emailed **no later than 5:00 p.m. Sunday, October 23, 2011 to:**
  - Marsha Smith, email: hats2many@aol.com, and Eric Davis, email: edavis@eburg.wednet.edu
- Please note that **late entries cannot be accommodated** due to time requirements to notify coaches regarding wild card acceptance and to print the heat sheet.
- Please use assigned team abbreviations (see attached), and list each swimmers' year in school.
- Divers should be entered along with the swimmers on the Hy-Tek entries.
- Relay swimmers & alternates should be entered on the Hy-Tek entries. Eight (8) swimmers may be entered for each relay, however, it does not count as an event unless that person actually swims in that event. Relay swimmers and alternates entered in the State Championships must be the same as those entered in the District Championships.
- A Hy-Tek Entry Report (listed by name) and Relay Report must be emailed with entries.
- Diving Sheets must be submitted via email or fax with the swim entries. **PLEASE TYPE DIVER'S NAME, ETC. OR PRINT NEATLY & CLEARLY**. **DIVE PORTION OF THE FORM MUST BE COMPLETED IN PENCIL.** Please bring the original Dive Sheets to the meet, as divers will be allowed to make corrections on their sheets prior to the diving event.
- Faxed diving entries must be sent **no later than 5:00 p.m., Sunday, October 23, 2011 to:**
  - Marsha Smith, Fax: 509-925-4567

State Meet Qualifying:

- Athletes can advance to STATE CHAMPIONSHIP by allocation, meeting or exceeding the State-qualifying standard, or as a wild card entry.
- Qualifying by allocation is determined by finish place in the finals at the District Championship, not by the fastest time. According to the WIAA, allocations for the 2011 State Championship are as follows:

2A District Allocations for 2011
District #5/7 CWAC/Great Northern - Girls: 4 Relay/Individual
3A District Allocations for 2011
District #5 Big Nine - Girls: 2 Relay/Individual
4A District Allocations for 2011
District #5/6 Big Nine - Girls: 2 Relay/Individual

- Athletes entering based on meeting or exceeding the State qualifying time standard prior to the District Championship must be posted on the WISCA Web Site (wisca.org) within seven days of achieving the qualifying time. A qualifying time, intended to be used for entry into the state meet must be established with an electronic time system or with 2 watches (3 recommended). The official time is to be entered on the meet results and emailed in a pdf format to Jeff Lowell (jefflowell@speakeasy.net) within seven (7) days of the competition.
- **EACH TEAM WITH ATHLETES ADVANCING TO STATE CHAMPIONSHIP BY EITHER METHOD MUST FILL OUT A STATE MEET MASTER ENTRY FORM AND SUBMIT TO THE MEET DIRECTOR AT THE COMPLETION OF THE DISTRICT CHAMPIONSHIP.**
- **IN ADDITION, STATE CHAMPIONSHIP QUALIFIERS MUST ALSO BE ENTERED IN DIRECT ATHLETICS (www.directathletics.com). Instructions may be found on WISCA website (www.wisca.org).**
- Divers must also submit their dive sheet for state.
- Upon request, the meet director shall provide a copy of the state meet master entry form to the coach.
- Wild card entries may be accepted by the State Meet Director based only on times swum in the finals of the District Championships.
- Potential wild card entries should not be included on the State Meet Master Entry Form. The State Meet Director will take wild card entries from the finals results of the District Championships.

Primary Meet Personnel:

- Tournament Directors: Marsha Smith, Candi Eslinger
- Meet Referee: Greta Alderson
- Starter: Barry Bernfeld
- Diving Referee: Doug White
- Public Address: Darren Wright
- Tickets: EHS Athletics
- Timing System Operator: CWU Swim Club/EHS Parents
- Computer Operator: Marsha Smith
- Stroke & Turn: Inland Empire Officials

Protests:

- Any protests or questions concerning the outcome of an event should be put in writing and directed to the Meet Referee only. The protest can only come from the swimmer's coach.

Scratch Rule:

- NFHS Rule 3.2.3 states that "A competitor may withdraw from a preliminary event or final, including diving, with a declared false start. Notice must be given to the referee, or referee's designee by the swimmer, diver, coach or other team personnel, at a specified time." The coach and athlete(s) MUST be on site and the declared false start times shall be as follows:
- In preliminary rounds, the declared false start must be declared prior to the start of the event.
- In final rounds, for Events 1-5 (200 Medley Relay through Diving), the declared false start must be declared 30 minutes prior to the scheduled start of the meet. For Events 6-12 (100 Butterfly through 400 Freestyle Relay), the declared false start must be declared prior to the end of the 50 Freestyle.
- If a declared false start is declared in the finals, the alternates will be called up and the event will be reseeded.

Observed Swim for USA Swimming Qualifying Time:

- Any coach requiring an observed swim for a competitor attempting to achieve a USA Swimming qualifying time shall make such request, in writing, on the attached form via email to Marsha Smith (hats2many@aol.com) and Greta Alderson (gaalderson@nwinfo.net) and by fax to 509.925.4567. This form will be due one week prior to deadline for the district entries or **no later than 5:00 p.m. Sunday, October 16, 2011.**

Miscellaneous:

- **EACH SCHOOL IS RESPONSIBLE FOR PROVIDING TIMERS FOR AN ASSIGNED LANE FOR THE PRELIMS AND FINALS.** The assigned lanes will be posted at the CWU Aquatic Facility office and provided in the Coaches' Packet.

- 8 lanes will be used for prelims and finals. Lane 1 will be open during the meet as a warm-up/cool-down lane.
- Swimmers are responsible for reporting to the correct lane for their event.
- The referee may schedule ten-minute breaks during the competition, at his/her discretion.
- **Only Coaches, Swimmers, Officials, and Meet Personnel will be allowed on the pool deck.**
- Due to space limitations, **only coaches are to be seated at the coaches' tables**.
- **Spectators must be seated only in upstairs viewing area**.
- Swimmers/divers can wear no jewelry.
- Shaving is not allowed anywhere in the CWU Aquatic Center.
- Admission: Adults - $6.00 each day, Students w/ASB - $4.00 each day, Senior Citizens - $4.00 each day
- Heat Sheets: $5.00 per day, includes prelims and finals

Concessions:

- Offered by Ellensburg High School Girls Swim Team Parents Club

Vendors:

- A swim shop will be available throughout the meet. Cash and/checks only**, NO** debit or credit cards.
- District championship apparel will be available throughout the meet. A percentage of the profits will go to support the Ellensburg High School Girls Swim Team Parents Club.

Questions/Contact:

- Tournament Directors/Meet Entries:
    - Marsha Smith, Phone: 509-925-4567, Email: hats2many@aol.com
    - Candi Eslinger, Phone: 509-306-9116, Email: cemidstate@fairpoint.net
- Greta Alderson, Meet Referee, Phone: 509-307-1098, Email: gaalderson@nwinfo.net
- Eric Davis, Athletic Director, Ellensburg School District, Phone: 509-925-8315, Email: edavis@eburg.wednet.edu

DISTRICT TIME STANDARDS - 2011

GIRLS

Event	1A/2A	3A	4A
200 Medley Relay	NA	NA	NA
200 Freestyle	2:39.99	2:44.99	2:39.99
200 I.M.	3:28.99	3:04.99	2:59.99
50 Freestyle	30.99	30.99	29.99
100 Butterfly	1:37.99	1:26.99	1:24.99
100 Freestyle	1:12.99	1:11.99	1:09.99
500 Freestyle	7:57.99	7:39.99	7:29.99
200 Freestyle Relay	NA	NA	NA
100 Backstroke	1:28.99	1:26.99	1:19.99
100 Breaststroke	1:34.99	1:31.99	1:29.99
400 Freestyle Relay	NA	NA	NA

State Time Standards for 2011

EVENT	GIRLS 2A	GIRLS 3A	GIRLS 4A
200 Medley Relay	2:02.99	1:58.50	1:54.90
200 Free	2:08.99	2:01.90	1:59.90
200 I.M.	2:23.99	2:18.90	2:15.00
50 Free	:26.10	:25.75	:25.20
Diving	280/11.6	300/11.6	315/11.6
100 Fly	1:05.99	1:02.25	1:00.90
100 Free	:57.99	:56.30	:55.40
500 Free	5:52.49	5:26.90	5:18.00
200 Free Relay	1:47.99	1:45.90	1:43.90
100 Back	1:05.99	1:03.50	1:02.40
100 Breast	1:13.99	1:12.50	1:10.30
400 Free Relay	3:59.99	3:52.90	3:47.90

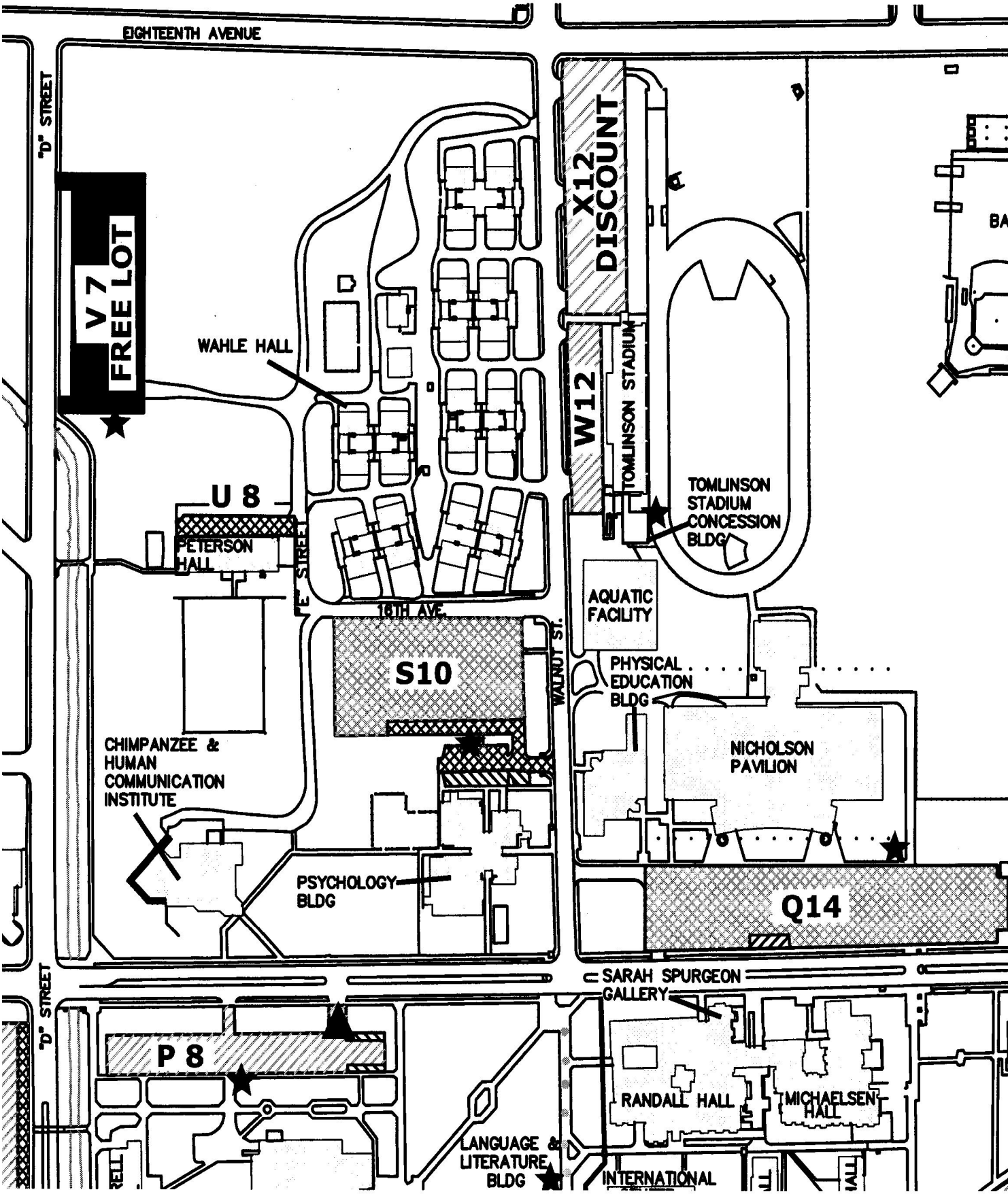
Directions: Take Ellensburg/Canyon Road Exit from I-90. Turn right onto **Canyon Road.** Travel north on Canyon Road/Main Street/"A" Street. Go to the end of ""A" Street at the "T" intersection (**14th Avenue**), turn right. Go to second stop sign and turn left onto **North Walnut Street.** The CWU Aquatic Facility is the second building on the right.

Lodging Information:

- Best Western Lincoln Inn & Suites – 509/925-4244: Located near the South Interchange.
- Central Washington University Conference Center – 509/963-1141, 800/752-4379: Located on University Way.
- Comfort Inn – 509/925-7037: Located at South Interchange.
- Days Inn – 509/933-1500: Located south of the South Interchange on Canyon Road.
- Ellensburg Chamber of Commerce Web Site: Ellensburg-chamber.com
- Holiday Inn Express – 509/925-1222: Located near South Interchange, near Starbucks drive-through.
- I-90 Motel – 509/925-9844: Located at West Interchange.
- Inn at Goose Creek – 509/962-8030: Located near the South Interchange.
- Nites Inn – 509//962-9600: Located near South Interchange, just north of McDonald's.
- Quality Inn – 509/925-9800: Located on Canyon Road near the South Interchange.
- Super 8 Motel – 509/962-6888: Located near South Interchange.

Restaurants:

- Bar-Fourteen Ranch House – 962-2222
- Campus U-Tote-Em – 925-1600
- Cattleman's Steak House & Seafood – 925-9800
- China Inn – 925-4140 (new larger restaurant/location: 1025 W. University Way, in front of Rainbow Motel)
- Dakota Café – 925-4783
- El Caporal – 962-5228
- Ellensburg Pasta Company – 933-3330
- Golden Dragon – 925-2272 (next to McDonald's)
- Grant's Pizza – 925-9855
- Los Cabos – 925-7898
- Palace Café – 925-2090
- Perkins' – 925-4662
- Pizza Hut – 925-7888
- Red Horse Drive In – 925-1956
- Road House Grill – 925-7200 (formerly the Matterhorn)
- Rodeo City Bar-B-Q – 962-2727
- Valley Café – 925-3050
- Yellow Church Café – 933-2233


EIGHTEENTH AVENUE
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16TH AVE.
S10
WALNUT ST.
AQUATIC FACILITY
PHYSICAL EDUCATION BLDG
NICHOLSON PAVILION
CHIMPANZEE & HUMAN COMMUNICATION INSTITUTE
PSYCHOLOGY BLDG
Q14
SARAH SPURGEON GALLERY
P 8
RANDALL HALL
MICHAELSEN HALL
LANGUAGE & LITERATURE BLDG
INTERNATIONAL

INDIVIDUAL VERIFICATION REQUEST FORM

Please legibly print all requested information. Some meets require that this form be submitted prior to the swim. Check in advance to determine which procedures are in effect for this competition. Turn in completed form to Verification officer or the designated person or location. Data entry for proof of times subject to verification that competition was conducted in conformance with all applicable USA Swimming Rules & Regulations.

Swimmer Name:_____ F M ID #_____
Last First MI
Club Code: _____LSC:_____ Date of Birth:_____

Name of Meet:_E.WA Girls HS Districts_____ First Day of Meet:_10/28/2011____City:_CWU - Ellensburg, WA_____

Event #	Distance/Stroke (i.e-100 Freestyle)	Course (SCY, SCM, LCM)	Time	Flag (See Below)	Session (See Below)

Relay Member Names (Last, First)	Age	Confirm proof to: Email address: webmaster@ieswim.org
1		Name: Karen Byers / IES Swimming
2		Address: PO Box 8085
3		City, State, Zip: Moscow, ID 83843
4		Phone: FAX:

Session: Prelims, Finals, Time Trials, Lead-off, Swim-off **Flag: N =** National; **O** = US Open; **R** = Reportable Time

Please legibly print all requested information. Some meets require that this form be submitted prior to the swim. Check in advance to determine which procedures are in effect for this competition. Turn in completed form to verification officer or the designated person or location.

Swimmer Name:_____ F M ID #_____
Last First MI
Club Code:_____LSC:_____ Date of Birth:_____

Name of Meet:_____First Day of Meet:_____City_____

Event #	Distance/Stroke (i.e-100 Freestyle)	Course (SCY, SCM, LCM)	Time	Flag	Session (See below)

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1.		Name: Karen Byers / IES Swimming
2.		Address: PO Box 8085
3.		City, State, Zip: Moscow, ID 83843
4.		Phone: FAX:

2011-2012 WIAA DIVING FORM

For Eleven Dive Competitions

(Dive #'s, Descriptions and DD Values are listed in the NFHS Rule Book)

Diving Order
Prelim
Semi
Final

Name *

School * Grade *

Date * Meet *

Final Place	
2A	*
3A	*
4A	*

DIVE #	A B C D	DIVE DESCRIPTION (as listed in the NHSF rule book) (PRINT)	JUDGES SCORES # 1	# 2	# 3	# 4	# 5	# 6	# 7	TOTAL SCORE	DIVE D.D	Final Dive Score
PRELIMS		**2 VOLUNTARY 3 OPTIONAL**										
*	*	*									*	.
*	*	*									*	.
												.
*	*	*									*	.
												.
*	*	*									*	.
												.
*	*	*									*	.
												.
SEMI FINALS		**2 VOLUNTARY 1 OPTIONAL**										
*	*	*									*	.
												.
*	*	*									*	.
												.
*	*	*									*	.
												.
FINALS		**1 VOLUNTARY 2 OPTIONAL**										
*	*	*									*	.
												.
*	*	*									*	.
												.
*	*	*									*	.
												.

TOTAL POINTS .

Diver's Signature *

Coach's Signature *

Referee's Initials (Pre) Signature (Final)

TOTAL D.D. VOLUNTARY DIVES *

TOTAL D.D. OPTIONAL DIVES *

DIVER / COACH PLEASE COMPLETE ALL AREAS MARKED (*) IN PENCIL - PLEASE PRINT