



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

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2009-10 SWIMMING/DIVING

Changes from the 2008-10 Swimming/Diving Regulations are indicated in bold type and shaded.

GIRLS STATE MEET **November 12-14, 2009**
King County Aquatic Center

BOYS STATE MEET **February 18-20 2010**
King County Aquatic Center

Meet Rotation – During the school years beginning with an even number year, the 4A prelims and finals will take place prior to the 2A, 3A prelims and finals, during both days of the Championships. The meet management will determine the time of the diving competitions.

Allocations - Allocations in swimming and diving are assigned to each WIAA District. The allocations are not in addition to those who have met or exceeded the minimum qualifying standards.

State Meet Manager - Mr. Bob Regan, Manager, P.O. Box 713, Bellevue 98009. Phone (H) 425-836-1411 e-mail: bob.regan@verizon.net

State Awards Presentation-During the awards presentations at the state meet all competitors who receive award and are called to stand on the awards platform must wear school team apparel overtop of their swimming suit.

Entries and Registration - Swimmers who wish to advance to the State meet on the basis of minimum standards must be entered in and compete in that event(s) at the District meet (exception: swimmer could be entered in three (3) relays at the District meet, swim only two (2) relays at the District meet and be free to swim in any of the three (3) relays at the State meet, though still subject to the four (4) event rule. In order for a competitor to be officially entered in the State meet, coaches must submit the Entry Form to the District Meet Manager at the conclusion of the District meet.

Master Entry Form - One (1) copy of the typed/printed State Entry Form must be submitted to the District Meet Manager. It is recommended to keep a copy for your reference. Please list those swimmers and divers who have qualified in one (1) or more individual events or who are one of eight members of the relay team. The relay names may not differ from the eight named for the district meet entry.

National Federation Rule 3-2-2 NOTE has NOT been adopted for interscholastic swimming in Washington. Up to eight (8) relay swimmers MUST be listed on the Relay Entry Form.

The time submitted for each competitor must have appeared on the WISCA web page (wisca.org) or in the District results. The District Meet Manager is responsible for submitting the District meet results to the State Meet manager or designee immediately after the District meet.

NFHS Rule 3-2-2 also states that “a competitor may withdraw from a preliminary event or final with a declared false start. Notice must be given to the referee at a specified time.” The coach and athlete(s) MUST be on site and the specified 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 the championship rounds, for Events 1-5 (200 MRelay through Diving,) the declared false start must be declared 30 minutes prior to the scheduled start of the meet. For Events 6-12 (100 Fly through 400 F Relay,) the declared false start must be declared prior to the end of the 50 Free.

If the declared false start is used in the consolation or finals, the alternate will be called up and the event will be reseeded.

Passes - One pass per qualified competitor. If the only competitor from a school competes in the 500 Free, an additional pass will be granted for a lap counter.

1. Swim Coaches - One pass may be issued for every four swimmers (one to four swimmers, one pass; five to eight, two passes) up to a maximum of three passes. Passes must be visible at all times coaches/managers are on the deck.
2. Diving Coach - A school with one or more divers may receive one additional coach/manager pass. Pass must be visible at all times coach is on the deck.

<p>UNDER NO CIRCUMSTANCES WILL A SCHOOL RECEIVE MORE THAN FOUR COACHES PASSES.</p>
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3. Student Managers – One per participating school. Pass must be visible at all times manager is on the deck.
4. Supervisors - Two per participating school. Each supervisor must register at the front desk in order to receive a pass. Supervisor passes do not allow for deck access.

District Meet Manager Responsibilities - Send results and Entry Forms to the State Meet Manager immediately following the District meet.

District Qualifying Meets - Each District will determine the site(s) and date(s) for the District qualifying meet; however, the qualifying meet must be concluded by the Saturday evening prior to the State meet

Districts may combine or divide allocations and hold Inter-district meets; however, all rules as they pertain to State qualifying meets apply.

Qualifying Standards - Sixteen (16) individuals and sixteen (16) relay teams will be allocated in each event. In addition to the allocations, an individual may qualify by meeting the minimum time standards in a district qualifying meet. Through the allocation process, qualifying time standards, and subsequent fastest times from the consolation or championship heats in district qualifying meets, twenty-four (24) individuals and twenty-four (24) relay teams will swim in each event (16 entry event) (8 entry event will have 16).

	<u>Individual Events</u>			<u>Relays</u>		
Allocations	8	OR	16	8	OR	16
Time Standards*(1) + Subsequent fastest District times** (2)	$\frac{8}{16}$		$\frac{8}{24}$	$\frac{8}{16}$		$\frac{8}{24}$
TOTAL	16		24	16		24

*(1) The time standards are determined as follows:

- a. The Time Standards are determined by the WIAA and the Time Standards Committee of the Washington Interscholastic Swim Coaches Association, using the 16th place preliminary times from the three previous state meets as a guide.

A swimmer who meets the time standard in any interscholastic meet will qualify for the state meet, provided the swimmer competes in that event(s) at the District Meet.

** (2) Once the number of qualifiers per event has been determined (based upon the allocations and time standards), the next fastest qualifiers (based upon times achieved in the consolation and championship heats of the District meets) will be seeded into the meet according to the criteria established in the National Federation Swimming and Diving Rule Book, in order to achieve the maximum number of competitors (16 individuals and relay teams for 8 allocation event and 24 individuals and relay teams for 16 allocation event). It is strongly recommended that electronic timing be utilized at all District meets.

Verifiable times 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 entry card or automatic timing printout, signed by the referee and sent to Bob Regan with a postmark within seven (7) days of the competition.

Diving - All divers must qualify in 11-dive competition. Each WIAA district may sponsor up to four (4) eleven-dive meets with each diver limited to participating in a maximum of four (4) such meets (in addition to the twelve regular season meets.) Payment for qualifying meets is up to WIAA District policy. Divers may qualify for the state meet only through competition provided by their WIAA District.

In order to qualify for the state championship, other than by the allocation from the District meet, the divers must meet a two-part qualifying standard consisting of:

Minimum Degree of Difficulty and point totals for the 6 dives optionals:

<i>a. 4A Girls 11.6 = 315</i>	<i>a. 4A Boys 11.6 = 300</i>
<i>b. 3A Girls 11.6 = 300</i>	<i>b. 3A Boys 11.6 = 300</i>
<i>c. 2A Girls 11.6 = 280</i>	<i>c. 2A Boys 11.6 = 280</i>

There will be up to 16 entries for 8 allocation event and 24 entries for 16 allocation event at the State Diving Championships including the wildcard entries. Wildcard entries are only accepted from district finals score only.

Those meeting qualifying standards must submit their diving sheets, signed by the diving referee and sent to Bob Regan postmarked within seven (7) days of the competition. All additional qualifying meets must be held at least two (2) weeks prior to the State Meet.

District allocations apply in diving as an individual event.

SOUVENIR PROGRAM INFORMATION - Please submit individual head shots of your top individuals for possible use in the program by November 2 for girls and by February 9 for boys on the WIAA Web site. <http://alki.wiaa.com/publications/>. For questions contact Shanon Burke at the WIAA at 425-988-6166 or sburke@wiaa.com.

Black and white photos (any size, glossy or matte finish) are acceptable; most color photos are also acceptable. Polaroid photos are unacceptable. The shots should be head-on or side pose of individual and not in a group shot. On back of photo, write first and last name of individual, school, year in school, and events. If there is not enough room for events, they may be submitted on a separate sheet. Photos will not be returned.

2009-10 State Championship Time Standards

Conversion chart provided by National Interscholastic Swimming Coaches Association official 25 yard - 25 meter conversion factors.

<u>Girls</u> <u>Event</u>	<u>2A</u>		<u>3A</u>		<u>4A</u>	
	<u>Yards</u>	<u>Meters</u>	<u>Yards</u>	<u>Meters</u>	<u>Yards</u>	<u>Meters</u>
200 Medley Relay	2:05.49	2:20.05	1:58.50	2:12.25	1:54.90	2:08.22
200 Free	2:09.99	2:24.03	2:01.90	2:15.07	2:00.50	2:13.51
200 L.M.	2:24.99	2:40.94	2:18.90	2:34.18	2:15.00	2:29.85
50 Free	:26.59	:29.65	:25.75	:28.71	:25.20	:28.10
Diving	280/11.6				300/11.6	
100 Fly	1:06.49	1:13.87	1:02.25	1:09.16	1:01.20	1:07.99
100 Free	:59.29	1:05.93	:56.30	1:02.61	:55.40	1:01.60
500/400 M Free	5:52.89	5:09.56	5:26.90	4:46.76	5:19.50	4:40.27
200 Free Relay	1:50.49	2:03.42	1:45.90	1:58.29	1:43.90	1:56.06
100 Back	1:06.29	1:13.65	1:04.10	1:11.22	1:02.70	1:09.66
100 Breast	1:16.09	1:24.61	1:12.50	1:20.62	1:10.60	1:18.51
400 Free Relay	4:05.79	4:33.81	3:52.90	4:19.45	3:47.90	4:13.88

<u>Boys</u> <u>Event</u>	<u>2A</u>		<u>3A</u>		<u>4A</u>	
	<u>Yards</u>	<u>Meters</u>	<u>Yards</u>	<u>Meters</u>	<u>Yards</u>	<u>Meters</u>
200 Medley Relay	1:51.99	2:04.87	1:45.90	1:58.08	1:44.50	1:56.52
200 Free	1:58.99	2:11.84	1:51.50	2:03.54	1:50.50	2:02.43
200 L.M.	2:14.99	2:29.97	2:06.00	2:19.99	2:05.00	2:18.88
50 Free	:23.39	:26.17	:22.90	:25.63	:22.85	:25.57
Diving	280/11.6				300/11.6	
100 Fly	:58.59	1:05.27	:56.00	1:02.38	:55.50	1:01.83
100 Free	:51.99	:57.76	:50.40	:55.99	:50.20	:55.77
500/400 M Free	5:28.99	4:48.85	4:59.90	4:23.31	5:02.00	4:25.16
200 Free Relay	1:37.49	1:48.80	1:34.20	1:45.13	1:32.90	1:43.68
100 Back	1:01.99	1:08.87	:58.00	1:04.44	:57.50	1:03.88
100 Breast	1:09.89	1:17.58	1:04.40	1:11.48	1:03.90	1:10.93
400 Free Relay	3:45.99	4:11.75	3:27.50	3:51.16	3:26.50	3:50.04

WASHINGTON STATE BOYS SWIM RECORDS

EVENT	COMPETITOR/SCHOOL	YEAR	TIME
200 Medley Relay	Wilson, Tacoma	1990	1:36.48
200 Freestyle	Nathan Adrian, Bremerton	2006	1:37.17
200 Individual Medley	Andy Lloyd, Mercer Island	1988	1:49.30
50 Freestyle	Ugur Taner, Newport	1992	0:20.02
1 Meter Diving	Jonathon Wilcox, Bellevue	2004	530.53 PTS
100 Butterfly	Ugur Taner, Newport	1992	0:48.14
100 Freestyle	Ugur Taner, Newport	1992	0:43.73
500 Freestyle	Wes Oliver, Sammamish	1995	4:23.06
200 Freestyle Relay	Mercer Island, Mercer Island	2003	1:23.84
100 Backstroke	Evan Martinec, Wilson	2000	0:48.59
100 Breaststroke	Pat Fowler, Seattle Prep	1998	0:53.66
400 Freestyle Relay	Mercer Island, Mercer Island	2003	3:06.96

2A/3A BOYS CHAMPIONSHIP MEET RECORDS

200 Medley Relay	Mt. Rainier, Highline	2004	1:36.75
200 Freestyle	Sean Sussex, Mercer Island	2003	1:38.21
200 Individual Medley	Paul Fahey, Interlake	2001	1:50.43
50 Freestyle	Sean Sussex, Mercer Island	2003	0:20.13
1 Meter Diving	Jonathon Wilcox, Bellevue	2004	530.53 PTS
100 Butterfly	Evan Taylor, Issaquah	1999	0:49.48
100 Freestyle	Sean Sussex, Mercer Island	2003	0:44.19
500 Freestyle	Ross Buffington, O'Dea	2000	4:25.81
200 Freestyle Relay	Mercer Island, Mercer Island	2003	1:23.84
100 Backstroke	Whitney Wollard, Hudson's Bay	1993	0:49.12
100 Breaststroke	Pat Fowler, Seattle Prep	1998	0:53.66
400 Freestyle Relay	Mercer Island, Mercer Island	2003	3:06.96

4A BOYS CHAMPIONSHIP MEET RECORDS

200 Medley Relay	Wilson, Tacoma	1990	1:36.48
200 Freestyle	Nathan Adrian, Bremerton	2006	1:37.17
200 Individual Medley	Andy Lloyd, Mercer Island	1988	1:49.30
50 Freestyle	Ugur Taner, Newport	1992	0:20.02
1 Meter Diving	Chris Dalman, Auburn	2002	509.10 PTS
100 Butterfly	Ugur Taner, Newport	1992	0:48.14
100 Freestyle	Ugur Taner, Newport	1992	0:43.73
500 Freestyle	Wes Oliver, Sammamish	1995	4:23.06
200 Freestyle Relay	Wilson, Tacoma	2005	1:26.94
100 Backstroke	Evan Martinec, Wilson	2000	0:48.59
100 Breaststroke	Garren Riechel, Snohomish	2008	0:56.06
400 Freestyle Relay	Wilson, Tacoma	1983	3:07.06

WASHINGTON STATE GIRLS SWIM RECORDS

EVENT	COMPETITOR/SCHOOL	YEAR	TIME
200 Medley Relay	Rogers, Puyallup	2003	1:45.77
200 Freestyle	Megan Oesting, Mercer Island	1989	1:48.52
200 Individual Medley	Kari Edwards, Columbia River	1994	2:01.10
50 Freestyle	Emily Silver, Bainbridge	2003	0:22.99
1 Meter Diving	Jesse Snowden, Issaquah	2005	473.30 PTS
100 Butterfly	Dana Kirk, Bremerton	2001	0:53.99
100 Freestyle	Emily Silver, Bainbridge	2003	0:50.16
500 Freestyle	Corrie Murphy, Highline	1996	4:49.56
200 Freestyle Relay	Bellevue, Bellevue	1999	1:37.95
100 Backstroke	Rebecca Sturdy, Anacortes	2002	0:55.27
100 Breaststroke	Missy McIntyre, Oak Harbor	2004	1:02.02
400 Freestyle Relay	Rogers, Puyallup	2003	3:29.68

2A GIRLS CHAMPIONSHIP MEET RECORDS

200 Medley Relay	Anacortes, Anacortes	2006	1:56.66
200 Freestyle	Amelia Messegee, Centralia	2007	1:51.26
200 Individual Medley	Nakayla Chan, Fife	2007	2:07.82
50 Freestyle	Karlyn Hougán, Tumwater	2006	0:23.95
1 Meter Diving	Stacia Bibler, Sequim	2006	301.45 PTS
100 Butterfly	Kassie Beseau, Anacortes	2007	1:00.50
100 Freestyle	Amelia Messegee, Centralia	2006	:50.99
500 Freestyle	Nakayla Chan, Fife	2006	5:03.02
200 Freestyle Relay	Centralia, Centralia	2007	1:40.98
100 Backstroke	Alison Burchett, Centralia	2006	1:00.69
100 Breaststroke	Justine Textor, Sequim	2006	1:10.15
400 Freestyle Relay	Centralia, Centralia	2007	3:43.82

3A GIRLS CHAMPIONSHIP MEET RECORDS

200 Medley Relay	Bainbridge, Bainbridge	1999	1:48.42
200 Freestyle	Andie Taylor, Skyline	2006	1:49.32
200 Individual Medley	Corrie Murphy, Highline	1996	2:02.00
50 Freestyle	Emily Silver, Bainbridge	2000	0:22.99
1 Meter Diving	Jesse Snowden, Issaquah	2005	473.30 PTS
100 Butterfly	Rebecca Sturdy, Anacortes	2002	0:54.59
100 Freestyle	Emily Silver, Bainbridge	2003	0:50.16
500 Freestyle	Andie Taylor, Skyline	2007	4:55.23
200 Freestyle Relay	Bellevue, Bellevue	1999	1:37.95
100 Backstroke	Rebecca Sturdy, Anacortes	2002	0:55.27
100 Breaststroke	Lola Woodworth, Newport	2000	1:03.45
400 Freestyle Relay	Bellevue, Bellevue	1999	3:33.51

4A GIRLS CHAMPIONSHIP MEET RECORDS

200 Medley Relay	Rogers, Puyallup	2003	1:45.77
200 Freestyle	Megan Oesting, Mercer Island	1989	1:48.52
200 Individual Medley	Kari Edwards, Columbia River	1994	2:01.10
50 Freestyle	Megan Oesting, Mercer Island	1990	0:23.17
1 Meter Diving	Teresa Hackett, Highline	1974	453.30 PTS
100 Butterfly	Dana Kirk, Bremerton	2001	0:53.99
100 Freestyle	Emily Kukors, Auburn	2002	0:50.29
500 Freestyle	Leslie Mix, Issaquah	1992	4:50.82
200 Freestyle Relay	Henry Foss, Tacoma	1992	1:38.53
100 Backstroke	Isabell Fisher, Henry Foss	2005	:55.81
100 Breaststroke	Missy McIntyre, Oak Harbor	2003	1:02.39
400 Freestyle Relay	Rogers, Puyallup	2003	3:29.68