



Bound For State Regulations

WIAA/DAIRY FARMERS OF WASHINGTON/LES SCHWAB TIRES

2011-2012 2A, 3A, 4A State Swim and Dive Championships

Girls - November 10-12, 2011 - WEYERHAEUSER KING COUNTRY AQUATIC CENTER, FEDERAL WAY

Boys - February 16-18, 2011 - WEYERHAEUSER KING COUNTRY AQUATIC CENTER, FEDERAL WAY

[SWIM AND DIVE MAIN](#)

Changes from the 2010-11 Swimming/Diving Regulations are indicated in bold type and shaded.

GIRLS STATE MEET **November 10-12, 2011**
King County Aquatic Center

BOYS STATE MEET **February 16-18 2012**
King County Aquatic Center

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 Managers - Bob Regan and Jeff Lowell, bob.regan2@gmail.com or lowellj@bsd405.org

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.

Master Entry Form – For an athlete to be entered into the state meet coaches must complete the following:

1. All coaches MUST submit their swimmers and divers who have qualified in one (1) or more individual events or who are one of eight members of the relay team on the Direct Athletics website (directathletics.com). Submissions must include the entry time for swimmers/relays and point totals for divers. Submissions also MUST include names for relays.

a. The time submitted for each competitor must have appeared and been verified on the WISCA web page (wisca.org) or in the District results.

b. The District Meet Manager is responsible for submitting the District meet results to the State Meet manager or designee immediately after the District meet.

c. 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.

Coaches may utilize a typed/printed State Entry Form for their own planning purposes. However coaches are cautioned to remember that this IS NO LONGER THE MASTER ENTRY FORM FOR THE STATE MEET. District meet managers will NOT collect these from coaches. District meet managers WILL submit the relay entry form used to enter the district meet – as the names for the relays remain the same at both the district meet and the state meet.

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.

UNDER NO CIRCUMSTANCES WILL A SCHOOL RECEIVE MORE THAN FOUR COACHES PASSES.

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) | <u>8</u> | | <u>8</u> | <u>8</u> | | <u>8</u> |

| | | | | |
|--------------|-----------|-----------|-----------|-----------|
| 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:

a. 4A Girls 11.6 = 315 a. 4A Boys 11.6 = 300

b. 3A Girls 11.6 = 300 b. 3A Boys 11.6 = 300

c. 2A Girls 11.6 = 280**c. 2A Boys 11.6 = 280**

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 October 31 for girls and by February 6 for boys on the WIAA Web site <http://wiaa.com/subcontent.aspx?SecID=335>. For questions contact Conor Laffey at the WIAA at 425-282-5240 or claffey@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.

2011-12 State Championship Time Standards

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

| Girls | 2A | | 3A | | 4A | |
|-------------------------|--------------|---------------|--------------|---------------|--------------|---------------|
| | Yards | Meters | Yards | Meters | Yards | Meters |
| 200 Medley Relay | 2:02.50 | 2:16.71 | 1:58.50 | 2:12.25 | 1:55.50 | 2:08.90 |
| 200 Free | 2:08.50 | 2:22.38 | 2:01.90 | 2:15.07 | 1:59.90 | 2:12.85 |
| 200 I.M. | 2:23.90 | 2:39.73 | 2:18.90 | 2:34.18 | 2:15.00 | 2:29.85 |
| 50 Free | :26.20 | :29.21 | :25.70 | :28.66 | :25.30 | :28.21 |
| Diving | 280/11.6 | | 300/11.6 | | 315/11.6 | |
| 100 Fly | 1:04.80 | 1:11.99 | 1:02.20 | 1:09.10 | 1:00.90 | 1:07.66 |
| 100 Free | :57.90 | 1:04.38 | :56.30 | 1:02.61 | :55.20 | 1:01.38 |
| 500/400 M Free | 5:48.90 | 5:06.06 | 5:27.90 | 4:47.63 | 5:19.90 | 4:40.62 |

| | | | | | | |
|-----------------------|---------|---------|---------|---------|---------|---------|
| 200 Free Relay | 1:48.50 | 2:01.19 | 1:46.50 | 1:58.96 | 1:43.90 | 1:56.06 |
| 100 Back | 1:06.00 | 1:13.33 | 1:03.50 | 1:10.55 | 1:01.90 | 1:08.77 |
| 100 Breast | 1:13.90 | 1:22.18 | 1:12.50 | 1:20.62 | 1:10.30 | 1:18.17 |
| 400 Free Relay | 3:59.90 | 4:27.25 | 3:52.90 | 4:19.45 | 3:47.90 | 4:13.88 |

| Boys | 2A | | 3A | | 4A | |
|-------------------------|--------------|---------------|--------------|---------------|--------------|---------------|
| Event | Yards | Meters | Yards | Meters | Yards | Meters |
| 200 Medley Relay | 1:48.50 | 2:00.98 | 1:45.50 | 1:57.63 | 1:44.50 | 1:56.52 |
| 200 Free | 1:53.50 | 2:05.76 | 1:50.90 | 2:02.88 | 1:50.90 | 2:02.88 |
| 200 I.M. | 2:11.90 | 1:46.54 | 2:04.50 | 2:18.32 | 2:04.00 | 2:17.76 |
| 50 Free | :23.00 | :25.74 | :22.85 | :25.57 | :22.85 | :25.57 |
| Diving | 280/11.6 | | 300/11.6 | | 300/11.6 | |
| 100 Fly | :57.90 | 1:04.50 | :56.00 | 1:02.38 | :55.50 | 1:01.83 |
| 100 Free | :51.30 | :56.99 | :50.20 | :55.77 | :50.10 | :55.66 |
| 500/400 M Free | 5:18.90 | 4:39.99 | 5:00.50 | 4:23.84 | 5:01.90 | 4:25.07 |
| 200 Free Relay | 1:34.90 | 1:45.91 | 1:33.90 | 1:44.79 | 1:33.50 | 1:44.35 |
| 100 Back | :59.50 | 1:06.10 | :57.50 | 1:03.55 | :57.20 | 1:03.55 |
| 100 Breast | 1:06.80 | 1:14.15 | 1:03.90 | 1:10.93 | 1:03.30 | 1:10.26 |
| 400 Free Relay | 3:33.50 | 3:57.84 | 3:27.50 | 3:51.56 | 3:26.50 | 3:50.04 |

WASHINGTON STATE BOYS SWIM RECORDS

| EVENT | COMPETITOR/SCHOOL | YEAR | TIME |
|-----------------------|---------------------------|-------------|-------------|
| 200 Medley Relay | Mercer Island | 2009 | 1:34.25 |
| 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 | Cody Roberts, Richland | 2009 | 0:47.81 |
| 100 Freestyle | Ugur Taner, Newport | 1992 | 0:43.73 |
| 500 Freestyle | Wes Oliver, Sammamish | 1995 | 4:23.06 |
| 200 Freestyle Relay | 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 | 2009 | 3:06.71 |

2A BOYS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|----------------------------------|------|------------|
| 200 Medley Relay | Sehome (Bellingham) | 2010 | 1:40.57 |
| 200 Freestyle | Alec Barnard, Archbishop Murphy | 2010 | 1:46.19 |
| 200 Individual Medley | Austin Fish | 2010 | 1:54.56 |
| 50 Freestyle | Anthony Galaviz, Toppinich | 2009 | 0:22.02 |
| 1 Meter Diving | Nick Hutchinson | 2009 | 334.90 PTS |
| 100 Butterfly | Ryley Pearson, Burlington-Edison | 2009 | 0:52.27 |
| 100 Freestyle | Erik Larsen, Aberdeen | 2010 | 0:48.64 |
| 500 Freestyle | Jordan Fish, Sehome | 2009 | 4:59.96 |
| 200 Freestyle Relay | Pullman | 2010 | 1:31.33 |
| 100 Backstroke | Victor Hsiao, Interlake | 2010 | 0:54.02 |
| 100 Breaststroke | Austin Fish, Sehome | 2010 | 0:59.21 |
| 400 Freestyle Relay | Sehome (Bellingham) | 2010 | 3:18.46 |

3A BOYS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|-------------------------------|------|------------|
| 200 Medley Relay | Mercer Island | 2009 | 1:34.25 |
| 200 Freestyle | Sean Sussex, Mercer Island | 2003 | 1:38.21 |
| 200 Individual Medley | Owen Wurzbacher, Lakeside | 2009 | 1:50.26 |
| 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 | 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 | 2009 | 3:06.71 |

4A BOYS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|---------------------------|------|------------|
| 200 Medley Relay | Snohomish | 2007 | 1:36.12 |
| 200 Freestyle | Nathan Adrian, Bremerton | 2006 | 1:37.17 |
| 200 Individual Medley | Andy Lloyd, Mercer Island | 1988 | 1:46.30 |
| 50 Freestyle | Ugur Taner, Newport | 1992 | 0:20.02 |
| 1 Meter Diving | Chris Dalman, Auburn | 2002 | 509.10 PTS |

| | | | |
|---------------------|---------------------------|------|---------|
| 100 Butterfly | Cody Roberts, Richland | 2009 | 0:47.81 |
| 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 | 2009 | 0:54.49 |
| 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 | Andie Taylor, Skyline | 2009 | 1:46.55 |
| 200 Individual Medley | Andie Taylor, Skyline | 2008 | 1:58.23 |
| 50 Freestyle | Leona Jennings, Mt. Rainier | 2008 | 0:22.92 |
| 1 Meter Diving | Jesse Snowden, Issaquah | 2005 | 473.30 PTS |
| 100 Butterfly | Katie Kinnear, Eastlake | 2009 | 0:53.10 |
| 100 Freestyle | Chelsea Bailey, Kentlake | 2008 | 0:49.82 |
| 500 Freestyle | Amber McDermott, Jackson | 2009 | 4:41.98 |
| 200 Freestyle Relay | Juanita (Kirkland) | 2009 | 1:37.77 |
| 100 Backstroke | Leona Jennings, Mt. Rainier | 2008 | 0:53.66 |
| 100 Breaststroke | Lindsey Marchand, Peninsula | 2008 | 1:02.00 |
| 400 Freestyle Relay | Rogers (Puyallup) | 2003 | 3:29.68 |

2A GIRLS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|------------------------------|------|------------|
| 200 Medley Relay | Hockinson (Vancouver) | 2009 | 1:54.87 |
| 200 Freestyle | Amelia Messegee, Centralia | 2007 | 1:51.26 |
| 200 Individual Medley | Nakayla Chan, Fife | 2007 | 2:07.82 |
| 50 Freestyle | Natalie Ruiz, Othello | 2008 | 0:23.29 |
| 1 Meter Diving | Asha Srivastava, River Ridge | 2008 | 315.60 PTS |
| 100 Butterfly | Julia Sanders, Hockinson | 2009 | 0:56.88 |
| 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 | Natalie Ruiz, Othello | 2008 | 0:55.70 |
| 100 Breaststroke | Katie Kaestner, Anacortes | 2009 | 1:06.27 |

400 Freestyle Relay

Centralia, Centralia

2007

3:43.82

3A GIRLS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|-----------------------------|------|------------|
| 200 Medley Relay | Kennedy Catholic (Burien) | 2008 | 1:47.88 |
| 200 Freestyle | Andie Taylor, Skyline | 2006 | 1:49.32 |
| 200 Individual Medley | Corrie Murphy, Highline | 1996 | 2:02.00 |
| 50 Freestyle | Leona Jennings, Mr. Rainier | 2008 | 0:22.92 |
| 1 Meter Diving | Jesse Snowden, Issaquah | 2005 | 473.30 PTS |
| 100 Butterfly | Lindsey Marchand, Peninsula | 2008 | 0:53.34 |
| 100 Freestyle | Emily Silver, Bainbridge | 2003 | 0:50.16 |
| 500 Freestyle | Corrie Murphy, Highline | 1996 | 4:49.56 |
| 200 Freestyle Relay | Juanita (Kirkland) | 2009 | 1:37.77 |
| 100 Backstroke | Leona Jennings, Mr. Rainier | 2008 | 0:53.66 |
| 100 Breaststroke | Lindsey Marchand, Peninsula | 2008 | 1:02.00 |
| 400 Freestyle Relay | Kennedy Catholic (Burien) | 2008 | 3:32.41 |

4A GIRLS CHAMPIONSHIP MEET RECORDS

| | | | |
|-----------------------|------------------------------|------|------------|
| 200 Medley Relay | Rogers, Puyallup | 2003 | 1:45.77 |
| 200 Freestyle | Andie Taylor, Skyline | 2009 | 1:46.55 |
| 200 Individual Medley | Andie Taylor, Skyline | 2008 | 1:58.23 |
| 50 Freestyle | Megan Oesting, Mercer Island | 1990 | 0:23.17 |
| 1 Meter Diving | Teresa Hackett, Highline | 1974 | 453.30 PTS |
| 100 Butterfly | Katie Kinnear, Eastlake | 2009 | 0:53.10 |
| 100 Freestyle | Chelsea Bailey, Kentlake | 2008 | 0:49.82 |
| 500 Freestyle | Amber McDermott, Jackson | 2009 | 4:41.98 |
| 200 Freestyle Relay | Henry Foss (Tacoma) | 1992 | 1:38.53 |
| 100 Backstroke | Annemarie Thayer, Ballard | 2008 | :53.95 |
| 100 Breaststroke | Missy McIntyre, Oak Harbor | 2004 | 1:02.02 |
| 400 Freestyle Relay | Rogers (Puyallup) | 2003 | 3:29.68 |