

2024-25 Metro League Boys Swimming & Diving Championship Meet

Friday, February 7 & Saturday, February 8, 2025

LOCATION: Snohomish Aquatic Center 516 Maple Avenue, Snohomish, WA

Participating Schools: Ballard, Bishop Blanchet, Chief Sealth, Cleveland, Eastside Catholic, Franklin, Garfield, Ingraham, Lakeside, Lincoln, Nathan Hale, O'Dea, Roosevelt, Seattle Prep, and West Seattle

Friday, February 7, 2025

Diving Prelims (8 dives for 3A; 11 for 2A & 4A)

Warm-up Begins: 8:00 am

Diving Begins: 9:30 am

Swim Prelims

Pool Opens: 2:00 pm

Warm-up: 2:30 pm

Coaches Meeting: 3:00 pm

Volunteer Meeting: 3:30 pm

Meet Starts: 4:00 pm

Meet End: 8:00 pm

See detailed schedule on page 3 for timing of events.

Saturday, February 8, 2025

Diving Finals

Event 5: Dives 9-11 (3A only)

Occurs within the meet

Swim Finals

Pool Opens: 2:00 pm

Warm-up: 2:30 pm

Coaches Meeting: 2:45 pm

Volunteer Meeting: 3:00 pm

Meet Starts: 3:30 pm

See detailed schedule on page 3 for timing of events and awards.

IMPORTANT DATES & DEADLINES:

€ **Entry Deadline** - Sunday, February 2 (no later than 9pm)

○ Entries may be submitted by:

- email TM Entry File (export of team entry) Report only
- e-mail entries to Lynda Boar at Lynda.Boar@snohomishaquatic.com

NOTE: Meet Entries are LOCKED and FINAL on Monday, February 3 at noon. A psych sheet will be sent out by 7pm on Wednesday, February 4 - no additional changes will be permitted other than clerical errors.

€ **Volunteer Sheets for Prelims & Finals, Gate List, Metro Awards Form** - Sunday, February 2 (no later than 9pm) [Submit to Chris Hartley via email \(Chris.Hartley@lakesideschool.org\)](mailto:Chris.Hartley@lakesideschool.org)

ENTRY PROCEDURES (Coaches must submit for entries to be complete):

- € Teams must submit a TM entry file to the meet manager
- € One diving sheet for each diver completed & signed.

- € Coaches may enter unlimited numbers in any individual events. Teams will be limited to a maximum of 3 Relays in each of the relay events. Each team will advance to the finals ONE RELAY and a MAX OF 4

ATHLETES IN EACH INDIVIDUAL EVENT:

- € During the finals each 3A school will have 1 relay team represented in events 1, 9, and 12 - seeded into 2 finals heats. 2A and 4A schools with relay teams needing a district or state time can be added to the B Finals at the discretion of each school's coach.
- € In each individual event, the top 24 3A qualifiers will compete in 3 seeded heats - scoring 1st through 24th, but only a maximum of the 4 fastest qualifiers from each school will advance. 2A and 4A schools with swimmers needing to make a district or state time will be allowed to swim in an exhibition heat prior to the first consolation final.
- € Relay Entries
 - a. National Federation Swimming Rule Book, 3.2.3., in relay events, eight individuals may be designated, and it shall not count as an entry unless the competitor competes in the event. Any of the eight individuals may swim in the prelims, swim-offs and/or finals, provided he/she does not exceed the permitted entries for the meet.
 - b. Alternates for Relays – Any swimmer designated on a relay during the prelims is eligible to swim that relay at finals as long as the relay that the swimmer participated on was not disqualified and provided they do not exceed the permitted entries for the meet.
 - c. Alternates listed on multiple relays are allowed, swimmers may swim in prelims of one event and finals in another event provided they do not exceed the permitted entries for the meet.
Scenario: Swimmer A only competes in the 200 MR for prelims, they are removed from the 200 MR then compete in the 200 FRR and/or 400 FRR as a previously designated alternate.

ENTRY RULES:

1. Any athlete in a relay event is considered an alternate for that event. Athletes disqualified in a relay during preliminary heats are ineligible to swim in that relay final.
2. Relays do not count against a competitor's entry limit until they are officially marked in a relay at the beginning of the event.
3. All swimmers (2A, 3A, and 4A) must meet the METRO Qualifying time to be entered in an individual event on Friday; Swimmers without individual qualifying times MAY be entered in relays. **SEE #4 BELOW for exceptions to qualifying time standards.**
4. Each team is allotted **TEN** "wild cards" to be used for swimmers who have not made a qualifying time during the dual meet season as a way to enter the Metro Championship meet; "playing" a wild card is good for **ONE** swim for a maximum total of **TEN** swims per team- *not ten swimmers*. **Coaches should enter wild cards as BONUS in TM.**
5. Swimmers first and last name, along with grade and school must be included in the TM entry listed.
6. Use the WIAA Diving form. List dives with the current dive description and position code. 2A and 4A divers will complete all 11 dives on Friday and will not be considered in the scoring for Saturday's finals. 3A divers will dive eight dives on Friday and the final three on Saturday.

SCORING:

The scoring for the meet is as follows:

	A Final								B Final								C Final								
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	
Ind	30	27	26	25	24	23	22	21	19	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	
Rel	60	54	55	50	48	46	44	42	38	34	33	32	28	26	24	22	18	14	12	11	10	8	6	4	2

ORDER OF EVENTS BY DAY:

EVENT	Prelims: Diving 9:30 am Swimming: 4:00 pm
5	Diving at 9:30 am
	<i>Teams enter the pool at 2 pm</i>
1	200 Medley Relay Heats
	<i>5-minute warm-up/warm-down</i>
2	200 Freestyle Heats
3	200 Individual Medley Heats
4	50 Free Style Heats
	<i>15-minute warm-up/warm-down 5-minute Award Block Coach of the Year, Sportsmanship Scholar Athletes</i>
6	100 Butterfly Heats
7	100 Freestyle Heats
8	500 Freestyle Heats
	<i>5-minute warm-up/warm-down</i>
9	200 Free Relay Heats
	<i>5-minute warm-up/warm-down</i>
10	100 Backstroke Heats
11	100 Breaststroke Heats
	<i>5-minute warm-up/warm-down</i>
12	400 Free Relay Heats

EVENT	Finals – 3:30 pm
1	200 Medley Relay-A/B Finals
	<i>5-minute warm-up/warm-down</i>
2	200 Freestyle-A/B/C Finals
3	200 Individual Medley-A/B/C Finals
4	50 Free Style-A/B/C Finals
	<i>Awards for Events 1-4 Diving Set Up 15-minute warm-up/warm-down</i>
5	Diving (Final 3 Dives)
	<i>Diving Breakdown 5-minute warm-up/warm-down</i>
6	100 Butterfly-A/B/C Finals
7	100 Freestyle-A/B/C Finals
8	500 Freestyle-A/B/C Finals
	<i>Awards for Events 5-8 5-minute warm-up/warm-down</i>
9	200 Free Relay-A/B Finals
	<i>5-minute warm-up/warm-down</i>
10	100 Backstroke-A/B/C Finals
11	100 Breaststroke-A/B/C Finals
	<i>Awards for Events 9-11 5-minute warm-up/warm-down</i>
12	400 Free Relay-A/B Finals
	<i>Awards for event 12</i>
	Meet results and 3A Metro Champion

FRIDAY WARM-UP SCHEDULE:

All ten lanes will be used for warm-ups on both days; upon mutual agreement coaches may share lanes based on size of teams. Thirty minutes prior to the start of the meet, up to four start/sprint lanes will be announced with adjacent return lanes. Teams who have multiple lanes are asked to share space as needed.

From 3:30-3:50pm there will be an open warm-up session with no assigned lanes.

EARLY WAVE: 2:30			LATE WAVE: 3:00	
Lane 1	Nathan Hale		Lane 1	Chief Sealth/West Seattle
Lane 2	O'Dea		Lane 2	Garfield
Lane 3	O'Dea		Lane 3	Eastside Catholic
Lane 4	Lincoln		Lane 4	Roosevelt
Lane 5	Lincoln		Lane 5	Roosevelt
Lane 6	Ballard		Lane 6	Lakeside
Lane 7	Ballard		Lane 7	Lakeside
Lane 8	Cleveland/Franklin		Lane 8	Blanchet
Lane 9	Seattle Prep		Lane 9	Blanchet
Lane 10	Seattle Prep		Lane 10	Ingraham

Warm up lanes will not be assigned for Saturday's final session.

On Saturday, lanes 1-8 will be competition lanes. Lane 9 will be closed with a diagonal lane marker. Lane 10 will remain open for warm up and cool down. Athletes cannot enter lane 10 until AFTER the start of the first heat of the 200 Medley Relay. Coaches are reminded that athletes in lane 10 need to be aware of the need for quiet at the start of the races.

ENTRY TO POOL DECK:

The SAC has asked that all athletes enter and leave via the dressing rooms. All athletes and coaches are reminded that there is one locker room, and that the facility remains open to the community to use the therapy pools and other pools on the South Side. Athletes and coaches are reminded that there will possibly be small children and parents in the locker rooms and that they conduct themselves in the best way possible to reflect the high standards for sportsmanship expected of all athletes in the METRO League.

Please remind athletes to follow the directions of the SAC staff, METRO Meet Directors, and the Swim Officials. This is a VERY large meet Cooperation is critical to ensure the meet runs well and on time.

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 8 must declare that false start to the meet referee within 5 minutes of the end of event 4. Any athlete intending to declare a false start in events 9 to 12 must declare that false start to the meet referee prior to the start of event 8. Any false start declared after the deadline will be considered as a scratch. Any lanes left open will be reseeded with alternates. If all alternates are used, then any remaining lanes will be left open.

SEEDING:

The last three heats of prelims are circle seeded. If there are four or more prelim heats, all the slower heats are seeded as in times finals. Finals will be seeded as timed final events.

PARKING:

The spaces directly in front of the building will be reserved for swim lesson and party guests of the aquatic center. All buses and vehicles used to transport athletes will park in the gravel lot behind the facility. Buses are not permitted in the paved spaces or in lots off-site.

TOURNAMENT COMMITTEE:

If a protest occurs and a ruling is required, then the Tournament Chair will assemble a Tournament Committee, which will consist of the following:

1. Head Official or Designee
2. Chris Hartley - Tournament Director
3. Three (3) head coaches not involved in the protest. This will be determined once a protest is filed.

SEATING & 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 \$11.50 and for students and adults 62+ is \$7.50.***

DOORS WILL OPEN FOR PRELIMS AT 2:00 PM each day. Please share this information with families.

ADDITIONAL NOTES FOR COACHES:

1. **If your team uses the bleachers for its gathering area, please help them use as little space as possible.** Seating is limited for paying fans.
2. Please keep all non-competitors off the deck area.
3. Each coach is responsible for their team and their families.
4. Secure your valuables - the pool staff is not responsible for lost items.
5. Please do not save seats/sections in the pool area prior to 2 pm. Teams, including coaches, are not permitted in the pool area until 2 pm (Friday diving is the exception).
6. Please clean up your own seating area.
7. Concessions will be available for purchase from the Snohomish Aquatic Center.
8. "March in Music" will be played for the athletes in the final heat of each event. The selection will be chosen by the top-seeded athlete.