

## LAKE WASHINGTON



### Lake Washington High School Swim and Dive

## Kingco Championship Information 2009

Lake Washington is in the Kingco Conference, along with 17 other area high schools:

Crown League		Crest League	
North	West	East	South
Bothell	Ballard	Eastlake	Garfield
Inglemoor	Bellevue	Liberty	Interlake
Juanita	Mercer Island	Redmond	Issaquah
Lake Washington	Roosevelt	Skyline	Newport
Woodinville			Sammamish

During the regular season we have dual meets against the 8 other schools in the Crown League, plus one “crossover” meet against a Crest League team.

The Kingco Championship features swimmers and divers from all 18 schools competing against each other. There will be swimming prelims for North, West, East, and South, the results from all four prelims will be combined, and then the top 24 individuals in each event will advance to the finals. Each school automatically advances one relay team in each relay event to Finals. Divers from all 18 schools will have an 11-dive combined Prelims/Finals event.

The meet information is as follows:

### **Kingco North Swimming Prelims** – Thursday, February 5 – Juanita Pool

9:00AM – arrive at Juanita Pool

9:15-10:00AM – warm up

10:00AM – meet starts

### **Kingco Diving Prelims & Finals** – Friday, February 6 – Juanita Pool

11:30am – warm up

1:00pm – meet starts

### **Kingco Swimming Finals** – Saturday, February 7 – Mary Wayte Pool, Mercer Island

1:45pm – arrive at Mary Wayte Pool

2:00pm – warm up

3:15pm – meet starts (ends around 7:30pm?)

**Scoring:** During Finals, featuring the top 24 individuals and 18 relays, points are awarded to teams as follows:

	A Final						B Final						C Final						D Final					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
<b>Ind</b>	30	27	24	23	22	21	19	18	17	16	15	14	12	11	10	9	8	7	6	5	4	3	2	1
<b>Relay</b>	60	54	48	46	44	42	38	36	34	32	30	28	24	22	20	18	16	14						

**Spectators:** Admission to the meet is \$6.00/adults and \$4.00/students with ASB. Doors open for Prelims at 9:00am. Doors open for Finals at 12:15pm.

**Transportation:** Each athlete will need to arrange for his own transportation to/from Prelims and Finals (we are not taking a bus). Athletes may drive themselves to Juanita, but not to Mary Wayte; a parent or friend’s parent should drive them. If anyone needs a ride, please tell the coaches or captains.

**Parking:** Ample parking is available at Juanita. Parking at Mary Wayte could be very crowded and difficult. Some surrounding streets have construction going on. Carpool if possible, and be sure to allow sufficient time to park and walk to the pool. See last page of this letter for a parking map.

**Timers:** We are responsible for providing timers as follows:

- Prelims: 2 timers in lane 2 and 2 timers in lane 3 for Events 1-6
- 2 timers in lane 2 and 2 timers in lane 3 for Events 7-12
- Finals: 1 timer in lane 3 for Events 1-6
- 1 timer in lane 3 for Events 7-12

Timers have a great view of the action, and they do not need to pay admission while they’re working. If you’re willing to time, please tell Coach Johnny.

**Food:** The prelims session will be happening through the morning and into lunch time. Eat a healthy breakfast with enough time before warm-ups for you to be comfortable and then bring drinks and snacks to give you energy though the meet. The finals meet will be happening during the normal dinner hour, athletes should bring enough food for dinner, plus snacks and drinks. You can spread out the food over the competition so you still feel great for racing. A small concession stand selling snacks and drinks will be open during Finals, and there may be one during Prelims. If you have questions about what kinds of food to eat during a meet, please ask one of the coaches.

Other reminders for athletes:

- During swimming warm-ups you must enter feet first, except when starts are specifically allowed
- All jewelry must be removed
- Get lots of sleep, eat well, and stay hydrated

- Cheer on your teammates!
- Have fun!

We have had a great season so far, and we're excited to see how well the team will do at Kingco and the other championship meets.



Coach Johnny  
john@vanv.org  
(C) 425.495.0381



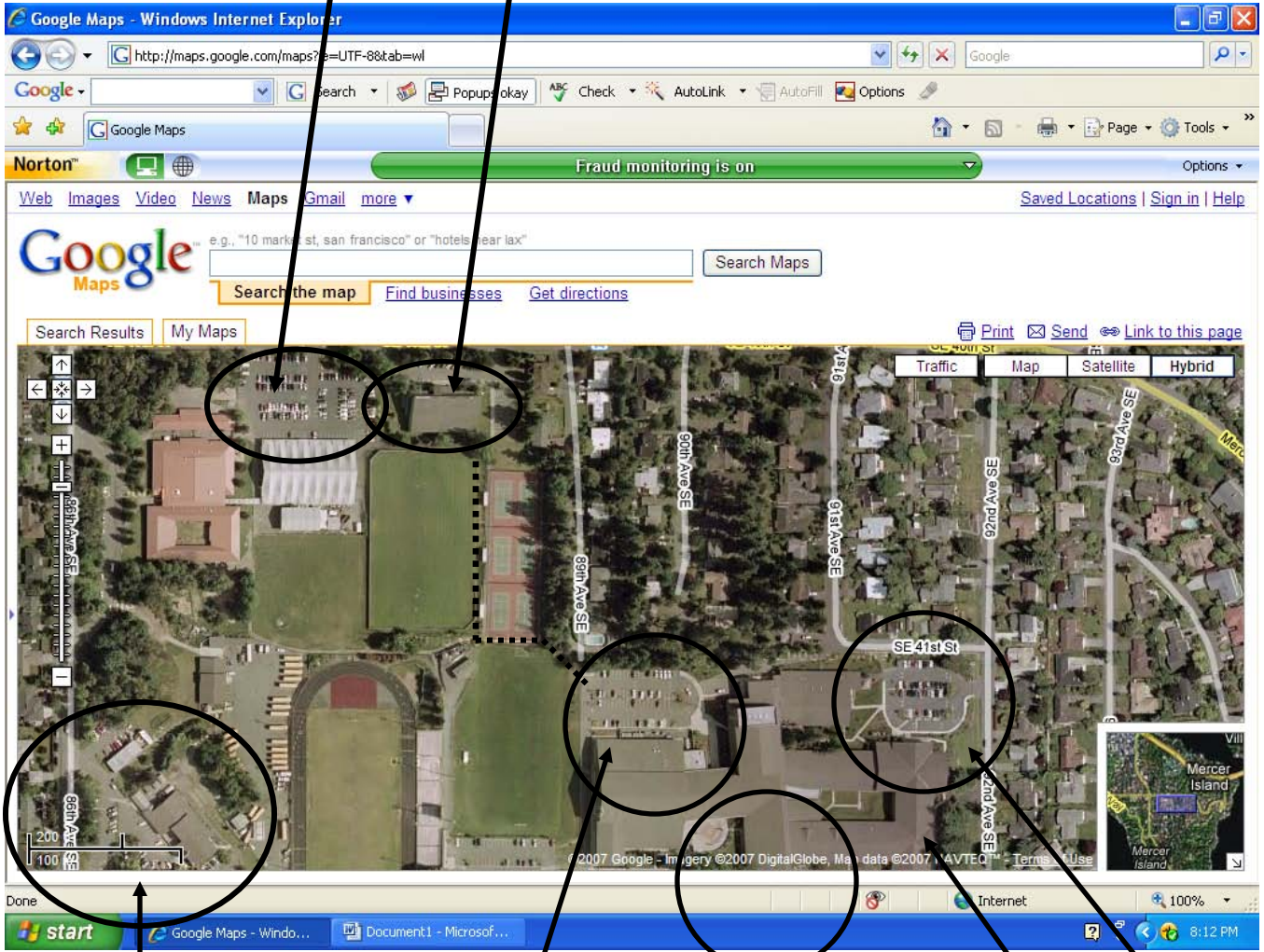
Coach Michelle  
  
(H) 425.898.9791



Coach Trey  
Wstock73@yahoo.com

Parking at North Mercer Gym Left Side of Lot only. Please leave right side free

Mercer Island Pool  
8815 SE 40th Street  
Mercer Island, WA 98040  
206-296-4370



MISD Admin Building  
4160 86th Ave SE  
Mercer Island, WA 98040  
Can walk 86<sup>th</sup> to 40<sup>th</sup> then take a right to get to the pool

Back Lot - Can Walk Path to pool (dashed line)

Front Lot - walk to path in back

Mercer Island High School  
9100 SE 42nd Street  
Mercer Island, Washington 98040

Side Lot - can walk 92<sup>nd</sup> to 40<sup>th</sup> - take a left to get to the pool