TO: WDA Athletic Directors

Head Coaches – Girls’ Swimming & Diving

FROM: Jim Roaldson, Activities Director & WDA Girls’ Swim & Dive Meet Manager

Ben Smith, JHS Swimming & Diving Head Coach

DATE: October 24, 2018

RE: 2018 WDA Girls’ Swimming & Diving Meet

INFORMATION

DATE: Saturday, November 3rd 2018

SITE: Jamestown High School

MEET SCHEDULE: 8:30 AM Diving Warm-Ups

9:30 AM Diving Starts

Perlims – 5 dives

15 Minute Break – Divers may use the boards

Semi-Finals – 3 dives

Consolations – 3 dives

12:00 PM Swimming Warm-Ups (or later if diving not finished)

12:15 PM Coaches Meeting

1:20 PM Introductions of Teams & National Anthem

1:30 PM Swimming Starts – the top 16 divers will do their last 3 dives after the 50 freestyle

**\*\*NATIONAL FEDERATION RULES ARE TO BE FOLLOWED\*\***

ENTRIES: A competitor shall be permitted to enter a maximum of four events, no more than two of which shall be individual events.

Individual Events: six entries (6) top 4 only for scoring

Relays: 1 team per school

ENTRY DEADLINE: *DUE BY NOON, WEDNESDAY, October 31.*

Email entries to: Jim Roaldson - [james.roaldson@k12.nd.us](mailto:james.roaldson@k12.nd.us)

PROGRAM: Update NDHSAA Team Photo & Cutline by Monday, October 29th as this information will be pulled for meet program.

SCORING: Championship scoring for 16 places will be used:

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-4-3-2-1

Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**SCORING LIMITED TO MAXIMUM OF 4 PER SCHOOL PER EVENT**

DIVING: The divers will do their first five dives (prelims) at 9:30 AM. There will be a 15 minute break followed by the next 3 dives (semi-finals). The divers will then be cut to the top 16 after the semi-finals. Those not qualifying in the top 16 will do their remaining 3 dives at this time (consolation). The last 3 dives of those top 16 qualifiers will be done during them meet, after the 50 freestyle. Please have your diving sheets done when you arrive. They are due by 9:00 AM.

AWARDS: **Team –** 1st Place **Individual –** 1st – 16th (certificates)

PRESENTATION OF AWARDS: To be determined at scratch meeting. Please make sure that athletes are in school issued team warm ups.

ALL-CONFERENCE: The All-Conference team will be selected based upon the number of points the athlete scores for his team in individual events by high point program. The top 20 swimmers and 4 divers will be chosen for the All-Conference Team. If a team does not have representation on the All-Conference team, the athlete scoring the most individual team points will represent that team.

LOCKER ROOM ASSIGNMENTS: Boys Varsity Locker Room: Dickinson & Jamestown

Boys Phys. Ed. Locker Room: Bismarck High & Century

Girls Phys. Ed. Locker Room: Legacy & Minot

Girls Varsity Locker Room: Mandan & Williston

**\*\*EACH SCHOOL MUST BE RESPONSIBLE FOR THEIR OWN VALUABLES\*\***

HOSPITALITY & COACHES MEETING: Pool Equipment Room next to Pool Office

WARM-UP LANES: Lane 1 Bismarck

Lane 2 Century

Lane 3 Dickinson

Lane 4 Jamestown

Lane 5 Legacy

Lane 6 Mandan

Lane 7 Minot

Lane 8 Williston

SEATING: Team Seating will be marked accordingly on deck. Spectator seating is based on a first come first served basis. No saving of seats. SPECTATORS WILL NOT BE ALLOWED ON DECK AT ANY TIME! THIS INCLUDES DIVING COMPETITION. All viewing of competition will be in balcony only.

ADMISSION: Adults - $7 Students - $5 (good for entire meet)

PARKING: Please park team buses in the Southeast corner of Jamestown High School’s main parking lot.

ENTRANCE: All teams & Spectators should use front entrance of school and enter pool area through commons of JHS.

ATHLETIC TRAINING: A certified athletic trainer will be provided during the event. Please bring own athletic training supplies.

MEET APPAREL: WDA Meet T-shirts & sweatshirts are available as a **pre-sell only**. Please go to the following link to order: <http://www.orriginals.com/wda-girls-swim-dive/> The online store will be open until Sunday, October 28th. Please note the two ways in which to receive orders.

1) Customers may pay to have the shirts shipped to their home but they may not arrive before the WDA meet.

2) Customers may pick their apparel up at the WDA Meet.  In order to do this, they must select (PICK UP IN STORE) in the 3rd step of checkout. They will not be charged freight.

QUESTIONS/CONCERNS: Please contact Jim Roaldson (952-4005) or email: [james.roaldson@k12.nd.us](mailto:james.roaldson@k12.nd.us)