

2023 Boys ISD/SV Invitational

Monday, January 29

Julius Boehm Pool

Times: Warm-up begins at 3:10pm; meet concludes by 6pm
Coaches Meeting: 3:20pm
Timers/Officials Meeting: 3:30pm
Meet Starts: 4pm

Entries: Swimmers who have not bettered two Kingco Championship time standards by Thursday, January 15 are eligible to swim in this meet. All swimmers that are eligible for this meet may swim the normal four events (2 ind + 2 rel or 1 ind + 3 relays). There is no limit to the number of swimmers or relays from one team that can be entered in any of the events. All swimmers must have a time in the events that they are entered. If a swimmer has not swam the event this year, please put in a custom time for seeding. Times from this meet may be used to qualify for the Kingco Championship meet. Relays can only be made up from athletes entered into individual events at this meet. We will not have a diving event. **Those who win an event at the meet will earn a spot at Kingco Champs in that event whether they meet the qualifying time or not.**

Parking: There is limited parking in the Boehm Pool lot. There is some additional parking on the north side of the pool or along the surrounding streets. Buses should drop athletes off on the north side of the building and have them walk up the stairs to the pool building.

Kingco Championship Time Standards: 3A/4A

200 free	2:18.50/2:19.40	100 free	58.80/58.70
200IM	2:31.0/2:31.5	500 free	6:03.00/6:04.00
50 free	25.80/25.99	100 back	1:12.00/1:12.00
100 fly	1:12.75/1:12.50	100 breast	1:17.50/1:17.30

Entry Due Date: Sunday, January 28 by 5pm. Please email a team manager entry file to Kris Daughters at daughtersk@issaquah.wednet.edu.

Volunteers: Please find three timers from your team who can time for the entire meet or six who can split duties. If you have any officials who would be willing to work, please let me know.

Meet Time Line: There will be a 5-minute warm-up/warm-down before and after relay events (1,9) with a 10-minute break after the 50 free. The pool will be open to all swimmers during the breaks. No diving.

Meet Seeding: Meet will be seeded as a timed final, slow to fast.

Lessons will be running during the meet, so please have your athletes sit on the deep end side of pool or in the stands.

