

KLAHANIE SHARKS



Summer 2021 Handbook

Klahanie Swim Team

4280 Klahanie Dr SE
Issaquah, WA 98029

www.klahanieswimteam.org

Team Philosophy

The Klahanie Swim Team program works to provide a positive learning and growing atmosphere for all team members. The coaches work to help swimmers enhance all four competitive strokes, improve racing techniques, build self-confidence, become good team members, and learn that winning and succeeding are not always the same thing. The Klahanie Swim Team hopes to provide motivation, instruction, fun times, and support for all team members.

Swimmer Code of Conduct

As a member of the Midlakes Swim League and the Klahanie Swim Team, we agree to:

- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - Any activity which would detract from the positive image of the MSL.

All infractions that result in meet expulsion must be reported to the MSL board within three (3) days. Any infraction of this code may result in, but is not limited to, the following actions by the Midlakes Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Contact Information

- **Ralph Stamberger, President:** sharks@klahanieswimteam.org
- **Head Coach Susan Simpkins:** Susan.L.Simpkins@gmail.com
- **Lisa Wells, Parent Volunteer Coordinator:** volunteer4klahaniesharks@gmail.com
- **Burgundy Cox, Registration:** burgucox@hotmail.com
- **Midlakes Swim League:** www.midlakesswimleague.org
- **Klahanie Mountain View Pool:** 425-557-7856 4280 Klahanie Dr. SE
- **Klahanie Lakeside Pool:** 425-391-8503 4210 244th Pl SE

Coaches



Susan Simpkins - Head Coach

This is Coach Susan's 24th year with the Klahanie Sharks! She grew up swimming in the Midlakes League and played water polo for the UW. Coach Simpkin's first year with the Sharks was when her son joined the team, participating as a parent helper. The next year she signed on as an Assistant Coach, and a few years later she became Head Coach. Susan has also been the Head Coach at Skyline High School since 2002. She continues to pass on the gift she has been given by mentoring the next generation of swim coaches.

Coach Susan's favorite thing about coaching summer league is: *I love seeing how the kids change from year to year and the improvement in their strokes skills and ability!*



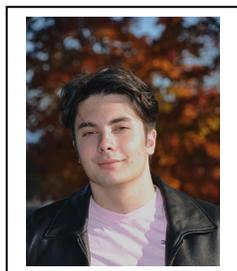
Elizabeth Bruski

Hi guys my name is Elizabeth and this is my second year coaching the Klahanie Sharks! I just finished my first year attending Stevens Institute of Technology. I swam for Klahanie since I was seven and club for a few years along with that. I love getting to know the swimmers and watch them have fun, get stronger, and improve their technique every day!



Anna Fischer

This is Coach Anna. While this is Coach Anna's first year as a Klahanie Sharks coach, she has been swimming for 12 years. She has been a lifeguard and taught swim lessons at Julius Boehm Pool for two years. She graduates from Skyline High School this June, where she was a captain of the Skyline Swim and Dive team. This fall Anna is attending Arizona State University studying business. She loves cooking, hanging out with friends, and most of all swimming. She can't wait to coach and for the season to start!



Dragos Lazar

Dragos started swimming at the age of 8 at Issaquah swim team and around 2015 joined Klahanie sharks much of his life has been revolved around carpooling to swim practices and swim meets. A fond memory that Dragos has about swimming is being part of the state 2 years ago and being apart of Skyline swim team in general. Some places you could find Dragos is either lifeguarding at the Klahanie pools or at the Y training to be a better swimmer.



Anna Leist

This is Anna's third year coaching for the Sharks. She joined the team when she was six years old and did club swim team in elementary and middle school. Anna swam for the Eastside Catholic swim team all four years of high school and was a team captain as a junior and senior. She attends Southern Methodist University in Dallas this fall where she is studying public relations and journalism. Anna is ecstatic to be coaching Klahanie and cannot wait to learn every swimmer's name!



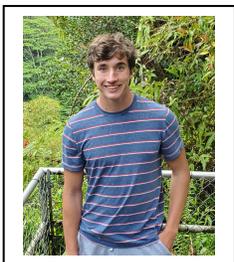
Julia Meyers

Even though this is my first year coaching for Klahanie, I've been lifeguarding and teaching swim lessons for the past two years at the YMCA. I've been swimming my whole life, with a mix of summer league, year round, and high school swim, and I've loved every second of it. I wanted to be a coach because I love helping kids learn how to swim and I want them to gain the same passion for the sport that I have. In the fall I will be attending the University of Puget Sound and will be swimming for the team there as well. Outside of swim I love drawing, painting, hanging out with my friends and anything outside. I've also been trying to pickup long boarding but that's a work in progress. I'm super excited for this season to start and can't wait to coach!



Ava Norris

Ava has been swimming for the Klahanie Sharks since she was 8 years old and is joining us this summer as a new coach! Ava is a junior at Skyline High School where she swims for Skyline's Swim & Dive team. She has also swam club for 9 years and is currently on Olympic Cascade Aquatics. Ava has lifeguarded and taught swim lessons at both of the Klahanie pools for the past 2 years. Swimming is her passion and this year she hopes to help the younger sharks improve and find the same love for the sport that she has. "Let's have fun and swim fast!"



Zach Roberts

Coach Zach is just starting his first year coaching the sharks! He's been swimming for Klahanie since he was eight years old and some of his favorite memories have come from the team. He's going into his senior year at Skyline high school and is a captain for the Skyline swim team. Zach comes from a family dedicated to the Sharks, with all three of his younger siblings also on the team (and his older brother swam until he graduated too)! Zach also lifeguards and teaches swim lessons at the Klahanie pools and during the rare times he's not at the pool he likes to read, play with his dog, and go on runs. After such a weird year Zach could not be more excited for the season to start and see all of the smiling kids!



KT Sansing

Hi everyone! My name is KT and it is my second year coaching for Klahanie Sharks and so far I have been loving every second of it. I swam for club swim for 10 years and joined the Klahanie Sharks when I was 12. I love seeing all the swimmers' big smiles and great attitudes, ready to swim every morning. Just finished my first year attending Point Loma Nazarene University. I love to watch all of the swimmers improve and have fun!



Matt Seminatore

This is Coach Matt's third year as a coach for the sharks, but he is not a newcomer to the team. Matt has been swimming for the Sharks – and several other teams – since he was 7 years old. In addition, Matt was team captain for the Skyline Swim Team his Senior year. He loves working with kids and can't wait to have a lot of fun coaching for the sharks this summer.



Abby Weisman

Coach Abby has been swimming for the sharks for 5 years and is joining us for her first year of coaching. She is heading into her senior year at Skyline High School where she is a captain of the girls swim team. She swims year round for Olympic Cascade Aquatics in addition to lifeguarding and teaching swim lessons at the Klahanie pools. Coach Abby loves being around all the swimmers and is so excited to help them improve and have fun!

Klahanie Board and Committee Volunteers

<i>BOARD MEMBERS</i>	
Ralph Stamberger	President
Sheryl Klarich	Member at Large
Fred Nava	V.P - Tech/Website
Kendra Campbell	Secretary
Rong Wang	Treasurer

<i>COMMITTEE</i>	
Jessica Chapman	Midlakes Rep
Burgundy Cox	Registrar
Tiffanie Dieffenbach	Meet Manager
Kyle Enns	Announcer/Officials
Elayne Gruber	Tech Meet Mgmt
Victoria Khan	Hospitality
Sheryl Klarich	Meet Manager
Dragos Lazar	Officials
Deb Orosco	Coaching Manager
Alamelu Ramesh	Membership
Rachelle Roberts	Concessions
Maria Sandoval	Asst. Treasurer
Amy Senior	Coaching Manager
Susan Simpkins	Head Coach
Lisa Wells	Volunteers

Schedules and times included here are **SUBJECT TO CHANGE**.
Always check the website and email alerts during the season for most up-to-date

Communication

Email

Email is the best way to communicate with coaches and leadership! Your email address will not be used for any purpose other than disseminating Klahanie information. Information contained in our rosters, membership lists, etc. published by Klahanie Swim Team may not be used for purposes of solicitation (commercial, political or ideological), or for any purpose not consistent with the goals of the Swim Team.

Coaches

It is important not to disturb the coaches during practice. Coaches move on promptly to the next age group's practice session, so their communication time during practice will be very limited. If you have questions about your swimmer's swim development, meet strategy, if your swimmer is going to be late or absent to a meet that your swimmer is scheduled to attend, or anything related to your swimmer in the water, please email Coach Simpkins at susan.l.simpkins@gmail.com.

Swimmer's Folder

Every swimmer on the team will have a folder in the file cabinet at the Mountain View Pool. Please check your family's folder regularly for ribbons after meets as well as written communication, order forms, etc.

Volunteering

Please contact Lisa Wells at volunteer4klahaniesharks@gmail.com with any questions related to volunteering. If you are going to be late or need to suddenly miss your scheduled volunteer time, you must email Lisa.

Website

Much important and fun information will be posted throughout the season on the swim team website www.klahanieswimteam.org, including meet entries, results, and volunteer opportunities. Check often! A tutorial to get you started if you are unfamiliar with this comprehensive site can be found after you have signed in under My Account and then My Tutorials.

On Deck Parent App

Team Unify has an application for both IOS and Android mobile systems. On Deck has a parent and a coach app, and choose the parent app. After you have downloaded the app, use the same username and password as for the website, and then enter the Team Alias code (case sensitive) **recmskswa**. This is a very handy app to sign up for volunteer positions, sign in or out of meet events, discover the events the coach has you entered, as well as see the list of best times. The News tab lists all informational emails that have been sent. There are tutorials for this as well on the Team Unify website.

Team Swim Suits, Logo Wear, and Other Gear

*Team suits and caps are required for meets.

- **Consignment Sale:** Gently used suits and sweats will be available to purchase on **May 20 and May 21, 4:30-6:30** at the Mountain View Pool.
- **New Team Suits:** Unfortunately, due to Covid-19 restrictions, we will be unable to have your swimmer physically try on suits as offered in the past. To obtain group pricing, suits and other logo gear must be ordered online at <http://www.djsports.com/teams/klahanie> by **Friday, May 28 at midnight**. Team logo wear includes sweatshirts, sweatpants, t-shirts and other gear. Size charts are available on the above mentioned website. Any team logo swimsuits and gear that are ordered are **non-refundable**.

**This year only, the team has eased their requirement of having to buy a team suit with logo, if you find it challenging to determine your swimmer's swimsuit size. You may purchase a plain black competition suit. If you are interested, the team swimsuit style is called Speedo Endurance+.*

(DATES AND TIMES CAN CHANGE – CHECK ONLINE CALENDAR)

Other Gear

Practice suits: While the Klahanie racing suit is necessary for meets, a practice suit that can be worn for daily practices can also be useful. For new swimmers, the team recommends a black Speedo Endurance polyester swim suit for practices and as a backup for swim meets.

Goggles: Goggles are necessary for both practice and meets.

Swim Cap: Boys and girls with hair longer than a buzz cut need to wear swim caps to practices and meets. New swimmers will be given one red logo'd latex swim cap at the beginning of the season. The team recommends all swimmers have at least two more swim caps for the season in case one breaks.

Deck Coat: Not a requirement, but very helpful in rainy meet and practice conditions. These items can all be purchased with your team order through the same website at <https://www.djsports.com/teams/klahanie>.

Time Trials

Date: Friday, June 10 at Mountain View Pool

Time Trials are for new and “new to age group” swimmers. They are set up like a meet with each swimmer competing in all 4 strokes. This gives coaches a baseline time to measure progress as well as help decide which swimmers will represent the team at the A meets. Time trials also help familiarize new swimmers and volunteers with how a meet runs.

Team Photos

Date: Wednesday, June 16 at the Mountain View Pool. *See website for timeframes.*

Your swimmer can take individual photos. This year, individual photos will be arranged digitally to create the annual team photo that hangs in the Mountain View office. Registration packets will be available on site. Please have your swimmer wear their team suit and bring cash or a check.

Social Events

There are several social events and special meets throughout the season for Klahanie Sharks.

Note: Dates and times can occasionally change, so please see the website for all the latest information.

All-Team Breakfast - Saturday, July 10

Pool Party! All Klahanie Sharks and their families are welcome at this fun event. Inflatable’s and other assorted toys normally banned from the Mountain View Pool during open swim are welcome at this event. Pancakes will be served. Mountain View Pool.

Movie Night - Wednesday, July 7

The big screen is coming out for this outdoor event held on the lawn in front of the Lakeside Pool. Swimmers in the 12&U and 14&U groups are welcome (ages 11-14).

Awards Dessert – Thursday, July 29

Held after A and B Championship meets this year, this event on the Mountain View Lawn celebrates achievements accomplished throughout the season. All swimmers and their families are invited. Bring your lawn chairs and blankets.

Concessions

The concession stand is a great fundraiser for our swim team. The concession stand also provides an invaluable service to our swim meet guests by serving fantastic meals, refreshments, and snacks. Klahanie families are given the opportunity to open a tab that is paid off with one check at the end of the season. The concession stand will be open at all home meets.

*This year due to Covid-19 restrictions, we **will not** be offering concessions at our swim meets, please plan to bring your own meals, snacks and drinks.

Practice Schedule

New Swimmer Practices: Begin Monday, May 17 at Mountain View Pool

Six practices to get new swimmers acclimated to swimming prior to returning swimmers joining practices.

Time	Age Group	Days
4:15 – 5:00	8 & under	May 17, 19, 20: runs for one week on Monday, Wednesday, and Thursday
5:00 – 5:45	9 +	

All Shark After School Practices (New & Returning): May 24 – June 17 at Mountain View Pool

Expect the first 15 minutes of practice to consist of dry land exercises and dress appropriately.

Time	Age Group	Days
4:15 – 5:00	8 & under	Girls: Monday, Wednesday, Friday Boys: Tuesday, Thursday, Friday
5:00 – 5:45	9 & 10	Girls: Monday, Wednesday, Friday Boys: Tuesday, Thursday, Friday
5:45 – 6:30	11 & 12	Girls: Monday, Wednesday, Friday Boys: Tuesday, Thursday, Friday
6:30 – 7:30	13 & 14	Monday – Friday
7:30 – 9:00	15 & over	Monday – Friday 45 minutes in-water for 15-16 year-olds 45 minutes in-water for 17-18 year-olds Dry land otherwise

Morning Practices - All Sharks: Begin Friday, June 28 – pool location VARIES

Pool Location Varies for Morning Practices: (MV = Mountain View / LS = Lakeside)						
Age Group:	8 & U	9/10	11/12 BOYS	11/12 GIRLS	13/14	15+
Practice Time:	7:30-8:15	7:30 – 8:15	8:15 – 9:15	8:15 – 9:15	9:00-10:15	9:00-10:30
June 28 – July 5	LS	MV	LS	MV	LS	MV
July 8 - 12	MV	LS	MV	LS	MV	LS
July 15 - 19	LS	MV	LS	MV	LS	MV

Practice Etiquette

Swimmers are expected to be in the water at the beginning of practice times (not being dropped off in the parking lot). Swimmers need suits, goggles, and caps for every practice. Each age group only has the pool for a short time every day, so it is very important to be ready to go. Practices are great for building endurance, refining strokes, etc., which leads to greater success at the meets. Additional stroke development can be obtained by attending Saturday Clinics and by scheduling private lessons with the coaching staff.

Saturday Clinics

Clinics will be offered two Saturdays at the Mountain View Pool on June 5 & 12. Please see the website for clinic timeframes for age groups. Saturday Clinics are optional and are offered to reinforce skills swimmers learn in daily practices. Keith Freeman will be leading these essential clinics and your swimmers will have additional assistance with their strokes, starts, and turns.

Parent Volunteer Expectations

Family participation in swim team is a mandatory requirement because swim meets are run entirely by volunteers. The volunteer requirement per family is forty (40) points plus one shift at B Champs. Points are NOT equivalent to “hours spent”, but rather are weighted in a way that prioritizes essential “on-deck positions”. **The time equivalent will be 10-12 hours.**

If you fail to report for a volunteer assignment, the point equivalent for that assignment will be added to your volunteer point total and must be fulfilled prior to the end of the season.

If your family fails to complete the volunteer work, your credit card given for your volunteer deposit will be charged at the close of the season. This is not prorated for partial completion. **The Klahanie Swim Team needs your time more than your money!**

If your child swims in a post-season meet and we are short volunteers, you may be called upon to volunteer even if you have already fulfilled your volunteer requirement for the season.

Volunteer Positions for Klahanie Swim Team

A list of most of the volunteer positions for the Klahanie Swim Team can be found on the [website](#). This website is also the location to sign up for volunteer positions when they come available. Take time to familiarize yourself with the positions that would work best in your family ahead of time, as they get filled very quickly once made available.

Officiating

If you are interested in meeting your volunteer requirements by officiating, please contact Dragos Lazar at dumitru0@yahoo.com. You can reference the Midlakes Swim League website for [training times](#). As a reminder, officials only need to attend one of the sessions - the first 2 hours are Stroke & Turn for everyone and the 3rd hour is for Starter/Referee.

Points

You can keep track of hours you have logged my going to Home/My Account/My Invoice/Payment/Service Hours. It is very common to have difficulty signing up for events in the beginning due to high demand. As the season progresses, it becomes much easier to obtain shifts. If you have any concerns about fulfilling your family requirement, please contact Lisa Wells at volunteer4klahaniesharks@gmail.com

A note about signing up to volunteer at a meet:

For the first couple of meets there are typically more volunteers attempting to sign up than there are volunteer jobs available. Keep trying, but don't get discouraged. As the season unfolds, there are enough volunteer positions for everyone who is actively looking for volunteer jobs. That said, please

don't wait until the last two weeks to try to get in your hours! Putting off earning those volunteer hours puts you at risk for losing your deposit, and puts strains the team when we don't have volunteers throughout the season.

Note: While volunteers are needed at all meets, the bulk of volunteer jobs are available at meets that are located at our Klahanie pool, to run concessions, parking, set-up, take down, staging, etc.

Swim Meet Season

1. Midlakes Website [2021 Scoreboard](#):

The schedule for meets can be found under the Calendar tab on the Klahanie Sharks website, or on the Midlakes website under Meets, then 2021 Scoreboard. Klahanie is Division II and our initials are KL.

"A" and "B" Meets

Several factors influence if your child will be swimming in the "A" and/or "B" meets. If they achieve a ["B" disqualification time](#) they will be unable to swim that event in any future "B" meet. However, a child need not achieve that time to swim in an "A" meet. The decision can be influenced by the depth of swimmers in a particular age group and by the meet in which others in the family are swimming. Your swimmer will generally swim in one meet per week.

Signing up for Swim Meets

To have your swimmer swim in a swim meet, you must sign in by the Thursday the week prior to the meet. You are welcome to sign up for both A and B meets unless your swimmer has received a B disqualification time in all strokes. The coaches will evaluate each week which strokes and meets your swimmer will swim. Sometimes changes will be made by coaches to the lineup right up until the meet, so check back. Any comments to coaches about event requests, etc. can be made in the notes section on the sign up.

On or after June 12th, you will have the ability to sign your swimmer(s) up for the whole season. You can adjust after the season progresses. Attendance adjustments must be made by the Thursday before the meet.

What You Need to Know About Swim Meets

Swim Meet Times

- Arrival time: 4:30pm home meets, 5pm away meets
- Warm up time: 4:45pm home meets, 5:15 away meets
- Meet start time: 6pm sharp
- Meet end time: 9pm

Swim Meet Arrival

- Check in with one of the Klahanie swim coaches upon arrival.
- Check the posted lineup for any changes.
- Write down your event number, heat and lane on your arm with a Sharpie.

Swim Meet List

1. Get to staging early and if on a relay find your teammates in advance.
2. Do your best.
3. Shake your opponents hand after each race. Good sportsmanship is a must!
4. Find out your time from the timers.
5. Talk to your coach after every race. Your coach watches you swim and she will have helpful advice after your race.
6. Get ready for your next event.

What to bring

- Team suit, cap and goggles. It's not a bad idea to have extras.
- Plenty of towels – at least one for each event plus warm-ups – up to 5 per child.
- Food and water or money for concessions. Swimmers are always hungry! Klahanie does a great job of providing warm, healthy food options at our home meets. You will need to bring cash or food to away meets.
- Warm clothes for swimmer (and you); dry clothes for the end of the meet. Fleece clothing works well.
- Deck Coats, rain gear, including large garbage bags to keep everything dry.
- Sharpie pen for writing events on swimmer's arm.
- Cards and games for wait time between events.
- Folding chairs for adults and kids.
- Canopies and small tents to shelter from rain or sun.
- Blankets and sleeping bags to keep your swimmer warm and happy.

Meets are held rain or shine, so pack accordingly. Meet officials will cancel the meet in the event of thunder or lightning for safety reasons, but please do not make your own assumptions. When in doubt, show up!

Running Late or Cancelling

- If you are going to be late to a meet or need to cancel, you need to email Coach Simpkins at susan.l.simpkins@gmail.com. The team depends on your participation.

Tips for a Positive Experience at the Meets

- Come prepared with the proper equipment.
- Arrive on time for warm-ups.
- Make sure your children know what events they are swimming.
- Encourage them to achieve their own personal best.
- Praise them on the race no matter what the outcome.
- Have fun and cheer them on.

Swim Meet Line-Ups

- The complete line-up of swimmers, called "heat sheets", will be posted at a central location.
- Whenever possible, individual heat sheets will be generated for each swimmer and distributed before or during warm-ups, but always check the posted lineup for any last minute changes. Distribution of these individual heat sheets also serves as an attendance check.
- Each swimmer is limited to a maximum of four events per meet -- three individual and one relay, or two individual and two relays (one medley and one freestyle relay).

- Often there is more than one heat per event; and sometimes there are exhibition heats, which are not scored and occur before the scored heats. If your child is swimming in an exhibition heat, there will be an E or X next to their name on the heat sheet. While their times don't count towards the team score, they do count towards "Personal Bests".
- For each of their events, swimmers need to know:
 - Event Number and Stroke
 - Heat
 - Lane
 - Stroke (and for relays: position)
- Every dual meet consists of 68 events. The order of these events is always the same:
 - Medley Relay
 - Individual Medley ("IM") Freestyle
 - Backstroke
 - Breaststroke
 - Butterfly
 - Free Relay
- Youngest age groups swim first; no "IM" for 8 & under. Watch the event board and listen to the announcer call the heats so your child knows when to report to the starting blocks. Swimmers should report to the staging area approximately five heats before their race. Feel free to wait with your young swimmers in the staging area. It is absolutely necessary that all swimmers report to the staging area prior to their race. If the swimmer is not there on time, they will miss the event—the heat will not wait for missing swimmers.
- With 130+ swimmers and limited pool space, it can be tricky to create a line-up that makes everyone happy. However, the coaches work very hard to give swimmers as many swims as possible using both relay swims and individual events to accomplish that goal. Some age groups (usually 8 & under and 9-10) have so many swimmers that it makes it very hard to give each swimmer more than 2 individual swims per week and so coaches will use the maximum amount of exhibition heats in each meet to ensure the maximum amount of individual entries.
- Many times, breaststroke possesses a special challenge to 8&U's. If there is only one 8 and under swimmer who swims a "legal" breaststroke, that swimmer may have to swim breaststroke at many of the A meets to earn points for the team. As the season progresses, there will be more swimmers who become legal in breaststroke and will start swimming breaststroke in the A meets.

Example of a "swim tattoo":

<i>E</i>	<i>H</i>	<i>L</i>	<i>S</i>
<i>19</i>	<i>2</i>	<i>3</i>	<i>Free</i>
<i>29</i>	<i>1</i>	<i>1</i>	<i>Back</i>
<i>59</i>	<i>3</i>	<i>3</i>	<i>Relay #4</i>

Description of Relay Teams

- Medley Relay: 8 & under and 10 & under
 - Swim only 25 yards (one length) for each leg of race
 - Order of strokes: Back, Breast, Fly, Freestyle
 - 1st) Backstroke and (3rd) Butterfly begin at starting blocks
 - (2nd) Breaststroke and (4th) Freestyle begin at the end with no starting blocks
- Medley Relay: 12 & over
 - Swim 50 yards each (2 lengths)
 - Order of strokes: Back, Breast, Fly, Free
 - All swimmers begin at starting blocks
- Free Relay: 8 & under
 - Swim only 25 yards (one length) for each leg of race
 - 1st and 3rd swimmers begin at starting blocks
 - 2nd and 4th swimmers begin from the end with no starting blocks
- Free Relay: 10 & over

- All swimmers swim 50 yards (2 lengths) and begin at starting blocks

Ribbons

Klahanie awards 1st through 4th places in all events. (Each club has their own ribbon policy so away meets will be according to that club's ribbon policy). We also award special "Personal Best" rainbow ribbons. These are given to all swimmers who better their previously recorded time in an event at a meet. "Personal Best" ribbons are the best measure of success and personal growth.

Judging and Disqualification (DQ)

Competitive Swimming, like any other sport, has a set of rules and has officials to enforce these rules. Stroke & Turn Judges stand at the ends or walk the sides of the pool watching the swimmers. If the judge sees an infraction he or she raises his or her hand and notifies the timer that the swimmer has been disqualified ("DQ'd"). While it can be a great disappointment to a beginning swimmer, a DQ is really little different than a foul in basketball or a penalty in soccer or football. Obviously DQs should be avoided if possible, but when they happen they should be viewed as a learning experience. The [Midlakes Officials Cheatsheet](#) provides complete stroke briefing, whistle start procedures, relay takeoffs, and DQ information.

Swim Times

The first opportunity to find a time for a swim will be to ask the time keeper directly following the race. Also, as the meet progresses, times will be posted on the wall. After a meet, you can discover times through any of the following options:

- Click on the Midlakes website, look for Meets and [2021 Scoreboard](#), or
- Look at the label on the ribbon you receive from your race, or
- Click on the [Klahanie Website](#) under My Account/My Meet Results, or
- On the App, go to Account Home, then click on your swimmer, then Meets

Divisional Championship Meet

[Divisional Championships](#) ("B Champs") is open to all Division II members that have not achieved a "B" disqualification time during the dual meet season. This is a really fun Saturday morning meet where the swimmers get a chance to hang out with their friends in the morning and swim against other Division 2 swimmers from multiple teams. They also get a chance to earn medals in relays and individual events.

Host Club: **TBD**

League Championship Meet

[League Championships](#) For 2021, Championships will be conducted as three Timed Finals Meets. You do not have to achieve a B Disqualification Time to swim in this meet. In most cases, a swimmer must choose to swim in either the B Champs or the A Champs, not both.

Senior Timed Finals - TBD Monday July 26 (04:00 PM)

Junior Boys Timed Finals - TBD Tuesday July 27 (04:00 PM)

Junior Girls Timed Finals - TBD Wednesday July 28 (04:00 PM)

Meet Addresses and Maps



Mercerwood Shore Club

4150 E Mercer Way,
Mercer Island, WA 98040
206-232-1622

[Map](#)



Maple Hills

15200 204th Ave SE,
Renton, WA 98059

[Map](#)



Somerset Rec Club

4445 Somerset Blvd SE
Bellevue, WA 98006
425-747-5575

[Map](#)



Tam o Shanter Golf and Country Club

1313 183rd Ave NE
Bellevue, WA 98008
(425)746-1578

[Map](#)



Strattonwood Swim Club

7616 139th Place Northeast
Redmond, WA 98052
425-885-6464

[Map](#)