

2025 League and Division Championships

Division 5



**WOODRIDGE
WARRIORS**

Date: July 19, 2025

To: All Coaches and Team Representatives

From: Woodridge Swim Club, Julie Uyeda – Meet Director

CC: Midlakes Communications Director

RE: Midlakes Championships 2025: Division 5

Location: Woodridge Swim Club, 12320 SE 14th Street, Bellevue (Map and directions included below)

Meet Date and Start: Division Champs - Saturday, July 19th, 2025 @ 9:00 am start

Events: Division Champs will match the current Dual Meet program, MINUS the Co-ed Relay.

Meet Entry Due Dates: **Division Champs:**

- Due no later than **Wednesday July 16th @ 7:00 pm** in [Swimmingly](#). **All swimmers must have a time.**

Meet Entry Format: Each team is responsible for adding their swimmers into Events in the Swimmingly Clubhouse meet: 2025 Division 5 Champ Meet. When your entries are "Heat Sheet Ready" in Swimmingly, please email the host letting them know (Carrie Nordberg or Julie Uyeda).

Meet Entry Limits: Refer to the [Operating plan 2025](#) for complete entry rules and application. These limits are the same as any year and have not changed for 2025. All Division Championship entries are subject to the Midlakes A Qualifying Times. **If a swimmer is entered in an event in which they have the A Qualifying Time, they will be scratched from the event and not allowed to substitute another event. Please check your entries carefully, including relay swimmers (who cannot have achieved an A Qualifying time in the individual event for their leg of the relay.)** [A qualifying times](#)

Swimmers are limited to a maximum of three events between League and Division Championships, with exception that a swimmer entered in three events in Division Championships may swim as a swimmer or an alternate in one League Champs relay.

Swimmers who swim in three League Champs events, or who swim in some combination of three events split between Division and League Champs, may swim in no more than two individual events.

The only swimmers who may swim three individual events in Division and League Championship meets are those who swim three Division Championship events. **There is no limit to the number of swimmers a team can enter into an event, as long as they do not have A Qualifying Times.**

Meet Results: **Division Champs results will be calculated by each Division Hosts as normal.** Hosts must submit final Division Champs results to the League by midnight on the day of the meet.

League Champs Awards will be processed by a committee for pick-up by each club.

Volunteer Sign-ups: Swim clubs should sign up their volunteers. Sign Up to follow. Swim Clubs can send the volunteer sign up out to parents or complete sign up for your team. We will have name tags made for volunteer positions to ensure we have all positions filled the morning of the meet.

Please send our volunteer coordinator the names of your volunteers no later than Thursday July 17th.

Email: [Revon Wilson](#)

Volunteers: All clubs are required to provide volunteers to successfully run the swim meet. Volunteers include timers, judges, and stagers. The number of volunteer slots will be determined based on the number of swimmers each team is sending to the event. **All timers should have experience timing at least two dual meets. No training will be provided.**

Split shifts are not allowed. One volunteer will fulfill the entire shift for a given job. If you have a swimmer in the pool, of course you may ask someone to cover your duties for the brief time it takes to watch the heat.

First shift checks in upon arrival. Subsequent Shifts should check in up to 15 minutes in advance. All shifts of Officials and Timers must attend scheduled instruction meetings.

Timers: Division 5 Champs swim meet will have 2 Swimmingly timers and 1 manual stopwatch/recorder timer for each of our 6 lanes. Swimmingly timers are expected to have timed before using this application and come to the meet with the Swimmingly App downloaded and a fully charged, compatible phone and battery charger/cord in case

phone battery drains. Manual timers will be provided manual stop watches from the host club. Manual timers will be responsible for clocking and recording times for each race. These times may be requested from the Head timer if we have times that have a greater than .3 second discrepancy. Lane assignments will be made ahead of time. Timers should check in with the volunteer check in at the meet to receive a nametag and lane assignment.

All Timers must check in at officials' table on the pool deck at 8:45 am

Officials:

Requirements:

- 1 Starter, 1 Referee, 1 Chief Judge (CJ may be eliminated if necessary)
- 4 Stroke & Turn – 2 on sides, 2 on ends
- S&T judges will be using Swimmingly for entering DQs (CJ or Referee will verify all DQs)

Warm Ups:

7:45-8:05 Woodridge
8:05-8:25 Newport Yacht Club
8:25-8:45 High Woodlands

Pool will be cleared of all swimmers at 8:45 am

Meetings:

Coaches Scratch – 8:00 am at Officials' table
Officials – 8:30 am at Officials' table
Timers – 8:30 am behind the blocks

Clerk of Course:

Opens at 8:45 am. Relays should be gathered and should check in at that time. Heats will be staged in order so please be patient if swimmers arrive early. Swimmer staging will occur on the pool deck this year to limit congestion on the stairs.

Coaches:

Seating will be reserved for coaches on the south side of the pool deck. Heat sheets and hospitality will be provided. Please check in on the pool deck to receive these items.

Team areas:

Teams and families will have sections reserved in the closed parking lot above the pool for setting up canopies and chairs. Spectators can view from the grassy hill overlooking the pool. Tents and canopies are **not allowed** on the grassy hill to allow for spectators. The pool deck area will be reserved for coaches and swimmer staging.

Concessions:

We will have light concessions available using cash or card. We have tentative plans for breakfast burritos food trucks. More information will follow.

Heat Sheets:

Heat Sheets will not be sold at this event but will be posted for reference. Families are encouraged to download the Swimmingly Fan App on their phone. This will allow families to view the full heat sheet and view the events that their swimmers are competing. This will also provide LIVE results as the meet is running. If you are having trouble accessing the Swimmingly Fan App, contact your Swim Team Coordinator(s) to help.

T-Shirts: Vendor will be at the pool to sell Midlakes championship t-shirts

Parking: Parking is very limited. Street parking is available. Please be courteous to the neighborhood by not parking on yards or blocking driveways. Parking for officials and coaches will be along the north side of SE 14th Street and will be clearly marked.

Directions to Woodridge Pool

12320 SE 14th Street, Bellevue (corner of 123rd and SE 14th)

<u>From Seattle:</u> Take SR-520 to I-405 southbound, then follow the directions for coming from the north. OR Take I-90 to I-405 northbound, then follow the directions for coming from the south.	<u>From the East:</u> Take I-90 to I-405 northbound, then follow the directions for coming from the south.
<u>From the North:</u> • Take I-405 South • Exit at SE 8th Street • Turn left at the end of the off ramp onto SE 8th Street and go under freeway (heading toward large wooden train trestle) • Turn right onto 121st Street SE (first street after the trestle) • Continue up the hill; street turns into 123rd Avenue SE • Pool will be on your left-hand side	<u>From the South:</u> • Take I-405 North • Exit at SE 8th Street • Turn right at the end of the off ramp onto SE 8th Street • Go under train trestle, and turn right onto 121st Street SE (first street after the trestle) • Continue up the hill; street turns into 123rd Avenue SE. • Pool will be on your left-hand side.