

Cascade Swim & Dive Schedule- 2021

Date	Meet or Event Information
Mon 8/23	First week of practice at Mariner HS Pool, 5:15-7 pm
Mon 8/30	Second week of practice at Everett YMCA, 2:30-4:15 pm
Tues 8/31	Parent Meeting online, 6:30 pm
Thu 9/2	Team Suit order deadline (https://disports.com/teams/cascade-girls)
Mon 9/6	Labor Day Swim at Silver Lake, 9 am (no afternoon practice)
Tue 9/7	Third week of practice at Kamiak HS Pool, 4:30-6:30 pm
Wed 9/8	First Day of School!
Tue 9/14	v. Monroe at Everett YMCA, 2:30 pm
Thu 9/16	@ Lake Stevens, 3:40 pm
Thu 9/23	v. Glacier Peak at Kamiak HS Pool, 5:15 pm
Sat 9/25	@ Mukilteo Invite at King County Aquatic Center, Federal Way, 9:00 am
Tue 9/28	@ Snohomish at Snohomish Aquatic Center @ 3:00 pm
Thu 9/30	v. Stanwood at Everett YMCA, 2:30 pm
Fri 10/1	Team Pictures at the YMCA. Bring Suit and team jacket (practice to follow!)
Tue 10/05	@ Kamiak, 3:15 pm
Thu 10/07	v. Archbishop Murphy at Everett YMCA, 2:30 pm
Tue 10/12	@ Marysville Pilchuck & Getchel at MPHS Pool, 2:45 pm
Thu 10/21	v. Everett at Everett YMCA, 2:30 pm
Thu 10/28	JV Champs, TBD
Wed 11/3	District Dive Prelims at SAC- 4:00 pm
Fri 11/7	3A District Swim Prelims at SAC- 5:00 pm
Sat 11/9	3A District Swim & Dive Finals at SAC- 3:00 pm
Fri 11/12	3A State Prelims at KCAC- Middle Session
Sat 11/13	3A State Finals at KCAC- Middle Session

Event	District time 2021-2022	State Time 2021-2022	School Record	Name/Year
200 Medley Relay	One team	1:54.40	1:54.03	R. Lombardo, T. McMaster, M. Watanabe, J. Sturdefant- 1992
200 Free	2:22.00	1:58.80	1:52.88	Kalena Laurent- 2011
200 IM	2:45.00	2:13.30	2:08.17	Kalena Laurent- 2013
50 Free	28.50	:25.10	:24.63	Danielle Booth- 2012
Diving (11 dives)	11-dive qual.	315/11.6	392.10	Ashley Albrecht- 2014
100 Fly	1:16.00	:59.70	:55.99	Kalena Laurent- 2013
100 Free	1:05.00	:55.00	52.56	Kalena Laurent- 2012
500 Free	6:40.00	5:20.70	5:03.25	Kalena Laurent- 2013
200 Free Relay	One team	1:42.70	1:38.29	N. Carlson, Darcie Booth, Danielle Booth, K. Laurent- 2012
100 Back	1:13.00	1:00.75	1:01.10	Nikki Hall- 1987
100 Breast	1:25.00	1:08.50	1:06.36	Danielle Booth- 2013
400 Free Relay	One team	3:45.90	3:34.96	N. Carlson, Darcie Booth, Dani Booth, K. Laurent- 2012

Notes-

The district times are what it takes to qualify for the district meet. Each team gets one entry, regardless of time, but can have up to up to four entries per individual event who meet this minimum standard. This y.

Top five (5) swimmers from district finals will advance to state, plus anyone who has achieved a state qualifying time AND competed in that event at the District meet.

Relays for the district and state meet will be determined by a swimmer's rank on this season's top time list.

Divers MUST qualify at an 11- dive meet in order to compete at the district meet. 11-Dive qualifying meets will be scheduled on Saturdays throughout the season.

Up to three (2) additional swim meets may be added to the current schedule.

Other Stuff...

Team Spirt Pack (Sweatshirt, etc) Order Link: <https://cascadeswim.gearupsports.net/>

Coach Smith's Team Page with good information: <https://www.everettsd.org/Page/17806>

