

2008 Colorado HS Swim Coaches Assn Invitational

Date: Saturday, December 20, 2008

Pool: Mountain View Aquatics Center

DIRECTIONS TO MOUNTAIN VIEW: (MVAC 3560 Mountain Lion Drive Loveland, CO 80537) I-25 north to Exit 257 B (34 West) West 1 mile to 2nd stoplight then South (left) on Boyd Lake Road

Conduct: This meet will be conducted in a Preliminary and Finals format.

Diving preliminaries will be conducted while the Swimming preliminaries are in progress.

Prelims Warm-Up: 7:00 - 8:20 AM
Start: Swim 8:30 AM (8 lane heats)
Start: Diving 9:00 AM
Swim Coach Meeting 7:30 AM (time limit 30 minutes)

Finals Warm-Up: 3:30 - 4:15 PM
Start: 4:30 PM (8 lane consol and final heat)
(Diving in normal event order)

Scoring: Top 16 from Preliminaries will compete in the evening championships

Individual: 20- 17- 16- 15- 14- 13- 12- 11- 9- 7- 6- 5- 4- 3- 2- 1

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

Only top Four Swimmers/Divers from a team can score in the finals.

Awards: Team: Top Two Teams for both 5A and 4A schools / **Individual:** Individual Medals - 1 – 8

Admission: Adults \$ 5.00/session, \$ 8.00 All Day /Students \$3.00/session with school activity sticker

Programs: \$ 2.00 Preliminaries, \$ 1.00 Finals (Heat Sheet Only)

- Rules:**
- 1) An athlete may enter in a maximum of 4 events with no more than 2 as individual events.
 - 2) Each team may enter unlimited competitors per individual event.
Only Four (4) Individual Competitors per team will be allowed to compete in the Finals.
 - 3) Two (2) Relays per School may be entered in the Relay Events. Only one per team in the Finals.
Please include all relay entrants (8 allowed) with your entries.
Note: Once a relay member swims on a B relay they cannot swim on that same event A relay for finals.
 - 4) Teams may divide their team into multiple squads. These must be entered as separate teams with unique team name. Athletes may not transfer between squads, defined teams, during this meet.

Diving: Divers will perform 11 dives following championship meet format. Cuts to 32 after 3 rounds, 20 after 5 rounds and 16 after 8 rounds. **Submit Dive list with entries. Dives may be changed day of meet. DIVE CARD DUE** at start of Warm-Up (7:00 AM). Have your cards ready when you walk in the door! We will run a manual card in addition to the computer.

Qualifying Standards:

Standards may have been achieved during last years or this season.

	Yards	Meters
200 MEDLEY RELAY	2:06.0	2:20.6
200 FREESTYLE	2:10.0	2:24.0
200 INDIVIDUAL MEDLEY	2:27.0	2:43.2
50 FREESTYLE	0:27.0	0:30.1
DIVING	180 for 6 Dives, 300 for 11 Dives	
100 BUTTERFLY	1:07.0	1:14.4
100 FREESTYLE	0:58.8	1:05.4
500 FREESTYLE	5:50.0	5:07.0 (400 meters)
200 FREESTYLE RELAY	1:52.0	2:05.1
100 BACKSTROKE	1:07.3	1:15.0
100 BREASTSTROKE	1:16.0	1:24.5
400 FREESTYLE RELAY	4:08.0	4:36.3