

2009 – 2010

Colorado High School Swim Coaches Association

Girls Swimming & Diving Invitational

From: CHSSCA, Ron Johns - (303) 229-2298

Date: Saturday, December 19, 2009

Pool: Mountain View Aquatics Center

DIRECTIONS TO MOUNTAIN VIEW: (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

Site Coordinator: Ron Johns and Mtn View Staff

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: 8:30 AM (swim) 9:00 AM (dive)

Coach Meeting: 7:30 AM (time limit 30 minutes)

Finals Warm-Up: 3:30 - 4:15 PM

Start: 4:30 PM

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

HOYT BRAUNER Award

Must be a senior. Selection criteria will be based on Academics, Citizenship, and Athletic Achievement. Nominations must be in a Written (Typed) form and submitted prior to the start of the preliminary session.

Entry Fees: **\$50.00 per team plus \$6.00 per Swimmer/Diver, including swimmers listed as alternates for relays.** Payable to CHSSCA, please mail before meet.

Ron Johns, PO Box 594, Pine CO 80470

Please provide proof of times with entry report.

Times slower than Qualification Standards WILL be challenged. \$25 fine for those that cannot be proved. Bring Proof of Times if not provided with entries

Admission: Adults \$ 5.00 per session, \$ 8.00 All Day

Students **\$ 3.00 per session with school activity sticker**

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

Entries Due: **Email December 14th. Postal Service postmarked by December 12th. Coaches I need Entries in my hands on Monday December 14, 2009.**

Entries: Send the Following: (PLEASE EMAIL ENTRIES)

Entry Chair: Barb Stevens cshswimming@q.com and

Ron Johns johnsrswim@msn.com

a. Hy-Tek file with entries (**Team Abbreviation use CHSAA Bulletin**)

b. Report of your entries with Proof of Times.

(Hy-Tek print out or entries in crystal report or word format. Use

Hy-Tek report option "Include Proof of Times" on the entry report.)

- c. Dive Entries. Please provide dive list for computer preparation. Yes dives may be change day of meet.
- d. Please include your complete roster, Hy-Tek file for preparation for the state meet.
- e. Please include full team name and coach's full name in your email to help us ensure we do not miss any entries.

Email: cshswimming@q.com and johnsrswim@msn.com (please send to both emails to avoid missed entries)

- 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	5:55.0	5:11.4 (400 meters)
200 FREESTYLE RELAY	1:52.0	2:05.1
100 BACKSTROKE	1:07.5	1:15.0
100 BREASTSTROKE	1:16.0	1:24.5
400 FREESTYLE RELAY	4:08.0	4:36.3

Coaches Please Adhere to these Standards. Times slower than Qualification Standards WILL be challenged. \$25 fine for those that cannot be proved. Bring Proof of Times. School ADs will be billed. We want a quality meet with a reasonable timeline.

Swimmers with a Disability may attend and compete. Please contact Ron Johns, 303-229-2298 for considered athletes.

Phone 303-229-2298, e-mail: johnsrswim@msn.com

Insert Host Hotel Flyer