



2018 – 2019

Colorado High School Swim-Dive Coaches Association  
Girls' Swimming and Diving

## Rex Abelein Memorial Invitational

**From:** CHSCA, Ron Johns - (303) 229-2298, [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)

**Dates:** **Dive Prelims: Friday, December 14, 2018**  
**Swim Prelim and Finals: Saturday, December 15, 2018**

**Pool:** Veterans' Memorial Aquatic Center (VMAC)  
136th and Holly Street, Thornton, Colorado 80602 (East of I-25 on 136th just after Colorado Blvd.)

**Site Coordinator:** Ron Johns and VMAC Staff

**Conduct:** This meet will be conducted in a Preliminary and Finals format with **10 Lanes for both Prelims and Finals**. Diving preliminaries will be conducted while the Swimming preliminaries are in progress. The top 20 will advance.

<b>Prelims:</b>	<b>Friday 14 December</b>	<b>Saturday 15 December</b>
	Dive Warmup 3:00 PM	Swim warm-Up: 7:00 - 8:20 AM
	Dive Coach Meeting 3:30 PM	Swim Coach Meeting 7:30 AM (time limit 30 minutes)
	Dive Competition start 5:00 PM	Swim Prelims Start 8:30 AM

*Only the top Four Swimmers/Divers from a team may advance to the finals. Only one Relay from a team may advance to the finals.*

**Finals:** **Saturday 15 December**  
Warm-Up: 2:30 PM  
Start: 4:00 PM (10 lane consolations and final heat)

**NOTE: We will run heats of 50 Free for any adaptive athlete at the start of the finals session.**

**Please provide names of potential athletes that you wish to participate in this special event.**

**Scoring:** Top 20 from Preliminaries will compete in the evening championships  
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2  
**Only top Four Swimmers/Divers from a team can compete/score in the finals.**

**Awards:** Team: Top Team for 5A, 4A and 3A schools  
Individual: 1st Place Award

### **HOYT BRAWNER Award**

Nominees 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.

**ATHLETE of the MEET (High Point): Selected based on performance during this meet.**

**Entry Fees:** **\$65.00 per team plus \$10.00 per Swimmer/Diver, including swimmers listed as alternates for relays. Please mail before meet or have payment at the meet.**

**Payable to:** CHSCA (Colorado HS Swim/Dive Coaches Association)  
**Please mail to:** Ron Johns, Swim Coach  
Chatfield HS, 7227 S Simms St, Littleton CO 80127

Remember you will need proof of time for your entries if not achieved at the meet.

*Ron Johns 303-229-2298; Ron Johns ([cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com))*

**Admission:** Adults/Students \$ 5.00 per session  
 Seniors (60+) \$ 4.00 per session  
**Programs:** \$ 3.00 Preliminaries  
 \$ 1.00 Finals (Heat Sheet Only)

**Entries Due:** Tuesday December 11. Only Hy-Tek entries will be accepted.

**Entry Chair:** Ron Johns: [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)

- a. Hy-Tek file with entries (**Team Abbreviation use CHSAA Swim Bulletin**)
- b. Entry Report of your entries with Proof of Times.  
**(Entry Report pdf file please with entries and proof of times)**  
 Use Hy-Tek report option "Include Proof of Times" on the entry report.
- c. REMEMBER: Dive Entries, I need the names of your divers. Please provide your initial dive list on **Thursday, December 13th.**
- d. Please include full team name and coach's full name in your email to help us ensure we do not miss any entries.

**Email:** [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com) (I will send you a reply email on receipt)

- Rules:**
- 1) An athlete may enter 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 may advance to finals. Please include all relay entrants (8 allowed) with your entries.
  - 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.  
 Cut to 24 after 5 rounds and 20 after 8 rounds.

**Dive Cards - Please email your dive list by Thursday 13 December via Clean Entries.** Finals dive lists are due at by 4:00pm.

**Qualifying Standards are listed below.** Standards may have been achieved during past seasons or non-HS competitions. Any recorded time is acceptable.

	CI Girls Yards	CI Girls Meters
<b>200 Med. Relay</b>	2:07.0	2:21.73
<b>200 Freestyle</b>	2:09.0	2:29.93
<b>200 IM</b>	2:26.0	2:42.06
<b>50 Free</b>	0:27.0	0:30.11
<b>*Diving-6 Dives</b>	190 (9.6)*	190 (9.6)*
<b>**Diving-11 Dives</b>	310 (11.2)**	310 (11.2)**
<b>100 Butterfly</b>	1:06.5	1:13.88
<b>100 Free</b>	0:58.5	1:05.05
<b>500Y/400M Free</b>	5:49.0	5:06.14
<b>200 Free Relay</b>	1:53.0	2:06.22
<b>100 Back</b>	1:06.5	1:13.88
<b>100 Breast</b>	1:15.6	1:23.96
<b>400 Free Relay</b>	4:10.0	4:38.5

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

*Ron Johns 303-229-2298; [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)*