



## 2018 Girls Lightning Invitational

### Dates/Times

Friday, December 7th, 2018 - Diving Competition (6 & 11 dive options)  
2:30pm Warm-up, 4:00pm Start

Saturday, December 8<sup>th</sup>, 2018 - Swimming Competition (timed finals)  
7:00am General Warm-ups, 8:00am Start

### Host

Legacy High School Girls Swimming & Diving

### Location

Veterans' Memorial Aquatic Center VMAC  
136th and Holly Street, Thornton, Colorado 80602  
East of I-25 on 136th Avenue, past Colorado Boulevard

### Coaches/Contacts

Swimming Coach: Amber Sullivan, [Amber.L.Sullivan@adams12.org](mailto:Amber.L.Sullivan@adams12.org)  
Diving Coach: Mercedes Clements, [Mercedes.A.Clements@adams12.org](mailto:Mercedes.A.Clements@adams12.org)  
Athletic Director: Brendon Feddema, [Brendon.J.Feddema@adams12.org](mailto:Brendon.J.Feddema@adams12.org)

### Meet Director

Amber Sullivan; (720) 261-5236, [Amber.L.Sullivan@adams12.org](mailto:Amber.L.Sullivan@adams12.org)

**\*\*Please email all Hy-Tek entries to Amber on the Monday, December 3rd (Monday before the meet).\*\***

### Format

#### Diving - Varsity

Cuts: Divers will perform an 11-dive list. All NFHS and CHSAA Rules will be followed for cuts. The diving field shall be cut to 32 after the third round unless otherwise agreed upon by the coaches and officials. After the fifth round (preliminary), the field shall be cut to 20 divers as per NFHS rules. After the eighth round (semifinal), the field will be cut to 16 divers who will dive in finals with two alternates. Only the top 4 athletes per school can survive any cut. Therefore all schools will be cut to 4 from each school at the first cut, unless they are not withholding someone else from advancing. The diving boards will open for a brief 10-20 minute warm-up after the 8<sup>th</sup> dive before finals. All one meter diving boards will be available for warm-ups and competition.

#### Diving – Junior Varsity

JV designated divers will compete concurrently with varsity divers. JV divers will dive a 6-dive schedule. JV divers will not be scored for team points.

Diving lists are due to Mercedes Clements by Wednesday, December 5<sup>th</sup> at midnight. We will print out diving cards for coaches and athletes to sign. Coaches should bring their own signed cards. The coaches and athletes are responsible for checking the accuracy of the diving lists on the cards prior to the meet start. If any errors are found, or dives need to be changed, those changes can be made prior to the meet start.

## Swimming

Timed Finals: 7:00 am open warm-up, continuous warm-up during meet; 8:00 am start

Entries: Each team may enter an unlimited number per individual event and relay event. A maximum of 4 events per athlete, no more than 2 as individual events per athlete. Relays: Only a team's fastest two relays (A & B) score (minimum of four swimmers, maximum of eight, declare relay before the event). \*Please limit 500 participants to 8 minutes.

Individual Events ~ Each team may enter an unlimited number per individual event and relay event. A maximum of 4 events per athlete, no more than 2 as individual events per athlete and relay event. \*Please limit 500 participants to 8 minutes.

Relays ~ Only a team's fastest two relays (A & B) score (minimum of four swimmers, maximum of eight). Relays can/will be declared before the event.

## **Fees**

\$150 per team, diving only will cost \$50 per team.

A team may choose to enter two teams, each team will score separately as "Team-A" and "Team-B". Fees will be \$100 per team.

Checks payable and sent to:

Legacy High School – Girls Swimming

2701 West 136<sup>th</sup> Avenue

Broomfield, CO 80023

Office Phone: (720) 972-6707

**\*\*PLEASE SUBMIT PAYMENT PRIOR TO THE MEET.\*\***

## **Scoring**

20 Places will be scored for both individual and relay events.

Individual events:

24, 21, 20, 19, 18, 17, 16, 15, 14, 13; 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

The fastest 4 individuals from a team will score for their team.

Relay events:

48, 42, 40, 38, 36, 34, 32, 30, 28, 26; 22, 18, 16, 14, 12, 8, 5, 3, 2, 1

The fastest two relays (A & B) from a team will score points.

## **Other**

USA Officials will be present at this meet.

## **Spectators**

Spectators: \$5 adults, \$4 students with ID

Programs: \$3

