

2019 Front Range League

Boys' Swimming & Diving Conference Championships

Friday, May 10th - Saturday, May 11th, 2019

Host

Adams 12 and Mountain Range jeff.johnson@adams12.org

Teams

Boulder, Fairview, Fort Collins, Fossil Ridge, Horizon, Legacy, Loveland, Monarch, Mountain Range, Poudre, Rocky Mountain

Location

VMAC

FRIDAY AFTERNOON SWIMMING PRELIMS

2:30 p.m. Doors open for coaches and swimmers

3:00 pm Doors open for spectators

3:00 p.m. Warm-up

3:30 p.m. Coaches' Meeting

4:00 p.m. Swimming prelims start

Warm-up - In order to minimize AP testing conflicts, end of year testing, and long wait periods after warm-ups, two warm-ups are scheduled. If you feel you need another lane, please notify me by Wednesday before prelims. Teams will be in control of their own lane during warm-ups. jeff.johnson@adams12.org

Teams will have a lane(s) in the main pool and the north or south.

3:00-3:25	Mountain Range	Main 1	North 1
	Horizon	Main 2	North 2
	Boulder	Main 3	North 3
	Poudre	Main 4	North 4
	Legacy	Main 5, 6	North 5
	Monarch	Main 7, 8	South 1, 2

3:25-3:50	Rocky Mountain	Main 1, 2	North 1
	Fossil Ridge	Main 3, 4	North 2, 3
	Fairview	Main 5, 6	North 4, 5
	Ft. Collins	Main 7, 8	South 1, 2
	Loveland	Main 9, 10	South 3

3:50-4:00 All lanes OPEN but 8, 9, and 10 are sprint only

No diving warm-ups during the Friday afternoon warm-up session.

SATURDAY MORNING DIVING PRELIMS

7:30 a.m. **Doors open**
8:00 a.m.–9:15 a.m. **Diving warm-up**
9:30 a.m. **Start diving prelims**
Diving Prelims Diving Contact: Shannon Avila at avilazoo@gmail.com

Diving lists are due to **Shannon Avila by Wednesday the 9th. Diving cards are due after the 50 Free on Friday Night.** Shannon will print out diving cards on Saturday morning for coaches and athletes to sign. Coaches may decide to bring their own cards if they prefer. The coaches and athletes are responsible for checking the accuracy of the diving lists on the cards prior to the meet starting. If any errors are found, or dives need to be changed, those changes can be made prior to the meet starting.

Diving 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 28 divers as per NFHS rules. After the eighth round (semifinal), the field will be cut to 24 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.

SATURDAY AFTERNOON SWIMMING AND DIVING FINALS

Finals include the top 24 finishers in each event:

Places 1-8 Championship Finals; 9-16 Consolation Heat; 17-24 Bonus Consolation Heat

12:30 p.m. **Doors open**
1:00 – 2:00 p.m. **Open warm-up - swimming and diving**
2:00 p.m. **Finals Start**

Finals Schedule of Events

- #1 200 Yard Medley Relay** B-Final A- Final Medley Relay Awards
- #2 200 Yard Free** C-Final B-Final A-Final 200 Free Awards
- #3 200 Yard IM** C-Final B-Final A-Final 200 IM Awards
- #4 50 Yard Free** C-Final B-Final A-Final 50 Free Awards
- #5 Diving** March/Warm-up/Finals Diving Awards
- #6 100 Yard Fly** C-Final B-Final A-Final 100 Fly Awards
- #7 100 Yard Free** C-Final B-Final A-Final 100 Free Awards
- #8 500 Yard Free** C-Final B-Final A-Final 500 Free Awards
- #9 200 Yard Free Relay** B-Final A- Final 200 Free Relay Awards
- #10 100 Yard Back** C-Final B-Final A-Final 100 Back Awards
- #11 100 Yard Breast** C-Final B-Final A-Final 100 Breast Awards
- Announcement of Coach of the Year/Senior Recognition & Swimmer or Diver of the Year
- #12 400 Yard Free Relay** B-Final A-Final 400 Free Relay Awards
- Final Team Scores and Championship Award

Front Range League Conference Rules and Entry Process

Entries are due Monday May 6th

Email ONLY HY-TEK entries email to Linda Seckinger lseckinger@aol.com

The only corrections allowed after your entries have been sent will be scratches & relay order changes. Please remember to enter your divers. Psych sheets will be sent on Tuesday, May 7th by 3 p.m. All scratches/corrections must be made by noon on Wednesday, May 8th.

Athletes may enter a maximum of four (4) events, no more than two (2) of which may be individual events, and no more than three (3) of which may be relays. Each team may enter unlimited competitors per individual event. Each school may enter unlimited relays, with the fastest "A" relay qualifying for finals. Please include all relay entrants (8 competitors allowed) with your entries. Relay names (including alternates) not originally entered are not eligible to swim. Entries submitted with No Times will be seeded in the slowest preliminary heat.

Note: ONLY relays designated as "A" are eligible for finals. If the "A" relay is disqualified during prelims, the "B" relay CANNOT replace it. Furthermore, a swimmer cannot swim on a "B" relay during prelims and the "A" relay in finals. Coaches – please remind your athletes so this is not a surprise.

Scratches: Only the top four athletes on each team are eligible to advance and compete in the finals. Per CHSAA Rules, if a 4th swimmer cannot compete in finals, a 5th swimmer may not replace them in any case.

Please notify the computer table during prelims of any scratches for the top 24 places ASAP, but before the 400 free relay. We would like to send out an accurate finals program and let our athletes know who is competing in finals before leaving the pool Friday.

Scoring: The top 24 athletes from the preliminaries will compete in the finals Saturday afternoon (maximum of 4 per team).

Individual Events

Final: 30-27-26-25-24-23-22-21

Consolation: 19-17-16-15-14-13-12-11

Bonus Consolation: 9-7-6-5-4-3-2-1

Relays Events

Final: 60-54-52-50-48-46-44-42

Consolation Final: 38-34-32

Front Range League Swimmer/Diver/Coach of the Year

All athlete nominations should be distributed at the coaches' meeting at prelims (11 copies).

The Athlete of the Year must be a senior swimmer or diver, and nominated with a letter from the athlete's coach. After receiving nominations from the coaches, ballots will be placed in team folders at finals. Please turn in your ballot to the table by the 100 backstroke. The winners will be announced before the 400 free relay at finals.

Swimming and Diving Event Awards

Ribbons for top 8 places in individual and relay events. A first place league championship trophy/plaque. First place finishers will be named to the All-Conference First Team and second place finishers will be named to the All-Conference Second Team.

Other Information

Hospitality

There will be drinks and snacks available for coaches, officials, and timers.

Concession

The VMAC concession stand will be open Friday and Saturday for spectators and athletes.

Spectator Fee

Swimming Prelims-\$6 Adults, \$5 Seniors, \$5 Students with ID

Diving Prelims-\$6 Adults, \$5 Seniors, \$5 Students with ID,

Swimming and Diving Finals-\$6 Adults, \$5 Seniors, \$5 Students with ID

Prelim and Final Programs \$3

Pool

Please pick-up your area and keep the facility clean, both days. NO spectators are allowed on deck.

Locker Rooms

Both locker rooms on deck will be designated as "Boys Only." Spectator and other restrooms will be located in the upstairs lobby.

USA Officials will be on deck to observe swims. Athletes wishing their swims to be observed must sign in at Clerk of Course station prior to start of the meet.

2019 Boys' Front Range League Meet Records

200 Medley Relay	1:33.73 Fossil Ridge 2017 D. Kovac, J. Pales, S. Ybarra, K. Malinin
200 Free	1:37.42 Jay Schryver Loveland 1997
200 IM	1:52.75 Kyle Miranda Monarch 2004
50 Free	20.37 Steve Geving Northglen 1986
1 mtr Diving	
100 Fly	48.65 Danny Kovac Fossil Ridge 2018
100 Free	44.63 Jay Schryver Loveland 1997
500 Free	4:31.94 Mike Wasgatt Fort Collins 1996
200 Free Relay	1:25.46 Fossil Ridge 2017 S. Alkaff, M. Geraghty, J. Pales, K. Malinin
100 Back	49.44 Harrison Lierz Broomfield 2017
100 Breast	55.61 Kyle Miranda Monarch 2004
400 Free Relay	3:06.66 M. Geraghty, R. Dauksher, D. Kovac, S. Alkaff Fossil Ridge 2017

Senior Recognition

We will recognize all of our seniors on the south bulkhead during the 15 minute break after the 50 free and before the 100 butterfly.

Please complete this form and give it to Jeff Johnson at prelims before the 50 free.

Team:

Head Coach:

Assistant Coach:

Assistant Coach:

Diving Coach:

Seniors:

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Parent Information

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 - #6 100 Yard Fly** C-Final B-Final A-Final 100 Fly Awards
 - #7 100 Yard Free** C-Final B-Final A-Final 100 Free Awards
 - #8 500 Yard Free** C-Final B-Final A-Final 500 Free Awards
 - #9 200 Yard Free Relay** B-Final A-Final 200 Free Relay Awards
 - #10 100 Yard Back** C-Final B-Final A-Final 100 Back Awards
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