

**2019 Lightning Invitational**

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| **Dates**  Friday, March 8, 2019 - Diving Competition 2:30pm Warm-up, 4:00pm Start  Saturday, March 9, 2019  - Swimming Competition 7:00am Warm-up, 8:00am Start   **Host**  Legacy High School Swimming & Diving       **Location**  Veterans’ Memorial Aquatic Center VMAC  136th and Holly Street, Thornton, Colorado 80026  East of I-25 on 136th Avenue, past Colorado Boulevard  Swimming Coach: Tony Helfrich, Diving Coach: Shannon Avila, Athletic Director: Brendon Feddema **Meet Director**  Tony Helfrich; [cioagano456@gmail.com](mailto:cioagano456@gmail.com) 970-412-6919  **\*\*All Hy-Tek entries emailed to Tony on the 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 8th dive before finals.  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.  **Entries/Contact:** Tony Helfrich; [cioagano456@gmail.com](mailto:cioagano456@gmail.com) 970-412-6919  DivDiving lists are due to Shannon Avila, at avilazoo@gmail.com, by the Wednesday night before the meet 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 starting. If any errors are found, or dives need to be changed, those changes can be made prior to the meet starting.  All one-meter diving boards will be available for warm-ups and competition.  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.*  **Fees** $150 per team, diving only $50 per team, a team may choose to enter two teams, each team will score separately as “Team-A” and “Team-B”, fees will $100 per team  Check payable and sent to:  Legacy High School – Boys Swimming 2701 W. 136th Ave.  Broomfield, CO 80023 US; Office Phone:  720-972-6707 *(please submit before the meet)*                          **Awards**  Top 6 finishers in each event receive an award. These must be picked up after each event. No awards will be sent to teams.  **Scoring**  20 places will be scored if 10 lanes are swum  Relays: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 5, 8, 6, 4, 2   * The fastest two relays from a team will score points   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   16 places will be scored if 8 lanes are swum  Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2   * The fastest two relays from a team will score points   Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5 , 4, 3, 2, 1   * The fastest 4 individuals from a team will score for their team   **Spectators**  Spectators: $6 adults, $4 students with ID  Programs: $3 |
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