

# 2023 Boys Front Range League Swim and Dive Conference Championships

**DATE:** Friday, May 5<sup>th</sup>, 2023 and Saturday, May 6<sup>th</sup>, 2023

**SITE:** Veteran's Memorial Aquatics Center  
5310 E 136<sup>th</sup> Avenue  
Thornton, CO 80241  
Pool Phone: (720) 972-2560

**HOST:** Monarch High School  
Amber Austin – Head Coach  
(720) 261-5236, [amber.austin@bvsd.org](mailto:amber.austin@bvsd.org)

Eric Gustafson – Athletic Director  
(720) 561-5640, [eric.gustafson@bvsd.org](mailto:eric.gustafson@bvsd.org)

**FACILITIES:** 25 yards, 10 lanes with three diving boards. Diving well will be open for continuous warm-up and cool down during the preliminary session and at the meet referee's discretion during the swimming finals session.

**TIMING:** Colorado Timing electronic timing system, horn start, one-button back-up, stopwatch secondary back-up, 10 line scoreboard.

**ELIGIBILITY:** Eligibility for the meet is governed by the CHSAA rules pertaining to the total number of meets that an individual may enter during the season.

**FORMAT:** This meet will be conducted with swimming prelims on Friday (swimming – 10 lanes). Diving prelims and finals will be conducted on Saturday morning. Swimming finals will be held Saturday afternoon (swimming – 10 lanes). Thirty(30) swimmers and divers will qualify for finals.  
NOTE: The 31<sup>st</sup> and 32<sup>nd</sup> swimmers will be listed as alternates.

**SCORING:** A Final 36-33-32-31-30-29-28-27-26-25  
B Final 23-21-20-19-18-17-16-15-14-13  
C Final 11-9-8-7-6-5-4-3-2-1  
Double Points for relays.

**AWARDS:** The Front Range League will select a Swimmer-of-the-Year, a Diver-of-the-Year, and a Coach-of-the-Year at the conclusion of the regular season.

The Swim or Diver of the Year must be a senior who has competed in 6 of the team's scheduled events. Please use the following in considering the candidate: A Meet Qualifier, a State Qualifier, and if you were to draft a team of swimmers or divers who would be the first swimmer/diver you would pick. Both will be selected by a vote of the coaches. Ties will result in "Co-Athletes of the Year." If there is a three-way tie or more, there will be a tie breaking vote. Certificates will be provided by the league and should be available for presentation at the awards ceremony at each school upon the completion of the meet.

All nominations for swimmer/diver of the year must be submitted via a letter written by their coach, and electronically turned in by midnight of the day prior to prelims – please email them to Amber Austin at [amber.austin@bvsd.org](mailto:amber.austin@bvsd.org). During the finals session, coaches will be given a ballot with nominations. Votes must be turned in to the timing table before the end of the 50 freestyle to be tallied by the end of the 100 Breaststroke.

Ribbons for top 10 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.

**SCHEDULE: Friday, May 5th – Swimming Prelims**

Doors Open for Coaches and Swimmers:	12:45pm
Doors Open for Spectators:	1:00pm
Swimming Prelims Warm-Up:	1:00 – 2:50pm
Coaches' Meeting:	2:40pm
<b>Swimming Prelims Start:</b>	<b>3:00pm</b>

**Saturday, May 6th – Diving Prelims and Finals, Swimming Finals**

Doors Open for Coaches and Divers:	7:15am
Doors Open for Spectators:	7:30am
Diving Prelims Warm-Up:	7:30 – 8:50am
<b>Diving Starts:</b>	<b>9:00am</b>

*\*All eleven dives will be completed in one session.*

Swimming Warm-Up:	1:00 – 2:50pm
Coaches' Meeting:	1:40pm
<b>Swimming Finals Start:</b>	<b>3:00pm</b>

**WARM UPS:** We will not have assigned lanes for warm ups. To ensure enough space for all teams to properly prepare we ask each team to keep their organized team warm ups to the standard 25 minutes using as few lanes as possible. If this request isn't respected we will assign lanes in the future. Understand warm ups are open and teams may mix in lanes.

**ENTRIES: DUE Monday, May 1<sup>st</sup>, Tuesday May 2nd is late.**  
**ONLY HY-TEK entries to be emailed to Host, Amber Austin - [Amber.Austin@bvsd.org](mailto:Amber.Austin@bvsd.org)**

The only corrections allowed after your entries have been sent will be scratches & relay order changes. Please make sure you include your divers. Psych sheets will be sent on Tuesday May 2nd. All scratches/corrections must be made by noon on Wednesday, May 3rd after which a full psych sheet will be shared with coaches. Scratches made after the Wednesday, May 3rd deadline will not be shown on meet programs sold to spectators.

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 providing all athletes meet time standards. Each school may enter 4 relays, with the fastest 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.

**DIVING:** Lists are due to the Clean Entries by Wednesday, May 3<sup>rd</sup> at midnight. Cards will be printed out on Saturday morning for coaches and athletes to sign. 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 11 dives will be completed in one session Saturday morning.

## ENTRY RULES:

- ✓ Each competitor is permitted to compete in a maximum of four events, no more than two of which may be individual events.
- ✓ Any athlete who achieves an “A” League qualifying time in any individual event prior to or at the Front Range “B” League Championship Meet, may enter and compete in the Front Range “A” League Championship Meet in that same event.
- ✓ All league Schools will earn at least 4 berths in each event with unlimited individual entries for athletes who have achieved the time/point standards for the A meet.
- ✓ In order to preserve the value of the A league meet, it is recommended that if a school is represented in the A meet event by an athlete who has achieved the time standard that the school then does not fill in the remaining positions for entry with unqualified athletes. It is expected that all schools will have at least one entrant per event if their numbers allow.
- ✓ Likewise, if a school has no athletes who achieve the time standards it is recommended for that school to bring one relay per relay event, with those athletes swimming in the individual event(s) of their choosing or assignment by their coach.
- ✓ Championship Finals, A, B, C heats (Saturday) - If a school has more than four entrants per event, only four participants from each school can advance, compete, and score.

## RELAYS ENTRIES:

- ❖ Each team may enter four relay entries per relay event.
- ❖ Each relay may not have more than eight names per relay.
- ❖ Please denote each relay team as “A”, “B”, “C”, or “D”
- ❖ Only one relay per school will be allowed to compete and score points in the Front Range League Championship Finals.
- ❖ Head coaches may choose to declare which relay team (A, B, C or D) in each relay event will participate in the finals. Declarations must be made by midnight the night of Prelims. If coach does not declare which relay will participate in the finals, the top ranked relay will swim by default.

## QUALIFYING TIMES:

**Coaches are responsible for the integrity of their entries.**

### “A” Meet Standard Times

*Please provide your athletes best time from the 2023 season on all entries.*

200 Freestyle	2:15.00
200 IM	2:30.00
50 Freestyle	25.50
100 Butterfly	1:07.00
100 Free	1:00.00
500 Free	6:15.00
100 Backstroke	1:14.00
100 Breaststroke	1:17.00

## FINALS SCHEDULE OF EVENTS:

Awards will be presented after the A final heat and before the consolation heat of the following event. Athletes who just completed their event MAY stay in the water and do a cool-down 50 (maximum) while awards are being printed. Per CHSAA rules, if an athlete exits the water (puts a majority of their body weight on the bulkhead or side of the pool) and re-enters the water, they will disqualify themselves and their entire team from that event.

The swimmer, diver and coach of the year awards and senior recognition will be presented between events 11 and 12, after the 100 Breaststroke awards. Seniors will be invited to walk eastward across the bulkhead during recognition.

### Example:

#1	200 Yard Medley Relay	B- Final
#1	200 Yard Medley Relay	A- Final
	Medley Relay Awards	
#2	200 Yard Free	C-Final
#2	200 Yard Free	B-Final
#2	200 Yard Free	A-Final
	200 Free Awards	
#11	100 Yard Breast	C-Final
#11	100 Yard Breast	B-Final
#11	100 Yard Breast	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	

PLEASE SUBMIT THE FOLLOWING INFORMATION WITH YOUR ENTRIES BY MONDAY, MAY 1<sup>ST</sup>.

**SENIOR RECOGNITION**

Team:

Head Coach:

Assistant Coach #1:

Assistant Coach #2:

Diving Coach:

Senior Athletes: