

2024 Boys Front Range League Swim and Dive Conference Championships

DATE: Friday, May 3rd, 2024 and Saturday, May 4th, 2024

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

HOST: Fossil Ridge High School
Keaton Brown-Head Coach
(970) 978-7938, fossilboysswimdive@psdschools.org

Dave Walck – Athletic Director
970-488-6308, dwalck@psdschools.org

Shannon Avila-Diving Contact
avilazoo@gmail.com

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.

SPECTATORS:
Adults - \$6, Students w/ ID - \$4, Seniors - \$4

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 31st and 32nd 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 Swimmer of the Year and 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 Keaton Brown at fossilboysswimdive@psdschools.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 will be given to the top team. 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 3rd – 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
Swimming Prelims Start: 3:00pm

Saturday, May 4th – 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
Diving Starts: 9:00am

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

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

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, April 29th by 11:59pm. Entries submitted on Tuesday April 30th are late! ONLY HY-TEK entries to be emailed to Keaton Brown, fossilboysswimdive@psdschools.org. You will receive a confirmation that entries were received.**

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 April 30th. All scratches/corrections must be made by noon on Wednesday, May 1st 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 unlimited relays for prelims, with the fastest relay qualifying for finals.** This is to provide all levels of swimmers more opportunities to swim. 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 Friday May 3rd by 10:00pm. 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.

Dividing Contact: Shannon Avila – Adams12 Dive Coach, avilazoo@gmail.com

ENTRY RULES:

- ✓ Each competitor is permitted to compete in a maximum of four events, no more than two of which may be individual events.
- ✓ **The Front Range League voted to dismiss the A/B conference format. All swimmers are eligible to compete at this meet.**
- ✓ 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: There are no qualifying times for this meet. Coaches are responsible for the integrity of their entries.

Timers: The responsibility of timing will be shared among the teams in the league. The timer assignments will be as follows:

Prelims- Fairview (1), Monarch (1), Legacy (1), Horizon (1), Brighton (1), Fort Collins (1), Rocky Mountain (1), Poudre (1), Boulder (1), Loveland (1)

Finals- Fossil Ridge (10)

Please have your volunteer timers sign up through this link:

<https://www.signupgenius.com/go/10C0D45A8AD2BABFF2-48894971-frlleague#/>

Clerk of Course: There will be a clerk of course to ensure lane assignments and swimmers being present. During finals, please have the alternates waiting by the clerk of course to ensure a smooth process to the blocks.

USA OFFICIALS: The swimming prelims and swimming finals sessions will be observed by USA Swimming officials.

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. We will vote on the presentation of the awards at the coaches meeting on finals.

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, April 29th to fossilboysswimdive@psdschools.org

SENIOR RECOGNITION

Team:

Head Coach:

Assistant Coach #1:

Assistant Coach #2:

Diving Coach:

Senior Athletes: