



2019 Colorado High School Swim/Dive Coaches Association Dick Rush Memorial Boys Swimming & Diving Invitation

Meet Director: Ron Johns - (303) 229-2298,
cohsswimdive@gmail.com

Dates: Friday, March 22, 2019 and Saturday, March 23, 2019

Pool: Veterans Memorial Aquatic Center (VMAC)
5310 E 136th Ave, Thornton CO 80602

Conduct: Meet will be conducted as a Prelim and Finals format with 10 Lanes.
Top 20 will advance to Finals

Prelims:

	Friday 22 March	Saturday 23 March
Dive Warmup	3:00 PM	Swim warm-Up: 7:00 - 8:20 AM
Dive Coach Meeting	3:30 PM	Swim Coach Meeting 7:30 AM
Competition start	5:00 PM	Swim Prelims Start 8:30 AM

Only the top Four Swimmers/Divers from a team may advance to the finals.

Only one Relay from a team may advance to the finals

Finals: Saturday 23, March
Warmup 2pm, Competition Start 3pm

Scoring: Top 20 from Preliminaries will compete in the evening championships
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
Only top Four Swimmers/Divers from a team can compete in the finals.

Awards: Team: Top Team for 5A and 4A schools

HOYT BRAWNER Award

Nominees must be a senior. Selection criteria will be based on Academics, Citizenship, and Athletic Achievement. Nominations must be in a Written (Typed) form and submitted prior to the start of the preliminary session.

ATHLETE of the MEET (High Point)

Entry Chair: Ron Johns; cohsswimdive@gmail.com, 303-229-2298

Entries Due: Tuesday, 19 March 10:00pm (2200)

Team entries via Hy-Tek entry files only. Remember to include your drivers

Dive cards will be submitted via CleanEntries Due 20 March 11:59pm

Email Hy-Tek Entry file to cohsswimdive@gmail.com

Entry Fees: \$65.00 per team plus \$10.00 per Swimmer/Diver, including swimmers listed as alternates for relays. Please mail before meet or have payment at the meet.

Please send Amt. Due to: Payable to Chatfield HS Swim-Dive

C/O: Ron Johns Swim Coach, Chatfield HS, 7227 S Simms St, Littleton CO 80127

You may also contact Chatfield Senior HS Financial Office to arrange electronic or school transfer payment:

Katie Mohr, Financial Secretary,
(303) 982-3549; katie.sullivan-mohr@jeffco.k12.co.us
Chatfield Senior High School 7227 S. Simms St. Littleton, CO 80127
SR030 450000 73200 1789

Admission: \$5 per session
Programs: \$4 preliminaries
\$1 Finals heat sheet only

Rules:

- 1) An athlete may enter a maximum of 4 events with no more than 2 as individual events.
- Each team may enter unlimited competitors per individual event. Only Four (4) Individual Competitors per team will be allowed to compete in the Finals.
- Each team may enter two (2) Relays, only one may advance to finals. Include all relay entrants (8 allowed) with your entries.

Diving: Divers will perform 11 dives following championship meet format.
Cut to 24 after 5 rounds and 20 after 8 rounds. Last 3 rounds during the finals session.

Qualifying Standards are listed below.

Standards may have been achieved during past seasons or non-HS competitions. Any recorded time is acceptable.

Event	Yards	
200 MEDLEY RELAY		1:59.0
200 FREESTYLE		2:02.5
200 INDIVIDUAL MEDLEY		2:17.5
50 FREESTYLE		0:25.0
DIVING		160 for 6 Dives, 270 for 11 Dives
100 BUTTERFLY		1:02.5
100 FREESTYLE		0:54.5
500 FREESTYLE		5:39.0
200 FREESTYLE RELAY		1:44.0
100 BACKSTROKE		1:04.0
100 BREASTSTROKE		1:10.5
400 FREESTYLE RELAY		3:55.0

Coaches: Please Adhere to these Standards. Times slower than Qualification Standards WILL be challenged. \$25 fine will be assessed for those that cannot be proved. Bring Proof of Times. School ADs will be billed. We want a quality meet with a reasonable timeline.

Swimmers with a Disability may attend and compete.
Please contact Ron Johns, 303-229-2298 for athlete consideration.