

# 2022-2023

## Colorado High School Swim-Dive Coaches Association Girls' Swimming and Diving Rex Abelein Memorial Invitational

**HOSTED BY:** CHSSCA, Ron Johns - (303) 229-2298, [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)  
**DATES:** Friday, 16 December 2022 Diving  
Saturday, 17 December 2022 Swim Prelim and Finals  
**Location:** Veterans' Memorial Aquatic Center (VMAC)  
5310 E 136<sup>th</sup> Ave. Thornton, Colorado 80602  
**MEET DIRECTOR:** Ron Johns - (303) 229-2298, [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)

**Highlights:** All dive rounds to occur on Friday – Divers shall be seeded by lot with the same relative order through the final rounds.  
Cut to 34 divers after 5 rounds, 30 divers after 8 rounds.  
Top 30 competitors to complete at Finals, (C/B/A-Final)  
Fee Structure by Athlete

**DOORS WILL OPEN TO ALL COACHES, COMPETITORS AND SPECTATORS at 2 pm Friday for divers and then 6:30 am Saturday for swimmers**

### TIME SCHEDULE

#### Friday, December 16 – Diving Prelims, Semifinals & Finals

2:00 pm Facility Doors open  
2:30 pm Warmup, 3:50 pm boards clear  
4:00 pm Start  
warmup after round 8 (20 Minutes Max)

#### Saturday, December 17 – Swim Prelims

6:30 am Facility Doors open  
7:00 am Warmup  
7:20 am One Way Sprint/Starts lanes 7, 8, and 9  
8:15 am Pool Cleared, Coaches Meeting  
8:30 am Start

#### Saturday, December 17 – Swim Finals: One Heat of 10 from each Classification.

2:30 pm Warm-Up  
2:50 pm One Way Sprint/Starts lanes 7, 8 and 9  
3:15 pm Pool Cleared, Coaches Meeting  
3:30 pm Start

**NOTE: We will run heats of 50 Free for any adaptive athletes at the start of the Final session. Please provide names of potential athletes that you wish to participate in this special event.**

**ENTRY FEE:** \$15.00 per Swimmer/Diver - names on your meet roster  
Please send or bring fee to meet amount due payable to Chatfield HS Swim-Dive  
C/O: Nikki Lucas, Athletic Secretary Chatfield Senior High School  
303-982-3555 [Nicole.Lucas@jeffco.k12.co.us](mailto:Nicole.Lucas@jeffco.k12.co.us)  
Chatfield HS, 7227 S Simms St, Littleton CO 80127

**ENTRIES:** **DUE Tuesday, December 13th @ Midnight** to Ron Johns.  
Please email your Hy-Tek entries to [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com).  
Remember to include your divers  
**All potential relay swimmers (up to 8) MUST be included on your entry report.**  
Relay members will be declared on the day of the meet.  
Please include team and coach's contact information in your email.  
Dive lists to be submitted via CleanEntries deadline 15 December 2022, Thursday by midnight, details below

Entry Rules:

Ron Johns 303-229-2298, email: [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)

- A swimmer/diver may be entered in a maximum of 4 events with no more than 2 as individual events.
- Each team may enter unlimited entries per individual event. Four competitors from each team are eligible to advance to the finals.
- Each team may enter a maximum of 2 entries per relay event. One relay team from each school will be allowed to advance to the finals.
- Athletes that do not achieve qualifying standards will be required to provide proof of achievement. \$25 fine will be assessed for those that cannot provide proof, School ADs will be billed.
- All diver entries must be included with your Hy-Tek team entries.
- Dive card/list must be submitted to <https://www.cleanentries.com/>.  
**Meet Name: 2022 CO HS Coaches Rex Abelein Invitational**  
 Dive list Registration Closes: **Thursday 15 December 2022, 11:59 PM MDT**  
 Changes will be permitted until 60 minutes prior to the start of the diving event.

**SCORING:** Top 30 from Preliminaries will compete in the finals, C/B/A format

Individual:

34-31-30-29-28-27-26-25-24-23-21-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Relays:

68-62-60-58-56-54-52-50-48-46-42-38-36-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2

**AWARDS:** Team: Top Team for 5A, 4A and 3A 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)**

**ADMISSION: \$5 per session**

- Diving
- Swim Prelims
- Swim Finals

**Qualifying Standards are listed below.** Standards can be achieved during past seasons or non-HS competitions. Any recorded time is acceptable.

Event	Yards	Meters
200 Med Relay	2:07.0	2:21.4
200 Freestyle	2:09.0	2:29.9
200 IM	2:26.0	2:42.1
50 Free	0:27.0	0:30.1
Diving-6 Dives	190	190
Diving-11 Dives	310	310
100 Butterfly	1:06.5	1:13.7
100 Free	0:58.5	1:05.1
500Y/400M Free	5:49.0	5:06.1
200 Free Relay	1:53.0	2:06.2
100 Back	1:06.5	1:13.9
100 Breast	1:15.6	1:24.0
400 Free Relay	4:10.0	4:38.5

Coaches: Please Adhere to these Standards.