

2019 — 2020
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
DATES: Friday, December 20, 2019 Dive Prelims
Saturday, December 21, 2019 Swim Prelim and Finals
Location: Veterans' Memorial Aquatic Center (VMAC)
5310 E 136th Ave. Thornton, Colorado 80602

MEET DIRECTOR: Ron Johns - (303) 229-2298, cohsswimdive@gmail.com

DOORS WILL OPEN TO ALL COACHES, COMPETITORS AND SPECTATORS AT 6:30AM.

TIME SCHEDULE

Friday, December 20 – Dining Prelims & Semifinals

3:00pm Warmup
4:45pm Boards Clear Diver/Officials Meeting
5:00pm Start

Saturday, December 21 – Swim Prelims

7:00am Warmup
8:15am Pool Cleared, Coaches Meeting
8:30am Start

***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.***

Saturday, December 21 – Swim and Dive Finals

2:30pm Warm-Up
3:45pm Pool Cleared, Coaches Meeting
4:00pm 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: \$70.00 per team plus \$10.00 per Swimmer/Diver - names on your meet roster
Please send or Bring 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
Chatfield HS, 7227 S Simms St, Littleton CO 80127

Electronic payments contact:

Katie Mohr, Financial Secretary Chatfield Senior High School
(303) 982-3549 Katie.Sullivan-Mohr@jeffco.k12.co.us

Jeffco Schools use Accounting string SR030 450000 73200 1788

ENTRIES: **DUE Tuesday, December 17th @ Midnight** to Ron Johns.
Please email your Hy-Tek entries to cohsswimdive@gmail.com.
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.

- A swimmer/diver may be entered in a maximum of 4 events with no more than 2 as individual events.
- Each team may enter a unlimited entries per individual event. Four competitors from each team are eligible to advance to the finals.

Ron Johns 303-229-2298, email: cohsswimdive@gmail.com

- 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.
- All diving entries/cards must be submitted to <https://www.cleanentries.com/>.
Meet Name: 2019 CO HS Coaches Rex Abelein Invitational
 Dive list Registration Closes: **Dec-18, 10:00 PM MDT**
 Changes will be permitted until 60 minutes prior to the start of each diving event.

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

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
 Dive Prelims
 Swim Prelims
 Finals (Swim & Dive)

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.
 Swims slower than Qualification Standards will require proof of achievement. Divers that are cut after 5 dives will require proof of achievement
 \$25 fine will be assessed for those that cannot provide proof, School ADs will be billed.