

2019 Girls Front Range League Swim-Dive Conference Championships

Friday, February 1st & Saturday, February 2nd, 2019

Hosts: Adams 12 School District: Legacy High School
Athletic Director: Brendon Feddema - Brendon.J.Feddema@adams12.org
Facilities: Tammy Florez - Tammy.J.Florez@adams12.org
Meet Director: Laura Lierz - Laura@Lierz.com
Swimming: Amber Sullivan - Amber.L.Sullivan@adams12.org
Diving: Mercedes Clements - Mercedes.A.Clements@adams12.org,
Shannon Avila - Shannon.K.Avila@adams12.org

Teams: 11 Total Teams
Boulder(xx), Fairview(xx), Fort Collins(xx), Fossil Ridge(xx), Horizon(xx), Legacy(xx),
Loveland(xx), Monarch(xx), Mountain Range(xx), Poudre(xx), Rocky Mountain(xx)

Location: Veteran's Memorial Aquatic Center
5310 E 136th Avenue
Thornton, CO 80602

Format: **Friday, February 1st - Swimming Prelims**
Doors Open for Coaches and Swimmers 12:00pm
Doors Open for Spectators 1:00pm
Swimming Prelims Warm-up 12:40 - 2:40pm
Coaches' Meeting 2:40pm
Swimming Prelims Start 3:00pm

Saturday, February 2nd - Diving Prelims & Swimming & Diving Finals

Doors Open for Coaches and Divers 6:15am
Doors Open for Spectators 7:15am
Diving Prelims Warm-up 7:00 – 8:50am
Coaches' Meeting 8:40am
Diving Prelims Start 9:00am

Swimming Warm-Up 1:00 – 1:50pm
Diving (finals) Warm-Up 1:00 – 1:50pm
Board Closes 2:00pm
Coaches' Meeting 1:40pm
Finals Start 2:00pm

Team Areas: There will be assigned seating for each team based on team size.
Please be respectful of each team's area.

Friday Swimming Prelims

Warm-Up Schedule

Lane assignments will be determined once numbers of athletes from each team is confirmed.

12:40-1:20pm: Legacy, Horizon, Mountain Range

1:20-2:00pm: Boulder, Fairview, Monarch, Loveland

2:00-2:40pm: Fort Collins, Fossil Ridge, Poudre & Rocky Mountain

*There will be 6 lanes in the south pool for general warm-up and cool down during prelims.

1:30-2:40pm Divers my warm-up during this time, boards will close at 2:40pm.

SATURDAY Diving Prelims

Diving prelims warm-up: 7:00 – 8:50am

Diving Prelims Start: 9:00am

SATURDAY Swimming & Diving Finals

1:00 – 1:50pm General Warm-Up

1:00 – 1:50pm Diving Finals Warm Up

2:00pm Meet Start

*There will be 6 lanes in the south pool for general warm-up and cool down during finals.

Entries: DUE MONDAY, JANUARY 28th

Tuesday, January 29th is LATE

ONLY HY-TEK entries email to Laura Lierz at laura@lierz.com

The only corrections allowed after your entries have been sent will be scratches & relay order changes. Please make sure you include your divers in your entries. Psych sheets will be sent on Tuesday, January 29th. All scratches/corrections must be made by noon on Wednesday, January 30th.

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. Unlimited relays may be entered in the relay events, with the fastest “A” relay qualifying for finals. Please include all relay entrants (up to 8 competitors allowed) with your entries. Relay names (including alternates) not originally entered will not be eligible to swim. Entries submitted with No Times will be seeded in the slowest preliminary heat.

Note: ONLY relays designated as “A” are eligible for finals. If the “A” relay is disqualified during prelims, the “B” relay CANNOT replace it. Furthermore, a swimmer cannot swim on a “B” relay during prelims and the “A” relay in finals. Coaches – please remind your athletes so this is not a surprise.

Scratches: Only the top four athletes on each team are eligible to advance and compete in the finals. **Please notify the computer table during prelims of any scratches before the 400 Free Relay.** We would like to send out an accurate finals program for the athletes Friday night.

Diving Contact & Cards:

Diving lists are due to the Dive Coach, Shannon Avila at Shannon.K.Avila@adams12.org by **Wednesday, January 30th** at midnight. **Diving cards are due after the 50 Free on Friday, February 1st.** Shannon will print out diving cards on Saturday morning for coaches and athletes to sign. Coaches may decide to bring their own cards if they prefer. 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.

Doors open on Saturday, February 2nd at 6:15am. Diving boards will open at 7:00am for warm-ups. The diving boards will re-open for finals warm-ups at 1:00pm.

Diving Cuts: Divers will perform an 11-dive list. All NFHS and CHSAA Rules will be followed for cuts. The diving field shall be cut to 32 after the third round unless otherwise agreed upon by the coaches and officials. After the fifth round (preliminary), the field shall be cut to 28 divers as per NFHS rules. After the eighth round (semifinal), the field will be cut to 24 divers who will dive in finals with two alternates. Only the top 4 athletes per school can survive any cut. Therefore all schools will be cut to 4 from each school at the first cut, unless they are not withholding someone else from advancing.

Scoring: The top 24 athletes in each individual event from the preliminaries will compete in the finals Saturday afternoon (maximum of 4 individuals per team in each event).

24 places will be scored for the individual events as follows:

Final: 30-27-26-25-24-23-22-21

1st Consolation: 19-17-16-15-14-13-12-11

2nd Consolation: 9-7-6-5-4-3-2-1

11 places will be scored for the relay events as follows:

Final: 60-54-52-50-48-46-44-42

Consolation Final: 38-34-32

Awards: Front Range League Swimmer of the Year and Diver of the Year - all nominations should be distributed after the coaches' meeting on Friday afternoon. The Swimmer of the Year and Diver of the Year must be a senior swimmer or diver, and nominated with a letter from the athlete's coach. Ballots will be placed in your folders with a list of nominated athletes and a list of the coaches in our conference. Each team will have one vote for a Swimmer of the Year, Diver of the Year, and Coach of the Year. Please turn your ballots into the computer table after the 50 Freestyle on Saturday. The winners will be announced before the finals for the 400 Freestyle relay on Saturday. Nominations for your swimmers and divers must be in a written (typed) form and submitted at the coaches' meeting on Friday, February 1st. (Please provide 11 copies).

Awards for top 8 places in individual and relay events. A first place league championship trophy. 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.

Hospitality: There will be drinks and snacks available for coaches, officials and timers during all sessions.

Concession: There will be a concession running Friday and Saturday for spectators and athletes.

Spectators: Prelims ~ \$6 Adults, \$4 Seniors, Students with ID, Programs \$3
Diving Prelims ~ \$6 Adults, \$4 Seniors, Students with ID, Programs \$3
Swimming and Diving Finals ~\$6 Adults, \$4 Seniors, Students with ID, Programs \$3

Pool Rules: Please pick up your area and keep the facility clean, both days. If a team's area is left in poor condition, the team will be fined \$50.
NO parents or spectators are allowed on deck.

Locker Rooms:

Both locker rooms on deck will be designated as "Women Only."
Spectator and male restrooms will be located upstairs.

Other: USA Officials will be on deck to observe swims. Athletes wishing to have their swims observed must sign in at the Clerk of Course station prior to the start of the meet.

Front Range League Meet Records

1 Girls 200 Medley Relay	1:44.38	2018	Fossil Ridge High School B Stewart, C Baker, C Gillilan, K Alons
2 Girls 200 Free	1:50.47	2015	Shelly Drozda - Mountain Range
3 Girls 200 IM	2:03.18	2018	Kylee Alons - Fossil Ridge
4 Girls 50 Free	23.35	2013	Rhianna Williams - Fossil Ridge
5 Girls 1 mtr Diving	507.4	2015	Hailey Nelson - Fossil Ridge
6 Girls 100 Fly	54.33	2017	Kylee Alons - Fossil Ridge
7 Girls 100 Free	51.24	2013	Rhianna Williams - Fossil Ridge
8 Girls 500 Free	4:47.58	2006	Carly Beaudreau - Fort Collins
9 Girls 200 Free Relay	1:34.79	2017	Fossil Ridge High School K Alons, A Niemann, C Gillilan, Z Bartel
10 Girls 100 Back	54.72	2017	Kylee Alons - The Ridge
11 Girls 100 Breast	1:02.13	2017	Zoe Bartel - The Ridge
12 Girls 400 Free Relay	3:29.39	2017	Fossil Ridge High School Z Bartel, B Kovac, B Stewart, K Alons

Finals Schedule of Events

- #1 **200 Yard Medley Relay**
 - B Final
 - A Final
 - Medley Relay Awards
- #2 **200 Yard Freestyle**
 - C Final
 - B Final
 - A Final
 - 200 Freestyle Awards
- #3 **200 Yard Individual Medley**
 - C Final
 - B Final
 - A Final
 - 200 Individual Medley Awards
- #4 **50 Yard Freestyle**
 - C Final
 - B Final
 - A Final
 - 50 Freestyle Awards
- #5 **Diving**
 - March
 - Warm-up
 - Finals - each diver will perform their final 3 dives
 - Diving Awards
- #6 **100 Yard Butterfly**
 - C Final
 - B Final
 - A Final
 - 100 Butterfly Awards
- #7 **100 Yard Freestyle**
 - C Final
 - B Final
 - A Final
 - 100 Freestyle Awards
- #8 **500 Yard Freestyle**
 - C Final
 - B Final
 - A Final
 - 500 Freestyle Awards
- #9 **200 Yard Freestyle Relay**
 - B Final
 - A Final
 - 200 Freestyle Relay Awards
- #10 **100 Yard Backstroke**
 - C Final
 - B Final
 - A Final
 - 100 Backstroke Awards
- #11 **100 Yard Breaststroke**
 - C Final
 - B Final
 - A Final
 - 100 Breaststroke Awards

Announcement of Coach of the Year/Senior Recognition & Swimmer or Diver of the Year

- #12 **400 Yard Freestyle Relay**
 - B Final
 - A Final
 - 400 Freestyle Relay Awards

Final Team Standings and Awards

Coaches – Swimmer & Diver of the Year

Please complete and bring a TYPED version with you to the coaches meeting on Friday, February 1st (11 Copies)

Team: _____

Head Coach: _____ Phone: _____

Email: _____

Assistant Coach #1: _____

Assistant Coach #2: _____

Diving Coach: _____

Senior Recognition:

_____	_____
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Coaches can nominate one swimmer for Swimmer of the Year & one diver for Diver of the Year.
Please include the name of the swimmer and diver you plan to nominate for Swimmer of the Year & Diver of the Year.

Swimmer Name: _____

Diver Name: _____