

2023-2024
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, 15 December 2023 Diving
Saturday, 16 December 2023 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

Highlights: All dive rounds to occur on Friday
Top 30 competitors to complete at Finals, (C/B/A-Final)

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 15 – Diving Prelims, Semifinals & Finals

2:00 pm Facility Doors open.
2:30 pm Warmup,
3:45 Referee Meeting with Divers/Coaches
3:50 Board Clear
4:00 pm Start
warmup after round 8 (20 Minutes Max)

Saturday, December 16 – 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 16 – 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
Adaptive 50 Free event with be first heat at start of Finals session.
Please provide Name of athletes you wish to participate

ENTRY FEE: \$15.00 per Swimmer/Diver - names on your meet roster, including relay alternates
Please send or bring fee to meet amount due payable to Chatfield HS Swim-Dive
C/O: Tyra Flynn, Athletic Secretary Chatfield Senior High School
303-982-3555, tyra.flynn@jeffco.k12.co.us
Chatfield HS, 7227 S Simms St, Littleton CO 80127

ENTRIES: **Hy-Tek entry file DUE Tuesday, December 12th @ 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.

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

Dive lists to be submitted via CleanEntries deadline:

Entry Rules:

- 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 be 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: 2023 CO HS Coaches Rex Abelein Invitational

Dive list Registration Closes: Thursday 14 December 2022, 10:00 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 BRAUNER 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.