



2022-2023 updated 10/07/2022

Girls' Swimming & Diving Bulletin



CHSAANOW



CHSAA Contacts

Mike Book, Assistant Commissioner
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October 2022

Girls Swim and Dive Athletic Directors and Coaches:

The online Bulletin is published yearly to offer information on the regular and post season, important dates, along with CHSAA and NFHS rules and procedures. It is your responsibility to review and make yourself familiar with the information contained within this Bulletin. Should you have any questions throughout the season, please do not hesitate to contact me directly. You will also be able to find relevant information on the www.CHSAANOW.com website.

The 2022-2023 CHSAA Girls Swim & Dive State Championship will be held at VMAC in Thornton on February 7-11, 2023. We look forward to an enhanced experience in a first-class facility.

Best wishes to all our CHSAA Member Girls Swim & Dive schools during the upcoming season.

Sincerely,

Mike Book
Assistant Commissioner
Colorado High School Activities Association

TABLE OF CONTENTS

Season Calendar	pg. 4
Important Contacts	pg. 4
Swimming & Diving Advisory Committee	pg. 4
Major Swimming & Diving Committee Changes	pg. 5
Major Bylaw Changes	pg. 5
SMAC Information	pg. 5
NFHS Swimming & Diving Rules Changes	pg. 6
NFHS Swimming & Diving Rules – Points of Emphasis	pg. 7
CO State Rule Adoptions	pg. 9
NFHS Swimming & Diving Uniform Rules	pg. 10
CHSAA Taping Protocol.....	pg. 12
Sportsmanship Protocol at CHSAA Events	pg. 13
Officials Information.....	pg. 16
General Swimming Eligibility & Meet Guidelines	pg. 18
Exhibition Swimming	pg. 23
NFHS Q&A Interpretations	pg. 24
Voluntary Dives	pg. 25
Pool Specifications	pg. 26
Postseason Guidelines.....	pg. 27
State Qualifying Times	pg. 28
MaxPreps Instructions (Uploading Results, State Entry Process)	pg. 29
Waiver Information	pg. 31
State Meet Reminders.....	pg. 32
State Meet Schedule	pg. 34
State Meet Admission Prices	pg. 35
Participating Schools, Classifications & School Codes	
3A.....	pg. 37
4A.....	pg. 38
5A.....	pg. 39

2022-2023 Girls' Swim & Dive Calendar

October 8.....	Preseason Meeting
November 14	First Practice
December 19	Winter Eligibility Regain Date
November 19	First Scrimmage
November 28	First Contest
December 3	SAT exam day
December 10	ACT exam day
December 16-17	Rex Abelein Memorial Invitational (Coaches Invite)
December 24-27, January 1	Winter Game/Practice Prohibition
January 2.....	Winter Restricted Varsity Eligibility Regain Date
January 30.....	8:00 a.m. Waiver forms due
February 4	Regular Season ends (no qualifiers accepted after this date)
February 5	12:00 pm Deadline for State Meet Entries Gate lists Due
February 6	State Meet Coaches Meeting (via Zoom)
February 8-9	4A State Championships
February 10-11	3A State Championships
February 11	ACT exam day
February 7-10	5A State Championships
September 29, 2022	9:00 a.m. Swim & Dive Committee Meeting

CHAMPIONSHIPS at Veterans Memorial Aquatic Center (VMAC), Thornton, CO

Girls 4A Swimming & Diving Prelims & Finals: February 8-9, 2023

Girls 3A Swimming & Diving Prelims & Finals: February 10-11, 2023

Girls 5A Swimming & Diving Prelims & Finals: February 7-10, 2023

Important Contacts

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2022-2023 Swimming & Diving Committee

Scott Cohen (Chair) – SMOKY HILL HIGH SCHOOL, Jill Schrader-HERITAGE HIGH SCHOOL

Sarah Monk – LOVELAND HIGH SCHOOL, Kylie Russell – ADAMS 12 FIVE STAR SCHOOL

DISTRICT, Ron Sukle – DISCOVERY CANYON HIGH SCHOOL, Katie Keel – ASPEN HIGH

SCHOOL, Angela Powell – HOLYOKE HIGH SCHOOL, Neil Anderson – MONARCH HIGH

SCHOOL, Beth Hulac-DENVER PUBLIC SCHOOLS

MAJOR COMMITTEE CHANGES FOR SWIMMING & DIVING

I. MAJOR CHANGES FROM LAST YEAR’S REPORT:

A. Beginning Winter 22-23, the Girls State Meet schedule will start on the Tuesday after Leagues and conclude on Saturday with one session of diving on Tuesday afternoon and one session of diving and one session of swimming prelims on Wednesday and one morning session and one afternoon session Thursday-Saturday. This will eliminate the need for a second week of State Swim and Dive and reduce the total number of days from five to four.

II. RATIONALE:

A. Each year one classification of Swim and Dive had to wait a week and a half after Leagues for their State Meet. Adjusting the schedule allows for fewer total days of the event and the ability to complete it all in one week.

III. FINANCIAL IMPACT:

A. None for member schools and reduced cost for the Association with one fewer day required during the event.

2022-2023 MAJOR BYLAW CHANGES

1. TWO MEETINGS OF THE LEGISLATIVE COUNCIL

-- Constitution & Bylaws, Article 8, Rule 800.2page 26

2. FALL REGAIN DATES

-- Constitution & Bylaws, Article 17, Rule 1710page 48

3. WINTER AND SPRING REGAIN DATES

-- Constitution & Bylaws, Article 17, Rule 1710page 49

4. SPORT SPECIFIC SPECIALIZED TRAINING

-- Constitution & Bylaws, Article 18, Rule 1850page 72

5. NAME, IMAGE AND LIKENESS

-- Constitution & Bylaws, Article 20, Rule 2000.2page 76

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws as needed. The most updated document can be found at [CHSAANOW.com](https://chsaa.org/CHSAANOW.com), under Info.



The CHSAA Sports Medicine Advisory Committee’s mission is to provide information, vision and guidance to the CHSAA while emphasizing the health, and safety of students participating in interscholastic sports and activities. For more information about the Sports Medicine Advisory Committee and their policies (including Lightning Policy), [click here](#).

CHSAA Emergency Action Plan-

Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contests. [\(Please use this template that has been created for consistency\)](#).

2022-2023 NFHS Major Swimming & Diving Rules Changes

2-3-1, 2-4-4---Moves all language from referencing end wall height Rule 2-3-1 and establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023.

2-4 TABLE--- Establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023.

2022-23 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-2b, 2-7-3, 3-4 PENALTY, 4-2-2e, 6-5-3, 7-2-4, 8-1-3 PENALTY 2, 8-3-2 NOTE, 9-7-5 NOTE

2022-23 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Sportsmanship

- a. Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the US, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are writing to encourage sportsmanship. Participation in these programs should promote respect, integrity, and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year. Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators, and others. If coaches, however, are complaining constantly about the decision of the contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches, and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials or at others in the stands, those individuals should be removed from the contest by the school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and its must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person, both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lost with grace and do both with dignity. It takes efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

2. Provide Deck Space for Officials

- a. NFHS swimming and diving officials work in swimming facilities with a wide variety pool configurations which sometimes necessitate creative ways to officials' strokes. Schools are reminded of the importance of officials to be provided space on the deck that allows for free movement during the swimming event. It is recommended that a minimum of 3 feet be established for officials on the deck. In addition, adequate space should be provided for coaches and competitors to safely move about on deck. The referee shall determine the positioning and jurisdiction of all deck officials, which depend on the number of officials being used and the pool configuration. Officials may need to ask meet management for assistance in keeping a clear path to move up and down the sides and ends of the pool.

COLORADO STATE RULE ADOPTIONS

In CHSAA State Championship Meets, each team shall be permitted unlimited entries in individual events and one entry in the relay events. Individual and relay entries must meet the qualification standard with only four individuals from each team being eligible to advance past the preliminary round. The individual entry rule shall be followed.

Events may only be modified for non-varsity and invitational competition.

- A. Modification of J.V. Events – Dual Meets Only
 - 1. 200 IM modified to 100 IM
 - 2. 100 Butterfly, modified to 50 Fly
 - 3. 100 Backstroke, modified to 50 Back
 - 4. 100 Breaststroke, modified to 50 Breast
 - 5. 6 Round Dives, modified to 3 Dives (first dive must be dive of the week)
 - Mutual consent by both coaches prior to the meet.
 - Notification to official if more than four J.V. events.
- B. Modification—Invitationals may be modified to add or drop events and order of events.
- C. Modification – Option for 6-round diving at invitational competitions.
 - 1. Mutual consent is required by all coaches to allow the modified 6-round diving format; otherwise, the format defaults back to Rule 9-4-6.
 - 2. The invitational may select the dive group for the 1st round voluntary dive. This selection must be defined in the meet information packet. If the selected 1 voluntary dive group does not comply with the dive group of the week, the dive card is not legal for state meet qualification.
 - 3. All divers shall choose their 1st round dive from the selected voluntary dive group for the meet.
 - 4. In accordance with Rule 9-4-6, the degree of difficulty for the 1st voluntary dive may not exceed 1.8.

EJECTED PLAYER/COACH PENALTY – A player or coach ejected will be subjected to the CHSAA player/coach ejection policy, By-law 2200 and 2210.

STARTER'S PROTOCOL – Colorado will use the Verbal Preparatory Commands for all starts. Refer to page 103 of the 2022-2023 NFHS Rules Book.

STUDENT/TEAM PRACTICE REQUIREMENT — Each student competing in an interscholastic sports program must have had a minimum practice period of three days in his/her/their sport(s) (exclusive of Sundays) before representing his/her/their school in an interscholastic contest or scrimmage. A student must have a minimum of nine days of practice in football. Receiving school must have written verification on file if transfer of schools is involved.



2022-23 NFHS Swimming and Diving Uniform Rules

Rule 3-3 Uniforms

ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

ART. 2 . . . Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

1. when observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/ dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in legal attire;
2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.

ART. 3 . . . The uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.
- b. Advertising or name other than that permitted in 3-3-3c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)]. **NOTE:** Measurements shall be made when the suit is not being worn by the swimmer.
- d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

NOTE: The FINA mark, individual barcode and/or USA Swimming approved checkmark logo on certain suits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such suits with a FINA marking and/or checkmark, if otherwise legal, shall be legal for NFHS competition.

ART. 4 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. Only one suit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/ her school.)

- b. The suit shall be:
 - 1. constructed of a woven/knit textile material;
 - 2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 - 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 - 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
- c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:

- 1. when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/ dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;
- 2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time and he/she shall not be eligible for further competition until in legal attire.

ART. 5 . . . For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.

ART. 6 . . . Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it;
- b. Adhesives are not allowed for swimmers;
- c. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
- d. Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

PENALTY: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

ART. 7 . . . Prior to the meet, the coach shall verify with the meet referee that all competitors are legally attired.

NOTE: Religious and medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

CHSAA Taping Protocol

The NFHS rule (3-3-6) states:

Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy, or body compression. The following may be used within the state conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove). Adhesives are not allowed for swimmers.
- b. Divers may wear tape or wraps for support.

Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health care professional before permitting the athlete to compete. For purposes of this NFHS rule only, an appropriate health care professional means a Doctor of Medicine, a Doctor of Osteopathic Medicine, a Doctor of Chiropractic that are school physical certified, a Physician's Assistant, a Licensed Nurse Practitioner, a Licensed Physical Therapist or a Colorado Licensed Athletic Trainer (LAT), verifying the medical condition being treated with the tape, before permitting the athlete to compete.

There are times when an on-site injury will occur. In such cases either a health-care professional from the host school's medical personnel staff, or a health-care professional from the school's own medical personnel staff, shall provide the necessary medical care which may result in the need for the use of tape.

Situation: A swimmer from Team A cuts his/her foot needing to be treated and taped to allow for further competition in the meet. The swimmer is treated by (a) a health-care professional from the host school's medical personnel staff, or (b) a health-care professional from Team A's medical personnel staff. The meet referee is made aware of the treatment by the health-care professional, accepts it and allows the athlete to continue in competition.

Ruling: Correct procedure providing treatment is from appropriate health-care professional onsite.

Situation: A swimmer during the 50 free, jams, breaks or dislocates his/her index finger as he/she finishes the race. The athletic trainer tapes two or more fingers together to stabilize the injury. The swimmer reports back to the block to compete in the 100 free. The referee is made aware of the treatment by the health-care professional and allows the swimmer to compete.

Ruling: Legal. Tape may be worn for valid medical reasons to cover a wound or treat an injury.

Situation: During the pre-meet warm up, the referee notices three (3) swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape wrapped around his/her knee and Swimmer C has a compression tape on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The referee permits Swimmer C to swim, prohibits swimmers A and B from swimming with the tape, but permits Swimmer A to swim after removing the tape.

Ruling: Correct procedure. Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.

Sportsmanship Protocol at all CHSAA Contests and Activities

1. Cheerleaders/Fans/Spectators

- It is recommended that there be positive cheers only.
- Only cheerleaders may use megaphones.
- All patrons must wear shirts and shoes. Face painting is allowed.
- Cheer and tumbling routines must be in front of your team's student body. Routines that spill into the area of the opposing team are prohibited.
- Cheer squads may perform under the basket area outside the free vertical lane lines at all times.

2. Banners

- One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events.
- The words and graphics on banners must be positive: i.e. "beat", "outscore", "conquer", etc.; Negative banners: i.e. "kill", "maim", "scalp", etc., will be confiscated and may result in no future use of banners.
- Banners must not block the view of others.

3. Noisemakers

- All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility management allows it.
- An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
- No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a 'live-ball' situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not "in progress" is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
- There shall be no amplified instruments at any CHSAA playoff events.

4. A list of acceptable and unacceptable behaviors can be found on CHSAAnow.com under Activities>Sportsmanship in the Game Management and Sportsmanship Expectation Guide.

5. CHSAA Venue Sportsmanship Expectation Poster

All schools are strongly encouraged to post the poster/flyer at all school contest venues, with or without using the card system protocols. The Sportsmanship Expectation Poster provides a consistent message for our schools to fans and spectators in our gyms about how to treat referees, judges, umpires, and other sports officials. Any size of the poster/flyer will do. Download the 8 ½ x 11 version at Chsaanow.com.

CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!

A MESSAGE FROM CASO

October 2022



Dear CASO Officials,

Welcome back for 2022-23 season of high school swimming and diving! I am looking forward to another great year on the decks, hopefully working along side many of you.

The CASO master clinic this year will be conducted in person on October 8th at Smoky Hill High School. We will also conduct a Western Slope Clinic on October 29th. All swim & dive officials and swim & dive coaches are invited to attend these clinics.

This season the clinics will concentrate on the rules and sportsmanship. Rule knowledge is imperative. The past few seasons we have seen a drastic decline in good sportsmanship. It is imperative that the official knows the proper steps in dealing with this behavior.

With this in mind we have a professional duty to know our Code of Ethics. Please read and review. This may be found on page 115 of your new rule book and is also in our CASO Handbook. When we show up to officiate, we shall be profession in mind and dress. Make sure your appearance is as professional as your behavior. Clean and complete uniforms are a must.

These clinics are mandatory if you are interested in working the state swim championships for girls and/or boys. If you are unable to attend one of the clinics, please contact me at vtc805@gmail.com or call 720-440-1640 to discuss other options.

It is the intention of the CASO Board to place emphasis on consistency with our officiating practices throughout the State. As a group, we owe this amount of professionalism to every swimmer and diver participating in the sport. I am passionate about our aquatic sports and am very proud to be a part of this organization. Together, let's make 2022-23 a great season!

In an effort to be greener the 2022-2023 Swim Directory/Handbook may be emailed at a later date by our Rules Interpreter, Bill Christie, and will also be placed online with the CHSAA website. You may download and print if you want. Please do not hesitate to contact me with any concerns you may have throughout the year.

Chris Cooper
State Chairman, CASO
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COLORADO ASSOCIATION OF SWIMMING OFFICIALS

2022-2023 BOARD OF DIRECTORS & OFFICIALS ASSIGNERS

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OFFICIALS' INFORMATION

OFFICIALS' FEES

Officials' game fees for the 2022-23 season:

Duals (Double, Triple) – 2-3 officials

\$52.00 – 1 heat

\$57.30 – 2 heats (4 events or less)

\$67.92 – 2 heats (5 events or more)

\$83.83 – 3 heats

\$100.82 – 4 heats

Championship Format – 3-5 Officials

Invitational/League/Relay/Pentathlon/Specialty Meets

\$65.28 each – per 3-hour Session

For sessions lasting longer than 3 hours, each official shall be paid \$22.50/hour.

OFFICIALS' TRAVEL FEES (click to follow link)

EVALUATE YOUR OFFICIALS

Coaches are asked to evaluate the crew of officials after each meet.

The CHSAA and the Colorado Association of Swim Officials value your input on the officiating in our state.

The [Rate Your Contest Official](#) form can be found on the CHSAA Now Girls Swimming Info page. It is important that coaches approach this with the mindset that constructive criticism is the best way to improve officiating in Colorado.

STATE MEET OFFICIALS SELECTION & VOTING

Postseason Swimming & Diving officials are selected through an online qualifying application system and an online voting process. This voting process is designed to assist the CHSAA in selecting and assigning the most qualified officials. All CHSAA Swimming & Diving schools are requested to participate in the postseason selection process for the 2022-2023 season. This process assists greatly in the accountability concerns of many schools regarding officials.

The 2023 Girls State Meet selection timeline is as follows: officials must submit an application between January 16-20 to be considered. Official postseason selection is based on the votes of Coaches and Athletic Directors, that will be conducted January 23-26, with assignment of officials occurring on Friday, January 27. An online voting link will be sent to each of the listed constituents from the CHSAA office to complete.

The CHSAA Assistant Commissioner and the CASO President will jointly select officials for each classification. The selection process philosophy and procedure guidelines:

- Every official that indicates a willingness to work and provides their availability will be considered.
- Every official has a voice of who should be considered by voting online.
- Coaches' input for nomination is considered by voting online.
- The procedure is established, with the CHSAA and CASO committee acting as a check and balance, to make it as fair as possible and to ensure that no one person or small group from an area can dictate who will be officiating the state meet.
- The procedure is set up with the philosophy of using as many officials as possible. This will aid in the development and retention of CASO officials.
- Official's skill level, capability, logistical concerns, and rotation rules will be considered.

BECOMING AN OFFICIAL

If you or someone you know is interested in becoming an official, please contact the CHSAA official's office at mtillman@chsaa.org.

General Swimming Eligibility & Meet Guidelines

All regular season meets will be played according to the NFHS and completed by **Saturday, February 4, 2023 for all schools.**

Student/Parent Information – Completed and signed documentation that parents and participants have been informed, understand, and acknowledge basic CHSAA eligibility rules and knowledge of the risk of participation must be on file with the school prior to any student participating in an athletic practice, scrimmage or contest.

Physical Exam/Parent Consent - No student shall represent his/her schools in interscholastic athletics (practice or contest) until there is on file with the school administration a statement signed by his parent or legal guardian and a practicing physician certifying he/she has passed an adequate physical examination within the past year (12 calendar months) and is physically fit to participate in high school athletics and has the consent of his parents or legal guardian to participate.

Trainer's Kit - The CHSAA recommends that a trainer's kit, with all the necessary medical supplies needed for your sport, be available at all practices and contests.

Language - Coaches are reminded that the CHSAA focuses on exemplary behavior. The use of bad language may be penalized by disqualification. Work with your athletes at the beginning of the season to understand that whenever the uniform is worn, they represent their school and the philosophies of the CHSAA.

Taunting - Taunting is considered any action(s) or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport. Penalties under these rules may include ejection or other penalties for flagrant unsporting-like behavior-like offenses. Taunting in all sports and/or activities is an unsporting-like behavior-like offense that may result in a game ejection with penalties as outlined in the student ejection policy in the CHSAA Handbook.

Sunday Contact – In accordance with Bylaw 2310.5, no high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned sport from the student's school shall take place on Sundays during the school year. The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

Winter Vacation Contact Prohibition – CHSAA Bylaw 2310.4 states: "There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27 and New Year's Day. Beginning December 28, **winter sports programs** may have voluntary practice (excluding Sundays) but may not compete in interscholastic scrimmages or competition."

Dec. 24-27 – Zero contact allowed

Dec. 28-31 – Voluntary practice only (Zero competition)

Jan. 1 – Zero contact allowed

Restricted Eligibility – The Appeals Committee and/or Commissioner may grant restricted varsity eligibility during the regular season only to a student athlete that transfers to a school without a sub-varsity program/schedule or a senior transfer student participating in their final year of eligibility.

State Qualification Times – Only entries certified by CASO officials and swum in Colorado State High School meets will be accepted.

Home Meet Responsibilities – Hosts are responsible for uploading the Hy-Tek results to MaxPreps after each meet and submitting signed results to the [CHSAA Dropbox](#).

Diving – Diving results and scores must be uploaded to MaxPreps via the Hy-Tek result upload. Each individual dive coach must go into MaxPreps to enter in the DD for each of your divers. Hy-Tek does not upload DD information from their export file. All **state qualifying dive cards** must also be uploaded to the [CHSAA Swim & Dive Dropbox](#) for official's verification.

Coaches of host schools are responsible to provide timers, watches, all personnel, and equipment needed to host a meet or as defined by district guidelines. A school administrator should be present at home meets. This is regardless of meet location.

Suit Standards – Refer to NFHS 2022-2023 Uniform Rules on page 8 in this bulletin.

Maximum Student Participation Season – A student may not participate in more than **11** scheduled meets during the swimming season, exclusive of the conference and state meets. NOTE: A relay meet counts as 1 of the 11. The League/Conference "JV/B" meet counts as 1 of the 11. The League/Conference "C" meet counts as 1 of the 11.

Minimum Student Participation Season – All swimmers/divers must compete in minimum of 6 high school meets during the formal CHSAA Girls' Swim & Dive season, exclusive of the State Meet (League/Conference "Varsity/A" meets are included in the 6-meet minimum). Duals, double duals, triple duals, multi-team, pentathlon, and relays each count as one meet towards your minimum and maximum participation limits.

Maximum Team Participation Season – As long as no individual swims in more than 11 scheduled meets exclusive of the League/Conference "Varsity/A" and state meets, there is no limit to the number of meets in which a team may compete.

Safety Training for Swim Coaches – The CHSAA Swim Committee strongly recommends this course, however, it is not a CHSAA requirement. [Safety Training for Swim Coaches](#) is a Blended Learning Course developed and introduced by the American Red Cross. You must register through an instructor to gain access to the online portion for this course. Contact your local American Red Cross or search online at <http://www.redcross.org/ux/take-a-class> for a Red Cross in your area. The in-water skills portion will be scheduled by the course instructor: an abbreviated review course for those with current certification, a full skills session for those without current certification. Upon successful completion of a Safety Training for Swim Coaches course, you will receive a certificate to submit to your school district and/or the CHSAA office. The certification has a validity period of two (2) years.

Non-Certified Coaches, Unauthorized Assistants - Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in CHSAA Bylaw 1620. Assistant coaches must be registered by the school's AD in accordance with CHSAA policy and must be under contract to the school. To allow a "volunteer" who is not under contract to work with your athletes exposes the "volunteer", the head coach, and the school to increased liability and is a

CHSAA violation.

Entries by Teams

Rule 3-1-2 states:

- (d) Unless state association policy determines otherwise, unlimited team entries shall be permitted at invitational and non-varsity meets. However, the individual entry rule shall be followed (3-2-1).

Q1: Team A hosts a large invitational sanctioned by the state association. The entry form permits each team to enter an unlimited number of swimmers in each event with each individual swimmer limited to a maximum of four events, no more than two of which may be individual events.

A1: Legal.

Q2: A league wishes to conduct a JV meet at the close of the season involving seven schools. All seven schools agree to allow a team to enter more than four individuals in an event. They also agree not to tabulate team scoring. Is this permissible, and if so, will individual swimmers who meet qualifying standards be entitled to swim in the state meet?

A2: Yes; yes.

Q3: The schools in a multi-team non-championship meet agree to allow unlimited team entries. Is this legal?

A3: Yes.

Q4: In A3, may the schools agree not to keep score?

A4: No. A score must be kept. The only exception is that a league may elect to tabulate no score in its League/Conference "JV/B" culminating meet.

Clarification of Varsity/JV Entries – When two or more teams are competing in Varsity/JV meets (or A/B meets, etc.), the following procedures shall govern individual entries in Colorado:

A competitor may enter a maximum of 4 events, no more than 2 of which may be individual events. (3-2-1). These events may be all Varsity/A, all JV/B or any combination thereof. Regardless, the competitor shall be counted as having competed in only one meet towards the 11-meet limit prior to League/Conference "Varsity/A" and State.

For scoring purposes, Varsity/A and JV/B meets are considered as two separate meets.

For individual entry purposes, Varsity/A and JV/B meets are considered as one meet.

Situations:

1. Suzie Swimmer enters the varsity 200 Medley Relay, JV 200 IM, JV 200 Freestyle Relay, and varsity 100 Breaststroke.

Ruling: Legal. Suzie has entered 4 legal events. This counts as one meet towards Suzie's 11 meet limit prior to League A and State.

2. Suzie Swimmer enters the varsity 200 IM, JV 50 Freestyle, JV 200 Freestyle Relay, and varsity 100 Backstroke.

Ruling: Illegal. Suzie has entered 3 individual events. Suzie is disqualified from the 100 Backstroke (her third individual event: and from further competition in the meet. (3-2-1-Penalty)

3. Suzie Swimmer enters the JV 200 Medley Relay and the varsity 200 Medley Relay.

Ruling: Illegal. Suzie may enter a particular event only once during a meet (Recall that varsity and JV meets are considered to be one meet for individual entry purposes).

Important Notice Concerning Pool Specifications – Refer to 2022-2023 NFHS Swimming & Diving Rules on pg. 11-12:

“Section 1 – Variations in Pool & Equipment

ART. 1. When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams unless State Association regulations determine otherwise.”

The remainder of the rule deals with pool specifications related to length, width, water depth, bulkheads, overflow level of water, touch pads, ladders, lighting, pool markings, lanes, water conditions, and other equipment for swimming events.

Important Safety Note: Starting Techniques – Starting techniques, which tend to project a swimmer sharply toward the bottom of the pool upon entry into the water, have gained widespread attention in the swimming community. The most common of these techniques is called the "pike" or "scoop" start. As use of the technique has increased, an awareness of the potential danger to swimmers utilizing the start has also increased especially where it is either taught or utilized in shallow water. Accordingly, it seems apparent that high school swimming coaches and administrators responsible for the teaching of techniques, or supervision thereof, should refrain from teaching and allowing the use of the pike or scoop start in shallow water.

Guidelines for Meet Warm-up – It is recommended that meets adopt warm-up procedures similar to the example provided below. Prior to any athletes entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed should include, but is not limited to warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting blocks, lane selection, emergency procedures, conference rule differences, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at all meets.

1. A designated supervisor whose sole responsibility is to observe the warm-up procedures shall be on duty prior to any athletes entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on the starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroke swimmer is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm-up is occurring.
11. Pool shall be closed during the coaches meeting.
12. Athletes should be reasonable in attire worn during warm-ups.

Meet management or their designee may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

Cooperative Programs (Co-ops)

- A co-op may be formed if two or more schools apply to CHSAA for a co-op and are approved.
- For results management, co-ops must use the “host school” team code in order to upload to Max Preps.
- Unless that approval has been granted by CHSAA the following rules apply:

Situation:

1. The District 6 swim team consists of the Heritage High School Eagles and the Littleton High School Lions. In accordance with state law and CHSAA bylaws, it is decided that the team of record will be the Heritage Eagles.
2. The following are examples of **legal** emblems on caps and suits during events:
 - Heritage, HHS, EaglesThe following are examples of **illegal** emblems on caps and suits during events:
 - District 6, 6, Littleton, LHS, Lions
 - HHS/LHS, Eagles/Lions, Heritage/Littleton

Please note that the illegal emblems would be legal on warm-ups, jackets, etc., since these items are not used during the competition itself. NOTE: If the co-op approval has been granted by CHSAA, then the competitors will be allowed to wear emblems of the participating schools.

Exhibition Swimming

Following are general guidelines for exhibition swimming & diving in Colorado, in accordance with NFHS rules 1-2-3(c).

1. An exhibition competitor is a non-scoring contestant in a regularly scheduled and scored event.
 - a. At championship or invitational meets, meet management may allow exhibition competitors. If the meet information does not specify, then it is assumed that exhibition competitors are NOT allowed.
 - b. In regular meets, the coach may designate any or all competitors to be exhibition prior to the start of the event. Notification must be given to the referee or scoring table.
2. Exhibition competitors must adhere to the rules for the event.
 - a. Exhibition competitions can be disqualified.
 - b. Exhibition competitors may not compete in a lane/diving position that belongs to another team.
 - c. Exhibition swimmers may not compete in an extra heat created for them.
 - d. In pools with an odd number of legal lanes, the extra lane can be designated as an exhibition lane. Coaches must mutually agree as to which team can use the lane in which races. IF THE COACHES CANNOT MUTUALLY AGREE, THEN THE LANE SHALL REMAIN EMPTY.
 - e. Competitors who have restricted eligibility due to a transfer may not swim/dive exhibition.
3. Teams must abide by the individual and team entry rules as set forth in rule 3.
 - a. Exhibition entry is not counted in the number of entries per event allowed each team.
 - b. Exhibition entry does count as an individual entry.
 - c. An exhibition competition in a meet does count towards the maximum allowable number of meets for the season.
 - d. A swimmer/diver may compete as exhibition competitor in one event in a meet, and as a scoring competitor in another event in the same meet.
4. Legal exhibition performances may be used as a qualifying time/dive score. Submit exhibition times/scores with the meet results.

NFHS – Question & Answer Interpretations

Q1: Only 2 CASO officials show up for the meet. How should diving be scored?

A1: Each dive shall be scored as follows:

(Judge 1 + Judge 2 x D.D.) = Dive Score

Add all 6 or 11 scores together and then multiply total by 1.5. Drop any thousandths to arrive at score.

Q2: By mutual agreement, may two schools agree to use 6-lane scoring (6-4-3-2-1-0) in an 8-lane pool with the provision that while each school will enter four swimmers, no more than three swimmers per school team may score points?

A2: Yes. The 6-lane scoring is acceptable, allowing a maximum of three to score. (Allowable as of 1991-92 season.)

Q3: In violation of National Federation rule 4-9-3, a school (with no electronic timing equipment) uses only a single manual watch on each lane. May swimmers meeting CHSAA qualifying times qualify for the state meet on this basis?

A3: No. National Federation rules must be complied with.

Q4: Two manual watches are on each lane. One of the watches fails, while the other one records a CHSAA qualifying time. Does the individual qualify for the state meet?

A4: Yes.

Q5: Automatic timing is being used in a meet and a single manual watch is being used on each lane as a back-up. The automatic timing fails. May a qualifying time be established on the single watch?

A5: Yes

Q6: A touch pad, contrary to the recommendation in 2-7-8, does NOT cover the entire width of the lane. A swimmer contacts the finish end but does NOT contact the finish pad. Has the swimmer finished the race?

A6: By interpretation, if the swimmer touches the end wall when the touch pad does not cover the entire width of the lane, the swimmer has finished the race. Backup times should be used accordingly.

Q7: At a particular championship or invitational meet, a team is allowed two entries in relay events, designated as "A" and "B". As per 3-2-3, up to 8 individuals may be designated, and it doesn't count as an entry unless the competitor actually competes in the event. Can a swimmer actually compete on, say, the "B" entry in prelims and the "A" entry in finals?

A7: An individual can be designated on both the "A" and "B" relays, but the swimmer cannot compete in both the "B" and "A" relays in the same event in the same meet.

Q8: A multi-team non-championship meet is scheduled in a pool with 8 legal lanes. Lane 9 is available, but it has no starting blocks. The teams desire to swim a 9-lane triangular meet, with the swimmers in Lane 9 all starting in the water or on the deck, depending on water depth. The coach of the swimmers in Lane 9 agrees to this.

A8: NOT legal, unless all swimmers in all lanes from all teams are required to start in the water or on the deck, depending on water depth. The reference is Rule 2 - 7 - 2 (c), which states:

"When one or more starting blocks are not securely attached to the deck or end wall, all swimmers shall start in the water, or on the deck, provided the water depth rule is not violated."

Voluntary Dives

Rule 9, Section 4 (p. 80 in 2022-2023 NFHS rule book)

- In accordance with Rule 9-4, Article 6, the State Swimming Committee has approved pre-determined voluntary dives.
- Some “Weeks” include a full week and a part of another week due to the holiday season.

GIRLS' DIVING ROTATION 2022-2023	
Nov 28 - Dec 3	Forward
Dec 5 - Dec 10	Back
Dec 12 - Dec 17	Inward
Dec 19 - Dec 31	Twist
Jan 2 - Jan 7	Reverse
Jan 9 - Jan 14	Forward
Jan 16 - Jan 21	Back
Jan 23 - Jan 28	Inward
Jan 30 - Feb 4	Twist



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POOL SPECIFICATIONS

1. Accurately measure your pool's specifications and compare them to those listed in Rule 2, Sections 1 through 7.
2. Notify visiting schools of variations from National Federation rules in your pool's specifications. Such notification is particularly important for those specifications dealing with the safety of competitors.
3. Each visiting school based on Section 1 of Rule 2 must give prior consent before competing in a pool which does not meet Federation specifications. (NOTE: the CHSAA has not adopted any regulations which waive the need for prior mutual consent.)
4. Some suggested methods of obtaining prior mutual consent (and maintaining a written record of that consent) follow:
 - a. For league contests, have your league, at its first meeting of the year, adopt a motion in which all schools mutually consent to swim at all pools in the league. The motion should list all league pools and the specifications they do not meet. Again, safety is the primary consideration. Each coach should maintain a copy of the league minutes and have them available to show the meet referee.
 - b. Attach a statement concerning your pool's specifications to your game contracts and ask for the statement to be signed by the athletic director and coach and returned with the contract.
 - c. Copy the "Recognition of Variations in Pool Specifications & Prior Mutual Consent" form and mail it to your season's opponents with a request for an immediate return. You may request this form from the CHSAA office.
5. Meet Referee's Responsibility Concerning Rule 2, Section 1.
 - a. At least 30 minutes before the meet, the referee shall visually inspect the pool and ask the home coach or meet director if all aspects of the facility meet the specifications outlined in National Federation Rule 2.
 - b. If the home coach or meet director identifies areas which do not meet specifications, the meet referee will request from all participating schools a written consent to compete despite the variations.
 - c. The league minutes or other form devised by the school will suffice.
 - d. If no written consent is produced by the meet director, the referee will request the visiting coach(es) to sign a statement of consent to compete with the knowledge that specific and enumerated variations exist in the pool's specifications.
 - e. The meet shall not be conducted without the mutual consent of all participating schools.
 - f. The home school should maintain a file of the consent forms. If possible, each visiting school should receive a copy.

POSTSEASON GUIDELINES

QUALIFYING INFORMATION

1. All state entries must be submitted online at www.MaxPreps.com, including your alternates for relays (up to 8 total entries).
2. Only individuals who meet minimum standards during the regular season while participating in dual, invitational, or league meets and who are certified by the area directors as having qualified will be permitted to participate. Qualifying standards follow.
3. **No qualifying times or standards will be accepted for competition held after February 4, 2023.**
4. No qualifying times or standards will be accepted from competition held after a school's participation in its league championship meet.
5. No qualifying times or standards will be accepted from competition held outside of Colorado.
6. Splits from relays may not be used as qualifying times.
EXCEPTION: The lead off swimmer in the 400 and 200 freestyle relays may qualify in the 100 freestyle and 50 freestyle respectively provided automatic timing is used or two hand-held watches verify the performance. If automatic timing is used in the meet and is operative and valid in the race, hand-held times may not be substituted.
7. **The final entries must be submitted online at www.MaxPreps.com by 10:00am on Monday, February 6, 2023; entries should list the fastest time of the season by the individual or the school's relay team.**
8. Once entries are submitted online they are final. There may be NO additions.
9. **MaxPreps state database time will be accepted as proof of time. All times must appear in MaxPreps or they will not be accepted.**
10. **ENTER ONLY SWIMMERS WHO WILL BE COMPETING IN THAT EVENT**
11. Coaches - It is ultimately your responsibility to check and verify that a diver's state score and DD are listed and marked on your meet sheets.
 - In order to qualify under the 6-dive standard, the diver must meet the qualifying standard two times during the season.
 - In order to qualify under the 11-dive standard, the diver must meet the qualifying standard only once during the season.

Note: The diving DD (Degree of Difficulty) refers only to the OPTIONAL dives. The sum of the 5 optional dives in a 6-dive meet or the sum of the 6 optional dives in an 11-dive meet.

Note: The field will be cut to 24 divers after 5 rounds and to 20 divers after 8 rounds.

Note: All divers competing in the state meet must have a dive list that satisfies the optional dives DD standard based on their classification on their diving score sheet at the state meet.
12. Entry Limits – Individual Swimming Events: A school may enter as many competitors per individual event as have qualified. However, a school may not advance more than four swimmers to the finals or consolation finals. If more than four swimmers from one school qualify for the finals or consolation finals, only the top four swimmers from that school may advance. In addition, if a school has four (4) swimmers advancing in an event, that school may NOT have any alternates designated for that event. If a school has three (3) swimmers advance in an event, that school may not have more than one alternate designated.

13. Entry Limits – Relays: A school may enter no more than one relay team per relay event. Schools qualify a relay team, not the four individuals (i.e., the four swimmers who established the qualifying time need not be the swimmers who compete). Relay entries must list a minimum of four names and a maximum of eight names. Only those listed are eligible to swim in the state meet. A swimmer is considered entered in a relay only if she competes in the event at the state meet.
14. A competitor must have competed in a minimum of six meets during the current swim season for her school to compete at the state meet. Swimmers who meet this requirement do not necessarily have to swim in the League/Conference “Varsity/A” meet.
15. A waiver form may be completed to allow student athletes the opportunity to participate in the State Meet when they have not met the minimum 6-Meet requirement. Waiver forms (if applicable) must be submitted by 10:00 a.m. on Monday, January 30. If additional documentation is requested, it must be submitted by 4:00 p.m. on Tuesday, January 31, 2023.
16. Final heating for each event will take place at the CHSAA on **Monday, February 6, 2023. NOT ON THE DECK AT THE STATE MEET.**

EVENT	2022-2023 State Qual Times					
	3A Girls	3A Girls	4A Girls	4A Girls	5A Girls	5A Girls
	Yards	Meters	Yards	Meters	Yards	Meters
200 Med. Relay	2:12.00	2:27.31	2:08.00	2:22.85	2:03.00	2:17.27
200 Freestyle	2:17.50	2:32.35	2:09.00	2:22.93	2:02.50	2:15.73
200 IM	2:36.00	2:53.16	2:26.00	2:42.06	2:18.00	2:33.18
50 Free	27.50	30.66	26.50	29.55	25.60	28.54
*Diving-6 Dives	180 (9.0)	180 (9.0)	195 (9.5)	195(9.5)	220 (10.0)	220(10.0)
**Diving-11 Dives	290 (10.8)	290 (10.8)	320 (11.0)	320 (11.0)	355 (12.0)	355 (12.0)
100 Butterfly	1:10.50	1:18.33	1:07.00	1:14.44	1:02.20	1:09.10
100 Free	1:01.50	1:08.39	58.20	1:04.72	56.40	1:02.72
500 Yard Free 400 Meter Free	6:18.00	5:31.58	5:50.0	5:07.02	5:35.00	4:53.86
200 Free Relay	1:56.00	2:09.57	1:52.00	2:05.10	1:50.00	2:02.87
100 Back	1:10.00	1:17.77	1:06.50	1:13.88	1:02.50	1:09.44
100 Breast	1:19.50	1:28.40	1:15.80	1:24.29	1:12.00	1:20.06
400 Free Relay	4:20.00	4:49.64	4:10.00	4:38.50	4:00.00	4:27.36

* In order to qualify under the 6-dive standard, the diver must meet the qualifying standard two times during the season.

** In order to qualify under the 11-dive standard, the diver must meet the qualifying standard only once during the season.

% Denotes change in qualification standards.

MaxPreps Instructions

- Per the NFHS rules, you still need to upload a **referee-signed hard copy** of your meet results to the CHSAA. You may upload to the [CHSAA Swim & Dive Dropbox](#). DO NOT mail or email.
- Any **state qualifying dive cards** must be uploaded to the [CHSAA Swim & Dive Dropbox](#). After uploading your two (2) six round state qualifying dive cards or one (1) 11 round state qualifying dive card to Dropbox, you should see your diver on the diving leader's database. Once your diver is listed, there is no need to send further qualifying dive cards for your diver.
 - Make sure that all required signatures are on your athlete's dive card including the official/referee, coach, and athlete for the card to be valid.
- **MaxPreps is the only database used to validate your state entries.** Therefore, accurate and timely meet result submittal is required. After a meet/competition, all times and scores for Colorado high school athletes must be entered in the MaxPreps CHSAA Swimming/Diving Top Times Database.
- **MaxPreps uploads and signed meet results to the Dropbox should occur within 48 hours following competition.**
- Note: Each coach (host and visiting) must ensure the times/scores for their team athletes are properly recorded and submitted. Contact the host school regarding any changes.
- For questions email Gerry Valerio at Gerry.valerio@viacomcbs.com

UPLOADING & REPORTING INSTRUCTIONS

All Coaches please review your team/athlete data for the following:

1. Team Code per the CHSAA Swim Bulletin. Note: New teams/Combined teams, please verify your current team code.
2. Athlete NAME and GRADE – please use their legal name (Last, First, MI) and their grade in school. Athlete birthdates is also very useful as it helps with the issue of duplicate quals for the same athlete. Name and Grade is a must for a clean looking State Heat Sheet.
3. Meet Name – please use the convention, Visiting Team vs Host Team
4. Meet Date – please ensure meet date is accurate.
5. Make sure to define all events as Open/Senior not a specific age group

Once your meet is complete; the report needed for your MaxPreps submittal is as follows:

1. Make sure your Meet Manager Database is still open.
2. From the main screen menu bar, go to "File," then slide down to "Export," and choose "Results for Team Manager or SWIMS for "NCAA Database"
3. Ensure all teams are selected (Team selection window should be blank). Click "OK" (data file is being created) resulting in an "Export Finished Box." Click "OK" again.
4. Copy your meet results file to a folder of your choosing. Note: This is the same file you create to export results to Team Manager.
5. Log-in to <http://www.maxpreps.com/> and upload your file to the appropriate meet.
6. From your MaxPreps Coach Admin page, within your schedule, click Add/Edit results (green + icon) for the appropriate meet.
7. Select swimming meet details.
8. Select Import from Hytek and follow the cues that lead to Browse for file and then Import.
9. See the MaxPreps upload instructions on CHSAA Swimming & Diving Info page for more details.

Helpful Reminders:

1. **Name spelling and duplicate names.** Verify that you do not have duplicate athletes by viewing your roster on the MaxPreps page. **Your student-athletes names need to be consistent throughout the entire year.** If a name is spelled wrong, it can be changed with the edit button and will be immediately changed on the online site but must also be changed in Hy-Tek for future meets. School grade (FR, SO, JR, SR) is also needed.

2. **Events.** The system only recognizes the standard event naming. On special meets such as relay meets **de-select** those unique events you swam at that meet for your MaxPreps upload file. Also, define all events as “Open/Senior” and not a specific age group. Use the standard events in either yards or meters.
 Event 1: 200 Medley Relay
 Event 2: 200 Freestyle
 Event 3: 200 Individual Medley (IM)
 Event 4: 50 Freestyle
 Event 5: Diving, 6 dive or 11 dive
 Event 6: 100 Butterfly
 Event 7: 100 Freestyle
 Event 8: 500 Freestyle (400 Freestyle for meters)
 Event 9: 200 Freestyle Relay
 Event 10: 100 Backstroke
 Event 11: 100 Breaststroke
 Event 12: 400 Freestyle Relay
3. If you are uploading **JV and Varsity results**, you should upload results as *two separate meets*. If you do not, the scoring will be incorrect. To create uploads files after you have run your meet:
 - a. **Backup the database!**
 - b. Go to File, Purge, Reset Event Results – and then select all of the JV events. Click “Reset.”
 - c. Export the Results – You will only have the Varsity Results (you may want to change the meet name accordingly).
 - d. Restore the Back-up File and repeat the process – Purge the Varsity events and then export the JV Results. You will need to define two separate meets in MaxPreps, establish your JV team and set up your JV meet.
4. ****Diving – Diving results and scores should be uploaded to MaxPreps through the swimming result upload. You must go into MaxPreps to enter in the total of the optional DD for each of your divers. Hy-Tek does not upload DD information from their export file. The optional DD is the total of the degree of difficulty for the 5 optional dives on a 6 round card and 6 optional dives on an 11 round card.**

If you have specific uploading/reporting questions, reach out to Mike Book (mbook@chsaa.org).

STATE ENTRY PROCESS

1. All meet and invitational results must be submitted to MaxPreps. This will serve as our official state qualifying database and no backup is required.
2. State Entries – Login through your coach admin & you will be prompted to “Manage your state qualifying athletes”. Select your entries, hit save, and you are done! **ALL ENTRIES AFTER THE DEADLINE ARE FINAL. Print and review your sheet BEFORE the deadline. There will be NO EXCEPTIONS or LATE ADDITIONS.**
3. Qualifying dive cards (TWO (2) six round state qualifying dive cards **or** ONE (1) 11 round state qualifying dive card) is needed for state qualification. Dive cards **MUST** be submitted to the [CHSAA Dropbox](#) for verification of state qualifications. Once state qualification is achieved and verified, additional card submittals to the Dropbox are not required for that athlete.
4. All State Meet dive cards will be collected electronically through [CLEAN ENTRIES](#) online. Dive coaches will need to create an account, and you will then search for each of the CHSAA State Championships. This is only for your qualified divers at the state meet. The entry window is as follows:
 - a. 5A will be open January 2 through February 6 at 10:00 am.
 - b. 4A will be open January 2 through February 6 at 10:00 pm.
 - c. 3A will be open January 2 through February 9 at 10:00 pm.

WAIVER INFORMATION

What is a CHSAA Waiver?

A process that was developed by the Swimming & Diving Committee to allow student athletes the opportunity to participate in the State Meet when they have not met the minimum Meet requirement.

To satisfy the CHSAA 6-Meet minimum, an athlete must compete in at least one event at 6 Meets that their school participates at, exclusive of the State Meet (League/Conference “Varsity/A” meets are included in the 6-meet minimum).

Steps in the Process of the Waiver

Waiver Form(s) (if applicable) are due on Monday, January 30, by 8:00 a.m. Proper documentation is also required to be submitted with each waiver. The waiver form must document the beginning and ending dates of the missed Meet(s). Waivers can be submitted throughout the season as needed; all waiver decisions will be made by February 4th.

A waiver committee will be seated by the CHSAA Assistant Commissioner and the Swim Committee Chair (other Swim Committee members will be consulted if needed). Waivers will not be accepted after 8:00 a.m. on Monday, January 31. If additional/supplemental documentation is needed, the school (AD/coach/student) must submit the requested information by 4:00 p.m. Tuesday, January 31.

Schools will be notified by Friday, February 3rd, if the waiver is accepted or declined. There will be no appeals to the Waiver Committee after the waiver process has been completed.

Who is eligible for a Waiver –

- Injury (to the student listed on the waiver)
- Illness
- Required educational programming (i.e. graduation requirement)
- Death in the family
- Unforeseen circumstance to student or school

What information do I have to submit for a Waiver?

Proper documentation is required to be submitted with each waiver. For example - in an injury to an athlete, the documentation would include a note from a doctor of when the injury occurred and an additional note of the date of return-to-play was recorded. The doctor's notations are part of the required timeline and would be in conjunction with the Meets which the athlete did not participate in during the regular season.

Schedule requirement

Teams must COMPETE in at least six meets (including league/conference Varsity/A meets and excluding the State Meet) during the season for any athlete to be eligible for a waiver to the 6-Meet minimum for individual athletes. Duals, double duals, triple duals, multi-team, pentathlon, and relays each count as **one** meet towards your team minimum 6-Meet requirement (regardless of whether the meet has/does not have JV heats).

Does JV/B competition count toward a student's total meets?

Stand alone JV/B meets do count as one meet for an individual's 6-Meet minimum (11-meet maximum) required to participate in the State Meet.

STATE MEET REMINDERS

1. All coaches – submit your gate list by Monday, February 6 at 10:00 a.m.
2. Dive coaches – make sure all signed dive cards are submitted via the [CHSA2A Dropbox](#).
3. Meet results – make sure all signed meet results are submitted via the [CHSAA Dropbox](#).
4. State entries must be certified by CASO Officials and swum in a Colorado State High School Meet to be accepted.
5. All State Qual times must appear online on MaxPreps, or they will not be entered in the State Meet.
6. The meet director shall determine the order of divers by lot.
7. Re-emphasize with your athletes they need to treat the facility with respect.
8. Cameras/video phones are not permitted in the locker rooms at any time.
9. No NON-SCHOOL swimming or diving coaches are permitted on deck.
10. Each school will receive a deck pass for coaches, managers, and timers as listed on your gate list. No exceptions will be granted.
11. Divers seeking All-American status are permitted one photo-/videographer who must present their All-American paperwork to the CHSAA representative on site. The photo-/videographer will then be allowed onto the deck 5 minutes before the start of the dive event to set up.
12. NO ONE – Including the championship team – is permitted to use the high diving board.
13. Teams will not be allowed to make a grand entry into the championship event venue.
14. Deck passes will NOT be honored in the spectator seating areas due to limited seating.
15. No Balloons on the deck or in the stands.
16. All artificial noisemakers are prohibited. This includes cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc.
17. Spectators are not permitted to save multiple seats as a “team spectator” area. Taping or roping any seating area, marking with signs, blankets or other methods will not be tolerated and will be removed from the spectator section.
18. At no time will non-qualifying team members, friends, or family be allowed on deck. This includes during the championship awards ceremony.

MEET INFORMATION

NO PRE-MEET PRACTICE AT VMAC

High school swimmers, unless competing in a regularly scheduled meet, are prohibited from being in the water at VMAC one week prior to state competition (unless that is their home pool).

CLASSIFICATION FORMAT

The state swim meet will have three classifications. Qualifying times are DIFFERENT for each classification.

STAGGERED ENTRANCE

Teams will be allowed into VMAC for each session of the State Meet by a staggered entrance. Entry will be based on a predetermined order that will be sent out to coaches prior to the State Coaches Meeting (will also be posted at the VMAC entrance). Schools will each have a designated team area marked on the pool deck.

DECK PASS INFORMATION

Coaches, managers, and timers will sign-in and receive a deck pass (wristband/stamp), good for admittance to both prelims and finals. Athletes will receive a stamp. No one will be permitted on the deck without a pass or a swimsuit. Athlete/coach/manager/timer passes will not be accepted into the spectator/bleacher area.

STATE ENTRIES

STATE ENTRIES MUST BE RECEIVED ONLINE BY 10:00 AM ON MONDAY, FEBRUARY 6, 2023. NO CHANGES OR ADDITIONS ARE ALLOWED AFTER 10:00 AM. ALL ENTRIES ARE FINAL AT 10:00 AM. NO EXCEPTIONS.

DIVING ORDER

The meet director shall determine the order of divers by lot.

DIVE CARDS

Dive Cards must be submitted via CleanEntries 2 days prior to start of competition. www.cleanentries.com

STARTING

The verbal protocol on pg. 58-59 in the rule book will be used in all swimming events at the state meet.

HEARING-IMPAIRED SWIMMERS

If you have a hearing-impaired swimmer, please notify Mike Book by Monday, January 2, 2023.

SCORING

20 places will be scored at the State Meet.

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

Medals will be awarded for ten places in each event.

A team championship trophy will be awarded to the first-place team and runner-up team in each classification.

NO PAPER BANNERS

School banners other than those made of paper may be hung at designated areas with masking tape and with the approval of the site director.

COACH & CONTESTANT SEATING & TRAFFIC FLOW

- Because of limited spectator seating, all coaches and contestants must sit within the deck area.
- Street shoes are prohibited on the deck.
- Relay alternates, swimmers whose events have been completed, and swimmers who fail to qualify for the finals must sit in the deck area (your "deck" pass will not be honored for the spectator bleacher area).
- Swimmers/divers not participating in the state championships must sit in the stands.
- The seating area for all swimmers and coaches will be designated at the pool.
- Prior to their event, swimmers shall report to the clerk of course (NOT THE BLOCKS).

STANDS

Please remind your fans that we will clear the stands **at the conclusion of each session.** Saving seats, leaving articles behind is not allowed. Items will be removed by site staff to the lost and found area of the site.

2023 CHSAA GIRLS SWIM AND DIVE STATE CHAMPIONSHIPS

4A February 8-9th - 5A February 7-10th - 3A February 10-11th

Tuesday, February 7: 5A Diving Competition (PM)

Pool Doors Open to Athletes and Coaches	3:00 pm
Open Door to Spectators	3:00 pm
Warm-up Begins	3:15 pm
Clear Boards/Pool	4:45 pm
Begin 5A Diving Competition	5:00 pm
5A Diving Awards Following conclusion of last dive(approximate time)	8:30 pm

Wednesday, February 8: 4A Diving Competition (AM)

Pool Doors Open to Athletes & Coaches	8:00 am
Doors Open to Spectators (Online/GoFan tickets only)	8:00 am
Warm-up Begins	8:15 am
Clear pool; meeting with Dive Referee	9:45 am
Begin 4A Diving Competition	10:00 am
4A Diving Awards following conclusion of last dive	1:30 pm (approximate)

Wednesday, February 8: 4A Swim Prelims (PM)

Pool Doors Open to Athletes & Coaches *Staggered Entrance	3:00 pm
Doors Open to Spectators (Online/GoFan tickets only)	3:00 pm
Warm-up Begins	3:30 pm
Clear pool	4:45 pm
Begin 4A Swim Prelims	5:00 pm

Thursday, February 9: 5A Swim Prelims (AM)

Pool Doors Open to Athletes & Coaches *Staggered Entrance	8:00 am
Doors Open to Spectators (Online/GoFan tickets only)	8:00 am
Warm-up Begins	8:30 am
Clear pool	9:45 am
Begin 5A Swim Prelims	10:00 am
Pool deck and stands cleared at conclusion of last event	2:30 pm

Thursday, February 9: 4A Swim Finals (PM)

Pool Doors Open to Athletes & Coaches *Staggered Entrance	3:00 pm
Doors Open to Spectators (Online/GoFan tickets only)	3:00 pm
Warm-up Begins	3:30 pm
Clear pool	4:45 pm
Begin 4A Swim Finals (Unified/Adaptive 50 Free first event – pending #s)	5:00 pm

Friday, February 10: 3A Swim Prelims (AM)

Pool Doors Open to Athletes & Coaches	8:00 am
Doors Open to Spectators (Online/GoFan tickets only)	8:00 am
Warm-up Begins	8:30 am
Clear pool	9:45 am
Begin 3A Swim Prelims	10:00 am
Pool deck and stands cleared at conclusion of last event	2:30 pm

Friday, February 10: 5A Swim Finals (PM)

Pool Doors Open to Athletes & Coaches *Staggered Entrance	3:00 pm
Doors Open to Spectators (Online/GoFan tickets only)	3:00 pm
Warm-up Begins	3:30 pm
Clear pool	4:45 pm
Begin 5A Swim Finals (Unified/Adaptive 50 Free first event – pending #s)	5:00 pm

Saturday, February 11: 3A Diving Competition (AM)

Pool Doors Open to Athletes & Coaches	7:40 am
Doors Open to Spectators (Online/GoFan tickets only)	7:40 am
Warm-up Begins	7:55 am
Clear pool; meeting with Dive Referee	9:10 am
Begin 3A Diving Competition	9:25 am
Awards following conclusion of last dive	1:30 pm (approximate)

Saturday, February 11: 3A Swim Finals (PM)

Pool Doors Open to Athletes & Coaches *Staggered Entrance	2:00 pm
Doors Open to Spectators (Online/GoFan tickets only)	2:00 pm
Warm-up Begins	2:30 pm
Clear pool	3:45 pm
Begin 3A Swim Finals (Unified/Adaptive 50 Free first event – pending #s)	4:00 pm

2023 GIRLS STATE SWIMMING & DIVING ADMISSION PRICES

[ALL DAY PASSES](#) (click for link)

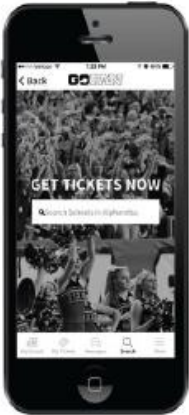
All-Day Pass (ONLINE ONLY).....\$15

MERCHANDISE SALES:

Official 2023 CHSAA State Swimming T-shirts and souvenirs will be available on site through the CHSAA Official Merchandise Vendor [Kukulski Brothers](#) (click for website).



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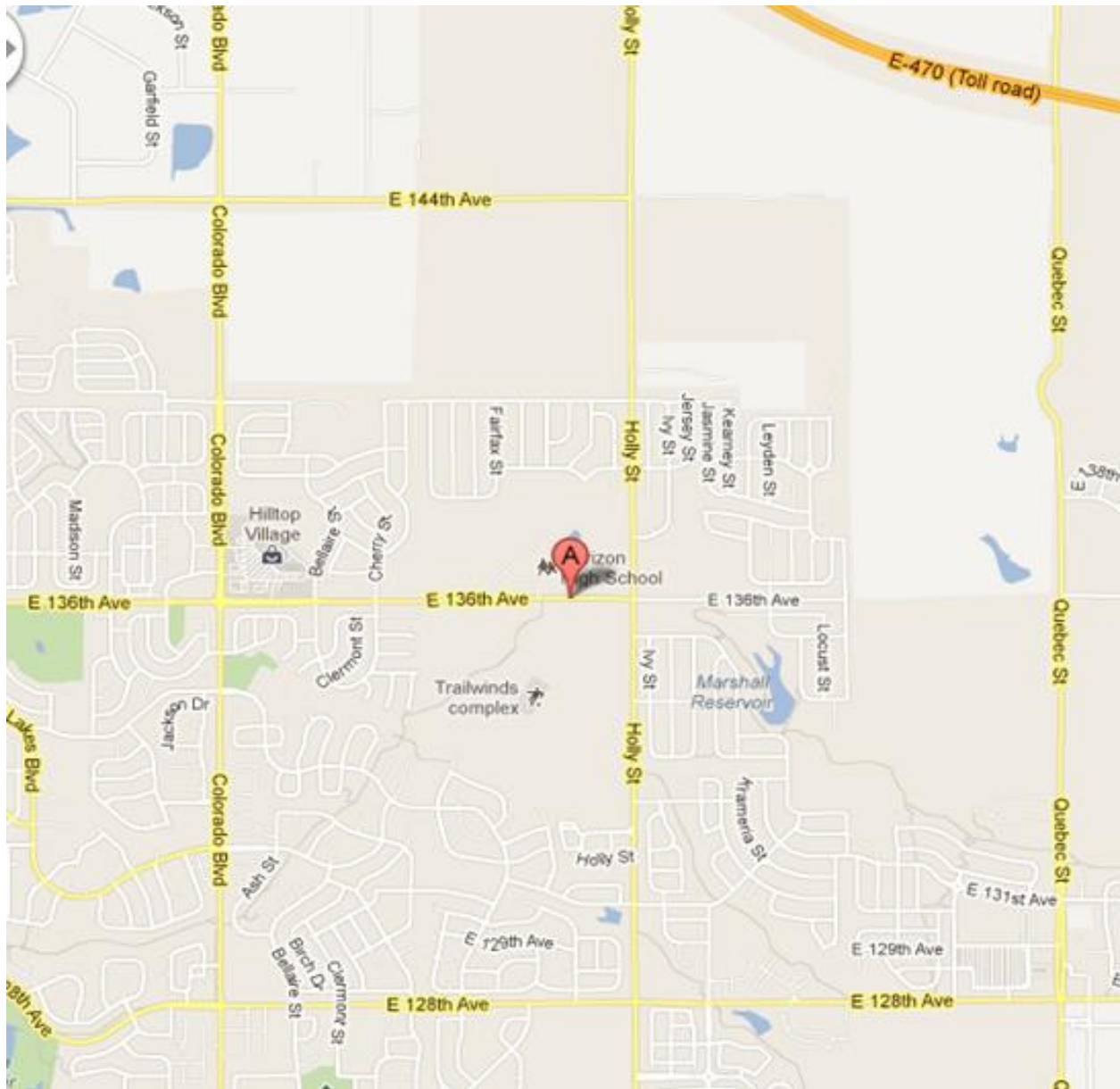
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CLASSIFICATIONS AND SCHOOL CODES

2022-2023 3A Girls' Swimming Schools – (1-1159; 43 schools)

Frederick (FRED)	1181	Delta (DELT)	601
Mitchell (MITC)	1174	Eaton (EATO)	573
Discovery Canyon (DISC)	1158	Englewood (ENGL)	554
Denver North (DENN)	1150	Aspen (ASPE)	554
Green Mountain (GREN)	1124	Moffat County (MOFC)	549
Pueblo County (PUCO)	1109	Valley (VALL)	547
Evergreen (EVER)	1096	St. Mary's Academy (STMA)	534
Thompson Valley (THOM)	1085	Wellington (WELL)	500
Roosevelt (ROOS)	1061	Timnath (TIMN)	500
Pueblo Centennial (PUCE)	994	Pagosa Springs (PASO)	490
Northfield (NORF)	990	Kent Denver (KENT)	481
Pueblo East (PUEE)	986	Manitou Springs (MANI)	474
Glenwood Springs (GLEN)	961	La Junta (LAJU)	427
Summit (SUMM)	952	Colorado Academy (CACD)	412
Pueblo South (PUES)	943	Gunnison (GUNN)	394
Kennedy (KENN)	926	Salida (SALD)	368
Abraham Lincoln (ABRA)	896	Liberty Common (LBCO)	354
Conifer (CONI)	873	Estes Park (ESTS)	350
Sierra (SIER)	848	Resurrection Christian	303
Pueblo Central (PUCE)	800	St. Mary's (STMR)	258
Berthoud (BERT)	690	Fountain Valley (FTNV)	240
Woodland Park (WOOD)	685	Platte Canyon (PTCN)	240
Holy Family (HLFA)	676	Holyoke (HOLY)	172
D'Evelyn (DEVE)	631	Sargent (SARG)	104

2022-2023 4A Girls' Swimming Schools – (1160 – 1699; 38 schools)**^ indicates play-up and * play-down**

Westminster* (WSTM)	2406	Ponderosa (POND)	1440
Northglenn* (NORT)	2064	Air Academy (AIRA)	1398
Aurora Central* (AURO)	2007	Pueblo West (PUEW)	1394
Adams City* (ADAM)	1721	Coronado (CORO)	1385
Highlands Ranch (HIRN)	1680	Windsor (WIND)	1377
Greeley West (GRWE)	1666	Golden (GOLD)	1372
Monarch (MONA)	1664	Silver Creek (SILV)	1349
Liberty (LBCS)	1656	Montrose (MONR)	1321
Denver South (DENS)	1636	Standley Lake (STAN)	1318
Pine Creek (PINE)	1631	Pomona (POMO)	1317
Palmer (PALM)	1622	Cheyenne Mountain (CHYM)	1286
Rampart (RAMP)	1620	Widefield (WIDE)	1255
Loveland (LOVE)	1595	Longmont (LONG)	1252
Broomfield (BROO)	1559	Littleton (LITT)	1242
Bear Creek (BEAR)	1514	Thomas Jefferson (THOJ)	1235
Gateway (GATE)	1479	Durango (DURA)	1227
Erie (ERIE)	1467	George Washington (GEOR)	1188
Skyline (SKYL)	1465	Wheat Ridge (WHEA)	1179
Centaurus (CNTU)	1453	Niwot (NIWO)	1177
Grand Junction (GRAJ)	1452	Mountain View (MTVW)	1165
Dakota Ridge (DAKO)	1447	Mullen^ (MULL)	882

2022-2023 5A Girls' Swimming Schools – (1700 – up; 42 schools)**^ indicates play-up**

Cherry Creek (CHEC)	3806	Horizon (HORI)	2059
Eaglecrest (EAGL)	3063	Lakewood (LAKE)	2046
Grandview (GRDV)	2947	ThunderRidge (THUN)	2042
Cherokee Trail (CHET)	2818	Rocky Mountain (ROCK)	2024
Denver East (DENE)	2556	Doherty (DOHE)	1992
Legacy (LEGA)	2445	Mountain Range (MTNR)	1889
Mountain Vista (MTVS)	2381	Fort Collins (FTCO)	1856
Overland (OVER)	2379	Ralston Valley (RALS)	1843
Lewis-Palmer (LEWP)	2350	Chatfield (CHAT)	1842
Rock Canyon (ROCC)	2310	Fountain-Fort Carson (FTNC)	1829
Rangeview (RNGV)	2253	Poudre (POUD)	1827
Legend (LEGE)	2215	Brighton (BRGH)	1816
Chaparral (CHAP)	2193	Douglas County (DOUG)	1808
Smoky Hill (SMOK)	2160	Arvada West (ARVW)	1801
Arapahoe (ARAP)	2157	Fruita Monument (FRUI)	1796
Boulder (BOUL)	2153	Columbine (COLU)	1745
Fairview (FAIR)	2131	Heritage (HERI)	1691
Fossil Ridge (FOSS)	2118	Regis Jesuit^ (REGG)	1456
Hinkley (HINK)	2079	Valor Christian^ (VALO)	1188