

2024-2025

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, 20 December 2024 Diving
Saturday, 21 December 2024 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: Top 30 competitors to compete at Finals, (C/B/A-Final)

DOORS WILL OPEN TO ALL COACHES, COMPETITORS AND SPECTATORS at

2 pm Friday for Divers, Coaches, and spectators

6:30 am Saturday for Swimmers, Coaches, and spectators

TIME SCHEDULE

Friday, December 20 – Diving Prelims, Semifinals & Finals

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

Saturday, December 21 – 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 Competition

Saturday, December 21 – Swim Finals: Top 30 Overall from Prelims Session

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 to include in the heat sheet.

ENTRY FEE: \$15.00 per Swimmer/Diver - names on your meet roster, including relay alternates

Please send or bring to meet amount due payable to Chatfield HS Swim-Dive

C/O: Tyra Flynn, Athletic Secretary Chatfield Senior High School

Chatfield HS, 7227 S Simms St, Littleton CO 80127

Electronic Payment can be processed with

Janice Garriott, Financial Secretary Chatfield Senior High

phone: 303-982-7956, fax: 303-982-3671

ENTRIES: Hy-Tek entry File **DUE Tuesday, December 17th @ Midnight**

Please email your Hy-Tek entries to 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.
Swim Coach and Dive Coach information please.

Entry Rules:

- A swimmer/diver may compete in a maximum of 4 events with no more than 2 as individual events.
- Each team may enter unlimited entries per individual event based on qualifying standard. Top four competitors from each team are eligible to advance to the finals. 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.
- 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. Relays members need to be listed in your Hy-Tek entry submittal.
- Athletes that do not achieve qualifying standards will be required to provide proof of achievement.
- All diving entries/cards must be submitted to <https://www.cleanentries.com/>.
Meet Name: [Rex Abelein Memorial Colorado Coaches Invite 2025](#)
Dive list Registration Closes: [December 19th, 10:00 PM MDT](#)
Changes will be permitted until 60 minutes prior to the start of each diving event.

SCORING: Top 30 from Preliminaries will compete in the finals

Individual:

36, 33, 32, 31, 30, 29, 28, 27, 26, 25, 23, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relays Double

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 for Spectators: \$5 per session, Cash or Venmo

Diving

Swim Prelims

Swim Finals

Meet Program: \$5

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

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

Coaches: Please Adhere to these Standards.

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