

## SWIMMING AND DIVING

Scott Cohen, Smoky Hill High School

Chair

**ATH 14**

Report No.

**I. MAJOR CHANGES FROM LAST YEAR'S REPORT:**

- A. Move from a top 16 finals to a top 20 finals for our state championships.
- B. New state qualifying times based on an attempt to create 4-5 heats of each event.
- C. Combined the boys' 4A & 5A championships meets to one location.

**II. RATIONALE:**

- A. Growth of the sport, pool facilities allow it, and offers more opportunities for our athletes.
- B. Qualifying times are continually reset to accomplish a 4-5 heat meet.
- C. To showcase the boys' state championships in a combined meet similar to the girls'.

**III. FINANCIAL IMPACT:**

- A. CHSAA: Additional medals for 9<sup>th</sup> and 10<sup>th</sup> place, Schools: None.
- B. None.
- C. None.

**IV. DATES & SITES:**

**Criteria**

Girls Swimming – Thursday, Friday, and Saturday of Week 34

Boys Swimming – Thursday, Friday, and Saturday of Week 48

**2019**

- A. Girls' State – February 7-9, 2019 (4A Thu-Fri & 5A Fri-Sat) & February 8-9, 2019 (3A)
  - a. 4A/5A – VMAC
  - b. 3A – EPIC
- B. Boys' State – Thursday, Friday and Saturday May 16-18, 2019
  - a. 4A/5A – VMAC

**V. QUALIFYING FORMAT:**

The state swim meet will have three (girls)/ two (boys) classifications for team scoring.

**VI. NOTES:**

- A. Only entries certified by CASO officials and swum in Colorado State High School meets will be accepted as state qualifying times.
- B. Swimmers who have restricted eligibility due to transferring cannot swim Exhibition heats while restricted.
- C. All swimmers and divers must compete in a minimum of four high school meets, excluding league or conference championship, in order to be eligible to compete at the state championships.
- D. It is strongly recommended that all meet results be uploaded into MaxPreps within one week of competition.

Swimming and Diving Committee Report

April 28, 2019

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E. Girls' State Championship Schedule and Format

Site 1: Combined Classifications	Site 2: Single Classification
Thursday AM: "A" Dive Prelims	Thursday AM: NA
Thursday PM: "A" Swim Prelims	Thursday PM: NA
Friday AM: "B" Swim Prelims	Friday AM: NA
Friday PM: "A" Swim-Dive Finals	Friday PM: "C" Swim Prelims
Saturday AM: "B" Dive Prelims	Saturday AM: "C" Dive Prelims
Saturday PM: "B" Swim-Dive Finals	Saturday PM: "C" Swim-Dive Finals

2019: A = 4A, B = 5A, C = 3A / 2020: A = 5A, B = 3A, C = 4A / 2021: A = 3A, B = 4A, C = 5A /

F. Boys' State Championships Schedule and Format

Site 1: Combined Classifications
Thursday AM: "A" Dive Prelims
Thursday PM: "A" Swim Prelims
Friday AM: "B" Swim Prelims
Friday PM: "A" Swim-Dive Finals
Saturday AM: "B" Dive Prelims
Saturday PM: "B" Swim-Dive Finals

2019: A = 5A, B = 4A / 2020: A = 4A, B = 5A

**School Classifications for 2018-2020**

**5A Girls' Swimming Schools – (1765 – up; 41 schools) \*indicates play-up**

Heritage*	1712	Rangeview	2109
Columbine*	1698	Smoky Hill	2079
Regis Jesuit (Girls)	1446	ThunderRidge	2072
Pomona*	1432	Boulder	2065
Valor Christian*	1094	Hinkley	2050
Cherry Creek	3654	Horizon	2037
Cherokee Trail	2953	Doherty	2032
Eaglecrest	2820	Fossil Ridge	1994
Grandview	2781	Mountain Range	1989
Denver East	2644	Rocky Mountain	1970
Overland	2375	Northglenn	1921
Legacy	2363	Aurora Central	1817
Westminster	2350	Fountain-Fort Carson	1865
Mountain Vista	2320	Douglas County	1863
Chaparral	2276	Ralston Valley	1850
Fairview	2228	Adams City	1847
Rock Canyon	2220	Poudre	1825
Arapahoe	2155	Brighton	1794
Lakewood	2120	Fort Collins	1789
Legend	2119	Chatfield	1770
		Lewis Palmer/Palmer Ridge	Co/op

**4A Girls' Swimming Schools – (1160 – 1764; 38 schools) \* indicates play-up**

Littleton	1217	Pueblo West	1391
Mullen*	852	Coronado	1369
Fruita Monument	1752	Standley Lake	1363
Arvada West	1750	Silver Creek	1359
Highlands Ranch	1742	Widefield	1358
Monarch	1714	Air Academy	1354
Rampart	1689	Ponderosa	1349
Gateway	1654	Mitchell	1329
Loveland	1631	Montrose	1316
Palmer	1631	Golden	1313
Greeley West	1584	Longmont	1287
Liberty	1621	Cheyenne Mountain	1255
Denver South	1600	Wheat Ridge	1251
Broomfield	1591	Mountain View	1245
Pine Creek	1590	Centaurus	1234
Grand Junction	1574	George Washington	1230
Bear Creek	1560	Niwot	1204
Dakota Ridge	1530	Pueblo Centennial	1194
Windsor	1485	Thompson Valley	1165
Skyline	1443		

**3A Girls' Swimming School – (1-1159; 40 schools)**

Erie	1154	D'Evelyn	624
Discovery Canyon	1136	Valley	584
Durango	1132	Moffat County	582
Denver North	1117	Delta	574
Evergreen	1117	Aspen	547
Green Mountain	1106	Eaton	545
Pueblo East	1087	Kent Denver	485
Thomas Jefferson	1082	Manitou Springs	450
Pueblo South	1071	Colorado Academy	411
Pueblo county	980	Gunnison	393
Summit	978	La Junta	380
Abraham Lincoln	973	Bishop Machebeuf	370
Glenwood Springs	947	Salida	359
Conifer	870	Estes Park	335
Sierra	810	Platte Canyon	263
Pueblo Central	790	St. Mary's Academy	520
Northfield	788	St. Mary's	251
Woodland Park	760	Fountain Valley	220
Denver West	642	Holyoke	164
Montezuma-Cortez	635	Sierra Grande	75

**2018-2020****5A Boys' Swimming Schools – (1622-up; 42 schools) \*indicates play-up**

Pomona*	1432	Prairie View	1880
Pondo/Chap/Legend/Lutheran	Co/op	Fountain-Fort Carson	1865
Valor Christian*	1094	Douglas County	1863
Cherry Creek	3654	Ralston Valley	1850
Cherokee Trail	2953	Adams City	1847
Grandview	2781	Poudre	1825
Denver East	2644	Regis Jesuit (Boys)	1800
Overland	2375	Brighton	1794
Legacy	2363	Fort Collins	1789
Westminster	2350	Chatfield	1770
Fairview	2228	Fruita/Palisade/GJ	Co/op
Arapahoe	2155	Arvada West	1750
Lakewood	2120	Highlands Ranch	1742
Smoky Hill	2079	Monarch	1714
Boulder	2065	Heritage	1712
Hinkley	2050	Thornton	1699
Horizon	2037	Columbine	1698
Doherty	2032	Rampart	1689
Fossil Ridge	1994	Loveland	1631
Mountain Range	1989	Palmer	1631
Rocky Mountain	1970	Lewis Palmer/Palmer Ridge	Co/op

**4A Boys' Swimming Schools – (1-1621; 40 schools)**

Greeley West	1584	Thompson Valley	1165
Liberty	1621	Discovery Canyon	1136
Denver South	1600	Durango	1132
Broomfield	1591	Denver North	1117
Pine Creek	1590	Evergreen	1117
Bear Creek	1560	Green Mountain	1106
Windsor	1485	Pueblo East	1087
Pueblo West	1391	Thomas Jefferson	1082
Coronado	1369	Pueblo South	1071
Standley Lake	1363	Pueblo County	980
Silver Creek	1359	Abraham Lincoln	973
Montrose	1316	Glenwood Springs	947
Golden	1313	Mullen	852
Longmont	1287	Pueblo Central	790
Cheyenne Mountain	1255	Northfield	788
Wheat Ridge	1251	Denver West	642
Mountain View	1245	D'Evelyn	624
Centaurus	1234	Valley	584
Littleton	1217	Moffat County	582
Pueblo Centennial	1194	Estes Park	335

**VI. QUALIFYING TIMES:**

Swimmers and divers qualify for state by meeting the following standards during the regular season. **Boys' standards for 2019 will be adjusted after the 2018 State Meet.**

EVENT	2018-2019		2018-2019		2018-2019	
	3A Girls	3A Girls	4A Girls	4A Girls	5A Girls	5A Girls
	Yards	Meters	Yards	Meters	Yards	Meters
<b>200 Med. R.</b>	2:10.00%	2:25.08	2:06.00	2:20.62	2:03.00	2:17.27
<b>200 Freestyle</b>	2:16.00%	2:30.69	2:08.00	2:21.82	2:03.00	2:16.28
<b>200 IM</b>	2:36.00%	2:53.16	2:26.00	2:42.06	2:18.50	2:33.74
<b>50 Free</b>	0:27.80%	31.00%	0:26.70	29.77	0:25.80	0:28.77
<b>*Diving-6 Dives</b>	180 (9.5)	180 (9.5)	195 (9.8)	195 (9.8)	220 (10.3)	220 (10.3)
<b>**Diving-11 Dives</b>	290 (11.1)	290 (11.1)	320 (11.4)%	320 (11.4)%	355 (12.3)%	355 (12.3)%
<b>100 Butterfly</b>	1:10.50%	1:18.39%	1:06.30	1:13.66	1:02.50	1:09.44
<b>100 Free</b>	1:01.50%	1:08.39%	0:58.20	1:04.72	0:56.40	1:02.72
<b>500 Yard Free</b>	6:15.00%	5:28.95%	5:48.50	5:05.70	5:32.00	4:51.23
<b>400 Meter Free</b>						
<b>200 Free R.</b>	1:56.00	2:09.57	1:52.00	2:05.10	1:50.00	2:02.87
<b>100 Back</b>	1:10.00	1:17.77	1:06.20%	1:13.55%	1:03.00	1:09.99
<b>100 Breast</b>	1:20.50%	1:29.52%	1:15.50	1:23.96	1:12.30	1:20.40
<b>400 Free. R.</b>	4:16.00	4:45.18	4:08.00	4:36.27	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.

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: At state, all divers will perform five (5) dives. The diving cut (reducing the field) will occur after the preliminary rounds, to twenty-four (24) competitors.

Note: All divers competing in the state meet must have at least the required optional DD as listed in the chart above for their classification on their diving score sheet at the state meet.

Note: If a school has more than four (4) swimmers or divers who qualify for the finals, the additional athletes who have qualified but who do not have one of the top 4 times on their team will not be listed as one of the alternates in the event and will not be able to move into the finals heat(s) even if a competitor drops out. Only the top four swims from the preliminary competition from each team are eligible to advance to the finals competition. No substitutes will be allowed.

**VII. INFORMATIONAL ITEMS:**

All swimmers and divers must compete in a minimum of four (4) high school meets, excluding league or conference championship, in order to be eligible to compete at the state championships.

State Entries will be submitted online and verified by MaxPreps, the official State Qualifying Database. All entries are final after the deadline.

3-2-2 Schools may enter their relay teams with eight individual names for championship meets.

**State Association Adoption of NF Playing Rules:**

3-1-1 In CHSAA State Championships 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. *\*For regular season championships format meets (prelims/finals), Rule 3-1-1 shall be adhered to unless by mutual consent, or unless league bylaws specify otherwise.*

5-1-1 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 (NEW)*
4. *100 Breaststroke, modified to 50 Breast (NEW)*
5. *6 Round Dives, modified to 3 Dives (NEW)*

- 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.

**VIII. COMMITTEE MEMBERS:**

Scott Cohen, Smoky Hill, Chair; Aly Brinkema, Holyoke; Roy Chaney, Manitou Springs; Nicole Vanderpoel, Rock Canyon, Dianne Petkoff, Pueblo; Nick Frasersmith, Regis Jesuit; Sarah Stamp, Niwot; Kristy Marosy, Columbine; Mercedes Clements, Chatfield.