

2023

Colorado High School Swim-Dive Coaches Association Boys' Swimming and Diving Dick Rush Memorial HS Coaches Swim-Dive Invitational

HOSTED BY: CHSSCA, Ron Johns - (303) 229-2298, cohsswimdive@gmail.com
DATES: Friday, March 24, 2023 Diving
Saturday, March 25, 2023 Swim Prelim and Finals
Location: Veterans' Memorial Aquatic Center (VMAC)
5310 E 136th Ave. Thornton, Colorado 80602

MEET DIRECTOR: Ron Johns - (303) 229-2298, cohsswimdive@gmail.com

Changes: All dive rounds to occur on Friday
30 competitors to complete at Finals

**DOORS WILL OPEN TO ALL COACHES, COMPETITORS AND SPECTATORS AT
2 pm Friday and then 6:30 am Saturday**

TIME SCHEDULE

Friday, March 24 – Dining Prelims, Semifinals & Finals

2:30 pm Warmup, 3:50 boards clear
4:00pm Start

Second warmup for finals 20 Minutes after round 8

Saturday, March 25 – Swim Prelims

7:00am Warmup
8:15am Pool Cleared, Coaches Meeting
8:30am Start

Saturday, March 25 – Swim Finals:

2:30 pm Warm-Up
3:15 pm Pool Cleared, Coaches Meeting
3:30 pm Start

**NOTE: We will run heats of 50 Free for any adaptive athletes at the start of the Final session.
Please provide names of potential athletes that you wish to participate in this special event.**

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

ENTRIES: **DUE Tuesday, March 21st @ Midnight** to Ron Johns.
Please email your Hy-Tek entries to cohsswimdive@gmail.com.
Remember to include your Diver Names
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.
Dive lists to be submitted via CleanEntries deadline Wednesday 22nd midnight,
details below

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.

Ron Johns 303-229-2298, email: cohsswimdive@gmail.com

Top four competitors from each team are eligible to advance to the finals.

- Each team may enter a maximum of 2 entries per relay event.
One relay team from each school will be allowed to advance to the finals.
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/>.
Name of Meet: [Dick Rush COHS Coaches Invite](#)
Registration Opens: [Mar-13, 8:00 AM MST](#)
Registration Closes: [Mar-22, 10:00 PM MST](#)
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: 34-31-30-29-28-27-26-25-24-23-21-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Relays: 68-62-60-58-56-54-52-50-48-46-42-38-36-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2

AWARDS:

Team: Top Team for 5A, and 4A schools

Individual:

HOYT BRAWNER Award

Nominees must be a senior. Selection criteria will be based on Academics, Citizenship, and Athletic Achievement.

Nominations must be in a Written (Typed) form and submitted prior to the start of the preliminary session.

ATHLETE of the MEET (High Point)

ADMISSION: \$5 per session

Diving
Swim Prelims
Swim Finals

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

Event	Yards	Meters
200 Med Relay	2:04.0	2:18.3
200 Freestyle	2:03.0	2:16.3
200 IM	2:22.0	2:37.8
50 Free	0:25.0	0:28.0
Diving-11 Dives	270	270
100 Butterfly	1:03.0	1:10.2
100 Free	0:55.0	1:01.1
500Y/400M Free	5:40.0	4:58.5
200 Free Relay	1:50.0	2:02.8
100 Back	1:04.0	1:12.2
100 Breast	1:11.0	1:18.8
400 Free Relay	4:05.0	4:32.9

Coaches: Please Adhere to these Standards.

Swims slower than Qualification Standards will require proof of achievement. Divers that are cut after 5 dives will require proof of achievement

\$25 fine will be assessed for those that cannot provide proof, School ADs will be billed.