

2019 - 2020

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

**HOSTED BY:** CHSSCA, Ron Johns - (303) 229-2298, [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)  
**DATES:** Friday, March 20, 2020 Dive Prelims  
Saturday, March 21, 2020 Swim Prelim and Finals  
**Location:** Veterans' Memorial Aquatic Center (VMAC)  
5310 E 136<sup>th</sup> Ave. Thornton, Colorado 80602

**MEET DIRECTOR:** Ron Johns - (303) 229-2298, [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)  
DOORS WILL OPEN TO ALL COACHES, COMPETITORS AND SPECTATORS AT 6:30AM.

**TIME SCHEDULE**

**Friday, March 20 – Dining Prelims & Semifinals**

|        |                                      |
|--------|--------------------------------------|
| 3:00pm | Warmup                               |
| 4:45pm | Boards Clear Diver/Officials Meeting |
| 5:00pm | Start                                |

**Saturday, March 21 – Swim Prelims**

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

***Only the top Four Swimmers/Divers from a team may advance to the finals.  
Only one Relay from a team may advance to the finals.***

**Saturday, March 21 – Swim and Dive Finals**

|        |                               |
|--------|-------------------------------|
| 1:30pm | Warm-Up                       |
| 2:45pm | Pool Cleared, Coaches Meeting |
| 3:00pm | Start                         |

NOTE: We will run heats of 50 Free for adaptive athletes at the start of the Final Session.  
Provide the name of potential athletes you would like to participate in this special event.

**ENTRY FEE:** \$70.00 per team plus \$10.00 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](mailto:Nicole.Lucas@jeffco.k12.co.us)  
Chatfield HS, 7227 S Simms St, Littleton CO 80127  
Electronic payments contact:  
Katie Mohr, Financial Secretary Chatfield Senior High School  
303 982-3549 [Katie.Sullivan-Mohr@jeffco.k12.co.us](mailto:Katie.Sullivan-Mohr@jeffco.k12.co.us)  
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**ENTRIES:** **DUE Tuesday, March 17<sup>th</sup> @ Midnight** to Ron Johns.  
Please email your Hy-Tek entries to [cohsswimdive@gmail.com](mailto:cohsswimdive@gmail.com)  
**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.

**RULES:**

- A swimmer/diver may be entered in a maximum of 4 events with no more than 2 as individual events.
- Each team may enter an unlimited number of entries per individual event. Four competitors from each team are eligible to advance to the finals.
- Each team may enter a maximum of 2 entries per relay event. One relay team from each school will be allowed to advance to the finals.
- Athletes that do not achieve qualifying standards will be required to provide proof of achievement.
- All diving entries/cards must be submitted to <https://www.cleanentries.com/>.  
 Meet Name: 2020 CO HS Dick Rush Invitational  
 Dive list Registration Closes: **March-18, 10:00 PM MDT**  
 Changes will be permitted until 60 minutes prior to the start of each diving event.

**SCORING:**

Top 20 from Preliminaries will compete in the evening championships  
 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:**

Team: Top Team for 5A, and 4A 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) and submitted prior to the end of the preliminary session.  
**ATHLETE of the MEET (High Point)**

**ADMISSION:**

**\$5 per session**  
 Dive Prelims  
 Swim Prelims  
 Finals (Swim & Dive)

**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 MEDLEY RELAY      | 2:04.0                            | 2:18.26 |
| 200 FREESTYLE         | 2:03.0                            | 2:16.28 |
| 200 INDIVIDUAL MEDLEY | 2:22.0                            | 2:37.76 |
| 50 FREESTYLE          | 25.0                              | 27.98   |
| DIVING                | 160 for 6 Dives, 270 for 11 Dives |         |
| 100 BUTTERFLY         | 1:03.0                            | 1:10.18 |
| 100 FREESTYLE         | 55.0                              | 1:01.11 |
| 500 FREESTYLE         | 5:40.0                            | 4:58.52 |
| 200 FREESTYLE RELAY   | 1:50.0                            | 2:02.76 |
| 100 BACKSTROKE        | 1:04.0                            | 1:11.10 |
| 100 BREASTSTROKE      | 1:11.0                            | 1:18.26 |
| 400 FREESTYLE RELAY   | 4:05.0                            | 4:32.93 |

Coaches: Adhere to these Standards.

Swims that don't meet minimum Qualification Standards will require proof of achievement. Divers cut after 5 dives will require proof of achievement.

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