



**2020-2021 GIRLS
SWIMMING & DIVING BULLETIN**





*'Seeking Excellence in Academics, Activities
and Athletics'*



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www.chsaa.org

Girls Swim & Dive Athletic Directors, Coaches and Officials:

It is with a tremendous amount of excitement that I welcome you all to the 2020-2021 Girls Swim & Dive Season on behalf of the Colorado High School Activities Association. The upcoming season will present challenges that we have not had to face during any point in our careers. Collectively, we will overcome these challenges presented by the COVID-19 pandemic and be better for it on the other side. I look forward to working with all the coaches, administrators, and officials throughout the year.

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 both the www.CHSAANOW.com and www2.CHSAA.org websites.

The 2020-2021 CHSAA Girls Swim & Dive State Championship will be held at VMAC in Thornton on March 11-13, 2021. Due to the uncertainty around COVID-19, these dates and locations could change at any time. Regardless, we look forward to hosting an event worthy of its significance at the end of the Regular Season on March 6th.

Best wishes to all 121 of our CHSAA Member Girls Swim and Dive schools during the upcoming season. It will not be one that we soon forget.

Sincerely,

Justin Saylor
Assistant Commissioner
Colorado High School Activities Association



CDPHE Mandates for CHSAA Girls Swim & Dive

**Subject to change*

All Girls Swim/Dive Meets during the 2020-2021 school year must adhere to the local limitations around number of participants allowed indoors. Currently, CHSAA has been approved for a variance allowing for 50 total participants indoors during competition (that is 50 total among all teams and not 50 per team). Please confirm with your school/district/local health department for the restrictions in your area as some counties are more restrictive and others are less restrictive. In all CHSAA *sanctioned athletics and activities*, spectators must follow the Indoor/Outdoor Guidance for the dial-level of the county. In all CHSAA *practices*, teams must follow the Indoor/Outdoor Guidance for the dial-level of the county.

STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:

They are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported-ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell. Additionally, anyone who has been in contact with someone with COVID-19 in the last 14 days should not go to practice/participate.

- All guidelines from CHSAA must be adhered to.
- **Ventilation** - Improving ventilation has been shown to reduce spread in indoor environments; Administrative/Coach practices should be adopted to promote airflow (open windows, doors, etc.) when available. Ensuring proper ventilation including reduction of capacity limits will help to reduce the concentration of airborne contaminants including viruses.
- **Social distancing** between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
- **Sanitation** - There should always be sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for meet personnel, team & coaching staff to clean and disinfect frequently touched surfaces and equipment.
- **Spectators** – If meet hosts allow spectators, they must wear facial coverings and maintain 6 feet social distance at all times.
- **No Scrimmages or Foundation Meets.**
- Students must wear facial coverings when not engaged in training, competing, or other strenuous physical activity. All other personnel on deck (not competing) must wear face coverings at all practices and meets (coaches, officials, timers, lap counters, etc.).
 - Each facility must have a place where athletes can safely store their facial covering while in the water. A table, bin, or something similar must be placed at each starting block for athletes to safely place their facial covering while competing. Facial coverings must be put back on by athletes immediately after exiting the pool.
- Coaches must communicate all practice and competition guidelines in a clear manner to student participants, their parents, officials, etc.
- The use of locker rooms should be eliminated whenever possible; only used for restroom use, changing (no more than five people at one time all wearing masks – fewer than 5 if appropriate social distancing cannot be maintained). Whenever possible, athletes should arrive to practice and competition fully dressed. Masks must always be worn in the locker room.

General Meet Requirements

Refer to CHSAA [COVID-19 Requirements & Mandates](#) (listed under Event/Competition) while also adhering to state/county/local health restrictions; facilities may have stricter standards. Coaches must review this document with their Athletic Director before hosting competitions at their school/facility and must communicate your guidelines in a clear manner to students, parents, officials, etc.

- If needed, auxiliary spaces (i.e. gymnasiums, classrooms, lunchrooms, etc.) should be used as holding areas for student participants, meet personnel, spectators, etc. All auxiliary spaces must allow for social distancing and adhere to state/county/local health restrictions (facilities may have stricter standards). The home team must be responsible for supervising this area and ensure everyone in the holding area is wearing a facemask.
- Must limit the deck to essential personnel only. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards, and officials. Authorized timers, recorders, runners, computer operators necessary to conduct competition are essential. All others, i.e., team managers, video people, media photographers, family members, non-competing students, etc. are considered non-essential personnel and must be in the gallery remaining in the seating area (when present) or remaining outside the deck area.
 - Timers must assemble at the finish of each race at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers must wear cloth facial coverings.
 - Lap Counting - Only one person per lane must be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Meet protocols that cause coaches, participants, and/or spectators to congregate closely together (results boards, awards ceremonies, water stations, locker rooms, etc.) must be avoided.
 - Should consider using an online platform for results.
 - Should consider using general PA announcements or an online platform for award recognitions.
 - Athletes must bring their own water bottle and have their own plan for retrieving their water after competition.
 - Athletes should arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- After each heat concludes, finished swimmers must exit the pool before swimmers for the next heat can come onto the bulkhead. No flyover starts.
- Relays should use alternate lanes and switch open lanes for the next heat (i.e. use lanes 1, 3, 5 for heat 1 and lanes 2, 4, 6 for heat 2). Relay competitors must wear their facemask unless they are in the pool or on the starting block.
- For dual, multi-team and virtual meets, there must be a heating area on deck for 2 heats. Cones and/or tape will indicate the socially distant location for each swimmer in the heating area. If chairs are provided in the heating area, there must be an assigned resource to wipe down each chair between heats. The referee/starter will use a series of 4 short whistle blasts to signal the next heat to the starting area and for the subsequent heat to move up.
- For dual, multi-team and virtual meets, pools not using automatic or semi-automatic timing must have every other lane open to allow for two timers per lane and to allow for proper social distancing.
- Equipment such as watches, clip boards, boards use for lap-counters, etc., must be sanitized after each use.
- **Diving Warm-up Areas:**
 - Number of divers must be limited during warm-up by creating multiple sessions.
 - During competition, divers must not approach the board until their turn to compete.
 - Hot tubs/on deck showers should not be permitted (must maintain 6 feet of social distance while in use).
 - Dive order sheets should be given to each coach and/or posted in multiple areas (only one diver can approach the dive sheet posting at a time) to reduce number of divers viewing at the same time.

- **Swimming Warm-up Areas:**
 - Multiple sessions for warm-up periods should be established to allow for appropriate social distancing and adhering to capacity limits.
 - Option - teams mutually agree to add additional warm-up/warm-down period after Event 9 - 200 Free Relay; must be agreed upon before the meet and adhere to all capacity limits.
 - Dive well may be used as warm-up area during the meet as long as capacity limits are adhered to.
 - The number of swimmers in the competition area must adhere to capacity limits.
 - Athletes must be spaced out in the pool to ensure social distancing at all times. It is recommended that no more than 4 athletes should share a lane at a time, alternating two athletes at one end and two at the other.
 - Multiple teams in the same lane must not be permitted.
- **Coaches Packet Pick-up:**
 - All entries must be submitted electronically prior to the meet.
 - All information must be transmitted to coaches (and officials) electronically prior to the meet.
 - Meet programs should be emailed to all schools at least one day prior to the start of the meet. Coaches will be responsible for printing out their own meet programs. Hard copies must not be provided at the meet. Changes to the meet after the meet program has been sent out that would require a re-seeding are not permitted.
 - It is recommended that cell phone numbers of all coaches should be shared and any changes/scratches should be sent via text to avoid in-person contact.
- **Pre-meet coaches' meetings:**
 - Coaches meetings must consist of one coach (per school) and one official.
 - Should conduct electronic or virtual meetings when possible.
 - Multiple smaller meetings with a smaller number of attendees at a time should be considered as a way to allow for social distancing.
 - Hard copies of any meet material must not be distributed at pre-meet coaches' meetings (i.e. ballots for awards/voting, heat sheets, etc.)
 - All officials and coaches must wear facial coverings at pre-meet coaches' meetings.
- **OFFICIALS**
 - **Use of electronic whistle is recommended.** The infinity start system and speaker must only be utilized by the meet referee/starter (only one person may handle the equipment at each meet). Must be sanitized before and after each meet.
 - **Number of officials** - Three officials is standard and recommended for pools with up to 6 lanes. Four officials would be standard and recommended for pools with more than 6 lanes. Two officials would be in compliance with all NFHS rules.
 - **Meet programs** should be emailed to all officials at least one day prior to the start of the meet. Officials will be responsible for printing out their own meet programs. Hard copies must not be provided at the meet. Changes to the meet after the meet program has been sent out that would require a re-seeding are not permitted.
 - **Referee and Starter** - Various rules require interactions between officials, coaches, and athletes. Alternative methods of communication including use of the P.A. system, hand signals or written communication (signs) should be utilized.
 - **Notification of Disqualification** - Notification should occur from a distance via use of hand signals or the P.A. system.
 - Recommended to judge from the side of the pool when possible.
 - **Meet Officials** – All communication between officials at the table must be done at the appropriate social distance.

- **Diving Officials** – Alternative methods should be used for submitting entries and movement of non-electronic information. There must be a distance of 6 feet between individuals seated at the desk/table. Must create a 6 feet distance between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.
- **Diving Judge Flashcards** must be sanitized before and after each use. Recommended that officials use their own cards if possible.
- **Submission of Entries to Referee** – Alternative forms of entry submission should be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- **Meet results** should be sent electronically to the Meet Referee at the conclusion of the meet. The referee will certify the results back to the meet host electronically.
- **Clerking** – Officials must conduct clerking at the starting blocks to avoid competitors congregating in a separate location prior to their race.
- For dual, multi-team and virtual meets, there must be a heating area on deck for 2 heats. Cones and/or tape will indicate the socially distant location for each swimmer in the heating area. If chairs are provided in the heating area, there must be an assigned resource to wipe down each chair between heats. The referee/starter will use a series of 4 short whistle blasts to signal the next heat to the starting area and for the subsequent heat to move up.
- Should bring personal hand sanitizer and wash your hands frequently.
- Must not share equipment.
- Must follow social distancing guidelines.
 - Communication with coaches, participants, meet personnel, or spectators must be done at the appropriate social distance.
- Must refrain from shaking hands.
- **Officials must wear a face covering at all times.**

Meet-Specific Options & Considerations

- **Dual meets** are most effective in maintaining fewer competitors, school personnel, officials, and spectators. Dual meets make it easier to space those in attendance to the appropriate social distancing.
 - For duals, teams should be kept on opposite sides of the pool and require one team to compete in lanes 1-3 and the other team to swim in lanes 4-6 (lanes 1-4 and 5-8 for 8-lane pool; lanes 1-5 and 6-10 for 10-lane pool).
 - Opponent must be a league opponent.
- **Multi-team meets** - If schools have scheduled anything larger than a dual, again, hosts must adhere to meet capacity guidelines listed above.
 - Opponents must all be from the same league.
 - Dive-only meets should have a minimum of 3 officials.
- **Virtual meets** - Teams compete at their own facilities and then combine results to score.
 - Hybrid/virtual meets with multiple teams at one location are acceptable as long as they remain under capacity limits and guidelines.
 - Opponent can be a league or non-league opponent.
 - Capacity limits will be 50 participants for virtual competition involving one school. Check your state/county/local health restrictions as they may have stricter guidelines for facilities.
 - Officials must be present at each site for virtual meets. Minimum of 2 officials for 6 lane pools and minimum 3 for 8 lanes or bigger.
 - Any virtual or hybrid/virtual dive-only meets must have approval from CHSAA (this is due to number of officials and their availability).

- There will not be a meet committee for multi-team non-championship virtual or hybrid/virtual meets. The referee will make the final decision on protests or matters not specifically covered by the rules at each venue.
- Virtual meets should be conducted on the same day and time and must have a pre-established number of lanes (whichever school has the least number of lanes).
 - Teams may swim on different days/time, but all teams must have their entries submitted prior to the first/earliest Meet in the series occurring. Only scratches can be made to any of the Meet entries once submitted.
- The home team is responsible for merging results.
- Maximum of two heats per event.
- No empty lanes are required during virtual meets.
- Preference for virtual meets is to have the same timing system at both facilities.

Practice Options & Considerations

Refer to CHSAA [COVID-19 Requirements & Mandates](#) (listed under Practice) while also adhering to state/county/local health restrictions; facilities may have stricter standards. Coaches must review this document with their Athletic Director before engaging in any workout/practice with students and must communicate your guidelines in a clear manner to students and parents.

- Coaches should conduct workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Must keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Players should maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing in the pool area, while recognizing that there may be times of close contact by players.

A limited number of people should training equipment for practice drills; should use hand sanitizer after handling this equipment. At the conclusion of practice, coaches should not ask athletes to participate in picking up any equipment from the pool.

2020-2021 Girls Swim & Dive COVID-19 Schedule

- 7 meet maximum regular season plus League (No individual or team minimum meet requirement)
- Schools may only compete against teams within their own league during the regular season.
 - All Meets must adhere to the local limitations around number of participants allowed indoors
- January 18 start of formal practice
- January 25 start of competition (NO Scrimmages or Foundation Meets)
- March 6 end of regular season
- March 11-13 State Meet (Location and dates subject to change)
- 20 qualifiers per event in each classification for the CHSAA State Meet (Timed Finals)
- State Qualifiers will be based on time from the regular season (Top 20 in each event plus ties)
 - Max four entries per school per event
- Athletes will arrive at established time prior to their event and the pool will be cleared at the conclusion of each event at State due to participant limits indoors

CHAMPIONSHIPS

Location TBA

Girls 5A Swimming & Diving Finals: March 11, 2021

Girls 4A Swimming & Diving Finals: March 12, 2021

Girls 3A Swimming & Diving Finals: March 15, 2021 (NEW)

CHSAA Contacts

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Chris Cooper CASO President	720-440-1640	Vtc805@gmail.com
Bill Christie Rules Interpreter	303-807-9811	billchristie44@gmail.com
Ron Johns CHSSCA Swim President	303-229-2298	cohssswimdive@gmail.com

2020-2021 Swimming/Diving Committee

Scott Cohen (Chair) – SMOKY HILL HIGH SCHOOL
 Josh Griffin – D'EVELYN HIGH SCHOOL
 Kevin McWain – VALLEY HIGH SCHOOL
 Anne Rice – THOMAS JEFFERSON HIGH SCHOOL
 Katie Keel – ASPEN HIGH SCHOOL
 Kylie Russell – ADAMS 12 FIVE STAR SCHOOL DISTRICT
 Ron Sukle – DISCOVERY CANYON
 Sarah Vlatkovich – LOVELAND HIGH SCHOOL

Swim & Dive Committee Meeting - TBA

2020-2021 MAJOR COMMITTEE CHANGES

MAJOR CHANGES FROM LAST YEAR'S REPORT:

- A. Move the date of Boy's Swim & Dive State Championship Meet one week earlier (will take effect in 2021-2022 due to COVID).

RATIONALE:

- A. Currently the Boys Swim & Dive State Championship Meet coincides with the State Track & Field Meet, Boys and Girls Lacrosse Semifinals, Baseball Regionals and Girls Soccer Semifinals. It is the busiest weekend of the year on the CHSAA calendar. Moving the Boys Swim & Dive State Championship Meet a week earlier alleviates the congestion on that weekend and gives the event the attention that it deserves. School communities, fans, Administrators, etc., that have not been able to attend the State Meet in years past, can now enjoy the culminating event for the sport. Swim & Dive being an indoor sport allows for a start to the season one week earlier without having to worry about field conditions, and thus is the perfect spring sport to move up a week earlier on the calendar.

2020-2021 MAJOR BYLAW CHANGES

1. **ACTIVITY-ONLY MEMBER SCHOOLS**
-- Constitution & Bylaws, Article 6, Rule 600.4 page 24
2. **CLOC COMMITTEE – Sport & Activity Adjustments in Off Years**
-- Constitution & Bylaws, Article 15, Rule 1510 (e) page 44
3. **INTERNATIONAL STUDENTS**
-- Constitution & Bylaws, Article 18, Rule 1800.1 page 66
4. **RESTRICTED VARSITY ELIGIBILITY**
-- Constitution & Bylaws, Article 18, Rule 1800.47 page 69
5. **HOMELESS STUDENTS - ELIGIBILITY**
-- Constitution & Bylaws, Article 18, Rule 1870 page 75
6. **COACH EJECTION**
-- Constitution & Bylaws, Article 20, Rule 2010.3 (and table) page 86
7. **HIGH SCHOOL/MIDDLE SCHOOL PRACTICE ALLOWED**
-- Constitution & Bylaws, Article 23, Rule 2310.1 page 91
8. **PRACTICE REQUIREMENT CHANGE**
-- Constitution & Bylaws, Article 23, Rule 2310.3 page 92
9. **TEAM COMPOSITION**
-- Constitution & Bylaws, Article 28, Rule 2850.1 page 116
10. **UNIFIED SPORTS**
-- Constitution & Bylaws, Article 45, Rule 4500, 4510, 4520..... page 134

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.

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!!

MaxPreps Instructions

- A copy of your meet results, along with state qualifying dive cards (11 round, season-best only), need to be uploaded to the [CHSAA Swim & Dive Dropbox](#). DO NOT mail or email.
- **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.

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 are 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 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 (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, email Gerry Valerio gerry.valerio@cbsinteractive.com

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! **AFTER THE DEADLINE, ALL ENTRIES ARE FINAL. Print and review your sheet BEFORE the deadline. There will be NO EXCEPTIONS or LATE ADDITIONS.**
3. **NEW:** Only 11 round dive cards will be considered for state qualification. These dive cards must be uploaded to Dropbox. You will need to submit dive cards each time an athlete has their season-best 11 round dive score. Must be submitted to [CHSAA Dropbox](#) after the meet for verification. You will receive an email confirmation that the card has been reviewed and approved.
 - a. **Minimum DD for state qualification is 12.0 for 5A, 11.0 for 4A and 11.0 for 3A.**
4. All State 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 March 7 through March 9 at 10:00 p.m.
 - b. 4A will be open March 7 through March 10 at 10:00 p.m.
 - c. 3A will be open March 7 through March 11 at 10:00 p.m.

High School Swimming/Diving Rules Changes Clarify Proper Race Finish, Official Timing Procedures

INDIANAPOLIS, IN (April 14, 2020) — Providing more clarity on a proper race finish and official timing procedures are among the noteworthy high school swimming and diving rules changes for the 2020-21 school year.

These topics were among those discussed by the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee at its annual meeting March 22-23, where a total of six rules changes were recommended for approval. The rules meeting was held in an online format to comply with current health safety guidelines. All recommendations were subsequently approved by the NFHS Board of Directors.

Rule 1-1-1 was edited to profile the end wall in more detail. Previously described as “the walls perpendicular to the race course,” the new definition broadens the term to include “the vertical portion of the pool, contiguous surface of the deck and overflow gutter, the front of the starting block or platform, or the touchpad at the end of the course.”

“This additional language provides clarity on what constitutes the end wall,” said Sandy Searcy, NFHS director of sports and liaison to the Swimming and Diving Rules Committee. “The 2019-20 rules book changed the definition of the finish of the race by permitting the swimmer to finish at the end wall, not the touchpad. That change necessitated a more concise definition of the end wall.”

The end wall was also referenced in the change to Rule 6-3-2, which specified acceptable methods for measuring “official” times. When a legal touch is made with the end wall to signify a legal finish, buttons and/or stopwatches, which are commonly used for backup timing, are now explicitly listed as alternatives to touchpads.

Clarity to the usage of backup timing devices was also addressed in a change to Rule 6-3-4. Whereas official times could previously only be taken from backup mechanisms in the event of a malfunction to the automatic timing equipment, the rule’s new language was written to incorporate all other instances where an official time is not properly recorded.

“This rule change more accurately describes the protocol for determining an official time when the competitor contacts the end wall and not the touchpad,” Searcy said. “Backup buttons or stopwatches may need to be used in situations where the swimmer does not activate the touchpad or the touchpad malfunctions. This phrase clarifies conditions when the swimmer does not touch the touchpad initially.”

New articles were added to Rules 1-4-5 and 1-4-6 to differentiate the terms diving “round” from diving “session” and bring consistency to those definitions. Used frequently throughout Rule 9 of the rules book, a diving session refers to one of the various levels – preliminary, semifinal and final – within an 11-dive competition, while a diving round is the completion of one dive by each participant. Additionally, divers are now permitted to practice in between diving sessions at the discretion of meet management.

Alterations were made to the uniform code under Rules 3-3-3 and 3-3-4c regarding accepted and prohibited manufacturers' logos. In addition to the mark signifying approval from the international governing body for aquatic sports, FINA, the USA Swimming checkmark logo is now considered an acceptable suit marking.

"This rule is a clarification of what the swimming community may see on suits this fall as a result of a rule change made by USA Swimming," Searcy said. "A small checkmark will be positioned next to the FINA marking on some suits and is not considered as an additional manufacturer's logo or advertising."

Finally, headings were added to Rules 9-3-3 and 9-3-5 to help explain the two-step process for entering divers at championship meets. The process includes entering the divers and swimmers' first and last names, events and school affiliations onto an official team entry document, and then submitting the document at the time and place specified by the meet manager. Subsequently, divers will submit a scoresheet/dive list to complete the process of their entry into the diving event.

###

2020-2021 NFHS Major Swimming & Diving Rules Changes

1-1-1: Additional language was added to define the end wall.

Rationale: Since swimmers may now finish the race by contacting the end wall or touchpad, a more complete definition of what constitutes the end wall was necessary.

1-4-5, 1-4-6, 9-2-1, 9-4-1d, 9-4-2, 9-4-4, 9-4-5: Diving rounds and diving sessions were defined.

Rationale: Rounds and sessions were used interchangeably in the rules book and clarity was necessary when referencing sessions during and 11-dive competition.

3-3-3 NOTE, 3-3-4c: The rule was updated to comply with current requirements of suit manufacturers.

Rationale: New language clarifies that a check mark placed adjacent to the FINA logo is compliant for high school competition.

6-3-2: New language describes the manner in which an official time is obtained.

Rationale: This rule change clarifies that other data points such as touchpad, buttons, or stopwatches may need to be used by the Referee to determine the swimmer's time.

6-3-4: Added language describes when the backup system for timing and judging shall be operative.

Rationale: The change more accurately describes the protocol for determining an official time when automatic timing equipment malfunctions or is not activated.

9-3-3, 9-3-5: Headings were added to articles to assist with identifying a two-pronged process for entering a diver participating in a championship meet.

Rationale: New rule organization clarifies the entry process.

2020-21 SWIMMING AND DIVING EDITORIAL CHANGES

4-1-3, 4-1-7, 4-5-1, 4-8-1f, 4-8-2, 4-9-1, 4-9-2, 4-9-3, 3-3-4 NOTE, Appendix B

2020-21 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Communication between the Referee and Table
2. Establishing the Official Time
3. Diving Entries
4. Signals for Officiating Swimmers with Disabilities

COLORADO STATE RULE ADOPTIONS

In CHSAA State Championships meets, each team will be limited to four entries in individual events and one entry in the relay events. The individual entry rule must 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 Breastroke, 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.

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 – For dual, multi-team and virtual meets, there must be a heating area on deck for 2 heats. Cones and/or tape will indicate the socially distant location for each swimmer in the heating area. If chairs are provided in the heating area, there must be an assigned resource to wipe down each chair between heats. The referee/starter will use a series of 4 short whistle blasts to signal the next heat to the starting area and for the subsequent heat to move up.

SUNDAY PRACTICE RULE – No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any activity from the student’s school shall take place on Sunday at any time during the school year.



2020-21 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 a legal suit;**
- 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 a legal suit.**

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)].
- 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; 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;
 2. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 3. 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 . . . 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 or divers;
- c. 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.

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.



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, [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 contest. [\(Please use this template that has been created for consistency\)](#).

A MESSAGE FROM CASO

Welcome to the 2020-21 High School Swim & Dive season!

The Colorado Association of Swim Officials (CASO) is a member organization that works in association with the CHSAA. The CASO recruits, trains, and evaluates all high school swim & dive officials.

It is the intention of the CASO to place emphasis on consistency with our officiating practices statewide. For the last few years, the CASO master clinics on the front range and west slope have been held in conjunction with the Colorado High School Swim Coaches Association (CHSSCA) rules clinics. Bringing the two groups together to hear the same message at the same time helps to bridge any gaps in the understanding and application of our rules set forth by the National Federation of High Schools (NFHS). This year we have gone to a virtual online clinic format.

The assigning of referees/officials to specific meets varies across the state. The larger metropolitan areas have an assignor that will utilize the Arbiter auto draw with minimum human interaction to make sure all crews are strong. The smaller rural areas remain with an individual assignor and manual draw system. We look to each school to provide feedback to ensure adequate meet coverage.

The CASO continually strives to recruit new members as the needs of the schools increase each year. As with most official's organizations, we are falling short with this task. In 2012 our membership total was 145, today we have less than 100 registered officials statewide. This will be even more challenging to fill the new virtual meet option. Coaches, we continue to need your help. Talk to your graduating seniors about the rewards of giving back to the sport that has given them so much.

I am passionate about our aquatic sports and am very proud to be a part of Colorado high school swim & dive programs. Together, we can make 2020-2021 a great season.

Regards,

Chris Cooper
CASO State Chairman

COLORADO ASSOCIATION OF SWIMMING OFFICIALS

2020-2021 BOARD OF DIRECTORS & OFFICIALS ASSIGNERS

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General Swimming Eligibility & Meet Guidelines

Following are points of emphasis swimming coaches should review with their staff and swimmers in reference to CHSAA rules and regulations. This list is not all-inclusive but highlights some key areas.

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 (virtual meets included) 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.

A school administrator should be present at home meets. This is regardless of meet location.

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.

MAXIMUM STUDENT PARTICIPATION SEASON

A student may not participate in more than **7** scheduled meets during the swimming season, exclusive of the conference and state meets. NOTE: A relay meet counts as 1 of the 7. The League/Conference “JV/B” meet counts as 1 of the 7. The League/Conference “C” meet counts as 1 of the 7.

MINIMUM STUDENT PARTICIPATION SEASON

There is no minimum to meet for the 2021 CHSAA Girls’ Swim & Dive season.

MAXIMUM TEAM PARTICIPATION SEASON

As long as no individual swims in more than **7** 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. 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 Safety Training for Swim Coaches certificate to submit to your school district and/or the CHSAA office. The certification has a validity period of two (2) years. 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.

NON-CERTIFIED COACHES, UNAUTHORIZED ASSISTANTS

Carefully review Rule 1620 in the CHSAA Handbook regarding the qualification of coaches. Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in Rule 1620. Assistant volunteer coaches who are always under the direct supervision of a certified head coach **must be under contract to the school district**. To allow a "volunteer" who is not under contract to work with your athletes exposes the "volunteer," the head coach, and the school to a great deal of liability.

WINTER VACATION CONTACT PROHIBITION

Rule 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.”

SUIT STANDARDS

A competitor shall only be permitted to participate while wearing a suit that is 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. This includes from arrival until departure of the meet.

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).

For the 2021 CHSAA Girls Swim & Dive State Championship, each team will be limited to 4 entries per individual event and 1 entry per relay.

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. (3-2-1)

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 7-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 7 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 2020-2021 National Federation Official High School Swimming & Diving Rules on pg. 11: "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 socially distanced meeting that includes head coaches 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 backstroker 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. No more than 4 athletes should share a lane at a time. Multiple teams in the same lane must not be permitted. This applies to practice and competition.
12. Pool shall be closed during the coaches meeting.

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 High School Eagles.
2. The following are examples of **legal** emblems on caps and suits during events:
 - Heritage, HHS, Eagles
 The 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, as per rule 3-2-1-a.

1. **Exhibition times/scores are considered part of the varsity meet and can be used to qualify for the state meet. Competitors who have restricted eligibility due to a transfer may not swim/dive exhibition.**
2. 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.
3. In regular meets, the coach may designate any or all competitors to be exhibition. The entry card/diving score sheet must have the letters "EX" written on the front prior to the event. As a matter of courtesy, the coach may wish to inform the referee and opposing coaches of any exhibition competitors. However, this is not required. Once the event has begun, it is too late to change a competitor's status from scoring to exhibition or vice versa.

Situation: In some events, team A has no exhibition competitors. In other events, team A has one exhibition competitor. In other events, all of team A's competitors are exhibition.

Ruling: All are legal.

Situation: The swimmer in lane 6 is designated as exhibition prior to the race. During the race, the swimmer in lane 4 is unexpectedly disqualified. The coach asks the referee to make lane 4 exhibition, and to score lane 6.

Ruling: This change is NOT permitted since the race had already begun.

4. Exhibition competitors may not compete in a lane/diving position that belongs to another team.

Situation: Large team A is swimming in lanes 1, 3 and 5. Small team B is swimming in lanes 2, 4 and 6. In many events, team B does not have anyone to swim in lane 6. Also, team B has only 2 divers. Team A's coach wants to swim an exhibition swimmer in empty lane 6. Team A's diving coach wants to dive an exhibition diver in one of team B's diving spots.

Ruling: NOT permissible. Swimmers from team A cannot swim in lane 6 in this meet. Team A can have at most 3 divers in this meet.

5. Teams must abide by the individual and team entry rules as set forth in rule 3. A competitor may compete as exhibition in one event in a meet, and as a scoring competitor in another event in the same meet. Even if a competitor only swims exhibition in a particular meet, that meet still counts as one of the 7 allowable competitions.

Situation: In a 10-lane pool, home team A wants to swim 10 lanes. Visiting team B wants to swim 8 lanes.

Ruling: If the coaches cannot mutually agree, the teams will swim a 6 lane meet. (3 – 1 – 2 – b & c). The host team will choose which 6 lanes will be used, and the visiting team will choose odd or even lanes.

Situation: A competitor swims the 200 medley relay, 100 fly and 400 free relay as a scoring competitor, and swims exhibition in the 100 breast.

Ruling: Legal. The swimmer has adhered to the individual entry rule.

Situation: A competitor swims the 200 IM and 100 fly as a scoring competitor and swims the 100 back as an exhibition competitor.

Ruling: NOT legal, because this is a 3rd individual event. Note that the swimmer is disqualified from the 100 back and from further competition in the meet. (3 – 2 – Penalty 2).

6. The times/scores (or "DQ"s) of exhibition competitors shall be recorded on the meet score sheet in the usual manner. An "EX" shall be recorded where the place would normally go.

7. Exhibition swimmers may not compete in an extra heat created for them.

Situation: In a regular 6-lane meet, the coach of team A wants to enter 4 swimmers in the 50 free, one of whom would be exhibition. The coach asks if it would be permissible to swim an extra heat of the 50 free, since it takes so little time.

Ruling: NOT permissible.

8. 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.

Situation: In one meet, the coaches agree to alternate heats in the exhibition lane. At another meet, the larger team uses the exhibition lane in all the races. At another meet, the coaches make different decisions for each race.

Ruling: Since the coaches have mutually agreed, ALL of these procedures are legal.

Similar procedures would apply to similar situations in other meets, for example a triangular meet in a 7-lane pool. Please note that these rules apply equally to the diving event as well as the swimming events.

9. A V/JV dual meet in a 4- or 5-lane pool may be conducted as follows:

Heat 1 (max of) 2 JV competitors from each team, in designated lanes

Heat 2 (max of) 1 JV competitor and 1 V competitor from each team, in designated lanes

Heat 3 (max of) 2 V competitors from each team, in designated lanes

Notes: In a 5-lane pool, the exhibition rule as outlined in #8 still applies.

Scoring would be done as two regular 6-lane meets.

A competitor may NOT swim in a lane designated for the other team.

Similar procedures would apply to similar situations in other meets.

Situation: In a 5-lane pool (with lane 6 exhibition and lane 1 illegal), large team A has 3 competitors in the 500 free (2V and 1JV). Small team B has only 1 V competitor. Can the 500 free be swum as one heat?

Ruling: If team A's coach is willing to designate the JV swimmer as exhibition, that swimmer may swim in lane 6 and the event can be conducted as one heat. If the coach is not willing to do this, then the 500 must be swum in two heats.

Situation: In the same situation as above, team A wants to be allowed 3 scoring entries (lanes 2, 4 & 6), with team B being allowed 2 scoring entries (lane 3 & 5). Is this legal?

Ruling: NO. Each team must be allowed the same number of scoring entries, even if one team is smaller & will never use all of its allotted lanes.

10. A varsity dual meet in a 5-lane pool may be conducted as follows:

Heat 1 (max of) 1 competitor from each team, in designated lanes

Heat 2 (max of) 2 competitors from each team, in designated lanes

Notes: There would be 3 potential exhibition lanes in heat 1 and 1 potential exhibition lane in heat 2. Those lanes may be used by either team, in whatever manner the coaches mutually agree. IF THE COACHES CANNOT MUTUALLY AGREE, THEN THOSE LANES SHALL REMAIN EMPTY. Scoring would be as in a regular 6 lane meet. Similar procedures would apply to similar situations with other pool configurations.

Situation: Team A uses lane 3 in heat 1 and lanes 3 & 5 in heat 2. Team B uses lane 4 in heat 1 and lanes 2 & 4 in heat 2. Lane 1 is illegal and lane 6 can be used for exhibition. Team A has 3 competitors and Team B has 2 competitors in an event. Can they swim in one heat?

Ruling: If the coach of team A is willing to designate one swimmer as exhibition, then that swimmer may swim in lane 6 and the meet can be conducted in one heat. If the coach is not willing to do so, then the event must be swum in two heats.

11. Seeding a meet:

Seeding a meet is a way of avoiding situations (such as those listed above) wherein, for example, 5 competitors in a 5-lane pool must swim in two separate heats. Teams can seed their entries, rather than designating lanes as would usually be done. Teams would submit entry cards with entry times prior to the meet and the meet would be seeded as timed finals. Competitors from a team may thus wind up swimming in any of the lanes. Note that if this procedure is used, it must be used for the entire meet. The coaches must mutually agree to this method, or it cannot be used.

Situation: Large team A and small team B are swimming in a 5-lane pool. Only in the 50 free will 6 competitors be entered. The coach wants to designate lanes for the other events and seed the 50 free. Is this permissible?

Ruling: NO. If seeding is used, it must be used for the entire meet.

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 Penalty 3, 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. 77-78 in 2020-2021 NFHS rule book)

- In accordance with Rule 9-4, Article 6, the State Swimming Committee has approved pre-determined voluntary dives.

Girl's 2021 Diving Rotation	
Jan 25 - Jan 30	Forward
Feb 1 - Feb 6	Back
Feb 8 - Feb 13	Inward
Feb 15 - Feb 20	Twist
Feb 22 - Feb 27	Reverse
Mar 1 - Mar 6	Forward



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PROVIDING RECREATIONAL AND COMPETITIVE DIVERS WITH DURAFLEX EQUIPMENT THAT OPERATES IN THE SAFEST MANNER AND HIGHEST PERFORMANCE LEVEL POSSIBLE



YOUR NATIONALLY AUTHORIZED DURAFLEX DEALER COMMITTED TO COLORADO DIVING EXCELLENCE

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 that appears in this bulletin and mail it to your season's opponents with a request for an immediate return.
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.

[SAMPLE FORM]

RECOGNITION OF VARIATIONS IN POOL SPECIFICATIONS MUTUAL CONSENT FORM

In compliance with National Federation Swimming Rules (Rule 2, Section 1), complete this form and return it to the host school.

Signing this form constitutes recognition of the variations from National Federation specifications of the _____ Pool and your "prior mutual consent" (as required by Rule 2, section 1) to permit your school's swimmers to compete despite the variations.

There is no requirement to sign this form. Your school, however, may not compete at the above named school without it.

Part I. To be completed by host school

- A. This form applies to the _____ Pool, located at _____ and under the direction of _____.
- B. The pool varies from specification in National Federation Swimming Rules (Rule 2, Sections 1 through 7) in the following aspects:
- C. The undersigned recognize the variations, give permission for their students to compete in the pool, and hereby notify the opponent (in Part II) of the variations.
 - 1. Girls' Coach _____ Date _____
 - 2. Boys' Coach _____ Date _____
 - 3. Prin. or AD _____ Date _____

Part II. To be completed by Visiting School

- A. The undersigned recognize the variations in the _____ Pool and give permission for their students to compete in the pool during the current season (if signed by one coach) or the current school year (if signed by both the boys' and girls' coaches).
 - 1. Girls' Coach _____ Date _____
 - 2. Boys' Coach _____ Date _____
 - 3. Prin. or AD _____ Date _____

STATE CHAMPIONSHIPS

QUALIFYING INFORMATION

1. All state entries must be submitted online at www.MaxPreps.com, including your alternates for relays (up to 8).
2. **No times or standards will be accepted for competition held after March 6, 2021.**
3. No times or standards will be accepted from competition held after a school's participation in its league championship meet.
4. No times or standards will be accepted from competition held outside of Colorado.
5. 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.
6. **The final entries must be submitted online at www.MaxPreps.com by 10:00am on Monday, March 8, 2021; entries should list the fastest time of the season by the individual or the school's relay team.**
7. Once entries are submitted online they are final. There may be NO additions.
8. **MaxPreps state database time will be accepted as proof of time. All times must appear in MaxPreps or they will not be accepted.**
9. 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.

Note: The diving DD (Degree of Difficulty) refers only to the OPTIONAL dives (the sum of the 6 optional dives in an 11-dive meet).
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.
- **Minimum DD for state qualification is 12.0 for 5A, 11.0 for 4A and 11.0 for 3A**
10. **NEW:** Entry Limits – Individual Swimming Events: A school is limited to four team entries per individual event.
11. 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.
12. **NEW:** Entry Limits – Diving: A school is limited to four entries.
13. Final heating for each event will take place at the CHSAA on **Monday, March 8, 2021. NOT ON THE DECK AT THE STATE MEET.**

Note: Due to COVID-19, changes to the final heating for each event are possible up until the day of the State Meet.

STATE MEET REMINDERS

1. Dive coaches – make sure all dive cards are submitted via the [CHSAA Dropbox](#).
2. Meet results – make sure all signed meet results are submitted via the [CHSAA Dropbox](#).
3. Have you checked your phone number of where we can reach you if we have questions?
4. State entries must be certified by CASO Officials and swum in a Colorado State High School Meet to be accepted.
5. All 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. Divers seeking All-American status are permitted one photographer who must present their All-American paperwork to the CHSAA representative on site. The photographer will then be escorted onto the deck by the CHSAA rep 5 minutes before the start of the dive event to set up.
11. NO ONE – Including the championship team – is permitted to use the high diving board.
12. Teams will not be allowed to make a grand entry into the championship event venue.
13. No Balloons on the deck or in the stands.
14. 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.
15. 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.
16. 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.

STATE ENTRIES

STATE ENTRIES MUST BE RECEIVED ONLINE BY 10:00 AM ON MONDAY, MARCH 8, 2021. NO CHANGES OR ADDITIONS ARE ALLOWED AFTER 10:00 AM. ALL ENTRIES ARE FINAL AT 10:00 AM. NO EXCEPTIONS.

Note: Due to COVID-19, changes to the final heating for each event are possible up until the day of the State Meet.

Note: In the event an athlete is removed from the meet, the next best time/score in that event will be moved into the top 20. A school will not be able to replace their removed athlete with another athlete from that school unless their time/score is the next best.

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

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.

STANDS

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

STATE MEET OFFICIALS SELECTION

Post-season 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 Swimming & Diving participatory schools are requested to participate in the post-season selection process for the 2021 season. This process assists greatly in the accountability concerns of many schools regarding officials.

The 2021 Girls State Meet selection timeline is as follows: officials must submit an application between February 15-19 to be considered. Official postseason selection is based on the votes of Coaches and Athletic Directors, that will be conducted February 22-25, with assignment of officials occurring on Friday, February 26. 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.

2021 GIRLS SWIM AND DIVE STATE CHAMPIONSHIPS @ VMAC

5A: Thursday, March 11th

4A: Friday, March 12th

NEW 3A: Monday, March 15th

Timeline schedule will be the same each day

SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE

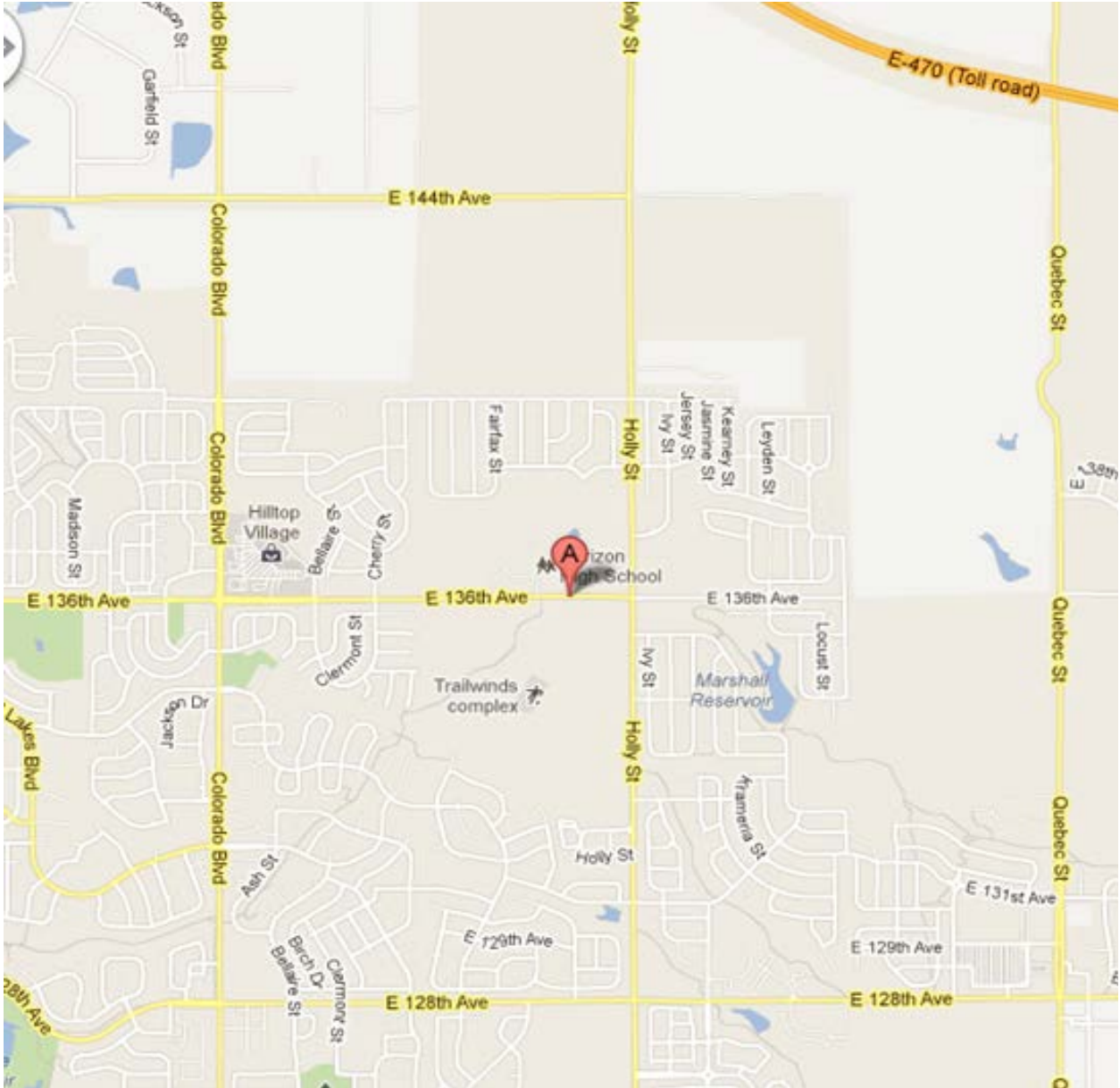
Diving	Event 6: 100 Free
6:40 am – Divers arrive & warm-up	2:35 pm – Swimmers arrive & warm-up
7:45 am – Clear pool; meeting with Dive Referee	3:00 pm – Clear pool and move to heating areas
8:00 am – Diving begins	3:10 pm – Heat 1 followed by Heat 2
11:00 am – Awards following the conclusion of last dive & facility cleared <u>by</u> 11:00 am	3:35 pm – Awards immediately following Heat 2 & facility cleared of 100 Free <u>by</u> 3:35 pm
Event 1: 200 Medley Relay	Event 7: 500 Free
11:00 am – Swimmers arrive & warm-up	3:10 pm – Swimmers arrive & warm-up
11:30 am – Clear pool and move to heating areas	3:35 pm – Clear pool and move to heating areas
11:40 am – Heat 1 followed by Heat 2	3:45 pm – Heat 1 followed by Heat 2
12:15 pm – Awards immediately following Heat 2 & facility cleared of 200 Medley Relay <u>by</u> 12:15 pm	4:10 pm – Awards immediately following Heat 2 & facility cleared of 500 Free <u>by</u> 4:10 pm
Event 2: 200 Free	Event 8: 200 Free Relay
12:15 pm – Swimmers arrive & warm-up	4:10 pm – Swimmers arrive & warm-up
12:40 pm – Clear pool and move to heating areas	4:40 pm – Clear pool and move to heating areas
12:50 pm – Heat 1 followed by Heat 2	4:50 pm – Heat 1 followed by Heat 2
1:15 pm – Awards immediately following Heat 2 & facility cleared of 200 Free <u>by</u> 1:15 pm	5:25 pm – Awards immediately following Heat 2 & facility cleared of 200 Free Relay <u>by</u> 5:25 pm
Event 3: 200 IM	Event 9: 100 Back
12:50 pm – Swimmers arrive & warm-up	5:25 pm – Swimmers arrive & warm-up
1:15 pm – Clear pool and move to heating areas	5:50 pm – Clear pool and move to heating areas
1:25 pm – Heat 1 followed by Heat 2	6:00 pm – Heat 1 followed by Heat 2
1:50 pm – Awards immediately following Heat 2 & facility cleared of 200 IM <u>by</u> 1:50 pm	6:25 pm – Awards immediately following Heat 2 & facility cleared of 100 Back <u>by</u> 6:25 pm
Event 4: 50 Free	Event 10: 100 Breast
1:25 pm – Swimmers arrive & warm-up	6:00 pm – Swimmers arrive & warm-up
1:50 pm – Clear pool and move to heating areas	6:25 pm – Clear pool and move to heating areas
2:00 pm – Heat 1 followed by Heat 2	6:35 pm – Heat 1 followed by Heat 2
2:25 pm – Awards immediately following Heat 2 & facility cleared of 50 Free <u>by</u> 2:25 pm	7:00 pm – Awards immediately following Heat 2 & facility cleared of 100 Breast <u>by</u> 7:00 pm
Event 5: 100 Fly	Event 11: 400 Free Relay
2:00 pm – Swimmers arrive & warm-up	7:00 pm – Swimmers arrive & warm-up
2:25 pm – Clear pool and move to heating areas	7:30 pm – Clear pool and move to heating areas
2:35 pm – Heat 1 followed by Heat 2	7:40 pm – Heat 1 followed by Heat 2
3:00 pm – Awards immediately following Heat 2 & facility cleared of 100 Fly <u>by</u> 3:00 pm	Awards immediately following Heat 2 for both event 11 & team

*Events will not start before scheduled time; however, entry times could be earlier depending on situation.

VMAC

5310 E. 136th Ave

Thornton, CO 80026



PARKING:

Spectators – Parking is at Horizon High School on the North side of 136th Ave
Buses – Buses can drop teams off at the Entrance for VMAC

CLASSIFICATIONS AND SCHOOL CODES

3A Girls' Swimming School – (1-1159; 42 schools)

Thomas Jefferson (THOJ)	1153	D'Evelyn (DEVE)	607
Discovery Canyon (DISC)	1149	Delta (DELTA)	587
Green Mountain (GREN)	1103	Moffat County (MOFC)	583
Thompson Valley (THOM)	1087	Valley (VALL)	573
Frederick (FRED)	1076	Aspen (ASPE)	566
Evergreen (EVER)	1075	Eaton (EATO)	557
Pueblo Centennial (PUEC)	1069	Englewood (ENGL)	519
Pueblo South (PUES)	1063	St. Mary's Academy (STMA)	502
Denver North (DENN)	1051	Manitou Springs (MANI)	492
Pueblo County (PUCO)	1042	Pagosa Springs (PASO)	490
Pueblo East (PUEE)	1008	Kent Denver (KENT)	484
Glenwood Springs (GLEN)	988	Colorado Academy (CACD)	413
Summit (SUMM)	955	Gunnison (GUNN)	398
Abraham Lincoln (ABRA)	949	Salida (SALD)	378
Sierra (SIER)	875	La Junta (LAJU)	377
Conifer (CONI)	856	Liberty Common (LBCO)	348
Northfield (NORF)	824	Estes Park (ESTS)	333
Woodland Park (WOOD)	762	St. Mary's (STMR)	258
Pueblo Central (PUCE)	743	Fountain Valley (FTNV)	239
Holy Family (HLFA)	691	Holyoke (HOLY)	184
Berthoud (BERT)	677	Sargent (SARG)	107

4A Girls' Swimming Schools – (1160 – 1699; 37 schools)

^ indicates play-up and * play-down

Aurora Central* (AURO)	1716	Ponderosa (POND)	1388
Heritage (HERI)	1692	Air Academy (AIRA)	1356
Highlands Ranch (HIRN)	1688	Standley Lake (STAN)	1345
Rampart (RAMP)	1641	Widefield (WIDE)	1342
Loveland (LOVE)	1629	Erie (ERIE)	1341
Pine Creek (PINE)	1623	Golden (GOLD)	1329
Liberty (LBOS)	1592	Centaurus (CNTU)	1308
Windsor (WIND)	1588	Montrose (MONR)	1302
Denver South (DENS)	1578	Coronado (CORO)	1297
Greeley West (GRWE)	1567	Longmont (LONG)	1293
Palmer (PALM)	1560	Cheyenne Mountain (CHYM)	1291
Broomfield (BROO)	1559	Littleton (LITT)	1254
Grand Junction (GRAJ)	1552	Mountain View (MTVW)	1203
Bear Creek (BEAR)	1530	Durango (DURA)	1187
Gateway (GATE)	1520	Wheat Ridge (WHEA)	1186
Dakota Ridge (DAKO)	1460	Niwot (NIWO)	1170
Skyline (SKYL)	1429	George Washington (GEOR)	1163
Pueblo West (PUEW)	1408	Mullen^ (MULL)	884
Silver Creek (SILV)	1406		

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

Cherry Creek (CHEC)	3728	ThunderRidge (THUN)	2030
Eaglecrest (EAGL)	3046	Smoky Hill (SMOK)	2020
Grandview (GRDV)	2896	Rocky Mountain (ROCK)	2014
Cherokee Trail (CHET)	2844	Horizon (HORI)	2008
Denver East (DENE)	2603	Doherty (DOHE)	2001
Overland (OVER)	2418	Mountain Range (MTNR)	1989
Legacy (LEGA)	2410	Adams City (ADAM)	1976
Westminster (WSTM)	2396	Douglas County (DOUG)	1863
Lewis Palmer (LEWP)	2370	Fort Collins (FTCO)	1838
Mountain Vista (MTVS)	2332	Fruita Monument (FRUI)	1827
Rock Canyon (ROCC)	2266	Ralston Valley (RALS)	1819
Chaparral (CHAP)	2259	Chatfield (CHAT)	1806
Arapahoe (ARAP)	2251	Poudre (POUD)	1802
Rangeview (RNGV)	2227	Fountain-Fort Carson (FTNC)	1790
Legend (LEGE)	2211	Arvada West (ARVW)	1784
Fairview (FAIR)	2174	Brighton (BRGH)	1783
Hinkley (HINK)	2138	Monarch (MONA)	1706
Boulder (BOUL)	2086	Columbine (COLU)	1703
Lakewood (LAKE)	2077	Regis Jesuit^ (REGG)	1466
Northglenn (NORT)	2064	Pomona^ (POMO)	1339
Fossil Ridge (FOSS)	2041	Valor Christian^ (VALO)	1180