

## SWIMMING AND DIVING

Sharon Lauer, Discovery Canyon High School

Chair

**ATH 14**

Report No.

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

- A. New state qualifying times based on an attempt to create 4-5 heats of each event.
- B. Recommendation of a NFHS State Association Adoption (see page 6).

**II. RATIONALE:**

- A. Qualifying times are continually reset to accomplish a 4-5 heat meet.
- B. To allow modified JV events for dual meets only.

**III. FINANCIAL IMPACT:**

- A. None.
- B. None.

**IV. DATES & SITES:**

**Criteria**

Girls Swimming – 2<sup>nd</sup> full Thursday/Friday and Saturday of February

Boys Swimming – 2<sup>nd</sup> Friday before Memorial Day

**2018**

- A. Girls' State – February 8-10, 2018 (3A Thu-Fri & 4A Fri-Sat) & February 9-10, 2018 (5A)
  - a. 3A/4A – VMAC
  - b. 5A – EPIC
- B. Boys' State – Friday and Saturday May 18-19, 2017
  - a. 4A – Air Force Academy
  - b. 5A – VMAC

**V. QUALIFYING FORMAT:**

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

**VI. NOTES:**

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

Swimming and Diving Committee Report

April 20, 2017

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

2018: A = 3A, B = 4A, C = 5A / 2019: A = 4A, B = 5A, C = 3A / 2020: A = 5A, B = 3A, C = 4A

**School Classifications for 2016-2018**

**5A Girls' Swimming Schools – (1715 – up; 45 schools)**

Cherry Creek	3508	Doherty	1986
FNE Warriors (Montebello)	2948	Rocky Mountain	1975
Cherokee Trail	2822	Fossil Ridge	1974
Grandview	2620	Horizon	1971
Eaglecrest	2599	Northglenn	1950
Denver East	2475	Douglas County	1881
Westminster	2453	Fountain Ft. Carson	1861
Rangeview	2369	Poudre	1844
Overland	2248	Ralston Valley	1828
Legacy	2212	Chatfield	1804
Chaparral	2202	Adams City	1799
Mountain Vista	2193	Palmer	1793
Fairview	2185	Brighton	1773
Arapahoe	2180	Arvada West	1755
Aurora Central	2176	Gateway	1743
Lakewood	2083	Monarch	1741
Rock Canyon	2073	Columbine	1668 *Play-up
ThunderRidge	2070	Bear Creek	1630 *Play-up
Smoky Hill	2044	Broomfield	1547 *Play-up
Hinkley	2043	Dakota Ridge	1508 *Play-up
Legend	2032	Pomona	1503 *Play-up
Boulder	2001	Regis Jesuit	708 *Play-up
Mountain Range	1996	Lewis-Palmer/Palmer Ridge	Co/Op

**4A Girls' Swimming Schools – (1235-1714; 38 schools)**

Grand Junction	1713	Mesa Ridge	1330
Heritage	1690	Montrose	1326
Highlands Ranch	1664	Widefield	1315
Fruita Monument	1656	Standley Lake	1313
Fort Collins	1635	Pueblo South	1294
Rampart	1610	Wheat Ridge	1285
Greeley West	1569	Niwot	1279
Denver South	1565	Littleton	1277
Liberty	1545	Pueblo Centennial	1261
Loveland	1519	Golden	1254
Coronado	1515	Mountain View	1245
Pine Creek	1481	Cheyenne Mountain	1242
Greeley Central	1409	Ponderosa	1237
Abraham Lincoln	1390	Silver Creek	1236
George Washington	1355	Thompson Valley	1169 *Play-up
Skyline	1342	Valor Christian	934 *Play-up
Pueblo West	1340	Mullen	802 *Play-up
Windsor	1339	Evergreen	1056 *Play-up
Air Academy	1334		

**3A Girls' Swimming School – (1-1234; 42 schools)**

Mitchell	1231	Delta	610
Longmont	1180	Valley	609
Northridge	1173	Englewood	602
Discovery Canyon	1161	Moffat County	598
Pueblo East	1145	Aspen	572
Green Mountain	1118	Eaton	533
Centaurus	1073	Manitou Springs	522
Durango	1066	Kent Denver	476
Thomas Jefferson	1060	Colorado Academy	394
Harrison	962	Machebeuf (Bishop)	353
Glenwood Springs	897	Gunnison	340
Pueblo County	862	La Junta	334
Summit	832	Estes Park	325
Denver North	790	Salida	325
Sierra	787	Platte Canyon	320
Conifer	781	St. Mary's Academy	254
Pueblo Central	769	St. Mary's	251
Denver West	655	Fountain Valley	236
D'Evelyn	629	Northfield	194
Montezuma-Cortez	629	Holyoke	167

**5A Boys' Swimming Schools – (1535-up; 42 schools)**

Cherry Creek	3508	Regis Jesuit	1864
FNE Warriors (Montebello)	2948	Fountain Ft. Carson	1861
Cherokee Trail	2822	Poudre	1844
Grandview	2620	Ralston Valley	1828
Denver East	2475	Chatfield	1804
Westminster	2453	Palmer	1793
Overland	2248	Brighton	1773
Legacy	2212	Arvada West	1755
Fairview	2185	Monarch	1741
Arapahoe	2180	Thornton	1724
Lakewood	2083	Heritage	1690
Smoky Hill	2044	Columbine	1668
Hinkley	2043	Highlands Ranch	1664
Boulder	2001	Fruita Monument	1656
Mountain Range	1996	Fort Collins	1635
Doherty	1986	Bear Creek	1630
Rocky Mountain	1975	Rampart	1610
Fossil Ridge	1974	Greeley West	1569
Horizon	1971	Denver South	1565
Northglenn	1950	Broomfield	1547
Douglas County	1881	Liberty	1545
		Pomona (Play Up)	1503
		Palmer Ridge/Lewis Palmer	Co/op

**4A Boys' Swimming Schools – (1-1534; 45 schools)**

Loveland	1519	Thompson Valley	1169
Coronado	1515	Discovery Canyon	1161
Pine Creek	1481	Pueblo East	1145
Greeley Central	1409	Green Mountain	1118
George Washington	1355	Durango	1066
Pueblo West	1340	Thomas Jefferson	1060
Windsor	1339	Evergreen	1056
Air Academy	1334	Valor Christian	934
Mesa Ridge	1330	Glenwood Springs	897
Montrose	1326	Pueblo County	862
Standley Lake	1313	Mullen	802
Pueblo South	1294	Denver North	790
Wheat Ridge	1285	Pueblo Central	769
Littleton	1277	Denver West	655
Pueblo Centennial	1261	D'Evelyn	629
Golden	1254	Valley	609
Mountain View	1245	Englewood	602
Cheyenne Mountain	1242	Moffat County	598
Ponderosa	1237	Gunnison	340
Silver Creek	1236	Estes Park	325
Longmont	1180	Northfield	194

**VI. QUALIFYING TIMES:**

Swimmers and divers qualify for state by meeting the following standards during the regular season. **Boys' standards for 2018 will be adjusted after the 2017 State Meet.**

EVENT	2017-2018		2017-2018		2017-2018	
	3A Girls	3A Girls	4A Girls	4A Girls	5A Girls	5A Girls
	Yards	Meters	Yards	Meters	Yards	Meters
<b>200 Med. R.</b>	2:10.00%	2:25.08	2:06.00%	2:20.62	2:03.00%	2:17.27
<b>200 Freestyle</b>	2:16.00%	2:30.69	2:08.00	2:21.82	2:03.00%	2:16.28
<b>200 IM</b>	2:36.00%	2:53.16	2:26.00	2:42.06	2:18.50%	2:33.74
<b>50 Free</b>	0:27.50	0:30.66	0:26.70%	29.77	0:25.80	0:28.77
<b>*Diving-6 Dives</b>	180 (9.5)	180 (9.5)	195 (9.8)	195 (9.8)	220 (10.3)	220 (10.3)
<b>**Diving-11 Dives</b>	290 (11.1)	290 (11.1)	310 (11.4)	310 (11.4)	345 (12.3)	345 (12.3)
<b>100 Butterfly</b>	1:10.00	1:17.77	1:06.30	1:13.66	1:02.50	1:09.44
<b>100 Free</b>	1:01.00%	1:07.83	0:58.20%	1:04.72	0:56.40%	1:02.72
<b>500 Yard Free</b>	6:14.00%	5:28.07	5:48.50%	5:05.70	5:32.00	4:51.23
<b>400 Meter Free</b>						
<b>200 Free R.</b>	1:56.00%	2:09.57	1:52.00%	2:05.10	1:50.00%	2:02.87
<b>100 Back</b>	1:10.00	1:17.77	1:06.00%	1:13.33	1:03.00%	1:09.99
<b>100 Breast</b>	1:20.00%	1:28.96	1:15.50	1:23.96	1:12.30%	1:20.40
<b>400 Free. R.</b>	4:16.00%	4:45.18	4:08.00%	4:36.27	4:00.00%	4:27.36

\* In order to qualify under the 6-dive standard, the diver must meet the qualifying standard two times during the season.

\*\* In order to qualify under the 11-dive standard, the diver must meet the qualifying standard only once during the season.

% Denotes change in qualification standards.

Note: The diving DD (Degree of Difficulty) refers only to the OPTIONAL dives. (The sum of the 5 optional dives in a 6-dive meet or the sum of the 6 optional dives in an 11-dive meet.)

Note: At state, all divers will perform five (5) dives. The diving cut (reducing the field) will occur after the preliminary rounds, to twenty (20) competitors.

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

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

## VII. **INFORMATIONAL ITEMS:**

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

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

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

### **Committee Recommendation: State Association Adoption of NF Playing Rules:**

3-1-1 In CHSAA State Championships meets, each team shall be permitted unlimited entries in individual events and one entry in the relay events. Individual and relay entries must meet the qualification standard with only four individuals from each team being eligible to advance past the preliminary round. The individual entry rule shall be followed.

5-1-1 Events may only be modified for non-varsity and invitational competition.

A. Modification of J.V. Events – Dual Meets Only

1. 200 IM modified to 100 IM
2. 100 Butterfly, modified to 50 Fly
3. 100 Backstroke, modified to 50 Back (NEW)
4. 100 Breaststroke, modified to 50 Breast (NEW)
5. 6 Round Dives, modified to 3 Dives (NEW)

- Mutual consent by both coaches prior to the meet.
- Notification to official if more than four J.V. events.

B. Modification—Invitationals may be modified to add or drop events and order of events.

**VIII. COMMITTEE MEMBERS:**

Sharon Lauer, Discovery Canyon, Chair; Steve Carpenter, Cherokee Trail; Greg Gotchey, Chaparral; Marla Lanham, Pueblo Central; Grant Robinson, Cherry Creek; D. Ray Craft, Denver East; Mandy Schneider, Windsor; Aly Brinkema, Holyoke; Roy Chaney, Manitou Springs; Nicole Vanderpoel, Rock Canyon.