

2014 - 2015 Girls' Swimming & Diving Bulletin



IMPORTANT REMINDERS

- Penalty for too many meets during regular season (11): Restriction, no appeal
- Practice begins November 12, 2014
- Date for first meet – December 1, 2014
- All state entries must be submitted via MaxPreps
- 4A State Championship February 13-14, 2015 at VMAC, Thornton
- 5A State Championship February 13-14, 2015 at EPIC, Fort Collins
- Promote high levels of sportsmanship – Cheer for your team!



Colorado High School Activities Association

CHSAA CONTACT: Bethany Brookens, 303-344-5050 E-Mail bbrookens@chsa.org
CHSAA SWIM INFORMATION: www.chsaanow.com





COACHES and ATHLETIC DIRECTORS:

Welcome to the 2014-2015 girl's swimming & diving season. As you embark on this season, I wish you and your athletes the best. Your enthusiasm, energy and knowledge will be passed on to your eager athletes. I look forward to a great year of swimming and diving!

This information has been published to assist you with your planning. It is to be used as a source of quick reference to questions regarding dates, committee personnel, administrative duties and the day-to-day organization of matches and tournaments. If questions arise, and interpretations are needed, please do not hesitate to call the CHSAA office.

There are several CHSAA bylaw changes that I want to highlight:

1. 1800.21 (Club Coach Rule): A student transferring, moving or for any reason to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team.
2. 1800.3 (Athletic Transfer): Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for one varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer.
3. 2210 (Coach Ejection): A coach ejected from a game is required to complete the following courses offered online by the National Federation of State High School Associations (NFHS): Sportsmanship and Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season, to be determined by the school's athletic director.
4. 2310.5 (Sunday Contact): A coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity. **CONTACT YOUR AD FOR CLARIFICATION.**

STATE ENTRY PROCEDURES AND MAXPREPS REPORTING DATABASE:

Per the Legislative Council Report, all state entries must be submitted via Hy-Tek. Please read this bulletin carefully as starting this season all meet results must be submitted to MaxPreps, and all state entries and gatelists must be submitted online at www.CHSAANow.com (swimming page). Paper entries will not be accepted and Regional Reps will not be used. MaxPreps is the official state qualifying database and all state qualifying times must be entered into MaxPreps or they will not be used. Please note that all qualifying dive entries will also be submitted via Hy-Tek but the diving coaches are now responsible for submitting qualifying dive cards to the CHSAA office for verification of state qualification.

If you have any questions with these changes, please contact your athletic director. Please keep in mind that you are our best public relations directors. Your role as coach and leader are respected not only by your peers, but by your students and community members as well. Our collective goal is to educate through activities; when the experiences for our youth are enjoyable and valuable, it enhances the overall educational process; and we can influence the public in a very positive way.

I know your upcoming season will pass quickly and that your efforts and accomplishments will be memorable to those involved. Good luck and have an enjoyable season!

As a reminder, only entries certified by CASO officials and swum in Colorado State High School Meets will be accepted.

Sincerely,

Bethany S. Brookens
Assistant Commissioner

Table of Contents

Calendar and Committee Information	1
Max Preps – The Official State Qualifier Database	2
School Codes	4
NFHS 2014-15 Press Release.....	10
Introduction/State Entry Process/2014-15 Swimming & Diving Situations	12
2014-2015 NFHS Major Swimming & Diving Rule Changes	14
4A & 5A Swimming Schools.....	15
General Swimming Eligibility & Meet Guidelines	16
Exhibition Swimming in Colorado	20
NFHS Questions & Answers - Interpretations.....	23
Voluntary Dives	25
Coaches Responsibilities Prior to the Season & Each Home Meet	26
State Meet Information.....	28
State Meet Reminders	29
2015 Girls' State Swimming Meet Schedules	30
State Qualifying Information.....	31
State Meet Information	33
Girls' State Swimming Admission Prices	35
EPIC Map	36
5A Host Hotel	37
VMAC	38
4A Host Hotel	39
State Entry Cover Sheet	40
2015 Gate List.....	41
CHSAA Dive Card.....	42
2014-2015 NFHS Dives	43
NSCA 2014-2015 All-America.....	44
IM Official's Rating Card	45
2014-2015 Coaches Invitational	46

2014-2015 Girls' Swimming/Diving Calendar

Wednesday, November 12, 2014 First Practice
Tuesday,, November 18, 2014 First Scrimmage
Monday, December 1, 2014 First Contest
Sunday, February 8, 2015 Deadline for State Meet Entries @ Midnight
Tuesday, February 10, 2015 Girls' State Heating Meeting
9:00 am @ CHSAA Office
Friday & Saturday, February 13-14, 2015 4A & 5A State Championships
Tuesday, February 24, 2015 Swim Committee Meeting
9:00 am @ CHSAA Office

2014-2015 Swimming/Diving Committee

SHARON LAUER – CHAIR (4A)

Discovery Canyon High School
sharon.lauer@asd20.org

STEVE CARPENTER (5A)

Cherokee Trail High School
scarpenter@cherrycreekschool.org

MANDY SCHNEIDER (4A)

Windsor High School
mandy.schneider@weldre4.k12.co.us

D. RAY CRAFT (5A)

Denver East High School
eastswimming@gmail.com

GREG GOTCHEY (5A)

Chaparral High School
gotchey@dcsdk12.org

ERNIE DERRERA (4A)

Thompson Valley High School
ernie.derrera@thompsonschoools.org

GRANT ROBINSON (5A)

Cherry Creek
Grr04@msn.com

LISA GARRELTS (4A)

Discovery Canyon
Lisa.garrelts@asd20.org

Colorado HS Coaches Association:

RON JOHNS

President, CHSSCA
johnsrswim@msn.com

MaxPreps – The Official State Qualifier Database

- Per the NFHS rules, you still need to fax a referee signed hard copy of your meet results and any state qualifying dive cards to the CHSAA office after every meet (Fax # 303.344.0775).
- **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 our Colorado High School athletes must be populated in the MaxPreps CHSAA Swimming/Diving Top Times Database. Athletes, parents, and coaches will be able to search for top times, event rank, and individual times/scores. Note: each coach Host and Visiting must accept the times/scores for their team athletes.

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 names – please use their legal name (Last, First, MI) and grade in school. Athlete birthdates is also very useful as it helps with the issue of duplicate quals for the same athlete.
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.

Helpful Reminders:

1. **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.
 - a. 200 Medley Relay
 - b. 200 Freestyle
 - c. 200 Individual Medley (IM)
 - d. 50 Freestyle
 - e. Diving, 6 dives or 11 dive
 - f. 100 Butterfly
 - g. 100 Freestyle
 - h. 500 Freestyle (400 Freestyle for meters)
 - i. 200 Freestyle Relay
 - j. 100 Backstroke
 - k. 100 Breaststroke
 - l. 400 Freestyle Relay
2. **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).

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 DD for each of your divers. Hy-Tek does not upload DD information from their export file.***

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!
3. Qualifying dive cards must be submitted to the CHSAA office **after every meet** for verification of state qualifications. These will serve as verification of the diver’s score and DD for the MaxPreps entries that you submit online.
4. You must submit your Gatelist and State Entry Cover Sheet online and electronically as well.

School Codes

These codes must be used for entries in "ALL MEETS". These codes have been updated to mirror Track & Field. *Schools participating in a CO-OP must use the code for the host school.*

HIGH SCHOOL	CODE
ABRAHAM LINCOLN	ABRA
ACADEMY (THE)	ACAD
ADAMS CITY	ADAM
AGATE	AGAT
AGUILAR	AGUI
AIR ACADEMY	AIRA
AKRON	AKRO
ALAMEDA	ALAM
ALAMOSA	ALMO
ALEXANDER DAWSON	ALEX
ANTONITO	ANTO
ARAPAHOE	ARAP
ARICKAREE	ARIC
ARRUPE JESUIT	ARRU
ARVADA	ARVA
ARVADA WEST	ARVW
ASPEN	ASPE
AURORA CENTRAL	AURO
BASALT	BASA
BATTLE MOUNTAIN	BATT
BAYFIELD	BAYF
BEAR CREEK	BEAR
BELLEVUE CHRISTIAN	BELL
BENNETT	BENN
BERTHOUD	BERT
BETHUNE	BETH
BOULDER	BOUL
BRANSON	BRAN
BRIGGS DALE	BRIG

HIGH SCHOOL	CODE
BRIGHTON	BRGH
BROOMFIELD	BROO
BRUCE RANDOLPH	BRUC
BRUSH	BRUS
BUENA VISTA	BUEN
BURLINGTON	BURL
BYERS	BYER
CALHAN	CALH
CALICHE	CALI
CAMPION ACADEMY	CAMA
CAMPO	CAMP
CANON CITY	CANO
CASTLE VIEW	CAST
CEDARE EDGE	CEDA
CENTAURI	CNTA
CENTAURUS	CNTU
CENTENNIAL	CNTE
CENTER	CENT
CENTRAL-GRAND JCT.	GRJC
CHAPARRAL	CHAP
CHATFIELD	CHAT
CHERAW	CHER
CHEOKEE TRAIL	CHET
CHERRY CREEK	CHEC
CHEYENNE MOUNTAIN	CHYM
CHEYENNE WELLS	CHYW
CIVA CHARTER	CIVA
CLASSICAL ACADEMY	CLAS

HIGH SCHOOL	CODE		HIGH SCHOOL	CODE
CLEAR CREEK	CLER		DENVER SOUTH	DENS
COAL RIDGE	COAL		D'EVELYN	DEVE
COLLEGIATE ADAD. OF COLO.	COLC		DENVER WALDORF SCHOOL	DNWS
COLORADO ACADEMY	CACD		DENVER WEST	DENW
COLORADO ROCKY MTN.	CRMT		DISCOVERY CANYON	DISC
COLO. SCHOOL FOR D&B	CSDB		DOHERTY	DOHE
COLO. SPRINGS SCHOOL	CSPS		DOLORES	DOLO
COLO. SPGS. CHRISTIAN	CSPC		DOLORES HUERTA PREP	DOHP
COLUMBINE	COLU		DOUGLAS COUNTY	DOUG
COMMUNITY CHRISTIAN SCHOOL	COMM		DOVE CREEK	DOVE
CONIFER	CONI		DURANGO	DURA
CORONADO	CORO		EADS	EADS
CORNERSTONE CHRISTIAN ACADEMY	CRNR		EAGLE RIDGE	EGRG
COTOPAXI	COTO		EAGLE VALLEY	EAGV
CREEDE	CRED		EAGLECREST	EAGL
CRESTED BUTTE COMM.	CRES		EATON	EATO
CRIPPLE CREEK-VICTOR	CRIP		EDISON	EDIS
CROWLEY COUNTY	CROW		ELBERT	ELBT
CUSTER COUNTY	CUST		ELIZABETH	ELIZ
DAKOTA RIDGE	DAKO		ELLICOTT	ELLI
DAYSRING CHRISTIAN	DAYS		ENGLEWOOD	ENGL
DEBEQUE	DEBE		ERIE	ERIE
DEER TRAIL	DEER		ESTES PARK	ESTS
DEL NORTE	DELN		EVANGELICAL CHRISTIAN	EVAN
DELTA	DELT		EVERGREEN	EVER
DENVER ACADEMY	DACA		EXCELSIOR	EXCL
DENVER CHRISTIAN	DCHR		FAIRVIEW	FAIR
DENVER EAST	DENE		FAITH CHRISTIAN	FTHC
DENVER JEWISH DAY SCHOOL	DJDS		FALCON	FALC
DENVER NORTH	DENN		FLAGLER	FLAG

HIGH SCHOOL	ABBREV.		HIGH SCHOOL	ABBREV.
DEN. SCHOOL OF S & T	DSST		FLEMING	FLEM
FLORENCE	FLOR		HERITAGE CHRISTIAN ACADEMY	HRTC
FORT COLLINS	FTCO		HIGHLAND	HIGH
FORT LUPTON	FTLU		HIGHLANDS RANCH	HIRN
FORT MORGAN	FTMO		HILLTOP BAPTIST	HILL
FOSSIL RIDGE	FOSS		HINKLEY	HINK
FTN.-FORT CARSON	FTNC		HI-PLAINS	HIPL
FOUNTAIN VALLEY	FTNV		HOEHNE	HOEH
FOWLER	FOWL		HOLLY	HOLL
FREDERICK	FRED		HOLY FAMILY	HLFA
FRONTIER ACADEMY	FRON		HOLY TRINITY ACADEMY	HLTA
FRONT RANGE CHRISTIAN	FTRC		HOLYOKE	HOLY
FRUITA MONUMENT	FRUI		HORIZON	HORI
GATEWAY	GATE		HOTCHKISS	HOTC
GENOA-HUGO	GENO		IDALIA	IDAL
GEORGE WASHINGTON	GEOR		IGNACIO	IGNA
GILPIN COUNTY	GILP		JAMES IRWIN CHARTER	JAME
GLENWOOD SPRINGS	GLEN		JEFFERSON	JEFF
GOLDEN	GOLD		JEFFERSON ACADEMY	JEFA
GRANADA	GRAN		JIM ELLIOT	JIME
GRAND JUNCTION	GRAJ		JOHN F. KENNEDY	KENN
GRAND VALLEY	GRVA		JOHN MALL	JOHN
GRANDVIEW	GRDV		JULESBURG	JULE
GREELEY CENTRAL	GRCE		JUSTICE	JUST
GREELEY WEST	GRWE		KARVAL	KARV
GREEN MOUNTAIN	GREN		KENT DENVER	KENT
GUNNISON	GUNN		KIM	KIMM
HANOVER	HANO		KIOWA	KIOW
HARRISON	HARR		KIT CARSON	KITC
HAXTUN	HAXT		LA JUNTA	LAJU
HAYDEN	HAYD		LAKE CITY COMMUNITY SCHOOL	LCCS

HIGH SCHOOL	CODE
HERITAGE	HERI
LAKEWOOD	LAKE
LAMAR	LAMA
LAS ANIMAS	LASA
LA VETA	LAVE
LEGACY	LEGA
LEGACY ACADEMY	LGAC
LEGEND	LEGE
LEWIS-PALMER	LEWP
LIBERTY (CS)	LBCS
LIBERTY (JOES)	LBJO
LIMON	LIMO
LITTLETON	LITT
LONE STAR	LONE
LONGMONT	LONG
LONGMONT CHRISTIAN	LNGC
LOVELAND	LOVE
LUTHERAN – Denver	LUTH
LUTHERAN – Parker	LUTP
LYONS	LYON
MACHEBEUF	MACH
MANCOS	MANC
MANITOU SPRINGS	MANI
MANUAL	MANU
MANZANOLA	MANZ
MARANATHA CHRISTIAN	MARA
MCCLAVE	MCCL
MEAD	MEAD
MEEKER	MEEK
MERINO	MERI
MESA RIDGE	MESA

HIGH SCHOOL	CODE
LAKE COUNTY	LKCO
MIDDLE PARK	MIDD
MITCHELL	MITC
MOFFAT	MOFF
MOFFAT COUNTY	MOFC
MONARCH	MONA
MONTBELLO	MONT
MONTE VISTA	MNTE
MONTEZUMA-CORTEZ	MNTZ
MONTROSE	MONR
MOUNTAIN RANGE	MTNR
MOUNTAIN VALLEY	MTNV
MOUNTAIN VIEW	MTVW
MOUNTAIN VISTA	MTVS
MULLEN	MULL
NEDERLAND	NEDE
NIWOT	NIWO
NORTHGLENN	NORT
NORTH PARK	NTHP
NORTHRIDGE	NORR
NORWOOD	NORW
NUCLA	NUCL
OLATHE	OLAT
OTIS	OTIS
OURAY	OURA
OVERLAND	OVER
PAGOSA SPRINGS	PASO
PALISADE	PALI
PALMER	PALM
PALMER RIDGE	PLMR
PAONIA	PAON

HIGH SCHOOL	CODE
MIAMI-YODER	MIAM
PEAK TO PEAK H.S.	PEAK
PEETZ	PEET
PEYTON	PEYT
PIKES PEAK CHRISTIAN	PPCH
PINE CREEK	PINE
PINNACLE (THE)	PINN
PLAINVIEW	PLAN
PLATEAU VALLEY	PLAT
PLATTE CANYON	PTCN
PLATTE VALLEY	PTVA
POMONA	POMO
PONDEROSA	POND
POUDRE	POUD
PRAIRIE	PRAI
PRAIRIE VIEW	PRVI
PRIMERO	PRIM
PRITCHETT	PRIT
PUEBLO CENTENNIAL	PUEC
PUEBLO CENTRAL	PUCE
PUEBLO COUNTY	PUCO
PUEBLO EAST	PUEE
PUEBLO SOUTH	PUES
PUEBLO WEST	PUEW
RALSTON VALLEY	RALS
RAMPART	RAMP
RANGELY	RANG
RANGEVIEW	RNGV
REGIS	REGB
REGIS GIRLS DIVISION	REGG
RESURRECTION CHRISTIAN	RESU
REVERE	REVE

HIGH SCHOOL	CODE
PAWNEE	PAWN
RIDGWAY	RIDG
RIFLE	RIFL
ROARING FORK	ROAR
ROCK CANYON	ROCC
ROCKY FORD	ROCF
ROCKY MOUNTAIN	ROCK
ROCKY MOUNTAIN LUTHERAN	RMTL
ROOSEVELT	ROOS
RYE	RYES
ST. MARY'S	STMR
ST. MARY'S ACADEMY	STMA
SALIDA	SALD
SAND CREEK	SAND
SANFORD	SANF
SANGRE DE CRISTO	SANG
SARGENT	SARG
SEDGWICK COUNTY	SEDG
SHERIDAN	SHER
SHINING MTN. WALDORF	SHIN
SIERRA	SIER
SIERRA GRANDE	SRGR
SILVER CREEK	SILV
SILVER STATE CHRISTIAN	SLVS
SIMLA	SIML
SKYLINE	SKYL
SKYVIEW	SKYV
SMOKY HILL	SMOK
SOROCO	SORO
SOUTH BACA (VILAS)	VILA
SOUTH PARK	STHP
SPRINGFIELD	SPRN

HIGH SCHOOL	CODE
RIDGE VIEW ACADEMY	RVAC
STEAMBOAT SPRINGS	STEA
STERLING	STER
STRASBURG	STRS
STRATTON	STRA
SUMMIT	SUMM
SWINK	SWIN
TELLURIDE	TELL
THE VANGUARD SCHOOL	VANG
THOMAS JEFFERSON	THOJ
THOMPSON VALLEY	THOM
THORNTON	THOR
THUNDERRIDGE	THUN
TRINIDAD	TRIN
UNION COLONY PREPARATORY SCHOOL	UNCO
UNIVERSITY	UNIV
VAIL CHRISTIAN	VLCH
VAIL MOUNTAIN	VLMT
VALLEY	VALL

HIGH SCHOOL	CODE
STANDLEY LAKE	STAN
VALOR CHRISTIAN	VALO
VISTA RIDGE	VIST
WALSH	WALS
WASSON	WASS
WELD CENTRAL	WELD
WELDON VALLEY	WLDV
WEST GRAND	WEST
WESTMINSTER	WSTM
WHEAT RIDGE	WHEA
WIDEFIELD	WIDE
WIGGINS	WIGG
WILEY	WILE
WINDSOR	WIND
WOODLAND PARK	WOOD
WOODLIN	WDLN
WRAY	WRAY
YUMA	YUMA



Finish in Backstroke Event Highlights 2014-15

Swimming and Diving Rules Changes

FOR IMMEDIATE RELEASE

Contact: Becky Oakes

INDIANAPOLIS, IN (November 13, 2014) — A major change in the finish of the backstroke event will occur next year in high school swimming and diving.

Effective with the 2014-15 season, any part of a swimmer's body must be on or above the water at the finish of the backstroke event. Previously, a swimmer in the backstroke could submerge on the turn and/or finish.

This revision in Rule 8-2-1e was one of eight rules changes recommended by the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee during its March 30-April 1 meeting in Indianapolis. These recommendations were subsequently approved by the NFHS Board of Directors.

"There's been a difference of opinion as to what constitutes a finish, and the committee believed it needed to be cleared up," said Becky Oakes, NFHS director of sports and liaison to the Swimming and Diving Rules Committee. "Clarification is going to focus on the finish and that the swimmer remains on the surface of the water."

Three changes were approved in Rule 9 pertaining to diving. First, Rule 9-2-2 now allows an option for reseeding divers going into finals in championship meets. Diving finalists may now be seeded from lowest to highest based on their individual scores through the semifinals. Previously, the diving order used at the beginning of the meet was maintained throughout the competition. The new option for diving finals is decided by the meet director prior to the beginning of the meet.

"Divers in finals can be seeded based on their score, which can change the order from the starting order of divers," Oakes said. "The committee felt that this option would add excitement to the meet. Divers with higher scores can see their competition."

The committee also adjusted the scale for judges to score divers by revising five of the seven categories. The new scoring, which is consistent with the NCAA, USA Diving and FINA, is as follows:

- Excellent – 10
- Very Good – 8.5 to 9.5
- Good – 7 to 8
- Satisfactory – 5 to 6.5
- Deficient – 2.5 to 4.5
- Unsatisfactory – 0.5 to 2
- Failed – 0

The final diving revision (Rule 9-2-1) seeks to minimize risk of injury by permitting practice dives during specified warm-up times prior to each diving session. Divers are allowed at least two practice approaches – with or without water entry – prior to the start of the diving competition. This allows divers an opportunity to warm up after a break in competition.

The committee made additions to Rule 3-6 relating to the penalties for unsporting conduct during a swimming and diving meet. Unsporting conduct results in disqualification from the meet, including previous events in which a competitor qualified for the finals.

New Rule 3-6-3 states that no team personnel or competitor should display unacceptable conduct, including not following the official's directions or using profanity. The penalty is disqualification from the event.

“The committee wanted to separate unsporting conduct from unacceptable conduct. The severity of the penalty needs to match the severity of the unbecoming conduct,” Oakes said. “The new rule separates the two so that each situation is dealt with based on the severity of the action by the competitors or coaches.”

Rule 3-6-2 now deals strictly with spectator conduct and allows the referee to suspend the meet until the meet management resolves the situation. Previously, spectator penalties were included with the penalties for athletes.

Another change dealing with risk minimization was Rule 8-1-5, which states that swimmers no longer may step off the starting platform when the referee says “Stand up.” Referees and starters should direct swimmers to step down only when unusual circumstances occur.

Following are other changes approved by the rules committee:

- Rule 3-3-4: Adhesives are not allowed for swimmers or divers.
- Rule 4-3-1Note: The sounding device shall not be a pistol or closed barreled starter's pistol.

A complete listing of all rules changes will be available on the NFHS website at www.nfhs.org. Click on “Athletic Activities” in the sidebar menu on the home page, and select “Swimming and Diving.”

According to the 2012-13 NFHS High School Athletics Participation Survey, swimming and diving is the 10th most popular sport for boys with 138,177 participants at 7,001 schools. The sport ranks eighth among girls participants with 163,992 at 7,249 schools.

###

Introduction

The CHSAA Constitution and Bylaws are the official rules of the Association. Information in this bulletin provides the regulations for swimming and diving competition, but never supersedes the regulations found in the Constitution and Bylaws.

Included in the school boxes is an official copy of the CHSAA Handbook Constitution and Bylaws. Handbooks are also available on line at www.chsaanow.com by selecting Bylaws. Checking eligibility is not the sole responsibility of the athletic director. It is the responsibility of the coach to know the information found in the Constitution and Bylaws. Therefore, the Bylaws should be read prior to the season.

We encourage the telephone calls on areas of eligibility be made by the school athletic director or designated administrator; rulings on season policies can be made by the swimming/diving coach. Please contact Bethany Brookens, Assistant Commissioner for swimming/diving.

STATE ENTRY PROCESS

1. Entries must be received **online** at www.CHSAANow.com (swimming) by midnight on Sunday night, February 8, 2015 in order to enter you swimmer(s)/diver(s) into the state meet.
2. Qual times are available on at www.CHSAANow.com (swimming) and on page 26 of this bulletin.
3. **Only those times in MaxPreps will be accepted for state entries. It is **your responsibility** as a coach to ensure that all of your athletes are showing up in MaxPreps. There is no exception to this, this year – if your athlete's time is not showing up in MaxPreps, they will NOT be entered into the state meet.

2014-15 Swimming & Diving Situations

SITUATION: A swimmer from school A has a medical condition that requires him/her to wear a full body suit of some kind while in the water. The coach tells the meet referee this is a customization that is needed for a medical reason. The referee does not approve the swimmer to compete due to the absence of a letter of authorization from the state association. **RULING:** Correct procedure. **COMMENT:** Rule 3-3-2 provides that a swimmer with special needs may request customization through his/her school to the state association. If the customization is approved, it should not set aside the restrictions on material. (3-3-2)

SITUATION 2: A male swimmer is wearing a swimsuit such as a "board short." When he steps on the block, it extends below the top of the kneecap. However, when he assumes his starting position, it no longer extends below the top of the kneecap. Is this legal? **RULING:** Illegal. **COMMENT:** The suit would be viewed as the swimmer is upright with the suit in its natural state, legs not rolled up. The rule on swimwear design is very specific and has been adopted for a purpose. The suit, worn in its natural position on the swimmer, is illegal. (3-3-2b(5))

SITUATION 3: Two contestants from Team A are shaving on-site in the locker room. This is observed by a meet official and reported to the meet referee. The referee disqualifies both contestants from any further competition in the meet under the penalty for Rule 3-5-7. **RULING:** Correct procedure. **COMMENT:** Coaches should be certain to educate their athletes and enforce Rule 3-5-7 regarding the restriction of on-site shaving to avoid an unnecessary penalty. (3-5-7)

SITUATION 4: An invitational meet is using fully automatic timing (FAT). At the completion of the first heat of the 200-yard IM, the referee does not agree with the results of the FAT and overrides the order of finish results with no indication of a timing malfunction. **RULING:** Incorrect procedure. **COMMENT:** Even when FAT is used, the appropriate meet officials should observe the order of finish as a back-up. If there is no timing malfunction, the FAT times stand and the referee shall not override the results. (6-5-1, 6-4-1)

SITUATION 5: The coach of Team A fails to sign the diving score sheet; however, it is signed by the diver. The referee, in error, accepts the score sheet for review. After the event has begun, it is discovered the score sheet for the diver from Team A is not signed by both the coach and diver. The diving referee, without interrupting competition, has the coach report to the scoring table and signs the score sheet. **RULING:** Correct procedure. **COMMENT:** The diver is not disqualified, but the score sheet shall be signed by both coach and diver. The diving referee erred by first accepting the improperly signed score sheet for review. The review of the sheet should have discovered the problem prior to competition. In this case, the diver is not penalized for an error of the official because the signatures do not directly impact being able to judge the dive or the correct dive being announced for the diver. (9-3-3 NOTE, Penalty)

SITUATION 6: Diver A performs dive 5112 and, in the opinion of the diving referee, the diver does not release his/her arms and is not attempting to come out of the twist. The diving referee declares the dive unsatisfactory. **RULING:** Correct procedure. A twisting dive is unsatisfactory if the diver does not attempt to come out of the twist. (9-7-4d)

SITUATION 7: A competitor is observed with a suit that in the referee or deck official's opinion is not decent in appearance (a) during the warm-up period (b) immediately prior to the start of the event (c) after being called to the starting platform (d) while in the water or (e) after the completion of the race. The competitor is notified to change the suit immediately and will not be eligible to compete in further competition until in a legal swimsuit. **RULING:** Correct procedure. **COMMENT:** A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. In both (a) and (b) the competitor is notified before the start of the race. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from the event and shall not be eligible for further competition until in a legal suit. In (c), (d), & (e) the competitor is notified to change the suit after the completion of the heat and shall not be eligible for further competition until in a legal suit.

SITUATION 8: A competitor has been approach by a deck official regarding the decency of his/her suit. The official has requested the suit be changed. The competitor approaches another official on deck to ask their opinion regarding the decency of the suit in question. **RULING:** Improper behavior on the part of the competitor. The suit must be changed once notification from any deck official has been received. A competitor shall not wear a suit that is not of decent appearance. **COMMENT:** Refer to Suit Standards on pg. 9.

SITUATION 9 Forward Approach – Rule 9-5-2: Team A's diver is performing a dive requiring a forward approach. The diver begins his/her approach with the third step ending with the diver on two feet, executing a hop followed by his/her culminating hurdle and forward takeoff. **RULING:** Legal forward approach. **COMMENT:** Rule 9-5-2 requires three initial steps but does not mandate how the diver must land on the third step, one foot or two feet. Once the third step is completed the diver may hop, leap etc. before the culminating hurdle. In this approach the diver's choice was to end the third step on two feet.

2014-2015 NFHS Major Swimming & Diving Rule Changes

3-3-4

Reorganize to list the items a competitor may wear/use and clarifies that adhesives are not allowed for swimmers and/or divers. Divers may wear tape or wraps for support and no longer limited to the wrist.

3-6-1, New 2, 3

Delineates more clearly unsporting conduct, which results in removal from the meet and all events in which the competitor previously qualified, and unacceptable conduct, which carries a penalty of disqualification from the event. Separates spectator conduct from athletes and coaches.

2-7-3, 4-3-1-, NOTE, 4-2-2, NOTE

Prohibits the use of a pistol/starter's pistol as the sounding device in interscholastic swimming.

8-1-5

Swimmers no longer step off the starting platforms after the referee/starter gives the command, "Stand up." Swimmers will be directed to step down only when unusual circumstances occur.

8-2-1e

Specifies in the backstroke event, the swimmer shall remain on or above the water surface on the finish and cannot submerge.

9-2-1

Divers shall be permitted at least two practice approaches, with or without water entry, immediately prior to the start of diving competition.

9-2-2

In championship meets, as determined by the meet director, he/she has the option in the event of diving to seed the finalists based on their semifinal score (lowest to highest) or keep the same dive order as preliminaries and semifinals.

9-7-2

The diving score scale was updated.

2014-15 Major Editorial Changes

3-2-1 PENALTY

Added language to clarify application of the penalty for a competitor violating allowable event limits.

3-3-3 PENALTY

Removed unnecessary language from the penalty due to change in rules last year. Consistency in rules language.

2014-15 Editorial Changes

1-3-10 NOTE, 1-3-12 NOTE, 2-7-4 New NOTE, 6-4-1a,b, 9-3-5, Appendix B

2014-15 Points of Emphasis

1. Touch pads
2. Conduct
3. Reporting for events in championship meets
4. Diving points scale

Please note – according to CHSAA guidelines, an appropriate health care professional is an MD, DO, Nurse Practitioner, Physician Assistant, or Doctor of Chiropractic who is School Physical Certified (SPC). An athletic trainer is not acceptable, except if the injury occurs during the meet and a certified athletic trainer is on site to evaluate and recommends that tape be used. At any subsequent meet, the athlete will need a note from an appropriate health care professional.

Colorado Association of Swim Officials (CASO)

Starter pistols are illegal during CHSAA sanctioned events. Officials are responsible for providing their own alternative sounding device (air horn, bell, or whistle) and this is considered part of their uniform attire.

4A Swimming Schools – Boys & Girls (1-1410)

(70 Schools)

Air Academy (1402)	Green Mountain (1105)	Pueblo Central (827)
Alameda (G) (884)	Greeley Central (1407)	Pueblo County (833)
Arvada (905)	Gunnison (G) (326)	Pueblo East (1030)
Aspen (G) (555)	Harrison (815)	Pueblo South (1357)
Centaurus (G) (1017)	Kent Denver (G) (465)	Pueblo West (1368)
Cheyenne Mountain (1309)	Kennedy (1259)	Salida (G) (295)
Colorado Academy (G) (382)	La Junta (G) (367)	Sierra (G) (877)
Conifer (819)	Littleton (1383)	Silver Creek (1129)
Delta (626)	Longmont (1180)	Skyline (1352)
Denver North (680)	Manitou Springs (G) (520)	Skyview (195)
Denver South (G) (1380)	Mesa Ridge (G) (1330)	Sterling (G) (484)
Denver West (576)	Moffat County (540)	St. Mary's (G) (308)
Discovery Canyon (1009)	Mitchell (1215)	St. Mary's Academy (G) (498)
Durango (1075)	Montezuma Cortez (G) (664)	Standley Lake (1344)
D'Evelyn (642)	Montrose (1361)	Summit (770)
Eaton (G) (502)	Mountain View (1180)	Thomas Jefferson (1075)
Englewood (G) (611)	Mullen (723)	Thompson Valley (1238)
Estes Park (333)	Niwot (1311)	Valley (528)
Evergreen (G) (1009)	Northridge (1046)	Valor Christian (847)
Frederick (969)	Palisade (G) (1053)	Vista Ridge (1239)
Fountain Valley (G) (244)	Platte Canyon (G) (299)	Wheat Ridge (1307)
Glenwood Springs (797)	Ponderosa (G) (1161)	Widefield (G) (1240)
Golden (G) (1289)	Pueblo Centennial(G) (1251)	Windsor (1225)

Class 5A Swimming Schools

Boys and Girls (66 Schools)

Abraham Lincoln (1517)	Heritage (1688)
Adams City (1768)	Highlands Ranch (1608)
Arapahoe (2188)	Hinkley (1923)
Arvada West (1703)	Lakewood (2091)
Aurora Central (G) (2084)	Legacy (G) (2178)
Bear Creek (1729)	*Legacy/Horizon (B) (4095)
Boulder (1939)	Legend (G) (1978)
*Brighton & Prairie View (1841)	*Lewis Palmer/Palmer Ridge (2128)
Broomfield (1428)	Liberty (1576)
Castle View (1850)	Loveland (1521)
Chaparral (G) (2105)	Monarch (1624)
Chatfield (1805)	Montbello (2160)
Cherokee Trail (2633)	Mountain Range (1964)
Cherry Creek (3512)	Mountain Vista (G) (2100)
Columbine (1660)	Overland (2282)
Coronado (1498)	Palmer (1968)
Dakota Ridge (G) (1545)	Pine Creek (1467)
Denver East (2433)	Pomona (1448)
Doherty (2064)	*Ponderosa, Chaparral, Legend, Elizabeth (B) (6006)
Douglas County (1824)	Poudre (1780)
Eaglecrest G (2513)	Ralston Valley (1748)
Fairview (2128)	Rampart (1524)
Fort Collins (1517)	Rangeview (G) (2305)
Fossil Ridge (2090)	Regis (B) (900)
Fountain-Ft. Carson (1714)	+Regis (G) (704)
Fruita Monument (G) (1706)	Rock Canyon (G) (1948)
Gateway (G) (1680)	Rocky Mtn. (1934)
George Washington (1436)	Smoky Hill (2141)
Grand Junction (G) (1694)	*Thornton/Northglenn (3566)
*GJ/Fruita/GJ Central/Palisade (B) (5905)	ThunderRidge (G) (2019)
Grandview (2588)	Westminster (2390)
Greeley West (1518)	+Playing Up
	*Co-op

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.

PHYSICAL EXAMINATION/PARENT CONSENT

No student shall represent her school in interscholastic athletics (practice or contest) until there is, on file with the school administration, a statement signed by her parents or legal guardian and a practicing physician, nurse practitioner or physician's assistant certifying she has passed an adequate physical examination within the past year (12 calendar months) and is physically fit to participate in high school athletics and has the consent of her parents or legal guardian to participate.

WARNING OF DANGERS

Parents and students, as part of the consent form, acknowledge the risks involved in competition. Serious, catastrophic, and fatal accidents may occur.

OUTSIDE COMPETITION BY INDIVIDUAL

Players certified to participate as members of any high school sport may compete on any other team, in any non-school activity or event in that sport during that sports season, with the express written permission of the principal, which permission shall be granted if:

- (a) the student's class attendance is not compromised; and
- (b) the student is in good academic standing under the school's activities policy applicable to all students.

STATE QUALIFICATION TIMES

Only entries certified by CASO officials and swum in Colorado State High School meets will be accepted.

EJECTION OF SWIMMER

Any swimmer ejected from a meet by an official for any unsporting act will be removed from that meet and will be ineligible for the next meet. A second ejection will result in a two-meet penalty.

The participation of any ineligible athlete will cause the school to forfeit the meet in which the ineligible athlete participated. There is no appeal to this rule and coaches are urged to review the rule with team members prior to the start of the season and provide a constant reminder as the season progresses.

EJECTION OF A COACH

CHSAA Bylaws require that a credentialed coach under contract with the school district must assume supervisory responsibility for all interscholastic contests. If a coach is ejected and no credentialed person from that school is available, the contest shall be forfeited. If it becomes necessary for an official to eject a coach from a meet for any reason, the coach shall be placed on CHSAA probation and shall miss the next scheduled swim meet in accordance with the policies established by the CHSAA Executive Committee.

RESTRICTED ELIGIBILITY

Any student-athlete with restricted eligibility may not compete in any varsity or exhibition heats and will not be able to submit state qualifying times until the restriction is served. The 50% transfer restriction prohibits the competitor from participating at the varsity level for the first 5 meets. Competitors may not be entered into 2 concurrent meets.

MAXIMUM STUDENT PARTICIPATION SEASON

A student may not participate in more than **11** scheduled meets during the swimming season, exclusive of the conference and state meets. NOTE: (A league relay meet counts as 1 of the 11. The League "B" Meet counts as 1 of the 11. The League "C" Meet counts as 1 of the 11).

MAXIMUM TEAM PARTICIPATION SEASON

As long as no individual swims in more than 11 scheduled meets exclusive of the conference and state meets, there is no limit to the number of meets in which a team may compete.

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."

2310.41 "No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27 and New Year's Day. Beginning December 28, winter sports programs may have practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition."

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.

A coach may have contact with his/her team on a Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

SUIT STANDARDS

A competitor shall only be permitted to participate while wearing a suit that is of decent appearance. Suits shall cover the breasts (for females), buttock and frontal pubic area. Decent appearance relates to the visual appearance of the suit in the covering of the human flesh so as during its use (swimming of events, diving or walking on the swim deck) portions of the buttock, frontal pubic areas and breasts for females do not become uncovered. Enough suit material needs to be present so exposure of the buttock, frontal pubic area and breasts for females does not occur during the conduct of a swim meet. This includes warm-up periods, competition, awards presentations, and pool deck time from the time the doors are open for athletes to enter the facility until the meet is complete and the athletes have departed.

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).

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: At the Colorado Coaches Invitational, entering schools agree to a format which allows unlimited individual entries for each school. A team score will be kept. Is this format within the rules?

A3: Yes.

Q4: The schools in a varsity triangular meet agree to allow unlimited team entries. Is this legal?

A4: No.

Q5: The schools in a JV meet agree to allow unlimited team entries. Is this legal?

A5: Yes.

Q6: In A5, may the schools agree not to keep score?

A6: No. A score must be kept. (The only exception is that a league may elect to tabulate no score in its league 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, all JV or any combination thereof. Regardless, the competitor shall be counted as having competed in only one meet towards the 11 meet limit prior to League A and State.

For scoring purposes, varsity and JV meets are considered as two separate meets.

For individual entry purposes, varsity and JV 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 11 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

National Federation 2013-2014 Official High School Swimming & Diving Rules, Rule 2 pg. 9:

"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.

STARTER'S PROTOCOL

Colorado will use the Verbal Preparatory Commands for all starts. Refer to page 80 of the NFHS Rules Book.

IMPORTANT SAFETY NOTE: STARTING TECHNIQUES

(From the National Federation)

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 actually 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 meeting that includes head coaches and captains 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. Pool shall be closed during the coaches meeting.
12. Jewelry shall not be worn during warm-ups.

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 in Colorado

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 11 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 – Questions & Answers - 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 4-8-3, 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 CHSAA has determined in Colorado, a swimmer cannot actually compete in both the "B" and "A" relays in the same event in the same meet..
- Q8:** A triangular 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.

Options the coaches have:

1. Swim a triangular meet in 6 lanes, with 2 entries allowed per team. Please note that it would NOT be legal to allow 2 of the teams to have 3 entries each, with the third team having only 2 entries. Reference is 3 - 1 - 2 c, which states:

By prior mutual consent, in a pool with 8 lanes or more, each team shall be permitted as many additional entries as may be equally provided for both teams.

2. Swim the 9 lane meet with all swimmers required to start in the water or from the deck, depending on water depth.
3. Seed the meet as timed finals in an 8 - lane pool, with the number of entries allowed per team depending on how many heats can be run. Please note that each team must be allowed the same number of entries, regardless of team size.
4. Allow each team 1 entry in heat 1 and two entries in heat 2, thus using 6 of the 8 legal lanes.

Please note that in some of these scenarios there would be legal exhibition lanes.

Please note that similar circumstances would prevail involving certain dual meets in a 5 lane pool.

Voluntary Dives

Rule 9-4, Article 6 (p. 67 in NFHS rule book)

- In accordance with Rule 9-4, Article 6, the State Swimming Committee has approved pre- determined voluntary dives.
- Some “Weeks” include a full week and a part of another week due to the holiday season.

DIVING ROTATION 2014-2015	
December 1 – December 6	Forward
December 8 – December 13	Back
December 15 – December 23	Inward
January 2 – January 10	Twist
January 12 – January 17	Reverse
January 19 – January 24	Forward
January 26– January 31	Back
February 2– February 7	Inward

Coach's Responsibilities Prior to the Season & Each Home Meet

** Hosts are responsible for uploading the Hy-Tek results to MaxPreps after each meet.*

***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.*

1. Carefully review the contents of Rule 2 in your National Federation Rules Book.
2. Accurately measure your pool's specifications and compare them to those listed in Rule 2, Sections 1 through 7.
3. 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.
4. 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.)
5. 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.
6. 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.

NOTE: COACHES OF HOST SCHOOLS ARE RESPONSIBLE TO PROVIDE TIMERS, WATCHES, ALL PERSONNEL AND EQUIPMENT NEEDED TO HOST A MEET. THIS IS REGARDLESS OF MEET LOCATION. A SCHOOL ADMINISTRATOR SHOULD BE PRESENT AT HOME MEETS.

[SAMPLE FORM]

RECOGNITION OF VARIATIONS IN POOL SPECIFICATIONS & PRIOR MUTUAL CONSENT

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 Meet Information

COACHES HAVE YOU DONE THE FOLLOWING (SHARE WITH YOUR DIVE COACH)

- Are all of your state qualifiers listed in **MaxPreps**?
- **State entries are due by 12:00 am (midnight) on February 8, 2015 by online submittal at www.MaxPreps.com (swimming).** The method of entry will be through the coach admin. platform for both swimmers and divers.
- State Entry Cover Sheets and Gatelists must be submitted online at www.CHSAANow.com (swimming). Both forms are interactive and must be filled out completely and accurately before your state entries are complete.
- Dive Coaches – Please make sure you have submitted your state qualifying dive cards after every meet to the CHSAA office for verification. It is ultimately your responsibility to check and verify that a diver's state score and DD are listed on your meet sheets.
- Keep a copy of all your meet results.

YOU MUST SUBMIT ALL STATE ENTRIES ONLINE AT www.MaxPreps.com. DO NOT FAX!

- Have you included all alternates for relays (up to eight)?
- Have you checked your maximum number of 4 entries per individual event and 1 entry per relay event?
- Does the CHSAA office have your qualifying diving cards for state qualification verification?
- Have you double-checked your entry form and all open areas of registration?
- Have you checked your phone number of where we can reach you if we have questions?

Check the CHSAA website www.CHSAANow.com on Tuesday afternoon to see that your swimmers/divers have been entered correctly.

State Meet Reminders

1. State entries must be certified by CASO Officials and swum in a Colorado State High School Meet to be accepted.
2. All State qual times must appear online on MaxPreps, or they will not be entered into the State Meet.
3. The meet director shall determine the order of divers by lot.
4. Re-emphasize with your swimmers the need to treat the facility with respect.
5. Cameras/video phones are not permitted in the locker rooms at any time.
6. No NON-SCHOOL swimming or diving coaches are permitted on deck.
7. Each school will receive deck pass for coaches and managers as listed on your State Cover Sheet. No exceptions will be granted.
8. Divers seeking All-American status are permitted one photographer who must be escorted onto the deck by the dive coach.
9. NO ONE – Including the championship team – is permitted to use the high diving board.
10. Teams will not be allowed to make a grand entry into the championship event venue.
11. Deck passes will NOT be honored in the spectator seating areas due to limited seating.
12. No Balloons on the deck or in the stands.
13. Acts of God Policy – The following policy statements represent the general operating procedures of the CHSAA regarding post-season competition that is threatened by inclement weather or other acts of God. Circumstances not covered by this policy are left to the discretion of the CHSAA office.

Schools and individuals have the added responsibility of making alternative travel plans to contest/tournament sites based upon weather forecasts, etc. As a common factor, input and recommendations are to be sought from the Highway Patrol Division of Highways and Travel.

Tournaments/Conferences - in the event an act of God prevents an individual(s) from arriving on time for a scheduled match as part of a post-season tournament, the following will apply:

- a. In cases where less than 10% of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket.
- b. If a number of participants in excess of 10% cannot be present before the official check-in period, but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director, in consultation with the CHSAA, may adjust the bracketing and schedule for the purpose of allowing maximum participation.
- c. When the number of participants is 25% or more who are unable to be present, the tournament director, in consultation with the CHSAA, shall postpone all or part of the day's contests/activities. Schedules/brackets and alternative plans shall be determined by the director, in conjunction with the CHSAA, which may include extending the contest/tournament.

2015 GIRLS' STATE SWIMMING MEET SCHEDULES

5A EPIC, Fort Collins
4A VMAC, Thornton

5A: EPIC, Fort Collins		4A: VMAC, Thornton	
Friday, February 13: Swim Prelims		Friday, February 13:Swim Prelims	
Team packets available	2:00 pm	Team packets available	2:00 pm
Pool Doors Open	2:15 pm	Pool Doors Open	2:15 pm
Warm-up Begins	2:30 pm	Warm-up Begins	2:30 pm
On-Site Tickets on sale	2:30 pm	On-Site Tickets on sale	2:30 pm
Begin Swim Prelims	4:00 pm	Begin Swim Prelims	4:00 pm
Saturday, February 14: Dive Prelims & Semis		Saturday, February 14:Dive Prelims & Semis	
Pool Doors Open	7:00 am	Pool Doors Open	7:00 am
Dive Coaches Meeting	7:15 am	Dive Coaches Meeting	7:15 am
Warm-up Begins	7:30 am	Warm-up Begins	7:30 am
On-Site Tickets on sale	7:30 am	On-Site Tickets on sale	7:30 am
Begin Dive Prelims	9:00 am	Begin Dive Prelims	9:00 am
Saturday, February 14:Swim & Dive Finals		Saturday, February 14:Swim & Dive Finals	
Pool Doors Open	12:15 pm	Pool Doors Open	12:15 pm
Warm-up Begins	12:30 pm	Warm-up Begins	12:30 pm
On-Site Tickets on sale	12:30 pm	On-Site Tickets on sale	12:30 pm
Begin Finals	2:00 pm	Begin Finals	2:00 pm

Note: Teams will not be allowed into VMAC until 2 pm on Friday and 12:15 on Saturday. Do not arrive early as you will be waiting outside.

State Qualifying Information

1. Only individuals who meet minimum standards during the regular season while participating in dual, invitational, or league meets and who are certified by the area directors as having qualified will be permitted to participate. Qualifying standards follow.
2. No qualifying times or standards will be accepted for competition held after February 7, 2015.
3. No qualifying times or standards will be accepted from competition held after a school's participation in its league championship meet.
4. No qualifying 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 12:00 am (midnight) on Sunday, February 8, 2015 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.**

EVENT	2015	2015	2015	2015
	4A Girls	4A Girls	5A Girls	5A Girls
	Yards	Meters	Yards	Meters
200 Med. R.	2:05.00	2:19.50	2:02.00	2:16.15
200 Freestyle	2:08.00	2:21.82	2:03.00	2:17.39
200 IM	2:26.00	2:42.06	2:19.50	2:35.96
50 Free	0:26.60	0:29.66	0:25.80	0:28.99
*Diving-6 Dives	185 (9.8)	185 (9.8)	200 (10.1)	200 (10.1)
**Diving-11 Dives	300 (11.2)	300 (11.2)	335 (12.1)	335 (12.1)
100 Butterfly	1:06.30	1:13.66	1:03.00	1:10.77
100 Free	0:58.10	1:04.61	0:56.50	1:03.16
500 Yard Free 400 Meter Free	5:46.00	5:03.51 (400 Meters)	5:32.50	4:52.55 (400 Meters)
200 Free R.	1:51.00	2:03.99	1:48.00	2:00.64
100 Back	1:06.80	1:14.21	1:03.75	1:11.10
100 Breast	1:15.50	1:23.96	1:13.00	1:21.51
400 Free. R.	4:06.00	4:34.04	3:59.00	4:26.25

9. ENTER ONLY SWIMMERS WHO WILL BE COMPETING IN THAT EVENT

Note: 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.

- 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.

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: If more than 32 divers compete at the state meet, the field will be cut to 32 divers after 3 rounds.

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.

10. Entry Limits: Four entries per individual event and one entry per relay events per team. Each individual may swim in four events, no more than two of which are individual events.
11. Schools qualify a relay team, not four individuals (i.e. the four swimmers who established the qualifying time do not have to comprise the relay team entered.)
12. 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.
13. In order to avoid delays with your entries, ensure all information as defined in the State Entry forms is complete. Reference Checklist on the STATE ENTRY COVER SHEET (both found online).
14. Final heating for each event will take place at the CHSAA on Tuesday, February 10, -- **NOT ON THE DECK AT THE STATE MEET.**

State Meet Information

NO PRE-MEET PRACTICE AT EPIC OR VMAC

High school swimmers, unless competing in a regularly scheduled meet, are prohibited from being in the water at EPIC one week prior to state competition (unless that is their home pool).

DECK PASS INFORMATION

Coaches and managers will sign-in and receive a deck pass, good for admittance to both prelims and finals. No one will be permitted on the deck without a pass or a swimsuit. Contestant & coach passes will not be accepted at the spectator's entrance.

SCORING

16 places will be scored at the State Meet.

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

All other events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

LANES

Lanes will be assigned at the seeding meeting based on the facility with 8 or 10 lanes for preliminaries. Eight lanes are used for consolation and final heat of the Championship Finals.

CLASSIFICATION FORMAT

The state swim meet will have two classifications. Qualifying times are DIFFERENT for each classification.

STATE ENTRIES

STATE ENTRIES MUST BE RECEIVED ONLINE BY 12:00 am (MIDNIGHT) ON SUNDAY, FEBRUARY 8, 2015. STATE ENTRY FORMS DEFINED IN THIS BULLETIN ARE REQUIRED

DIVING ORDER

The meet director shall determine the order of divers by lot.

DIVE CARDS

Dive cards are due at the 50 free break during the preliminary session. E-mailed/faxed entries will not be accepted.

AWARDS

Medals will be awarded for eight places in each event.

A team championship trophy will be awarded to the first place team and runner-up team in each classification.

Awarding swimmers for their accomplishments in swimming is an important part of the state meet. All swimmers will accept their awards personally when called to the awards stand.

STARTING

The verbal protocol on page 77 in the rule book will be used in all swimming events at the state meet.

HEARING IMPAIRED SWIMMERS

If you have a hearing impaired swimmer, please notify Bethany Brookens by Monday, February 9, so that arrangements can be made to have an additional strobe available for state.

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.

COACH & CONTESTANT SEATING & TRAFFIC FLOW

- Because of limited spectator seating, all coaches and contestants must sit within the deck area.
- Street shoes are prohibited on the deck.
- Relay alternates, swimmers whose events have been completed, and swimmers who fail to qualify for the finals must sit in the deck area. (Your "deck" pass will not be honored at the spectator entrance.)
- Swimmers/divers not participating in the state championships must sit in the stands.
- The seating area for all swimmers and coaches will be designated at the pool.
- Prior to their event, swimmers shall report to the clerk of course (NOT THE BLOCKS).
- A maximum of 25 cheerleaders are allowed into EPIC and VMAC free if in uniform and the squad sponsor has turned in a list of those attending at the gate prior to the start of competition. Cheerleaders must be in the spectator area and may not block the view of spectators.

STANDS

- Please remind your fans that we will clear the stands at the conclusion of each session.



Girls' State Swimming – Admission Prices

ALL DAY PASSES

All-Session Pass..... \$20.00

Includes – Swim Prelims, Diving Prelims and Swim & Dive Finals

Saturday Pass..... \$16.00

Includes – Diving Prelims and Swim & Dive Finals

**All-session and Saturday passes are available for purchase online (see below)*

INDIVIDUAL SESSION PASSES

Adult General Admission \$8.00

Student (K-12th grade)..... \$5.00

Senior Citizens (age 60+)..... \$5.00

MERCHANDISE SALES:

Official 2015 CHSAA State Swimming T-shirts and souvenirs will be available at EPIC and VMAC.

**Please note EPIC only accepts cash and does not have an ATM on site!*

EPIC

1801 Riverside

Ft. Collins, CO 80525-1332



DIRECTIONS TO EPIC:

I-25 north to Prospect Exit
West 2-3 Miles
South (left) on Riverside
1 Block to EPIC (1801 Riverside)

PARKING:

Spectators – Park on the northwest side of EPIC on the west end (Stuart Street).
Buses – Drop off teams – then proceed to BMX, north of EPIC (down hill).

ENTER BUILDING (EPIC)

Enter building on the north side

5A Girls State Swimming

**Stay the Fort Collins
Marriott for \$99!**



MARRIOTT

Fort Collins Marriott
350 Horsetooth Road
Fort Collins, CO 80525

To make reservation: \$99.00

Please call:

970.226.5200 or 1.800.228.9290

Visit us Online:

[Book your group rate: 5A Girls State Swimming Championships >>](#)



**VMAC
5310 E. 136th Ave
Thornton, CO 80026**



DIRECTIONS TO VMAC

I-25 North
Exit 225 for 136th Ave
Turn Right onto E 136th Ave

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

12080 Melody Dr.

Westminster, CO 80234

303-255-3100



\$84.00/plus tax

Includes:

Hot Breakfast Buffet

Indoor Pool and Hot Tub

24-hr Fitness Center

Please mention you are with CHSAA Girls' State Swimming when making reservations.

STATE ENTRY COVER SHEET

(This form is found at www.CHSAANow.com)

SCHOOL NAME _____

LEAGUE _____

5A / 4A (please circle one)

HEAD COACH – NAME _____

PHONE _____

(Coach must be able to be reached on Sunday,
Monday and Tuesday to review entries if needed)

Number of Individual Entries _____
(Including Divers/Alternates)

Number of Relay Entries _____

Total Number of Athletes _____
(Including Divers/Alternates)

Did any of the qual times come from a relay leadoff? If yes, indicate the
date and meet: _____

CHECKLIST

- Swimmers: Hy-Tek Entry/Proof of Time Report: Quals must be recorded in the MaxPreps State Qualifier Database online.
- Divers: Hy-Tek Entry will serve as your entry form. Copies of your qualifying dive cards should have been submitted to the CHSAA office after every meet for verification of state qualification. Dive Cards are due to the diving referee at the end of the 50 freestyle break during prelims on Friday night.
- Gate List: Must be submitted online

State Qualification times and diving scores will not be accepted unless they appear in MaxPreps, the official state qualifying database.

2015 GATE LIST

(This form is online at www.CHSAANow.com)

School: _____ Classification _____

Principal/Athletic Director: _____

NOTE: Only those coaches and managers listed below receive deck passes. THERE WILL BE NO EXCEPTIONS.

- **DECK PASSES WILL BE ISSUED TO SCHOOL AUTHORIZED COACHES ONLY!**
- REQUESTS FOR ADDITIONAL PASSES FOR SWIMMERS/DIVERS WILL NOT BE PERMITTED.
- **ENTRY FORMS MUST BE SUBMITTED ONLINE at www.MaxPreps.com BY 12:00 AM (MIDNIGHT) ON SUNDAY, February 8. A \$20 LATE FEE WILL BE ASSESSED IF THIS DEADLINE IS MISSED. PLEASE MAKE ANY LATE FEE CHECKS PAYABLE TO CHSAA.**

I hereby certify that the students listed, representing our high school, have qualified for the state meet and are eligible to compete under eligibility rules of the CHSAA. THE COACHES LISTED MEET CHSAA REQUIREMENTS AND ARE AUTHORIZED TO COACH BY OUR SCHOOL DISTRICT. **MAKE SURE TO LIST ONE NAME PER LINE.**

Head Coach's Name: _____

Years at present school: _____ (first year coach = 1)

Assistant (Swim Coach's Name): _____

Assistant (Dive Coach's Name): _____

Manager's Name: _____
(Athlete/Student Manager or Contracted Coach with your School ONLY)

Manager's Name: _____
(Athlete/Student Manager or Contracted Coach with your School ONLY)

Manager's Name: _____
(Athlete/Student Manager or Contracted Coach with your School ONLY)

TOTAL NUMBER OF QUALIFIERS FROM MY TEAM: _____
(Individuals, relays plus alternates)

NUMBER OF MANAGERS I AM ENTITLED TO: _____
1-5 qualifiers = 1 manager maximum.
6-15 qualifiers = 2 managers maximum.
Over 15 qualifiers = 3 managers maximum.

ALL PEOPLE ON THIS LIST WILL BE ADDED TO A GATE LIST. NO ONE WILL BE ADMITTED UNLESS HIS OR HER NAME APPEARS ABOVE!!!!

CHSAA DIVE CARD

Name: _____

Meet: _____

Dive Order: _____

Team: _____

Date: _____

Place: _____

Diver's Signature: _____

Coach's Signature: _____

Dive No.	Description	Pos	DD	Judges Awards							Total Judges Score (Sum of Middle Three)	Total Score					
				1	2	3	4	5	6	7							
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	

Official Score

Dive No.	C Tuck	B Pike	A Straight	D Free
FORWARD DIVES				
101 Forward Dive	1.2	1.3	1.4	—
102 Forward 1 SS	1.4	1.5	1.6	—
103 Forward 1½ SS	1.6	1.7	2.0	—
104 Forward 2 SS	2.2	2.3	2.6	—
105 Forward 2½ SS	2.4	2.6	—	—
106 Forward 3 SS	2.9	3.2	—	—
107 Forward 3½ SS	3.0	3.3	—	—
112 Forward Flying 1 SS	1.6	1.7	—	—
113 Forward Flying 1½ SS	1.8	1.9	—	—
BACK DIVES				
201 Back Dive	1.5	1.6	1.7	—
202 Back 1 SS	1.5	1.6	1.7	—
203 Back 1½ SS	2.0	2.3	2.5	—
204 Back 2 SS	2.2	2.5	—	—
205 Back 2½ SS	3.0	3.2	—	—
212 Flying Back 1 SS	1.6	1.7	—	—
REVERSE DIVES				
301 Reverse Dive	1.6	1.7	1.8	—
302 Reverse 1 SS	1.6	1.7	1.8	—
303 Reverse 1½ SS	2.1	2.4	2.7	—
304 Reverse 2 SS	2.3	2.6	2.9	—
305 Reverse 2½ SS	3.0	3.2	—	—
312 Flying Reverse SS	1.7	1.8	—	—
INWARD DIVES				
401 Inward Dive	1.4	1.5	1.8	—
402 Inward 1 SS	1.6	1.7	2.0	—
403 Inward 1½ SS	2.2	2.4	—	—
404 Inward 2 SS	2.8	3.0	—	—
405 Inward 2½ SS	3.1	3.4	—	—
412 Inward Flying SS	2.0	2.1	—	—
413 Inward Flying 1½ SS	2.7	2.9	—	—

Dive No.	C Tuck	B Pike	A Straight	D Free
TWIST DIVES				
5111 Forward Dive, ½ Twist	1.6	1.7	1.8	—
5112 Forward Dive, 1 Twist	—	1.9	2.0	—
5121 Forward 1 SS, ½ Twist	—	—	—	1.7
5122 Forward 1 SS, 1 Twist	—	—	—	1.9
5124 Forward 1 SS, 2 Twists	—	—	—	2.3
5126 Forward 1 SS, 3 Twists	—	—	—	2.8
5131 Forward 1½ SS, ½ Twist	—	—	—	2.0
5132 Forward 1½ SS, 1 Twist	—	—	—	2.2
5134 Forward 1½ SS, 2 Twists	—	—	—	2.6
5136 Forward 1½ SS, 3 Twists	—	—	—	3.1
5152 Forward 2½ SS, 1 Twist	3.0	3.2	—	—
5211 Back Dive, ½ Twist	—	—	1.8	—
5212 Back Dive, 1 Twist	—	—	2.0	—
5221 Back 1 SS, ½ Twist	—	—	—	1.7
5222 Back 1 SS, 1 Twist	—	—	—	1.9
5223 Back 1 SS, 1½ Twists	—	—	—	2.3
5225 Back 1 SS, 2½ Twists	—	—	—	2.7
5227 Back 1 SS, 3½ Twists	—	—	—	3.2
5231 Back 1½ SS, ½ Twist	—	—	—	2.1
5233 Back 1½ SS, 1½ Twists	—	—	—	2.5
5235 Back 1½ SS, 2½ Twists	—	—	—	2.9
5251 Back 2½ SS, ½ Twist	2.7	2.9	—	—
5311 Reverse Dive, ½ Twist	—	—	1.9	—
5312 Reverse Dive, 1 Twist	—	—	2.1	—
5321 Reverse 1 SS, ½ Twist	—	—	—	1.8
5322 Reverse 1 SS, 1 Twist	—	—	—	2.0
5323 Reverse 1 SS, 1½ Twists	—	—	—	2.4
5325 Reverse 1 SS, 2½ Twists	—	—	—	2.8
5331 Reverse 1½ SS, ½ Twist	—	—	—	2.2
5333 Reverse 1½ SS, 1½ Twists	—	—	—	2.6
5335 Reverse 1½ SS, 2½ Twists	—	—	—	3.0
5351 Reverse 2½ SS, ½ Twists	2.7	2.9	—	—
5411 Inward Dive, ½ Twist	—	1.7	2.0	—
5412 Inward Dive, 1 Twist	—	1.9	2.2	—
5421 Inward 1 SS, ½ Twist	—	—	—	1.9
5422 Inward 1 SS, 1 Twist	—	—	—	2.1
5432 Inward 1½ SS, 1 Twist	—	—	—	2.7
5434 Inward 1½ SS, 2 Twists	—	—	—	3.1



**National Interscholastic Swimming Coaches Association
2014-2015 NISCA/Speedo Swimming All-America**

Yard Time Standards

*Top 100 Athletes determined by time will be recognized
as All-America in individual and relay events.*

Boys All-America		High School	Girls All-America	
Automatic	Consideration	Event in Yards	Consideration	Automatic
01:34.3	01:36.0	200 Medley Relay	01:47.9	01:45.9
01:39.3	01:41.0	200 Freestyle	01:51.1	01:49.4
01:50.7	01:52.9	200 Individual Medley	02:04.9	02:02.8
:20.79	:21.09	50 Freestyle	:23.75	:23.35
:49.51	:50.49	100 Butterfly	:56.12	:55.02
:45.40	:46.08	100 Freestyle	:51.51	:50.68
04:30.1	04:35.1	500 Freestyle	04:57.6	04:52.3
01:25.2	01:26.6	200 Freestyle Relay	01:37.8	01:36.2
:49.95	:51.23	100 Backstroke	:56.62	:55.39
:56.57	:57.64	100 Breaststroke	01:04.9	01:03.5
03:07.0	03:10.1	400 Freestyle Relay	03:32.6	03:29.3

IM OFFICIALS RATING CARD—FILL OUT SPORT APPROPRIATE INFORMATION									
Date		League		Sport		Class		Level	
First Name		Last Name		School		Coach/Administrator (List One)			
Home Team		Score		Visiting Team		Score			
Rate each official based on the following scale*					Excellent	Very Good	Good	Poor	
See definition of descriptors below					12 11 10	9 8 7	6 5 4	3 2 1	
Official 1		First Name		Last Name		On Time(yes/no)		Position/Speed	
Judgment		Decisiveness/Game Control		Consistency		Communication Skills			
Game presence/signals		Consistency		Communication Skills					
Comment									
Overall rating		State playoff caliber officials (Yes/No)							
Official 2		First Name		Last Name		On Time(yes/no)		Position/Speed	
Judgment		Decisiveness/Game Control		Consistency		Communication Skills			
Game presence/signals		Consistency		Communication Skills					
Comment									
Overall rating		State playoff caliber officials (Yes/No)							
Official 3		First Name		Last Name		On Time(yes/no)		Position/Speed	
Judgment		Decisiveness/Game Control		Consistency		Communication Skills			
Game presence/signals		Consistency		Communication Skills					
Comment									
Overall rating		State playoff caliber officials (Yes/No)							
Official 4		First Name		Last Name		On Time(yes/no)		Position/Speed	
Judgment		Decisiveness/Game Control		Consistency		Communication Skills			
Game presence/signals		Consistency		Communication Skills					
Comment									
Overall rating		State playoff caliber officials (Yes/No)							
Official 5		First Name		Last Name		On Time(yes/no)		Position/Speed	
Judgment		Decisiveness/Game Control		Consistency		Communication Skills			
Game presence/signals		Consistency		Communication Skills					
Comment									
Overall rating		State playoff caliber officials (Yes/No)							
*Definition of Descriptors									
On Time: Officials should arrive at least 30 minutes before game time.									
Game presence/signals: Appeared in good physical condition; appeared composed; communicated well with players, coaches.									
Judgment: Called points of emphasis; allowed good defensive play; controlled off-ball action; saw the entire play on calls made.									
Consistency: Fouls called the same on both ends of the floor; maintained the same contact level on fouls the entire game; callsistent with the other official(s).									
Position/Speed: Worked to get the best angle on the play; exhibited necessary speed to be in position to cover all plays.									
Decisiveness/Game control: Made calls in confident, firm manner; kept players, coaches under control; managed the game well.									
Communication Skills: Responded positively and succinctly to player and coach about the various issues of the game.									

**COACHES PLEASE FILL OUT AND FAX TO CHSAA (Attn: Tom Robinson)
IMMEDIATELY FOLLOWING EACH CONTEST**

2014 – 2015
Colorado High School Swim Coaches Association
Girls Swimming & Diving Invitational

From: CHSSCA, Ron Johns - (303) 229-2298, johnsrswim@msn.com

Date: **Saturday, December 20, 2014**

Pool: Veterans' Memorial Aquatic Center (VMAC)

136th and Holly Street, Thornton, Colorado 80602

East of I-25 on 136th Avenue, past Colorado Boulevard

Site Coordinator: Ron Johns and VMAC Staff

Conduct: This meet will be conducted in a Preliminary and Finals format. Diving preliminaries will be conducted while the Swimming preliminaries are in progress.

Prelims
Warm-Up: 7:00 - 8:20 AM
Start: Swim 8:30 AM
Start: Diving 9:00 AM
Swim Coach Meeting 7:30 AM (time limit 30 minutes)
Dive Coach Meeting 8:00 AM

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

Only one Relay from a team may advance to the finals.

Finals Warm-Up: 2 pm
Start: 4 PM (8 lane consol and final heat)

Scoring: Top 16 from Preliminaries will compete in the evening championships
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Only top Four Swimmers/Divers from a team can score in the finals.

Awards: Team: Top Two Teams for both 5A and 4A schools
Individual: Individual Medals 1st – 8th

HOYT BRAWNER Award

Nominees must be a senior. Selection criteria will be based on Academics, Citizenship, and Athletic Achievement. Nominations must be in a Written (Typed) form and submitted prior to the start of the preliminary session.

ATHLETE of the MEET (High Point): Selected based on performance during this meet.

Entry Fees: **\$60.00 per team plus \$7.00 per Swimmer/Diver, including swimmers listed as alternates for relays.** Please mail before meet.

Payable to Chatfield Swim-Dive

Please mail to: Ron Johns Swim Coach

Chatfield HS, 7227 S Simms St, Littleton CO 80127

Electronic payment instructions, please call

Jennifer Gillespie, Financial Secretary Chatfield Senior High School

(303) 982-3657 office; jgillesp@jeffco.k12.co.us

Please provide proof of times with Hy-Tek entry report.

Times slower than Qualification Standards WILL be challenged. \$25 fine will be assessed for those that cannot be proved.

Bring Proof of Times if not provided with entries

Admission: Adults \$ 7.00 per session, \$ 10.00 All Day
Seniors (60+) \$ 5.00 per session, \$7.00 all day

Students \$5.00 per session with school activity sticker
\$ 5.00 Preliminaries

Programs: \$ 1.00 Finals (Heat Sheet Only)

Entries Due: December 16, 2014. Only Hy-Tek entries will be accepted.

Entry Chair: Ron Johns johnsrswim@msn.com

a. Hy-Tek file with entries (**Team Abbreviation use CHSAA Bulletin**)

b. Entry Report of your entries with Proof of Times.

(Entry Report pdf file please with entries and proof of times)

Use Hy-Tek report option "Include Proof of Times" on the entry report.

c. REMEMBER: Dive Entries, I need the names of your divers.

d. Please include full team name and coach's full name in your email to help us ensure we do not miss any entries.

Email: johnsrswim@msn.com (I will send you a reply email on receipt)

Rules: 1) An athlete may enter a maximum of 4 events with no more than 2 as individual events.

2) Each team may enter unlimited competitors per individual event.

Only Four (4) Individual Competitors per team will be allowed to compete in the Finals.

3) Two (2) Relays per School may be entered in the Relay Events, only one may advance to finals. Please include all relay entrants (8 allowed) with your entries.

4) Teams may divide their team into multiple squads. These must be entered as separate teams with unique team name. Athletes may not transfer between squads, defined teams, during this meet.

Diving: Divers will perform 11 dives following championship meet format.

Cut to 20 after 5 rounds and 16 after 8 rounds. Cuts after 3 rounds to 32 may occur pending entries.

Dive Cards are Due at start of meet warm-up, 7:00 AM. Have your card ready when you walk in the door!

Qualifying Standards:

Standards may have been achieved during past seasons or non-HS competitions. Any recorded time is acceptable.

	Yards	Meters
200 MEDLEY RELAY	2:06.5	2:21.2
200 FREESTYLE	2:10.0	2:24.0
200 INDIVIDUAL MEDLEY	2:28.0	2:44.3
50 FREESTYLE	0:27.0	0:30.1
DIVING	180 for 6 Dives, 290 for 11 Dives	
100 BUTTERFLY	1:07.3	1:14.8
100 FREESTYLE	0:59.1	1:05.7
500 FREESTYLE	5:53.0	5:09.6 (400 meters)
200 FREESTYLE RELAY	1:52.5	2:05.7
100 BACKSTROKE	1:07.8	1:15.3
100 BREASTSTROKE	1:16.5	1:25.1
400 FREESTYLE RELAY	4:10.0	4:38.5

Coaches: Please Adhere to these Standards. Times slower than Qualification Standards WILL be challenged. \$25 fine will be assessed for those that cannot be proved. Bring Proof of Times. School ADs will be billed. We want a quality meet with a reasonable timeline.

Swimmers with a Disability may attend and compete.

Please contact Ron Johns, 303-229-2298 for athlete consideration.