

**Campbell County Boys/Girls**  
**High School Swim/Dive Invitational**  
**School Aquatic Center - Gillette, Wyoming**  
≡ **Please RSVP by Monday, January 24<sup>th</sup>** ≈

**Saturday, February 5, 2010**

**Sanctioned by:** Wyoming High School Activities Association

**Approved by:** USA and Wyoming Swimming, Inc.

**Location:** Campbell County School Aquatic Center - 800 East Warlow Drive, Gillette, WY 82716

**Pool:** 50 meters x 25 yards (short course - 10 lanes)

**Timing:** Colorado Timing System

**Competition Schedule:** **8:00 a.m. - Diving (11 dive series) Swimming - 20 min. after conclusion of diving**

**Warm-up Schedule:** **Diving warm-up:** Friday night optional - boards open until 9 p.m.  
Saturday - open warm-up 6:00-8:00 a.m.

**Swim warm-up:** Friday night - pool open until 9 p.m.  
Saturday - 8:00-10:00 a.m. (See attached schedule)

**Rules:** 2010/2011 National Federation of State High School Association for Boys - USA Swimming for Girls  
**- Horn will be used as signaling device for the 500 yard freestyle-**

**Entries:** Teams are allowed unlimited entries, but individuals are limited to 4 events and at least 2 must be relays. Teams can only score 4 athletes per individual event and 1 team per relay event.

**Relays:** Only "A" relays eligible for scoring - Relay Cards due at time of event - Cards available at the meet

**Entry Fee:** **\$75.00 per Boy's WY HS team**

**Entry Deadline:** **Swimming & Diving Entries are due no later than 12:00 noon - Thursday, February 3, 2011.**  
**Hy-Tek Entries ONLY • E-mail to Cozette @ [cpartridge@ccsd.k12.wy.us](mailto:cpartridge@ccsd.k12.wy.us)**  
≡ **Also, PLEASE note TEAM NAME & "INVITE" on your attachment & include your cell number.**  
≡ **You will receive confirmation by e-mail when your entries are received.**  
**No late entries or changes accepted - Scratches will be No Shows at time of event.**

**Diving Entries:** **Web Entries will be required. Entries due no later than 12:00 noon, Thursday, February 3, 2011.**  
**Please see attached web entry instructions. ≡ Required dive - "Twisters"**  
≡ **Coaches: PLEASE inform your diving coach of the diving WEB entry procedure.**  
(As per rule, the diver may make changes to the diving list form until one hour before the scheduled start of competition.)

**Scoring:** Boys' Teams - Thru 20 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 - Relay pts double  
Girls' Teams - No Scoring.

**Diving:** Dive all 11 dives - no prelim or semi final cuts **Diving Note:** In an attempt to reduce the length of the event, both 1 meter boards will be used simultaneously with two sets of judges & scorers.

**Swimming:** Timed Finals

**Eligibility:** **Boys:** Member of a High School Team

**Girls:** USA/USD - membership required by entry deadline to be eligible for the meet

**Concessions:** Friday night and Saturday, courtesy of the Gillette Swim Team

**Hospitality Room:** Provided for all coaches, meet officials, and bus drivers

**Meet Results:** **Hard Copy available after the meet**      **E-mail exports on or before Monday, February 7, 2011**

**Wireless Access:** Network - CCSD      Password - go4itccsd

**2011 Boys/Girls Swim & Dive Invitational**  
**February 5, 2011 ~ Gillette, Wyoming**  
**Campbell County School Aquatic Center**

***\*Please use the WHSAA school abbreviations listed\****

**Boys High School Teams**

- \*BUF .....Buffalo High School
- \*CAM..... Gillette Campbell County High School
- \*CEN .....Cheyenne Central High School
- \*COD .....Cody High School
- \*CSO ..... Cheyenne South High School
- \*DOU ..... Douglas High School
- \*EAS .....Cheyenne East High School
- \*EVN ..... Evanston High School
- \*GRV ..... Green River High School
- \*KWH ..... Casper Kelly Walsh High School
- \*LAN .....Lander Valley High School
- \*LAR ..... Laramie High School
- \*NCH..... Casper Natrona County High School
- \*NEW..... Newcastle High School
- \*POW ..... Powell High School
- \*RAW.....Rawlins High School
- \*RIV ..... Riverton High School
- \*RSP ..... Rock Springs High School
- \*SHE ..... Sheridan High School
- \*WHS..... Williston High School
- \*WOR ..... Worland High School

**Campbell County High School**  
**2011 Boys/Girls Swim/Dive Invitational**  
**Saturday, February 5, 2011**

**School Aquatic Center**  
**Gillette, Wyoming**

**Order of Events**

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<b>Girls Event #</b>				<b>Boys Event #</b>
<b>1</b>	-	<b>200 Yard Medley Relay</b>	-	<b>2</b>
<b>3</b>	-	<b>200 Yard Freestyle</b>	-	<b>4</b>
<b>5</b>	-	<b>200 Yard Individual Medley</b>	-	<b>6</b>
<b>7</b>	-	<b>50 Yard Freestyle</b>	-	<b>8</b>
<b>9</b>	-	<b>1 Meter Diving</b>	-	<b>10</b>
<b>11</b>	-	<b>100 Yard Butterfly</b>	-	<b>12</b>
<b>13</b>	-	<b>100 Yard Freestyle</b>	-	<b>14</b>
<b>15</b>	-	<b>500 Yard Freestyle</b>	-	<b>16</b>
<b>17</b>	-	<b>200 Yard Freestyle Relay</b>	-	<b>18</b>
<b>19</b>	-	<b>100 Yard Backstroke</b>	-	<b>20</b>
<b>21</b>	-	<b>100 Yard Breaststroke</b>	-	<b>22</b>
<b>23</b>	-	<b>400 Yard Freestyle Relay</b>	-	<b>24</b>

## Warm-up Procedure

### Campbell County School Aquatic Center

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to the Campbell County School Aquatic Center.

- Coaches must supervise their swimmers throughout the pre-meet warm-up session.
- Coaches must supervise their swimmers throughout the cool down process.
- Coaches must supervise their swimmers during warm-up while the meet is being conducted.
- Pool shall be closed during the coaches meeting.
- Jewelry shall not be worn during warm-ups.

### Short Course (25 Yards)

#### South End Pool

- No Diving**
- Swimmers must enter feet first
  - Swimmers must be supervised by their coach

#### North End Pool

##### General Warm-up Period

1. **NO DIVING** - Swimmers must enter the water feet first
2. **No sprinting or pace work**
3. **All lanes will be used for general warm-up**

Specific Warm-up Period (10-20 Minutes)

Swimmers may do race starts from block. Coaches are encouraged to keep strict contact to eliminate potential dangerous situations.

# Think Safety!



**Campbell County Boys/\*Girls High School Swim/Dive Invitational  
School Aquatic Center - Gillette, Wyoming  
Saturday, February 5, 2010 - Tentative Schedule**

***Warm Up Schedule - South End  
9:00-9:20***

Lanes 1 & 2 ..... Laramie High School  
Lanes 3 & 4..... Green River High School  
Lanes 5 & 6..... Evanston High School  
Lanes 7 & 8..... Lander Valley High School  
Lanes 9 & 10..... Cheyenne Central High School

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***Warm Up Schedule – South End  
9:20-9:40***

Lane 1..... Cheyenne South High School  
Lanes 2 & 3 ..... Campbell County High School  
Lanes 4 & 5..... Riverton High School  
Lanes 6 & 7..... Kelly Walsh High School  
Lane 8 & 9 ..... Cheyenne East High School  
Lane 10..... Natrona County High School

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***Warm Up Schedule - South End  
9:40-10:00***

Lanes 1 & 2.....Rock Springs High School  
Lane 3..... Buffalo High School  
Lane 4.....Sheridan High School  
Lane 5 ..... Powell High School  
Lane 6 ..... Cody High School  
Lane 7 ..... Douglas High School  
Lane 8..... Newcastle High School  
Lane 9..... Worland High School  
Lane 10.....Williston High School

**Teams not listed will warm up in south end from 8:30-9:00**

**\* Girls USA Teams warm up with their City's High School Team**

**\*\* Sprint Sessions will take place when diving is finished. \*\***