

4A East Conference Swimming and Diving Championships

Laramie High School

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Venue Address:

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To: All Boys 4A East Conference Swimming and Diving Coaches

From: Tamara Bretting, Head Coach, Laramie High School

Subject: Meet Information - Boys 4A West Conference Swim and Dive Championships

Prelims: Friday, February 7, 2025

1:30pm Diving Warm-up

3pm: **Diving Prelims (5 Dives) & Semis (3 Dives)**

Swimming warm-ups will be assigned and will continue during the diving competition.

Swimming events will start after round 8 of diving.

Finals: Saturday, February 8, 2025

8:00am Swim/Dive Warm-up

10:00am **Swim and Dive Finals**

The first event will be the 200 medley relay.

1. Entries

- a. Entries due: Thursday, February 6, by 5pm
- b. All entries must be Hy-Tek. Entries should be emailed to tbretting@acsd1.org
- c. Electronic entries for swimming and diving are the official entries.
- d. Teams are allowed unlimited individual entries in individual events, no more than four of which can score. Individual exhibition entries do not need to be marked. Teams are allowed an "A" relay only. No exhibition relays are allowed.
- e. An entry confirmation pdf can be sent to you upon receipt of your entries if you would like one. Please request it if you want it.
- f. WHSAA school/team abbreviation must be used.
- g. Athletes' grades in school must be included. To include grade in school you must go to the preferences menu and create a field to allow you to enter the grade for an athlete. Go to Setup - Preferences - System Preferences - & check "Show School Year". Then you will need to go to Athletes - choose an athlete (by double clicking), then select the school year from the dropdown. Please use Fr, So, Jr, Sr to designate grades in school.

2. Diving Entries:

- a. Dive lists should be completed and sent via email to tbretting@acsd1.org (these can be typed lists or copies of dive sheets).
- b. Dive entries are due by Wednesday, February 6th, by 5pm.
- c. As per rule, divers may change dives until 1 hour before the scheduled start of competition Friday.

3. Relay Cards:

- a. Relay Cards are required for each relay, please be sure to include heat and lane.

4. Scoring: Individuals: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1; Relays: double individuals

5. Locker Rooms: Locker rooms will be available at 1:15pm. Please encourage your athletes to bring all personal belongings on deck with them. We are not responsible for lost or stolen items, and locker rooms are the least observed spaces.

6. Event Formats and Awards:

- a. Awards will be given after the finals heat of each event Saturday. Please remind your teams to wear team attire while on the awards stand.
- b. There will be a brief senior recognition after the 200 free relay, seniors will be encouraged to group together by team on the bulkhead.

7. Body Paint: All body paint should be applied off-campus. Please do NOT remove body paint at Laramie High School. Coaches please help police this and clean any spills up if applicable.

8. Criteria for Achieving All-Conference Awards:

- a. The top finisher in each individual event and each relay event will earn All-Conference honors.

9. Spectators:

- a. Spectators are asked to enter through the commons area, not the athlete entrance (back hallway).
- b. Per WHSAA rules, saving seats is not allowed.
- c. Parking will be south of the high school in the Turner Drive parking or the dirt lot on Friday (student parking lot will be full of student vehicles), and in any parking lot around campus on Saturday.
- d. We will be charging spectators \$5 (exception: military \$1).

10. Results: Hard copies will be made available if you want to wait. All coaches will be emailed results.

11. Other:

- a. We will have a hospitality room both days for coaches and bus drivers. Please do not allow managers into the hospitality room.
- b. Please keep your athletes in the pool area, no wandering the school.
- c. Warm-ups on Saturday will close at 9:45 to allow our crew time to set the pool for the swim competition.