

3A / 4A WYOMING STATE SWIMMING & DIVING CHAMPIONSHIPS

Campbell County School District Aquatic Center
800 East Warlow Drive
Gillette, WY 82716
307-686-3757

To: Girl's 3A and 4A Swimming & Diving Coaches

From: Phil Rehard, Meet Director

Date: October 2, 2023

Subject: Meet Information – Girl's State Swimming & Diving Championship Meet

Enclosed is the meet information for the 2023 3A & 4A Girl's Swimming and Diving Championships to be held on November 2-4, 2023. Good luck to you and your athletes.

MEET SCHEDULE

Wednesday November 1, 2023	Thursday November 2, 2023	Friday November 3, 2023	Saturday November 4, 2023
6:00 pm 4A Assigned Team Warm-up Sessions	10:00 am 4A Entries Due 12:00 pm 4A Warm-ups Begin 2:00 pm 4A Diving Prelims/Semis 4A Swim Warm-ups 4A Swim Prelims (30 minutes after Diving) 7:00 pm 3A Assigned Team Warm- up Sessions	8:00 am 3A Entries Due 4A Warm-ups Begin 9:40 am Clear the Pool 10:00 am 4A Swim & Dive Finals 2:00 pm 3A Warm-ups Begin 4:00 pm 3A Diving Prelims/Semis 3A Swim Warm-ups 3A Swim Prelims (30 minutes after Diving)	8:00 am 3A Warm-ups Begin 9:40 am Clear the Pool 10:00 am 3A Swim & Dive Finals

1 – Entries

- 4A due Thursday, November 2nd @ 10:00 a.m. and 3A due Friday, November 3rd @ 8:00 a.m.
- All entries must be Hy-Tek. Entries should be e-mailed to tchick@ccsd.k12.wy.us on the appropriate attached event file.
- Electronic entries for swimming and diving are the official entries.
- Cell phone - please include a number with your entries where you can be reached while in Gillette.
- Changes to entries are allowed up until entry deadline.
- A Hy-Tek printout of your entries (for confirmation of entries received) available upon request.
- WHSAA school/team abbreviation must be used.

- Athlete's grade in school must be included in the entries. To include grade in school, you must go to preferences in Team Manager 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 go to Athletes - Choose Athlete - School Year and Select Year. Please use the following abbreviations: FR-SO-JR-SR.
- Non-qualified relay athletes must be included on your team roster in your electronic entries. To enter them you will need to go to one of your relays and put their name in as a swimmer/alternate on that relay.

2 – Diving Entries

- 4A Diving Sheets are due by 10:00 AM, Thursday, November 2nd.
- 3A Diving Sheets are due by 8:00 AM, Friday, November 3rd.
- Changes will be allowed until ONE hour prior to the meet start time.
- The fillable dive card attached must be used.

3 – Relay Cards

- Official State Relay Cards must be used and will be available at the meet.
- Preliminary cards are YELLOW.
- Finals cards are BLUE.
- Remember to include heat and lane numbers on your relay cards.

4 – Scoring

- Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1
- Relays: 32-26-24-22-20-18-14-10-8-6-4-2

5 – Locker Rooms

- Locker rooms will be assigned and signs will be posted.
- Remind your athletes to bring only necessary items for the meet and to not leave any items in the locker rooms. The CCSD Aquatic Center is not responsible for lost or stolen items.

6 – Scheduled Workout

- If you wish to schedule a workout time prior to the regularly scheduled warm-up time, call the Aquatic Center at 686-3757 or e-mail Traci and arrange a time.
- 4A workout sessions begin at 6:00 p.m. on Wednesday, November 1st.
- 3A workout sessions begin at 7:00 p.m. on Thursday, November 2nd.
- Boys are not allowed to workout during the Girls State Meet.

7 – Team Pictures

- **Team photos and names are due by October 16th.** Please e-mail your professional digital photo and names to Traci at tchick@ccsd.k12.wy.us by the due date to be included in the program.

8 – Clerk of Course

- Championship finalists are required to check in at the clerk of course.
- The staging area is on the west side of the pool.
- Athletes in Championship Finals are expected to participate in the Finals March.

9 – Awards Presentation Schedule

- Awards will be given after the FINALS HEAT of each event.
- Senior Recognition will be after the 200 Free Relay.

10 – Attire Requirements for Award Presentations

- Athletes must wear team attire when receiving their awards. Parkas are recommended. If your team does not have parkas, you can wear team warm-ups or other team attire (no swim suits).

11 – Body Paint

- Body paint should be applied at home or at the hotel, before arriving at the pool. Please DO NOT apply OR remove body paint at the Aquatic Center.

12 – Criteria for Achieving All-State Certificates for Wyoming Coaches Association

- Top 2 finishers in each event and top finisher in relays.
- Certificates can be picked up by coaches on the honor system in the office following the meet.

13 – Criteria for Achieving All-State Certificates for Wyoming Swim Coaches Association

- Top 3 finishers in each event and top 3 finishers in relays.
- A template to complete the certificates can be found on the WHSAA Home page under state events/swimming/girls at the bottom of that page.

14 – Team Camps

- Teams are not allowed to sit behind the blocks. Teams may camp on the southeast, south and southwest sides of the pool. The east spectator stands will not be cleared for diving.

15 – Spectators

- NO RESERVED SEATING! Please review with your parents the WHSAA rule 4.3.0.

16 – Results (Prelims & Finals)

- Hard copies of all results will be available in the team folders in the office. A Hy-Tek Team Manager Export of the meet will be sent to you on or before Monday, November 6, 2023.

17 – Other Information

- We will have a coaches and officials hospitality room downstairs. Managers are not allowed in the hospitality room.
- State Meet swim apparel provided by WHSAA vendor agreement.
- Concessions will be provided by the Gillette Swim Team.

Campbell County School Aquatic Center Warm-up/Cool-down Procedures

- 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 warm-up and cool-down sessions.
- Coaches must supervise their athletes while the meet is being conducted, including the cool-down area.
- Feet first entries for swimmers shall be required for the warm-up and cool-down sessions except during designated sprint sessions.

4A State Meet Warm-up Schedule

Thursday, November 2, 2023		Thursday, November 3, 2023		Friday, November 4, 2023
4A Swimming Warm-up/South End		Sprint Session Following Diving		4A Finals Swim/Dive Warm-up
2:00 – 2:30	2:30 – 3:00	1st - 10 Minutes	2nd - 10 Minutes	8:00 – 9:45 (South End Open)
Lane 1-Open	Lane 1-Open	Lane 1-Open	Lane 1-Open	Main Pool Lane 1-Open/Sprint
Lane 2-CAM	Lane 2-KWH	Lane 2-CAM	Lane 2-KWH	Main Pool Lane 2-Closed
Lane 3-JAC	Lane 3-NCH	Lane 3-JAC	Lane 3-NCH	Main Pool Lane 3-Closed
Lane 4-Open	Lane 4-RSP	Lane 4-Open	Lane 4-RSP	Main Pool Lane 4-Open/Sprint
Lane 5-THB	Lane 5-EAS	Lane 5-THB	Lane 5-EAS	Main Pool Lane 5-Open/Sprint
Lane 6-SHE	Lane 6-SOU	Lane 6-SHE	Lane 6-SOU	Main Pool Lane 6-Closed
Lane 7-LAR	Lane 7-CEN	Lane 7-LAR	Lane 7-CEN	Main Pool Lane 7-Closed
Lane 8-Open	Lane 8-Open	Lane 8-Open	Lane 8-Open	Main Pool Lane 8-Open/Sprint

Thursday - Open warm-ups on south end after 3:00

Friday – Diving boards close at 9:40

Friday – 3A Finals begin at 10:00

3A State Meet Warm-up Schedule

Friday, November 3, 2023		Friday, November 3, 2023		Saturday, November 4, 2023
3A Swimming Warm-up/South End		Sprint Session Following Diving		3A Finals Swim/Dive Warm-up
4:00 – 4:30	4:30 – 5:00	1st - 10 Minutes	2nd - 10 Minutes	8:00 – 9:45 (South End Open)
Lane 1-Open	Lane 1-Open	Lane 1-Open	Lane 1-Open	Main Pool Lane 1-Open/Sprint
Lane 2-GRV	Lane 2-LAN	Lane 2-GRV	Lane 2-LAN	Main Pool Lane 2-Closed
Lane 3-RAW	Lane 3-DOU	Lane 3-RAW	Lane 3-DOU	Main Pool Lane 3-Closed
Lane 4-POW	Lane 4-SUB	Lane 4-POW	Lane 4-SUB	Main Pool Lane 4-Open/Sprint
Lane 5-WOR	Lane 5-KEM	Lane 5-WOR	Lane 5-KEM	Main Pool Lane 5-Open/Sprint
Lane 6-LYM	Lane 6-BUF	Lane 6-LYM	Lane 6-BUF	Main Pool Lane 6-Closed
Lane 7-RIV	Lane 7-COD	Lane 7-RIV	Lane 7-COD	Main Pool Lane 7-Closed
Lane 8-NEW	Lane 8-EVN	Lane 8-NEW	Lane 8-EVN	Main Pool Lane 8-Open/Sprint

Friday – Open warm-ups on south end after 5:00

Saturday – Diving boards close at 9:40

Saturday – 4A Finals begin at 10:00

ORDER OF EVENTS

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|----|----------------------------|
| 1 | 200 Yard Medley Relay |
| 2 | 200 Yard Freestyle |
| 3 | 200 Yard Individual Medley |
| 4 | 50 Yard Freestyle |
| 5 | 1 Meter Diving |
| 6 | 100 Yard Butterfly |
| 7 | 100 Yard Freestyle |
| 8 | 500 Yard Freestyle |
| 9 | 200 Yard Freestyle Relay |
| 10 | 100 Yard Backstroke |
| 11 | 100 Yard Breaststroke |
| 12 | 400 Yard Freestyle Relay |
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SCHOOL ABBREVIATIONS

3A SCHOOLS	ABBREVIATION	4A SCHOOLS	ABBREVIATION
Buffalo	BUF	Campbell County	CAM
Cody	COD	Cheyenne Central	CEN
Douglas	DOU	Cheyenne East	EAS
Evanston	EVN	Cheyenne South	CSO
Green River	GRV	Jackson Hole	JAC
Kemmerer	KEM	Kelly Walsh	KWH
Lander Valley	LAN	Laramie	LAR
Lyman	LYM	Natrona County	NCH
Newcastle	NEW	Rock Springs	RSP
Powell	POW	Sheridan	SHE
Rawlins	RAW	Thunder Basin	THB
Riverton	RIV		
Big Piney/Pinedale	SUB		
Worland	WOR		