



WYOMING STATE 3A/4A SWIMMING & DIVING CHAMPIONSHIPS

**Cheyenne East Aquatics Facility
2800 E. Pershing Blvd.**



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

From: Jerry Schlabs, Meet Director

Date: October 6, 2024

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

Enclosed is the meet information for the 2024 3A & 4A Girl's Swimming and Diving Championships to be held on November 7-9, 2024.

MEET SCHEDULE

Wednesday November 6, 2024	Thursday November 7, 2024	Friday November 8, 2024	Saturday November 9, 2024
6:00 pm 3A Assigned Team Warm-up Sessions <i>(Call/Text Katie Blunn to schedule 307-620-1110)</i>	10:00 am 3A Entries Due 12:00 pm 3A Warm-ups Begin (Open until 2:00 PM) 2:00 pm 3A Diving Prelims/Semis 3A Assigned Swim Warm-ups 3A Sprint Sessions (Immediately after diving) 3A Swim Prelims (30 minutes after Diving) 7:00 pm 4A Assigned Team Warm-up Sessions <i>(Call/Text Katie Blunn to schedule 307-620-1110)</i>	8:00 am 4A Entries Due 3A Open Warm-ups Begin 8:55 am 3A Assigned Warm-ups and Sprint Sessions 9:45 am Clear the Pool 10:00 am 3A Swim & Dive Finals 2:00 pm 4A Open Warm-ups Begin 4:00 pm 3A Diving Prelims/Semis 4A Assigned Swim Warm-ups 4A Sprint Sessions (Immediately after diving) 4A Swim Prelims (30 minutes after Diving)	8:00 am 4A Open Warm-ups Begin 8:55 am 4A Assigned Warm-ups and Sprint Sessions 9:45 am Clear the Pool 10:00 am 4A Swim & Dive Finals

SWIMMING ENTRIES

- 3A Entries due Thursday, November 7th @ 10:00 a.m. and 4A due Friday, November 8th @ 8:00 a.m.
- All entries must be Hy-Tek. Entries should be e-mailed to jerry.schlabs@laramie1.org 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 Cheyenne.
- Changes to entries are allowed up until entry deadline.
- A Hy-Tek printout of your entries (for confirmation of entries received) available upon request.
- 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.

DIVING ENTRIES

- 3A Diving Sheets are due by 10:00 AM, Thursday, November 7th.
- 4A Diving Sheets are due by 8:00 AM, Friday, November 8th.
- Changes will be allowed until ONE hour prior to the meet start time.
- The fillable dive card attached must be used.

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.

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

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. Cheyenne East High School is not responsible for lost or stolen items.

SCHEDULED WARM-UPS

- If you wish to schedule a workout time prior to the regularly scheduled warm-up time, call or text Katie Blunn at (307) 620-1110 to arrange a time.
- 3A workout sessions begin at 6:00 p.m. on Wednesday, November 6th.

- 4A workout sessions begin at 7:00 p.m. on Thursday, November 7th.
- Boys are not allowed to work out during the Girls State Meet.

TEAM PICTURES

- **Team photos and names are due by October 25th.** Please e-mail your professional digital photo and names to Jerry Schlabs at jerry.schlabs@laramie1.org by the due date to be included in the program.

CLERK OF COURSE

- Championship finalists are required to check in at the clerk of course.
- The staging area is on the east side of the pool, by the 3-meter diving boards.
- Athletes in Championship Finals are expected to participate in the Finals March

AWARDS PRESENTATION

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

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 Cheyenne East.

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.

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 State Swim & Dive page.

TEAM CAMPS

- Teams are not allowed to sit behind the diving boards. Teams may camp on the north, west, and south sides of the pool.

SPECTATORS

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

RESULTS

- 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 11th, 2024.

OTHER INFORMATION/MISC

- 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 Cheyenne East.
- WHSAA school/team abbreviation must be used.

CHEYENNE EAST AQUATICS FACILITY WARM-UP/COOL-DOWN PROCEDURES

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to the Cheyenne East Aquatics Facility.
- 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.



3A State Meet Warm-up Schedule

Thursday, November 7, 2024			Thursday, November 7, 2024	
3A Swimming Warmup			Sprint Session Following Diving	
1:30-2:00	2:00-2:30	2:30-3:00	1 st - 10 Minutes	2 nd - 10 Minutes
Competition Pool			Competition Pool	
Lane 1- CLOSED	Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-LAN	Lane 1-NEW
Lane 6-NEW	Lane 6-POW	Lane 6-KEM	Lane 2-LAN	Lane 2-RAW
Lane 7-WOR	Lane 7-POW	Lane 7-LAN	Lane 3-DOU	Lane 3-WOR
Lane 8-LYM	Lane 8-RAW	Lane 8-LAN	Lane 4-DOU	Lane 4-RAW
Lane 9-COD	Lane 9-SUB	Lane 9-DOU	Lane 5-SUB	Lane 5-BUF
Lane 10-COD	Lane 10-BUF	Lane 10-DOU	Lane 6-KEM	Lane 6-LYM
West Warmup Pool			Lane 7-KEM	Lane 7-POW
Lane 1- Open	Lane 1-Open	Lane 1-Open	Lane 8-COD	Lane 8-POW
Lane 2- Open	Lane 2-Open	Lane 2-Open	Lane 9-COD	Lane 9-Open
Lane 3- Open	Lane 3-Open	Lane 3-Open	Lane 10-Open	Lane 10-Open
Lane 4- Open	Lane 4-Open	Lane 4-Open		

Friday, November 8, 2024		Friday, November 8, 2024	
3A Finals Swimming Warm-up		3A Finals Sprint Session	
8:25-8:55	8:55-9:25	9:25-9:35	9:35-9:45
Competition Pool		Competition Pool	
Lane 1-COD	Lane 1-WOR	Lane1-NEW	Lane 1-POW
Lane 6-LAN	Lane 6-RAW	Lane 6-SUB	Lane 6-LAN
Lane 7-BUF	Lane 7-LYM	Lane 7-WOR	Lane 7-DOU
Lane 8-DOU	Lane 8-POW	Lane 8-RAW	Lane 8-COD
Lane 9-DOU	Lane 9-KEM	Lane 9-LYM	Lane 9-KEM
Lane 10-SUB	Lane 10-NEW	Lane 10-Open	Lane 10-BUF
West Warmup Pool			
Lane 1-COD	Lane 1-Open		
Lane 2-LAN	Lane 2-Open		
Lane 3-Open	Lane 3-Open		
Lane 4-Open	Lane 4-Open		

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

Friday – Diving boards close at 9:40

Friday – 3A Finals begin at 10:00

4A State Meet Warm-up Schedule

Friday, November 8, 2024			Friday, November 8, 2024	
4A Swimming Warmup			Sprint Session Following Diving	
3:30-4:00	4:00-4:30	4:30-5:00	1 st - 10 Minutes	2 nd - 10 Minutes
Competition Pool			Competition Pool	
	Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-GRV	Lane 1-RIV
Lane 6-SHE	Lane 6-CAM	Lane 6-RIV	Lane 2-RSP	Lane 2-JAC
Lane 7-GRV	Lane 7- LAR	Lane 7-EVN	Lane 3-NCH	Lane 3-JAC
Lane 8-GRV	Lane 8-THB	Lane 8-KWH	Lane 4-KWH	Lane 4-CAM
Lane 9- RSP	Lane 9-JAC	Lane 9-SOU	Lane 5-KWH	Lane 5-CAM
Lane 10- NCH	Lane 10-JAC	Lane 10-CEN	Lane 6-EAS	Lane 6-LAR
West Warmup Pool			Lane 7-CEN	Lane 7-LAR
Lane 1- EAS	Lane 1-LAR	Lane 1-CEN	Lane 8-CEN	Lane 8-SHE
Lane 2- Open	Lane 2-CAM	Lane 2-RIV	Lane 9-SOU	Lane 9-THB
Lane 3- Open	Lane 3- Open	Lane 3- KWH	Lane 10-EVN	Lane 10-Open
Lane 4- Open	Lane 4- Open	Lane 4-Open		

Saturday, November 9, 2024		Saturday, November 9, 2024	
4A Finals Swimming Warm-up		4A Finals Sprint Session	
8:25-8:55	8:55-9:25	9:25-9:35	9:35-9:45
Competition Pool		Competition Pool	
Lane 1-RSP	Lane 1-RIV	Lane1-GRV	Lane 1-EVN
Lane 6-CEN	Lane 6-JAC	Lane 6-CAM	Lane 6-CEN
Lane 7-NCH	Lane 7-LAR	Lane 7-JAC	Lane 7-KWH
Lane 8-KWH	Lane 8-SOU	Lane 8-LAR	Lane 8-RIV
Lane 9-GRV	Lane 9-SHE	Lane 9-SHE	Lane 9-NCH/EAS
Lane 10-EVN/THB	Lane 10-CAM	Lane 10-THB	Lane 10-SOU/RSP
West Warmup Pool			
Lane 1-EVN	Lane 1-JAC		
Lane 2-THB	Lane 2-LAR		
Lane 3-CEN	Lane 3-SHE		
Lane 4- GRV	Lane 4-EAS		

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

Saturday – Diving boards close at 9:40

Saturday – 4A Finals begin at 10:00

ORDER OF EVENTS

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

SCHOOL ABBREVIATIONS

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