

# County Co-op Swimming & Diving

## 2019 – 2020 Schedule

Date	Day	Opponent/Event	Squad	Location	Time
<b>Nov. 26</b>	<b>Tues.</b>	<b>Queen of the Pool</b>	<b>*Intersquad</b>	<b>Castle Rock Rec.</b>	<b>11:00am</b>
<b>Dec. 3</b>	<b>Tues.</b>	<b>Colorado Academy</b>	<b>Varsity/JV</b>	<b>Castle Rock Rec.</b>	<b>4:00pm</b>
Dec. 5	Thurs.	Rock Canyon HS	Varsity/JV	NorthRidge Rec.	4:00pm
Dec. 13	Fri.	Heritage HS	Varsity/JV	Heritage HS	4:30pm
Dec. 14	Sat.	Denver East Angel Invite	Dive	Manual HS	8:00am
Dec. 14	Sat.	Denver East Angel Invite	Swim	Manual HS	12:00pm
Dec. 20	Fri.	Rex Abelein Memorial Inv.	Dive	VMAC (Thornton)	5:00pm
Dec. 21	Sat.	Rex Abelein Memorial Inv.	Varsity	VMAC (Thornton)	All Day (P/F)
Jan. 4	Sat.	Legend Blizzard Invite	Varsity/JV	CTHS	9:00am
<b>Jan. 9</b>	<b>Thurs.</b>	<b>Highlands Ranch HS</b>	<b>Varsity/JV</b>	<b>Castle Rock Rec.</b>	<b>4:00pm</b>
Jan. 11	Sat.	Smoky Hill Invite – Prelims	Swim	Smoky Hill HS	8:30am
Jan. 11	Sat.	Smoky Hill Invite – Prelims	Dive	Smoky Hill HS	12:00pm
Jan. 11	Sat.	Smoky Hill Invite – Finals	Varsity	Smoky Hill HS	5:00pm
Jan. 17	Fri.	Ponderosa HS	Varsity/JV	Parker Rec. Center	4:00pm
<b>Jan. 21</b>	<b>Tues.</b>	<b>Columbine HS</b>	<b>Varsity/JV</b>	<b>Castle Rock Rec.</b>	<b>4:00pm</b>
<b>Jan. 24</b>	<b>Fri.</b>	<b>Legend HS *Senior Night</b>	<b>Varsity/JV</b>	<b>Castle Rock Rec.</b>	<b>4:00pm</b>
Jan. 31	Fri.	C League Swim Meet	Swim	Regis Jesuit HS	5:00pm
Jan. 31	Fri.	B League Dive Meet	Dive	Heritage HS	5:00pm
Feb. 1	Sat.	B League Swim Meet	Swim	Heritage HS	10:00am
Feb. 7	Fri.	A League Swim – Prelims	Swim	Heritage HS	4:00pm
Feb. 8	Sat.	A League Diving	Dive	Littleton HS	8:00am
Feb. 8	Sat.	A League Meet – Finals	Varsity	Heritage HS	2:00pm
Feb. 13	Thurs.	5A State Dive Prelims	Dive	VMAC (Thornton)	10:00am
Feb. 14	Fri.	5A State Swim Prelims	Swim	VMAC (Thornton)	5:00pm
Feb. 14	Fri.	5A State Meet Finals	Varsity	VMAC (Thornton)	3:00pm

## 2019 – 2020 Qualifying Times/Scores

Event	5A State	Coaches Inv.	A League	B League
1 200 Medley Relay	2:03.00	2:07.00	---	---
2 200 Freestyle	2:03.00	2:09.00	2:17.00	2:33.00
3 200 IM	2:18.50	2:26.00	2:37.00	2:54.00
4 50 Freestyle	25.80	27.00	27.60	32.20
5 Diving – 11 Dives	355pts (12.3)	310pts	250 pts	
5 Diving – 6 Dives	220pts (10.3)	190pts	170 pts	
6 100 Butterfly	1:02.50	1:06.50	1:12.00	1:23.00
7 100 Freestyle	56.40	58.50	1:01.50	1:12.00
8 500 Freestyle	5:32.00	5:49.00	6:15.00	7:00.00
9 200 Freestyle Relay	1:50.00	1:53.00	---	---
10 100 Backstroke	1:03.00	1:06.50	1:12.00	1:21.00
11 100 Breaststroke	1:12.00	1:15.60	1:20.50	1:29.00
12 400 Freestyle Relay	4:00.00	4:10.00	---	---