



SPRING 2020
CU INVITE



VETERANS MEMORIAL AQUATIC CENTER
MARCH 7-8, 2020

Hosted by Colorado Swim & Dive

MEET INFORMATION PACKET

MEET ADMINISTRATION

Buff Invite VMAC - Spring, 2020
3.7.20-3.8.20
USMS Sanction Number: 320-S008

Facility Address

Veterans Memorial Aquatic Center
5310 E. 136th Ave
Thornton, CO 80241

Facility

10 competition lanes, 25-yard pool
6 Warm down lanes, 25-yard pool
Automatic timing system with touchpads
Track start blocks
Backup manual timers
1-meter and 3-meter springboards

Contact

Even Benke
President

Evan.Benke@colorado.edu
(720)-261-9582

Tricia Furlong
Dive Coach
Patricia.Furlong@colorado.edu

ORDER OF EVENTS

Session 1 – Prelims – Saturday, March 7th

Warmup: 11:00 AM

Meet Start: 12:30 PM

Women	Event	Men
1	400 Medley Relay (Timed Finals)	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
9	100 Fly	10
11	50 Back	12
13	200 Mix (Timed Finals)	14
15	100 Free	16
17	50 Breast	18
19	500 Free (Timed Finals)	20
21	50 Fly	22
23	400 IM (Timed Finals)	24
25	100 Back	26
27	100 Breast	28
29	100 IM	30
31	200 Free Relay (Timed Finals)	32

ORDER OF EVENTS

Session 2 – Finals – Sunday, March 8th

Warmup: 7:30 AM

Meet Start: 9:00 AM

Women	Event	Men
	1 Meter Diving	
	3 Meter Diving	
33	200 Medley Relay (Timed Finals)	34
3	200 Free	4
5	200 IM	6
7	50 Free	8
9	100 Fly	10
11	50 Back	12
15	100 Free	16
17	50 Breast	18
21	50 Fly	22
25	100 Back	26
27	100 Breast	28
29	100 IM	30
35	400 Free Relay (Timed Finals)	36

MEET INFORMATION

Eligibility

Buff Invite is open to all collegiate teams (registration with [College Club Swimming](#) is encouraged but not required). Entries will also be open to individual US Masters registered swimmers.

Entries

Athletes may enter in up to three (3) individual events. There is no limit on how many relays an athlete may sign up for, and no limit on how many relays may be entered. All entries are due before Sunday, March 1st at 11:59 PM.

Collegiate Teams:

- A Hy-Tek file will be provided in advance. Entries are due to swimdivecolorado@gmail.com by Sunday, March 1st at 11:59 PM.
- Entry fee is \$25 per collegiate swimmer or diver

Masters Swimmers:

- Please submit the [USMS Entry Form](#) and the [USMS Waiver](#) along with a copy of your current Masters Membership to swimdivecolorado@gmail.com by Wednesday, March 4th at 11:59 PM.
- Entry fee is \$35 per Masters swimmer

Entry Fees:

- Can be paid with cash or check (made out to CU Swim & Dive)
- Checks should be mailed to the address below or handed in the day of the meet

355 UCB
ATTN: Club Swim & Dive Team
Boulder, CO 80309

Lodging

Below are several hotel options near VMAC. All are within a five-minute drive.

Holiday Inn Express & Suites Denver North- Thornton
Address: 12030 Grant St
Thornton, CO 80241
Phone: (303)-452-0800

Ramada Plaza by Wyndham Northglenn/Denver North
Address: 10 E 120th Ave
Northglenn, CO 80233
Phone: (303)-452-4100

Quality Inn & Suites Denver North- Westminster
Address: 12085 Delaware St
Westminster, CO 80234
Phone: (303)-452-5500