



SPRING 2023
CU INVITE



VETERANS MEMORIAL AQUATIC CENTER
FEBRUARY 19, 2023

Hosted by Colorado Swim & Dive

MEET INFORMATION PACKET

MEET ADMINISTRATION

Buff Invite VMAC - Spring 2023

February 19th, 2023

Facility Address:

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

Facility

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

Contact:

Nathan Shaver and Emma Stokes
Co - Presidents

Nathan.Shaver@colorado.edu

Emma.Stokes@colorado.edu

(720) 469-3262, (949) 939-6254

Kimberly Goodell and Martin Zamora
Head Swim Coach and Head Dive Coach

Kimberly.Goodell@colorado.edu Martin.Zamora@colorado.edu

(925) 301-3338, (954) 471-7926

ORDER OF EVENTS

Session 1 - Sunday Morning

Warmup 7:00am

Meet Start 8:30am

Women	Event	Men
1	200 Free Relay	2
3	200 IM	4
5	50 Fly	6
7	200 Breast	8
9	100 Back	10
11	500 Free	12
13	50 Breast	14
15	200 Fly	16
17	100 Free	18
19	400 Medley Relay	20
21	1 Meter Diving	22

Session 2 - Sunday Afternoon

Warmup 2:00pm

Meet Start 3:30pm

Women	Event	Men
23	200 Medley Relay	24
25	400 IM	26
27	200 Free	28
29	50 Back	30
31	100 Fly	32
33	200 Mixed Relay*	33
34	200 Back	35
36	50 Free	37
38	100 Breast	39
40	100 IM	41
42	400 Free Relay	43
44	3 Meter Diving	45

*men & women combined event

MEET INFORMATION

Eligibility

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

Entries

Athletes may enter up to four (4) individual events. There are no limits on the amount of relays an individual may swim, and no limit on how many relays a team can enter. The limit is a total of eight (8) combined events per individual.

Collegiate Teams:

- A Hy-Tek file will be provided in advance. Entries are due to swimdivecolorado@gmail.com due Wednesday, February 15th at 11:59pm.
- Entry fee is \$25 per swimmer or diver.

Masters Swimmers:

- Please submit the USMS event entry form and the [USMS waiver](#) along with your current membership card to swimdivecolorado@gmail.com by Wednesday, February 15th at 11:59pm.
- Entry fee is \$35 per master swimmer.

Entry Fees:

- Will be paid through an online portal. The link to this online portal will be sent out closer to the meet.

Lodging

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

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

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

Hilton Garden Inn Thornton
Address: 14275 Lincoln Street
Thornton, CO 80023
Phone: (303) 255-1000