

ASBURY COLLEGE



ATHLETICS

GOD HAS MADE OF ONE BLOOD ALL PEOPLES OF THE EARTH
BEREA COLLEGE



MILLIGAN
Buffaloes
COLLEGE



BERRY COLLEGE
VIKINGS



Ursuline College
Values. Voice. Vision.

URRANA
BLUE KNIGHTS



UNION COLLEGE
ATHLETICS

WARREN WILSON COLLEGE



FALCONS
NOTRE DAME COLLEGE

Golden Tigers

APPALACHIAN
SWIMMING AND DIVING
CONFERENCE CHAMPIONSHIPS

Marshall University
Huntington, West Virginia
February 19-20, 2010

FRIDAY, FEBRUARY 19
SESSION #1 (PRELIMS) 9:00AM

200 Free Relay (Timed Final)
---10 minute break---
200 Individual Medley
500 Free
100 Breast
200 Back
100 Free
200 Fly
---10 minute break---
800 Free Relay (Timed Final)
---10 minute break---

All diving 1 meter and 3 meter will take place between prelims and finals

FRIDAY, FEBRUARY 19
SESSION #2 (FINALS) 5:00 PM

400 Medley Relay (Timed Final)
---10 minute break---
200 Individual Medley
500 Free
100 Breast
200 Back
100 Free
200 Fly



TEAMS & COACHES

Asbury College
Head Coach: Dorothy Kempf
Berea College
Head Coach: James Barrett
Berry College
Head Coach: Paul Flinchbaugh
Brenau University
Head Coach: Ana Gabriela Matthews
King College
Head Coach: John Connor
Mars Hill College
Head Coach: Teddy Guyer
Marshall University (B-Team)
Head Coach: Leonard Kraus
Milligan College
Head Coach: Ron Goehring
Notre Dame College
Head Coach: Mike Gallagher
Union College
Head Coach: Rafael Forti
Urbana University
Head Coach: Tom Stafford
Ursuline College
Head Coach: Todd Timmons
Warren Wilson College
Head Coach: Andrew Pulsifer
Wheeling Jesuit University
Head Coach: Rick West

SATURDAY, FEBRUARY 20
SESSION #3 (PRELIMS) 9:00AM

200 Medley Relay
(Timed Final)
---10 minute break---
400 Individual Medley
50 Free
100 Back
200 Free
200 Breast
100 Fly
---10 minute break---

1650 (between prelims & finals)
The 1650 free will be swam between prelims and finals

SATURDAY, FEBRUARY 20
SESSION #4 (FINALS) 5:00 PM

400 Individual Medley
50 Free
100 Back
200 Free
200 Breast
100 Fly
---10 minute break---
400 Free Relay (Timed Final)