

Appalachian Swimming and Diving Conference Championships February 20 and 21, 2009

Location: Marshall University (8 lane 25-yard with a diving well for warm-up and warm down).

Teams:

- Asbury College
- Berea College
- Brenau University
- King College
- Lambuth University
- Mars Hill College
- Milligan College
- Marshall University(B-Team)
- Notre Dame College
- Union College
- Warren Wilson College

FEE: TBA

Meet Directors:

- Mike Gallagher (Notre Dame College)
 - Office (216-373-5418)
 - Cell (440-666-1928)
 - Fax (216-373-5400)
 - mgallagher@ndc.edu
- Leonard Kraus (Marshall University)

Diving: Diving will be conducted between prelims and finals

Deadline: Entries are due by **Monday, February 16**. Please email entries to Mike Gallagher at mgallagher@ndc.edu and coachmike@fastlaneswimming.net.

Daily itinerary:

- **Friday:**
 - General Warm-Up: 9:00-10:45 AM
 - Coaches Meeting: 10:15 AM
 - Prelims: 11:00 AM
 - Finals 6:15 PM
- **Saturday:**
 - General Warm-Up: 8:00-9:15 AM
 - Coaches Meeting 9:00 AM
 - Prelims: 9:30 AM
 - Finals 4:30 PM

Entries: Each person can swim a maximum of **3** individual events and **4** relays. Enter with your **1000-yard time** for the **1650-yard free**.

Relays: You can enter 2 relays and only one can score. **All relays will be timed final.**

Awards:

- Ribbons will be awarded 1st-16th place.
- Trophies will be awarded to for Men's and Women's teams and combined team score.
- Male swimmer and Female swimmer of the meet
- Men's and Women's coach of the year.

Scoring:

- **Relays:** 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Individuals:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Finals:

- **Bonus:** 17-24 places (No scoring)
- **Consolation:** 9-16 places (Scored)
- **Finals:** 1-8 places (Scored)

Hotels:

Ramada Inn Limited

3094 16th Street Road, Huntington, WV 25701
304/523-4242 • 2.5 Miles to MU (I-64 Exit 11)

Holiday Inn Hotels & Suites

800 Third Avenue, Huntington, WV 25701
304/523-8880 • 1.25 Miles to MU (I-64 Exit 11)

Red Roof Inn

5190 US Rt. 60 E, Huntington, WV 25705
304/733-3737 • 6 Miles to MU (I-64 Exit 15)

Best Western

3441 US Rt. 60 E., Barboursville, WV 25504
304/736-9772 • 10 Miles to MU (I-64 Exit 20)

Comfort Inn

249 Mall Road, Barboursville, WV 25504
304/733-2122 • 10 Miles to MU (I-64 Exit 20)

Super 8

3090 16th Street Road, Huntington, WV 25701
304/525-1410 • 2.5 Miles to MU (I-64 Exit 11)

Stone Lodge

5600 Rt. 60 E., Huntington, WV 25705
304/736-3451 • 6.5 Miles to MU (I-64 Exit 15)

Hampton Inn

1 Cracker Barrel Drive, Barboursville, WV 25504
304/733-5300 • 10 Miles to MU (I-64 Exit 20)

ORDER OF EVENTS AND SESSIONS

Friday, February 20 Session #1 (Prelims) 11:00 AM

Event #	Event
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1 & 2	200 Free Relay (Timed Final)
	---10 minute break---
3 & 4	200 Individual Medley
5 & 6	500 Free
7 & 8	100 Breast
9 & 10	200 Back
11 & 12	100 Free
13 & 14	200 Fly
	---10 minute break---
15 & 16	800 Free Relay (Timed Final)
	---10 minute break---
17 & 18	1 meter women/3 meter men between prelims and finals

Friday, February 20 Session #2 (Finals) 6:15 PM

19 & 20	400 Medley Relay (Timed Final)
	---10 minute break---
3 & 4	200 Individual Medley
5 & 6	500 Free
7 & 8	100 Breast
9 & 10	200 Back
11 & 12	100 Free
13 & 14	200 Fly

Saturday, February 21 Session #3 (Prelims) 9:30 AM

21 & 22	200 Medley Relay (Timed Final)
	---10 minute break---
23 & 24	400 Individual Medley
25 & 26	50 Free
27 & 28	100 Back
29 & 30	200 Free
31 & 32	200 Breast
33 & 34	100 Fly
	---10 minute break---
35 & 36	1650 (between prelims & finals)
37 & 38	1 meter men/3 meter women *during the 1650 free
	<i>*1650 heats will alternate with the fastest women's heat going first followed by the fastest men's heat, followed by the next fastest, etc.</i>

Saturday, February 21 Session #4 (Finals) 4:30 PM

23 & 24	400 Individual Medley
25 & 26	50 Free
27 & 28	100 Back
29 & 30	200 Free
31 & 32	200 Breast
33 & 34	100 Fly
	---10 minute break---
39 & 40	400 Free Relay (Timed Final)