



## Appalachian Swimming and Diving Conference Championships February 19 and 20, 2010

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

### Teams:

|                              |                         |
|------------------------------|-------------------------|
| • Asbury College             | • Milligan College      |
| • Berea College              | • Notre Dame College    |
| • Berry College              | • Union College         |
| • Brenau University          | • Urbana University     |
| • King College               | • Ursuline College      |
| • LaGrange College           | • Warren Wilson College |
| • Mars Hill College          | • Wheeling Jesuit       |
| • Marshall University B Team |                         |

**FEE: \$300** for both men and women & **\$150** if you only have one gender  
(Please make Checks Payable to Notre Dame College).

### Meet Directors:

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

**Deadline:** Entries are due by ***Monday, February 15***. Please email entries to Mike Gallagher at [mgallagher@ndc.edu](mailto:mgallagher@ndc.edu) and [coachmike@fastlaneswimming.net](mailto:coachmike@fastlaneswimming.net).

### Scratches:

- Day #1 (Friday): Due by **4 PM Thursday**
- Day #2 (Saturday): Due by **3:30 pm on Friday**

## Daily itinerary:

- **Thursday:**
  - 7:30 AM – 1 PM & 7 – 9 PM
- **Friday and Saturday:**
  - Prelims
    - General Warm-Up: 6:30-8:45
    - Coaches Meeting: 8:00 AM
    - Prelims Begin: 9:00 AM
  - Finals
    - General Warm-Up: 3:00-4:45 PM
    - Finals Begin: 5:00 PM

## Entries:

- **Individual:** Each person can swim a maximum of **3** individual events and **4** relays. Enter with your **1000-yard time** for the **1650-yard free**.
- **Team:** 18 Maximum athletes per team. Divers count as 1/3. ***You may swim more than 18 swimmers, but you must designate in your entries ahead of time, who will be considered exhibition and not part of your 18 that will be in contention of scoring.***

## Timed Final Events:

- **The 500 Free and 400 IM** will be timed final events. The top 8 for both men and women will swim in the final heat.
- **The 1650 Free** will be swum between prelims and finals from the Fastest to slowest alternating women and men heats.
- **Relays:** You can enter 1 relay per team

## Diving:

- **Both 1 meter and 3 meter** boards will be done 10-minutes after the 800 Free relay on Thursday between prelims and finals for both men and women.

## Awards:

- Medals will be Awarded to the top 3 in each event
- Trophies will be awarded to the Runner-up and Team Champion Teams for both men and women
- Plaques will be awarded to the male and female swimmers of the meet.
- Plaques will be awarded to the 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:

- **Consolation:** 9-16 places (Scored)
- **Finals:** 1-8 places (Scored)

## Results:

- All results will be posted on the Conference Website ([www.fastlaneswimming.net/appalachianconference](http://www.fastlaneswimming.net/appalachianconference)) at the conclusion of each session.

## **Hotels:**

### **Ramada Inn Limited**

3094 16th Street Road, Huntington, WV 25701  
304/523-4242 • 2.5 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)

### **Comfort Inn**

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

### **Stone Lodge**

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

### **Holiday Inn Hotels & Suites**

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

### **Best Western**

3441 US Rt. 60 E., Barboursville, WV 25504  
304/736-9772 • 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)

### **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 19 Session #1 (Prelims) 9:00 AM**

| <b>Event #</b> | <b>Event</b>                                         |
|----------------|------------------------------------------------------|
| 1 & 2          | 200 Free Relay (Timed Final)                         |
|                | <b>---10 minute break---</b>                         |
| 3 & 4          | 200 Individual Medley                                |
| 5 & 6          | 500 Free (Timed Final)                               |
| 7 & 8          | 100 Breast                                           |
| 9 & 10         | 200 Back                                             |
| 11 & 12        | 100 Free                                             |
| 13 & 14        | 200 Fly                                              |
|                | <b>---10 minute break---</b>                         |
| 15 & 16        | 800 Free Relay (Timed Final)                         |
|                | <b>---10 minute break---</b>                         |
| 17 & 18        | 1 meter women/3 meter men between prelims and finals |
| 37 & 38        | 1 meter men/3 meter women                            |

## **Friday, February 19 Session #2 (Finals) 5:00 PM**

|         |                                                   |
|---------|---------------------------------------------------|
| 19 & 20 | 400 Medley Relay (Timed Final)                    |
|         | <b>---10 minute break---</b>                      |
| 3 & 4   | 200 Individual Medley                             |
| 5 & 6   | 500 Free (Only the Top Eight will Swim in Finals) |
| 7 & 8   | 100 Breast                                        |
| 9 & 10  | 200 Back                                          |
| 11 & 12 | 100 Free                                          |
| 13 & 14 | 200 Fly                                           |

## **Saturday, February 20 Session #3 (Prelims) 9:00 AM**

|         |                                                                                                                                                           |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21 & 22 | 200 Medley Relay (Timed Final)                                                                                                                            |
|         | <b>---10 minute break---</b>                                                                                                                              |
| 23 & 24 | 400 Individual Medley (Timed Final)                                                                                                                       |
| 25 & 26 | 50 Free                                                                                                                                                   |
| 27 & 28 | 100 Back                                                                                                                                                  |
| 29 & 30 | 200 Free                                                                                                                                                  |
| 31 & 32 | 200 Breast                                                                                                                                                |
| 33 & 34 | 100 Fly                                                                                                                                                   |
|         | <b>---10 minute break---</b>                                                                                                                              |
| 35 & 36 | 1650 (between prelims & finals)                                                                                                                           |
|         | <b><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></b> |

## **Saturday, February 20 Session #4 (Finals) 5:00 PM**

|         |                                                            |
|---------|------------------------------------------------------------|
| 23 & 24 | 400 Individual Medley (Only the Top 8 will Swim in Finals) |
| 25 & 26 | 50 Free                                                    |
| 27 & 28 | 100 Back                                                   |
| 29 & 30 | 200 Free                                                   |
| 31 & 32 | 200 Breast                                                 |
| 33 & 34 | 100 Fly                                                    |
|         | <b>---10 minute break---</b>                               |

