

LANDMARK CONFERENCE

SWIMMING AND DIVING CHAMPIONSHIP INFORMATION

2010

Schools: The Catholic University of America; Drew University; Goucher College; Juniata College; Susquehanna University; The University of Scranton; United States Merchant Marine Academy

Entries: All entries will be sent via Hy-tek to Ellen Mace and Joel Cookson:
Ellen Mace
604 Paxson Avenue
Mercerville, NJ 08619
Office: 609-558-0988
Email: entries1@juno.com
www.besmartinc.com
Joel Cookson
Landmark's Assistant Commissioner
Email: jcookson@drew.edu

Entry Fees: There will be no entry fees. The Landmark Conference will be paying for this Championship.

Seed Times: All swimmers/divers must have a seed time/score for each event. Entering no time (NT)/no score (NS) is not permitted in any event. You may use 1000 free times for 1650 entries and 200 IM for 400 IM entries, but those times will be seeded as non-conforming times. An indication (*) must be made that a non-conforming time has been used. Submit all times in yards.

Relays: All athletes entered in the meet will be eligible for the relays. All "A" relays will be swum at Finals. No "B" relays will be accepted.

Scratches: Scratches are to be made by an official representative of the team by following the guidelines below. ALL ENTRIES NOT SCRATCHED WILL BECOME OFFICIAL ENTRIES.

Wednesday, 5:00pm -All Friday events
Friday, 6:00pm -All Saturday events
Saturday, 6:00pm -All Sunday events

*Scratches will be accepted by email for Friday's events only. Include team, athlete's name, event and seed time.

*The Scratch box and scratch forms will be located at the scoring table.

*An athlete who fails to compete in an entered event will be automatically scratched from their next individual event.

Rules: The current NCAA rules will govern the meet with the exception of changes listed in this form.

Squad Size: NCAA rules will dictate the official number of athletes allowed. However, non-scoring swimmers (exhibition) may participate in prelims only.

*Official athletes must be determined by Wednesday, 5:00pm. Failure to do so will result in the first 18 athletes listed on the entry form as the official athletes and all remaining athletes will be unofficial (exhibition).

Diving: See attached sheet

Finals: There will be 2 final heats per event: Consolations and Finals.

Scoring: Scoring will be to 12 places for both men and women.

Relay: 32-26-24-22-20-18-14-10-8-6-4-2

Individual: 16-13-12-11-10-9-7-5-4-3-2-1

Meet Awards: Coaching Staff of the Year (M/W)-, Swimmer of the Year (M/W), Diver of the Year (M/W), Rookie of the Year (M/W), 1st, 2nd and 3rd Place Team Awards (M/W) and 1st team and 2nd All Conference (M/W).

Event Awards:The top six finalists will report to the award's podium, located in the pool, after the following event in which they finaled.

Committee: Meet Director, Meet Referee, Diving Representative and 2 coaches.

Lockers: Do not leave locks on lockers overnight and secure all valuables. No shaving will be allowed in the locker rooms.

Senior Night: Preceding the start of finals on Sunday evening, all senior athletes will report, in official school sweats, to the diving board end of the pool for the senior send off. Coaches will provide an alphabetical list of all participating seniors to the meet director.

**2010 LANDMARK CONFERENCE SWIMMING AND DIVING CHAMPIONSHIP
EVENT INFORMATION**

Monday, February 8, 2010

12:00pm Entry deadline
5:00pm Psyche sheets posted

Wednesday, February 10, 2010

5:00pm Corrections and Official Athlete deadline
Scratch deadline for Friday's events

Thursday, February 11, 2010

12:00-8:00pm General Warm-up

Friday, February 12, 2010

8:00-10:45am/4:00pm-5:45pm Warm-up
9:45am Coaches Meeting
11:00am/6:00pm Trials/Finals Begin

<u>Event #</u>	<u>Sex</u>	<u>Event</u>
1, 2	W M	200 yd freestyle relay
10 minute break (finals only)		
3, 4	W M	500 yd freestyle
5, 6	W M	200 yd individual medley
7, 8	W M	50 yd freestyle
9, 10	W M	Diving (prelims-afternoon)
Break for diving at finals		
11, 12	W M	400 yd medley relay

Saturday, February 13 2010

8:00-10:45am/4:00pm-5:45pm Warm-up
10:30am Coaches Meeting
11:00am/6:00pm Trials/Finals Begin

<u>Event #</u>	<u>Sex</u>	<u>Event</u>
13, 14	W M	200 yd medley relay
10 minute break (finals only)		
15, 16	W M	400 yd individual medley
17, 18	W M	100 yd butterfly
19, 20	W M	200 yd freestyle
21, 22	W M	100 yd breaststroke
23, 24	W M	100 yd backstroke
37, 38	W M	Diving (prelims-afternoon)
Break for diving at finals		
25, 26	W M	800 yd freestyle relay

Sunday, February 14, 2010

8:00-10:45am/3:00pm-4:15pm

Warm-up

9:30am/Prior to last relay

Coaches Meeting

11:00am/5:00pm

Trials/Finals Begin

<u>Event #</u>	<u>Sex</u>	<u>Event</u>
27, 28	W M	1650 yd freestyle relay (top heat will swim at finals) (prelim heats will begin 30 minutes after the 200 butterfly and run fastest to slowest)
29, 30	W M	200 yd backstroke
31, 32	W M	100 yd freestyle
33, 34	W M	200 yd breaststroke
35, 36	W M	200 yd butterfly
10 minute break (finals only)		
39, 40	W M	400 yd freestyle relay

2010 Landmark Diving Championships

Friday, February 12, 2010

Trials:

Warm-ups will begin immediately following the prelim swimming events

Women's 3 Meter -All divers perform 6 optional dives
 -All divers perform 5 voluntary dives

Men's 1 Meter -All divers perform 6 optional dives
 -All divers perform 5 optional dives

Finals:

Warm-ups will run concurrently with swimming events

**Will begin immediately following the Men's 50 freestyle

Women's 3 Meter -All divers perform 6 optional dives

Men's 1 Meter -All divers perform 6 optional dives

Saturday, February 13, 2010

Trials:

Warm-ups will begin immediately following the prelim swimming events

Women's 1 Meter -All divers perform 6 optional dives
 -All divers perform 5 voluntary dives

Men's 3 Meter -All divers perform 6 optional dives
 -All divers perform 5 optional dives

Finals:

Warm-ups will run concurrently with swimming events

**Will begin immediately following the Men's 100 backstroke

Women's 1 Meter -All divers perform 6 optional dives

Men's 3 Meter -All divers perform 6 optional dives