

2010 METROPOLITAN COLLEGIATE SWIMMING AND DIVING CHAMPIONSHIP INFORMATION

- Entries:** Complete the enclosed entry form and return to:
Ellen Mace
604 Paxson Ave
Mercerville, NJ 08619
Office Telephone (609) 558-0988
Fax Number (609) 587-7751
E-mail: entries1@juno.com
Note: Psych sheets will be available on or about Saturday, February 13th on the web at www.metsconference.com and www.besmartinc.com
- Entry Deadline:** Entries that are mailed must be sent overnight mail only (waive signature), and received no later than Thursday, Feb. 11th, 2010 by 5pm. **Hy-Tek disk entry is required.** Divers must be entered with their score on the official entry from Hy-Tek. If you have any questions, please call (609) 558-0988 or email at entries1@juno.com
LATE ENTRIES WILL NOT BE ACCEPTED.
- Entry Fees:**
 - \$17.00 per individual swimmer and \$12.00 per relay entry.
 - Entry fees accepted are considered to be final and are neither transferable nor refundable.
 - Check or money order should be made payable to The Metro Collegiate Swimming Conference and **MUST** be paid prior to the meet. (Personal checks are acceptable).
 - All other conference bills (dues, old entry fees, etc.) must also be paid in full in order for the entries to be accepted.
- Seed Times:** All swimmers must have a seed time for each event. You may use 1000 Free times for 1650 entries and 200 IM for 400 IM, but 1000 and 200 IM times will be seeded as non-conforming times. An indication **MUST** be made that 1000 times have been used. All times should be in yards.
- Relay Entries:** List seed time in competitor number one's relay slot. Draw a line through all athletes eligible to swim in that relay. Relay cards will be provided at the coaches meeting. The top 16 800 freestyles will swim with finals, all others will swim at the conclusion of the AM session on Saturday.
- Scratch Deadline:** 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.** Scratch cards will be provided at the coaches meeting.

Thursday, Feb 18, by noon, **email only** - All Friday Events
Friday, Feb. 19, 6:15PM - All Saturday Events
Saturday, Feb. 20, 6:15PM - All Sunday Events

NOTE: Scratches will be accepted by email for Friday's events only. Include Team, athlete's name, event, seed time, and coach's initials.
*Scratch box will be located at the scoring table.
*A swimmer who fails to compete in an entered event will be automatically scratched from their next individual event.
- Performance Certification:** See entry form.
- Rules:** The current NCAA rules will govern the meet with the exception of changes listed in this form.
- Limit to competition:** See NCAA Rule Book Rule 3, section 2, article 2 and Rule 3, Section 3, article 2.a. 18 Official Swimmers/Divers (see below). Unofficial Non-Scoring Swimmers may be entered as NT in prelims and will not be eligible to swim at night.
If a team has entered more than 18 swimmers as listed above, the official 18 swimmers must be declared by Wednesday,



February 17, at 5:00PM. Failure to do so will result in the first 18 swimmers as listed in the entry form being officially entered by the meet director, while the remaining swimmers or divers will be changed to Unofficial Non-Scoring Athletes who will not be allowed to swim at finals.

10. **1650 freestyle:** The consolation heats will be run on Sunday afternoon in the main competition pool. The last heat will end approximately 4:10pm. There will be a one hour warm-up in the main competition pool before the start of finals. The rest of the 1650 heats will backup into the consolation finals running slowest to fastest in the diving end.
11. **1,000 freestyle:** The 1,000 freestyle will be a non-scoring exhibition event held on Saturday after the completion of the preliminary 100 backstroke heats. As a non-scoring event, it will not count against the three maximum individual events that each athlete is eligible to compete in.
12. **Representation:** All contestants must have someone, other than an undergraduate, duly appointed by their institution to represent interests at the scratch deadlines and throughout the championships.
13. **Diving:** See attached sheet.
14. **Time Trials:** Time trials will be held in accordance to NCAA rules and will be held immediately following each day's prelims.
15. **Finals:** There will be 3 final heats per event: Bonus Consols, Consols, and Finals. If there are fewer than 19 swimmers in any one event, bonus consols will not be held.
16. **Timers:** Each college must provide one qualified timer for either the Trials or Finals.
17. **Scoring:** Scoring will be to 24 places for both men and women.
18. **Awards:** Trophies will be awarded (Men and Women) to the Champion and, Runner up teams. The Joe Stetz Award (@ Coaches Meeting on Thursday, Feb. 19), Coach of the Year, Rookie of the Year, and Most Valuable Swimmer and Diver of the meet will be voted upon at the coaches meeting Sunday night between 200 Fly and 400 Free Relay.
19. **Admission:** General admission: \$25 all session pass or \$4.00 for prelims; \$ 6.00 for finals. Seniors and students: \$20 all session pass or \$3.00 for prelims; \$5.00 for finals. Programs \$3.00 (while supplies last.)
20. **Coaches Meeting:** Thursday, February 18, 2010, 8:30 PM at the Holiday Inn Somerset Host Hotel
21. **Meet Committee:** Will consist of the Meet Director, Meet Referee, Diving Representative and 3 coaches as drawn by lot.
22. **Parking:** Parking regulations are strictly enforced on campus. All vehicles must be legally parked in spaces clearly marked. Cars parked illegally will be towed. Parking instructions will be distributed at the coaches meeting.
23. **Lockers:** Locker room space is severely limited! Athletes should come to the Aquatic Center in warm-ups. Secure valuables at the hotel. Absolutely **NO** shaving will be allowed in the locker rooms or bathrooms.
24. **Insurance:** Each team/school must submit an insurance certificate/letter by Monday, January 11th, 2010.
25. Rutgers University, the State of New Jersey, Metropolitan Collegiate Swimming Conference and BE Smartt, Inc. shall in no way be held liable for the damages and/or losses of any type in connection with the conduct of this meet.



METROPOLITAN COLLEGIATE SWIMMING AND DIVING CHAMPIONSHIPS

Monday, Feb, 15, 2010

5:00PM Correction Deadline for All Events

Thursday, Feb. 18, 2010

Noon Scratch Deadline for Friday's Events/email only

Thursday, Feb. 18, 2010

8:30 Coaches meeting at Holiday Inn
12:00 to 4:00pm General Warm-up

Friday, Feb. 19, 2010

TRIALS- 9:30AM-2:00PM

7:00AM-9:15AM Warm-up (8:30am Coaches Meeting)

Event #	Sex	Event
1, 2	W M	200yd Freestyle Relay
3, 4	W M	500yd Freestyle (fastest 5/4, W/M)
5, 6	W M	200yd Individual Medley
7, 8	W M	50yd Freestyle
(W 400 Med Relay Begins 20 minutes after W 50 free)		
11, 12	W M	400yd Medley Relay
TT	W M	Time Trials (15 Minutes)
9, 10	W M	Rounds I and II; See Diving Format

Saturday, Feb. 20, 2010

TRIALS-9:30AM-2:00PM

7:00AM-9:15AM Warm-up (8:30am Coaches Meeting)

Event #	Sex	Event
13, 14	W M	200yd Medley Relay
15, 16	W M	400yd Individual Medley
17, 18	W M	100yd Butterfly
19, 20	W M	200yd Freestyle
21, 22	W M	100yd Breaststroke
23, 24	W M	100yd Backstroke
41, 42	W M	1,000yd Freestyle (exhibition)
TT	W M	Time Trials
37, 38	W M	Round I

Sunday, Feb. 21, 2010

TRIALS-9:30AM-2:00PM

7:00AM-9:15AM Warm-up (8:30am Coaches Meeting)

Event #	Sex	Event
29, 30	W M	200yd Backstroke
31, 32	W M	100yd Freestyle
33, 34	W M	200yd Breaststroke
35, 36	W M	200yd Butterfly
(W 400 Free Relay Begins 20 minutes after W 200 Fly)		
39, 40	W M	400yd Freestyle Relay
TT	W M	Time Trials (15 Minutes)
27, 28	W M	1650yd Freestyle (TBD)
37, 38	W M	Round II, III

Friday, February 19, 2010

FINALS- 6:30-9:00PM

* Scratch Deadline 6:15PM for Saturday
4:00PM-5:45PM Warm-up (5:45pm Meet Committee Meeting)

Event #	Sex	Event
1, 2	W M	200yd Freestyle Relay
3, 4	W M	500yd Freestyle
5, 6	W M	200yd Individual Medley
7, 8	W M	50yd Freestyle
9, 10	W M	Round III (6 Dives-Limited to 45 minutes during finals): Women's Three Meter/Men's One Meter
11, 12	W M	400yd Medley Relay

Saturday, February 20, 2010

FINALS- 6:30-9:00PM

* Scratch Deadline 6:15pm for Sunday
4:00-5:45PM Warm-up (5:45pm Meet Committee Meeting)

Event #	Sex	Event
13, 14	W M	200yd Medley Relay
15, 16	W M	400yd Individual Medley
17, 18	W M	100yd Butterfly
19, 20	W M	200yd Freestyle
21, 22	W M	100yd Breaststroke
23, 24	W M	100yd Backstroke
(W 800 Free Relay Begins 20 Minutes after W 100 Back)		
25, 26	W M	800yd Freestyle Relay: Fastest 16 teams /per event. (Timed Finals)

Sunday, February 21, 2010

FINALS- 5:30-9:00PM

3:30PM-5:15PM Warm-up (5:15PM Meet Committee Meeting, if necessary)

Event #	Sex	Event
27, 28	W M	1650yd Freestyle-Top Heat
29, 30	W M	200yd Backstroke
31, 32	W M	100yd Freestyle
33, 34	W M	200yd Breaststroke
35, 36	W M	200yd Butterfly
37, 38	W M	Round III (5/6 Dives—limited to 45 minutes during Finals) Women's One Meter/Men's Three Meter
39, 40	W M	400yd Freestyle Relay

