



NATIONAL
CATHOLIC



S w i m m i n ^g C h a m ^p i o n s h i ^p
JANUARY 30 & 31, 2010 VILLANOVA UNIVERSITY



December 12, 2009

Dear Teams,

Greetings from Villanova University, home of the National Catholic High School Championship Swim Meet. Villanova is very proud to be hosting the 76th National Catholic Meet. We hope that you will be able to attend the meet and will enjoy its spirit and competition.

The National Catholic Championships will be held on the weekend of January 30 & 31, 2009 here at Villanova. All pre-meet information is included in this packet.

If a swimmer makes one time standard, he or she may swim in one other individual event in which he or she does not have the standard, but he or she may not exceed four events in the meet, including individual and relay events, of which no more than two may be individual events. **Each team shall be permitted a maximum of four entries in an individual event, and one team in a relay.** Thank you for your cooperation in abiding by this format. There will be no diving event this year.

This year the meet will run much the same as it has in the past, however we will be adding **non-scoring “B” relays at prelims only**. We do not plan on making any other changes to the structure or format of the meet. This meet will not be PIAA sanctioned this year, however, since the meet falls during the regular high school season and you come as a team with a coach, you can participate. I apologize in advance for any inconvenience and hope that you will still be able to come to the meet. We will keep you informed of any developments.

Please feel free to call the swim office if any questions should arise at (610) 519-4136. Best wishes for a successful season. We hope to see you at the National Catholic Meet!

Sincerely,

Ellen Mace (609-558-0988 voice; 609-587-7751 fax)

Entries1@juno.com

Meet Director



76th ANNUAL
NATIONAL CATHOLIC HIGH SCHOOL
SWIMMING CHAMPIONSHIPS

ENCLOSURES:

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VILLANOVA UNIVERSITY
VILLANOVA, PENNSYLVANIA
JANUARY 30th and 31st, 2010

Host: Malvern Preparatory High School Meet Format



Friday, January 29, 2010

CURRENTLY, THE POOL WILL **NOT** BE OPEN FOR WARM-UP!

Saturday, January 30, 2010

The following times are tentative, but we will try to adhere to it as closely as possible

PRELIMS FOR GIRLS AND BOYS:

Girls: Morning Session

Warmup: 7:00am

Sprint & Pace Lanes Open: 7:45

Coaches Meeting: 7:45am in Swim Meeting Room

Pool Cleared: 8:15

Girls Meet Begins: 8:30am

Boys: Afternoon Session

Warmup: 11:45am

Sprint & Pace Lanes Open: 12:30

Coaches Meeting: 12:30pm in Swim Meeting Room

Pool Cleared: 12:45

Boys Meet Begins: 1:00pm

PLEASE NOTE: All boys must remain upstairs until the conclusion of the girls meet. No boys will be allowed downstairs until 11:45am. THIS WILL BE STRICTLY ENFORCED!

Sunday, January 31, 2010

Girls & Boys Finals

Warmup: 10:15am - 11:45am

Finals Begin: 12:00 noon

Meet Information



- Site:** Villanova University's Pavilion Pool
- Meet Director:** Ellen Mace phone: 609-558-0988 voice and 609-587-7751 fax
- Pool:** The pool is located on Lancaster Avenue (RT 30) and Ithan Avenue in the Jake Nevin Field House. See the enclosed directions.
- Parking:** All cars must be parked in the main lots across from the pool. Any cars parked in the field house lots are subject to tow. Please use the main athletic entrance ramp door.
- Locker Rooms:** Lockers are available but no locks or towels will be provided.
- Station Area:** The Butler Annex will be used for the swimmers between events. Deck space is limited, therefore all swimmers must remain in the annex until their event is called. Swimmers will report directly to their lane.
There will be no seeding prior to each event.
- Hotel:** You are responsible for your own reservations. **Make your reservations immediately to insure yourself a room!**
- Programs & Admission:** There will be a \$5.00 admission fee for all spectators for each session. Children under 10 are free. Programs for each session will be \$3.00 (Morning is considered one session and afternoon another session)
- Concessions:** Food and drinks will be available at the Connelly Center on the main campus. Hours are 11:00am-9:00pm on Saturday and Sunday.
- Mail entries and fees to:**
Ellen W. Mace – Meet director
604 Paxson Avenue
Mercerville, NJ 08619

Paper entries are due by Monday, January 4th, 2010!
**TM Export entries are due by Wednesday,
January 20th, 2010!**



Events and Qualifying Times

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
200 medley relay	2:06.49	1:46.50
200 freestyle	2:15.50	1:57.50
200 IM	2:35.00	2:14.00
50 freestyle	28.50	24.50
100 butterfly	1:10.50	58.50
100 freestyle	1:01.50	53.00
500 freestyle	5:40.00	5:20.00
200 freestyle relay	1:48.50	1:37.00
100 backstroke	1:10.00	1:01.00
100 breaststroke	1:18.00	1:07.50
400 freestyle relay	4:21.00	3:40.00

Entries & Fees

- All entries and fees must be received by Wednesday, January 20th, 2010.

- Please use the official spreadsheets for all paper entries. Hy-Tek Team Manager entries would be appreciated. Email entries to entries1@juno.com.

-If Express mail or Fedex is used, PLEASE WAIVE SIGNATURE.

-The current High School Federation rules will be used.

- If a swimmer makes one time standard, he or she may swim in one other individual event in which he or she does not have the qualifying time standard.

- Each swimmer may enter a maximum of four events, of which *no more than two may be individual events*.

- Each team may enter a maximum of four swimmers in each individual event.

- Each team may enter a maximum of eight swimmers in each relay, any four may compete. Starting in 2007 you may enter an "A" Relay and an additional **NON-SCORING "B" RELAY. SWIMMING ON THE "B" RELAY WILL COUNT AS ONE EVENT. SWIMMERS ON THE "B" RELAY WILL BE ELIGIBLE FOR THE "A" RELAY ON SUNDAY!**

-Please help us run the meet smoothly and notify us as soon as possible with your scratches.

Fees: \$5.00 per individual event
\$15.00 per relay
Make checks payable to: Villanova Swimming

Scoring: The top **SIXTEEN** finishers in each preliminary event will qualify for the finals on Sunday. Eight swimmers will swim in the consolation finals and eight will swim in the championship finals. Heats will be awarded points for 1st - 16th place as follows:

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

Awards:

Individual	Medals will be awarded for 1st - 8th place.
Relay	Medals will be awards for 1st, 2nd, & 3rd place
Team	1st, 2nd, & 3rd place teams (both boys and girls)
Special	Most Outstanding Swimmer (1 Boy, 1 Girl)



JUST A REMINDER!!!

Paper entries are due by Monday, January 4th, 2010!

**TM Export entries are due by Wednesday,
January 20th, 2010!**

Email: entries1@juno.com

ENTRIES SUBMITTED WITHOUT THE APPROPRIATE FEES WILL NOT BE CONSIDERED FOR PARTICIPATION IN THE MEET. IF YOU EMAIL YOUR ENTRIES, YOU MUST OVERNIGHT YOUR FEES.

**THANK YOU FOR YOUR COOPERATION -
WE ARE LOOKING FORWARD TO A GREAT MEET!**